Dear Administrators and Coaches,

Thank you for your part in preserving a tradition of excellence in sports within the Somerset County Public School System. You play a key role in the continued success of our athletic programs. To that end, our sports teams represent our county across the Eastern Shore of Maryland as well as the entire State. This handbook is a helpful guide as to an overview of responsibilities and expectations for our system. I ask that you review it annually and before your coaching season starts, to ensure we meet all requirements as established by the Somerset Board of Education, The Bayside Conference and the Maryland Public Secondary Schools Athletic Association.

Our goal is to produce student athletes that produce on and off the field. Thank you for your commitment to our programs as we create memories and experiences that allow all students to shine. Best of luck with your sports season!

Sincerely,

John B. Gaddis, Ed. D.
Superintendent of Schools
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Somerset County Public Schools
Athletic Communication Chart

Somerset County Board of Education

Superintendent of Schools
Dr. John B. Gaddis

Deputy Superintendent
Thomas A. Davis

Somerset County Athletic Director
Keith O’Neal

Principal CHS

- VP Athletics
  - Athletic Director
    - Athletic Trainer
      - JV Coach
    - Head Coach

Principal SIS

- Athletic Director
  - Athletic Trainer
  - Head Coach

Principal WHS

- VP Athletics
  - Athletic Director
    - Athletic Trainer
    - Head Coach
    - JV Coach

2019 - 2020 School Year
Athletics Rules and Regulations

A. Practice Regulations

1. Practice – a session at which any individual group or team has assembled for the purpose of instruction, tryouts and/or pay.

2. Scrimmage – a practice or game in which no score is reported, no admission is charged, no public report is made, and the sole purpose of the practice or game is purely for instructional purposes.

3. The signature of the parent or guardian on all forms is required prior to the first practice in all sports. It is the coach’s responsibility to be certain that each athlete has turned in his/her completed form, prior to any practice or game.

1. Approval by a physician must be on file prior to any student participating in a practice or game. It is the coach’s responsibility to be certain that this is accomplished.

2. Accident insurance is recommended for all students anticipating in the interscholastic athletic program. This may be obtained through the school.

3. Students with their own policy may qualify for a waiver of school insurance. A form must be obtained from the school office.

4. Additional insurance is provided for individuals participating in football.

5. All students are required to have a valid physical on file for pre-season conditioning, as well as all students participating in weight lifting after completing grade eight.

6. It is the coach’s responsibility to provide a roster before participating in any game.

7. Students will adhere to the Student Attendance Policy and must be academically eligible as approved by the Somerset County Board of Education.

8. Students must be eligible according to the Somerset County Code of Conduct policy.

B. Athletic Training Policy for Medical Coverage of Game & Practice Events

1. Athletic Trainer

   1. The athletic trainer will cover all home games located on-site at their assigned school.

   2. Coverage for home events including practices will follow priority as:

      a. collision sports
      b. contact sports
      c. non-contact sports

   3. In the event an ambulance is needed at any athletic event the following procedure will be followed.

   4. When the ambulance arrived it will remained parked on the parking areas. Under no circumstances are ambulance to be driven on the track or field surface.

   5. The gator/cart (all-terrain vehicles) will be utilized to move the student athlete to the waiting ambulance.
2. **Coaches’ Responsibilities (in reference to injuries)**

1. The coach should treat the athlete’s health, safety, and welfare as top priority at all times. The technique taught should be non-injurious to the athlete and others.

2. The coach should comply with confidentiality requirements and school regulations.

3. The coach must refer any athlete whose health, safety, or welfare is in question to the athletic trainer.

4. The coach should not refer athletes to physicians for consultations without discussing the proper course of action with the athletic trainer. The only exception would be in an emergency situation where the athlete is referred to the Emergency Room in the absence of the athletic trainer.

5. The coach must prohibit any athlete from participation (organized and supervised practice, game or conditioning) without proper medical clearance from the physicians and/or athletic trainer.

6. If an athlete has seen a physician for injury/illness, a note from that physician must accompany the athlete to return to participation.

7. The coach must report all injuries to the Athletic Trainer so the appropriate course of action can be taken.

8. If an athlete is injured and requires hospitalization, a responsible adult will accompany them to the hospital.

9. The coach should have a medical kit, water, and emergency information forms at every practice and/or game.

10. The coach must maintain a safe environment for your athletes to practice and play games. This means inspection and repairing the field/court area for holes, glass, sprinkler heads, water spots or other dangerous areas before practice and/or games. Also, make sure all sports equipment fits properly, is in proper working condition, is being used properly, and water for hydrations is available.

3. **OSHA Guidelines for Body Fluid Exposure**

1. Individuals who may be exposed to HIV, hepatitis, of other blood borne pathogen:
   a. Athletic trainers
   b. Nurses
   c. Coaches
   d. Other athletes

2. Exposure occurs by:
   a. Direct contact
   b. Handling soiled clothing and equipment
   c. CPR

3. Personal Protective Equipment:
   a. Gloves are available in the athletic training room and in the team’s medical kit.
   b. Masks for performing CPR are located in the athletic training room.
   c. Soiled disposable protective equipment is to be disposed of in the designated hazardous waste receptacles.
4. **General Practices**

   a. All healthcare workers shall routinely use appropriate barrier precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids of the athlete is anticipated.
   
   b. Gloves shall be worn for touching blood, body fluids, mucous membranes, or non-intact skin of all athletes and for handling items or surfaces soiled with blood or body fluids.
   
   c. Gloves shall be changed after each athlete contact.
   
   d. Hand washing is done before and after each athlete contact, and after handling potentially infectious materials and equipment. Hand washing is required, even after glove use.
   
   e. After use, needles, syringes and other sharps are to be placed in puncture resistant containers for disposal.
   
   f. All waste contaminated with blood or body fluids shall be placed in red trash bags to identify it for proper disposal. If the outside of the first bag becomes contaminated with blood or body fluids, the first bag shall be put into another bag and closed properly.
   
   g. Gloves are to be used when performing housekeeping duties and when handling red trash liners.
   
   h. Eating, drinking, smoking, applying cosmetics, and handling contact lenses is prohibited in work areas where there is a likelihood of occupational exposure.
   
   i. Spills of blood or body fluids should be first removed and then the area disinfected. Gloves are to be worn during this procedure.

C. **Thunder and Lightning Policy**

1. All parties participating in outdoor athletic activity will attempt to be aware of the most recent weather forecast.

2. In practice situations, the athletic trainer and head coach will be responsible for STOPPING all activity and evacuating the field toward the nearest INDOOR facility if any of the following occur:
   
   - The National Weather Service issues a Severe Weather Warning.
   - A strike of lightning is seen or if thunder is heard.

3. Appropriate indoor facilities should have four (4) solid walls, electrical wiring, and plumbing, all of which aid in grounding a structure which would be the main gymnasium, cafeteria, or auditorium.

4. In game circumstances, once the game begins, the game officials are responsible for deterring the stoppage of play.

5. Play will not resume for a minimum of thirty (30) minutes after the last strike of lightning or thunder is heard. This may be longer depending on weather conditions. If it takes the storm thirty (30) minutes to clear, play still will not resume for another thirty (30) minutes due to the potential for lightning to strike.
D. Awards and Recognition

All awards are subject to final approval by the principal.

1. Individual Sports Awards
   a. A chenille letter and pin will be presented the first time a student meets the criteria for the award.
   b. Each ensuing letter award, whether in the same sport or a different one, will be a bar or pin.
   c. Each non-letter winner, upon successful completion of the season, will receive a certificate indicating team membership. These will be presented to junior varsity and varsity team members.
   d. No junior varsity team will receive letter awards.

2. Criteria of Individual Sport Awards (letter)
   a. The athlete must be a member of the varsity team and must have been in good standing throughout the season from the first playdate until the last playdate unless unable to participate due to illness or injury.
   b. Any varsity athlete may qualify without meeting the participation requirements provided their duties as an athlete, both at practice and at contests, and has fulfilled their obligations as a team member for at least two years have been met and have been fulfilled.
   c. All managers shall receive a letter award if they perform in satisfactory manner for one year in two sports or two years in one sport.
   d. Ensuing managerial awards will be a bar or pin for each year of service in each sport.
   e. Students who participate in Unified Athletics will receive varsity letters upon successful completion of the season in tennis, bocce, or power-lifting.
   f. Athletes must be a contributing member of a sports team which finishes in good standing.

3. Outstanding Performer Awards – MVP
   a. An award will be presented to one student in each varsity sport as voted upon by his/her teammates

4. Criteria for Outstanding Performer Awards
   a. The athlete must be a member of the team, having participated as a squad member for the full season with the exception of illness or injury.
   b. The winner of the award must not have been ineligible to participate in that particular sport for academic reasons during the year of consideration.
   c. Anyone who has been suspended from school for one or more days and as a result has missed practice sessions and/or contests in the particular sport during the year of consideration will be removed from consideration for this award.
   d. The coach will provided a list of persons who have completed the season and meet all requirements, read the criterial for selection to all varsity squad members, and conduct voting or coach selection.
   e. The choice will be submitted to the school athletic director.
   f. Criteria receiving equal consideration include the ability to perform in the sport, ability to work in harmony with and to inspire teammates, regularity and punctuality at practice, willingness to follow instructions and accept constructive criticism, willingness to maintain training rules voluntarily, and a continual display of good sportsmanship including positive relations with opponents, teammates, officials and fans.

5. Outstanding Senior Athlete Award
a. Awards will be presented to two graduating senior class students, one male and one female, staff who are deemed to be the most outstanding athletes in the school. Selection will be made by the school coaching staff.

6. Criteria for Outstanding Senior Athlete Awards
   a. The athlete must be eligible for graduation.
   b. The athlete must never have been ineligible to participate in interscholastic athletics during their sports seasons for academic reasons during the 11th and 12th grades.
   c. The athlete must never have been suspended from school during the 11th and 12th grades.
   d. The athlete must be a letter winner for two years in at least two sports.
   e. Criteria receiving equal consideration include the ability to perform in the sports, number of sports; years of participation, ability to work in harmony with and to inspire teammates, regularity and punctuality of practice, willingness to follow instructions and accept constructive criticism, willingness to maintain training rules voluntarily, and continual display of good sportsmanship including positive relations with opponents, teammates, officials and fans.

7. Procedures for Selection of Outstanding Senior Athlete
   a. The selection committee will include the principal, vice principal in charge athletics, athletic director, and varsity head coaches of all sports.
   b. Decisions may be reached during a conference of the selection committee. When deemed more desirable, a vote may be taken with the head coaches having a vote in their respective areas and the principal, vice principal in charge of athletics, and athletic director each having a vote in each area (area is defined as male of female sport).

8. Special Team Awards
   a. Minds in Motion – MPSSAA award to students who maintain a 3.25 GPA during their sports season.

9. Special Individual Awards
   a. Several athletic awards are given, some on a countywide basis and some through individual schools.

E. Sportsmanship Plan

(Bayside Sportsmanship Initiative)

The following is the Bayside Sportsmanship Initiative. This was adopted at the April 18, 2000 meeting of the Bayside Board of Control. This is to be implemented during the 2000-01 school year and continued each subsequent year. Specific coordination of forms to athletic directors and officials organizations will be completed by July 1, and each July 1 for years followings and will be in supervisor’s hands shortly thereafter.

1. The Sportsmanship Plan consists of the Evaluation Proposal (Proposal 1) and the Code of Conduct Proposal (Proposal 2) and was adopted at the April 18, 2000 Board of Control meeting.

2. Your entire program will be evaluated by varsity coaches, parents, athletic directors, supervisors of each county and officials’ associations and forwarded to the Executive Director of the Bayside Conference. The winning Bayside School in the North and South will receive a banner at the fall Board of Control meeting the following school year. Athletic directors of each school should return the tallied evaluations forms to their supervisor. The evaluations will take place after each season. Listed below are the deadline dates for evaluations:
Fall: December 1
Winter: April 1
Spring June 1

1. Instructions for Completing the Sportsmanship Form
   1. North Bayside schools will evaluate other North Bayside schools. South Bayside schools will evaluate other South Bayside schools.
   2. Evaluations will be done at the end of each sports season.
   3. Athletic directors should give an evaluation form to each varsity head coach, one athlete and one parent for each sport at your school at the beginning of each sports season. Each of these will evaluate the sportsmanship of division opponents in their particular sport and return to the athletic director. The athletic director will evaluate all sports of division opponents as well.
   4. At the end of each sports season, the athletic director will average the scores of the coach, athlete, parent and his/her sheet and develop an average category and average total for division opponents. Please develop one average for each sport. The “average” sheet as well as the individual rating sheets will be delivered to the athletic supervisor.
   5. Each official’s organization will also receive a tally sheet as well. This will be sent to the assignor of each organization. Each organization will develop one score for each school they serve. They may use any means they see fit to generate the scores. These should then be sent to the Executive Director of the Bayside Conference at the conclusion of the season.
   6. The supervisor of athletics will tally the scores for schools in his or her division at the end of each season at the supervisors’ meeting and forward results to the Executive Director. This will be an average score, figured by averaging the scores for his/her schools.
   7. The winning schools will be determined at the June meeting of each year.

F. Media Relations
   For the most part, media services will make use of any information coaches may provide. The extent of their coverage is at the discretion of the coach.

1. Addresses and phone numbers of local media are:

   Daily Times
   618 Beam Street
   Salisbury, MD 21801
   (410) 749-7171
   (410) 546-1185

   WBOC – TV
   North Salisbury Blvd
   Salisbury, MD 21801
2. These media services request a schedule, roster, and an article on the outlook for the season for each sport prior to the beginning of the season. They also request weekly updating of statistics, feature articles, end-of-season wrap-up, etc.

3. Each coach should report the scores of all their home contests and those played at sites where that school does not report results to the Salisbury media.
   a. WBOC-TV and WMDT-TV will accept out-of-town collect calls in time for the 11:00 p.m. news for all sports.
   b. Each coach should provide the *Daily Times* with the results of each home game immediately following the content.
Personnel Guidelines

A. Equipment – Purchase and Care

1. Purchase orders signed by the administration must be used in acquiring all equipment. Deviation from this policy may result in the purchaser be responsible for payment.

2. It will be the responsibility of the coach to see that all players return equipment issued to them. Any equipment misused or lost will be paid for by the student athlete.

3. All coaches, athletic directors, vice principals in charge of athletics, and principals in each school will survey their needs for the ensuing year and formulate a composite budget.

4. The athletic budget will be submitted to the principal year.

5. An accounting of expenditures is due as needed.

6. Copies of each document should go to the Supervisor of Athletics.

7. It is the responsibility of each school to operate the athletic program with available funds and to avoid deficits.

B. Clinics and Conferences

1. Athletic staff members are encouraged to attend clinics and conferences which are appropriate to their assignment.

2. Where individual school budgets permit, funds from the athletic budget may be used to meet the expenses of these conferences and clinics.

3. Attendance at clinics and conference must receive prior approval of the building principal.

4. Clinics and conferences are considered professional meetings and the athletic staff members attend as a representative of the school. The principal is authorized to obtain a substitute when necessary.

5. Procedure for approval of clinics and conferences is as follows:
   a. Request approval for attendance at participation in the clinic from administration.
   b. Administration sends a copy of the conference agenda to Supervisor of Athletics with request for approval for one professional day.
   c. Supervisor of Athletics may grant a professional day substitute with approval of Deputy Superintendent or Superintendent of Schools.
Event Planning

A. Scheduling
   1. All contests and scrimmages must be finalized through the athletic director.
   2. Teams must observe all state and Bayside scheduling limitations.
   3. There shall be no more than five practices and/or scrimmage contests with other high school teams in any sport during any given season.
   4. All athletic schedules will be completed with Title IX priorities.

B. Officials
   1. The athletic director will request officials for all scrimmages and contests.
   2. All officials will be members of a group or board approved by the Board of Education.
   3. The coach will be responsible for securing dressing facilities for officials.
   4. Teachers who officiate may leave their home school at the conclusion of the student day to travel to the site of their officiating assignment, i.e., they do not have to remain until the end of the teacher’s day.

C. Security Officers
   1. Security officers for games played in County will be secured and scheduled by the principal of the home school.
   2. Security measures for all other athletic contests are the responsibility of each individual school. Measures to provide adequate security for these home athletic contests should be arranged through the athletic director.

D. Supportive Game Personnel
   1. Ticket sellers and timers will be paid through the Board of Education.
   2. Timers, scorers, football linesmen, chain gang, etc. should be competent adults, and students should not be used unless absolutely essential.
   3. Those administrators who supervise athletic contests should arrive at the contest no later than one hour prior to the start of the contest and shall remain at the contest site 30 minutes following the conclusion of the game or contest.

E. Admission Fees and Policies

   An incentive for students from all Somerset County Schools to enter the athletic events at a reduced rate—Students who show their picture ID will be allowed to enter for a $2.00 charge, not $4.00. All children under the age of twelve (12) and with parent will be admitted for free.

   Bayside regular season games will cost $5.00. Students will be allowed to attend for $3.00. State playoff contests will be determined by MPSSAA.
F. Transportation Policy

All students MUST ride with the team to all athletic events. Exceptions to this policy may be granted. Requests must be approved by the assistant principal in charge of athletics or principal.

G. Tournaments

1. All tournaments must meet MPSSAA and Federation guidelines, i.e., sanctions, number of matches, games, teams, etc.

2. When possible, tournaments should not conflict with other intercity school tournaments.

H. Transportation, Lodging, Meals for Regular Season

1. Transportation
   a. Travel may be by school bus or commercial carrier.
   b. All arrangements for travel will be made through the school athletic director.
   c. All travel by school bus will be scheduled through the transportation office.
   d. Scheduling of commercial carriers will be done by the individual school.
   e. Travel funds may be used, at the discretion of the school, in any combination of commercial carrier and/or school bus.
   f. In cases of inclement weather, the bus driver will make the decision as to whether or not the bus will move.
   g. The team “evening hours,” is intended as a time such that the student-athlete would normally have returned home after regular hours and later return to the site of the completion.
   h. Teams will provide identification for their athletes and managers at the gate of the host school.
   i. A coach using his/her personal car for scouting or other coaching-related duties should receive prior approval from the athletic director if reimbursement is expected.
   j. All team members are expected to travel to and from contests with the team in the transportation provided. A coach may, however, release an athlete directly to his/her parent or guardian for purposes of transportation.

2. Lodging – All arrangements for lodging should be made through the athletic director. Overnight trips should be avoided; however, exceptions are made and they should be approved by Administration and by the Supervisor of Physical Education/Athletics.

3. Meals – School funds may be used to provide meals for away athletic contests.
   a. Breakfast is reimbursable only if the team or team member had school-funded lodging the previous night or departure time is on or before 6:00 a.m.
b. Lunch is reimbursable if estimated time of arrival in Somerset County is after 1:00 p.m. provided the departure time is 11:00 a.m. or earlier.

c. The evening meal is reimbursable if estimated time of arrival in Somerset County is after 8:00 p.m. provided the departure time was 1:00 p.m. or earlier.

d. When the coaches make meal arrangements, the reimbursable rate for player coach(s) is $3.00 for breakfast, $5.00 for lunch, $7.00 for the evening meal.

I. Transportation Lodging, Meals for MPSSAA State Semi-Final and Final Contests Which are Not Completely Reimbursed by the State

1. Transportation, private automobile, rental car, school bus, commercial bus:
   a. Mode of transportation is dependent upon safety, number, economy, and comfort/convenience (in that order).
   b. Bonded carriers, all other things being equal, are preferable to private vehicles.
   c. All transportation of students by private automobile must be approved by the supervisor of physical education and athletics.
   d. Coaches should obtain receipts for all tolls, gasoline, repairs, and other expenses.

2. Lodging
   a. No lodging will be provided the night prior to competition; teams are expected to leave in the morning in sufficient time to preclude this necessity.
   b. Lodging will be provided at the site of the competition (unless on the Eastern Shore or with administrative approval) when teams are scheduled to play the day following a previous competition.
   c. Lodging will be provided at the time of the completion when the time/site will result in an arrival in Somerset County later than 2:00 a.m.
   d. Lodging reservations will be made by the athletic director who will attempt to secure group rates.
   e. Economy and convenience/comfort, in that order, will be determining factors in selection.
   f. Coaches will obtain receipts for all accommodations.
   g. Quad occupancy is expected.
   h. Lodging will be limited to actual participants, coaches, chaperones, and a reasonable number of managers.
   i. The use of non-school funds, even if volunteered by students, etc., to provide lodging beyond that prescribed in the above guidelines should be avoided.
j. Meals – Any meal not fully reimbursed by the state shall be covered by the county meal policy.

J. Visiting Teams

1. Each coach should make arrangements to have visiting teams meet on their arrival at the school.

2. When necessary, the coach will arrange for locker and shower facilities for visiting teams.

3. The coach is responsible for informing visiting teams of any rules, regulations, and policies which they should understand regarding the contest and the school.
Job Description of Supervisor of Athletics

To provide high school students an opportunity to participate in an extracurricular athletic activity that will foster physical skills, a sense of worth and competence, a knowledge and understanding of the pleasures of sport, and the principle of good sportsmanship and fair play.

The Supervisor of Athletics shall promote and encourage the highest ideals, through leadership and direction, for the interscholastic athletic program by supporting administrators, athletic directors and coaches in their efforts to provide a quality athletic program for the student-athletes attending the Somerset County Public Schools.

The Supervisor of Athletics duties includes the following:

1. Organize, coordinate, and administer the overall county program of interscholastic athletes.
3. Review the local school coaching assignments and assist in securing personnel to fill vacancies.
4. Assist in the recruiting, interviewing, screening, and recommending of qualified persons to fill openings on the extracurricular athletics coaching staff.
5. Provide leadership and guidance to school personnel in recruiting and hiring of diverse qualified candidates for athletic leadership positions.
6. Provide relevant staff for coaches to meet the state requirements and certify them upon the completion of these requirements.
7. Provide opportunities for coaches to meet the state requirements and certify them upon the completion of these requirements.
8. Arrange MPSSAA rule interpretation clinics for local officials groups and coaches.
9. Coordinate Care and Prevention of Athletic Injuries course for coaches and certify course completion.
10. Inform Principals and Athletic Directors of rule changes, trends, or recommendations that impart interscholastic athletics.
11. Emphasize the observance of good sportsmanship as fundamental to the interscholastic athletic experience.
12. Be liaison between the officials’ organizations, school administrators, athletic directors, and coaches.
13. Rule on protests that are reported during Somerset County games.
14. Determine final approval of all professional leave requests for coaches to attend coaching clinics and in-services.
15. Maintain and verify each school’s team eligibility record and rule on inquiries.
16. Provide leadership in the organizing and scheduling of all interscholastic athletic events.

17. Review and request approval for all changes of additions to the interscholastic schedules.

18. Assist in the development and enforcement of appropriate rules and regulations governing the conduct of county athletics activities.

19. Revise Somerset County Athletic Handbook as needed.

20. Provide leadership and guidance in developing and maintaining adequate and safe athletic facilities.

21. Participate in systematic communication with institutions of higher learning, other counties and school systems, Maryland State Department of Education, Maryland Public Secondary Schools Athletic Association, Maryland State Athletic Directors Association, state and federal agencies.

22. Arrange and supervise Maryland Public Secondary Schools Athletic Association regional and state tournaments.

23. Organize, coordinate, and administer all athletic events conducted at County Stadium.

24. Distribute MPSSAA complimentary administrator/coaches passes.

25. Prepare and administer various supplemental athletic program budgets.

26. Establish and conduct meeting of Athletic Directors/VP of Athletics.

27. Serve as MPSSAA and Bayside Athletic Conference Board of Control Representative for Somerset County.

28. Serve on MPSSAA committee as necessary.
Job Description of Principal

The principal shall have general control over all interscholastic athletic relations and athletic contests in which the school participates. This applies to athletics for all high school students. It is understood that many of these duties may be delegated to other school representatives.

The Duties of the Principal are as follows:

1. Sanction all contests in which the school participates.
2. Have the power to exclude any contestant who, because of unacceptable habits of improper conduct, would not represent the school in a becoming manner, and also to exclude any contestant who has suffered serious illness or injury until that contestant is determined to be physically fit by the school or attending physician.
3. Be responsible for the proper treatment of all visitors and officials attending contests conducted by the school. Provide reasonable protection for officials and visitors at home games. If a game is played at a neutral place, the principals of the participating schools shall be held jointly responsible for this protection.
4. Submit to the Executive Director of Bayside Athletic Conference on forms provided, an accurate and prompt report of participants certifying their eligibility, at least one week before the first scheduled game. The principal should also notify the Executive Director and completing schools in writing of any changes in the eligibility list.
5. Check the eligibility of any student before the student is permitted to play in an interschool game or meet.
6. Require written permission from the parents or legal guardians of students before permitting them to practice for interschool competition. The principal must also require a physical examination by a medical doctor and require the student to carry accident insurance coverage (school insurance, Blue Cross, Blue Shield, or any commercial accident policy.) These records should be kept on file in the office for a period of at least two years.
7. Determine the methods for financing the interschool program.
8. Evaluate coaches to the end of each session.
9. Be responsible for the bench conduct of the coaches of the athletic teams.
10. Affix his/her signature and the date to all athletic documents.
11. Be responsible for administrative supervision of all home games, contests, and meets in which the school is involved.
12. Attend any and all athletic meetings involving the school.
13. File and have access to all contracts and all other correspondence pertaining to athletics.
14. Keep a record of the results of all games, meets, and contests (score, attendance, expenses, etc.) in which the school is involved.
15. File a record of proof of age of each candidate for each athletic activity.
16. Provide official forms any and all requested information for official use.
17. Inspect or have inspected the building, ground, stands athletic field, etc., to insure the safety of spectators and contestants, prior to each contest.

18. Arrange for police, ambulance, and other public safety departments to have representatives at home games, if deemed necessary.

19. Plan the schedules for each athletic activity in cooperation with the coach.

20. Approve all press releases concerning the total athletic program for student publications or for community newspapers.

21. Schedule practice areas for activities occurring at the same time.

22. Assist in planning pep rallies,

23. Cooperate with the sponsors of the band, cheerleaders, and other faculty members for pre-game and half-time entertainment.

24. Be responsible for developing implementing rules and regulations governing the receiving of visiting teams.

25. Arrange opportunities for the physical examination of each candidate for each athletic activity in cooperation with the coach.

26. Keep a file of physical examination results and insurance coverage for all students who participate in the interscholastic athletic program.
Job Description of Coach

1. Organizes the team which is coached under the supervision of the athletic director and building administrators.
2. Provides leadership in the selection of team members and submits a team roster to the athletic director for submission to the principal prior to the first contest or when requested by the athletic director.
3. Provides assistance in the selection and evaluation of assistant coaches and junior varsity coaches and informs vice-principal in charge of athletics of all interested volunteer coaches.
4. Assumes responsibility for the selection and training of all team managers, scorekeepers, timers and statisticians, and chain gang.
5. Verifies the eligibility of each athlete in conjunction with the athletic director, athletic trainer, or designated administrator.
6. Reports all unsafe playing areas and equipment to the athletic director and designated administrator.
7. Assist, when possible, in arranging of dressing areas for officials.
8. Assists, when appropriate, the athletic director in rescheduling of games and transportation to games.
9. Assists in developing placing into operation the appropriate rules and regulations governing the conduct of athletic activities and contests.
10. Assists the athletic director with arranging details of the visiting team’s needs, as appropriate.
11. Assists, when appropriate, the preparation of specifications for bids on supplies and equipment.
12. Assists in fostering good school-community relations by keeping the community aware of and responsive to the athletic program.
13. Assumes responsibility for the playing field and or court and other facilities. The coach may request help from the athletic director.
14. Provides, when appropriate, advertising, pre-game publicity, press coverage of games, ad post-game reports to the media.
15. Completes accident reports in the absence of the athletic trainer and forwarding them to the athletic director and administration.
16. Assists the athletic director in making recommendations to the building principal in the decision-making process regarding cancellation of games.
17. Assists in evaluation of officials.
18. Assumes responsibility for the supervision of team members at all times, including but not limited to:
   a) team members at school after away contests until transported home
   b) practices, games or team meetings
   c) transportation to and from away games or contests
d) overnight trips  
e) restaurant stops

19. Communicates to athletes and parents/guardians the required payment and collects activity fee to participate on an athletic team. This fee will be paid before the first scheduled contest of each sports season.

20. Is present at each practice session and at all contests of the sport that he/she coaches, including supervision at all times of the locker/dressing area at the opening and closing of the session until the area is secured.

21. Understands encouragement to attend meetings in his/her school or the county level and state sponsored rules, clinics that deal directly with the sport that he/she coaches.

22. Informs the Athletic Director of rule changes, trends or recommendations that will affect games and contests.

23. Assistant coaches will follow the directive of the head coach and in the absence of head coach will assume the duties of the head coach.

24. Assumes responsibility for reporting athletes ejected from a contest to athletic director. (Also refer to Bayside Conference bylaws.)
Job Description of Athletic Trainer

1. Must hold certification from the National Athletic Trainers Association Board of Certification.

2. To work in coordination with the coach, to insure that all participants on the interscholastic level have proper physical examinations, yearly follow-ups, medical history forms, and insurance prior to participation in practices or contents.

3. To administer first-aid to all student athletes on the field, in the athletic training room, or in the designated areas of competition.

4. To work in cooperation with coaches in setting up and carrying out programs of conditioning, strength, and flexibility for interscholastic athletes.

5. To implement and administer of rehabilitation and conditioning regimes for student athletes.

6. To administer primary care and referral to appropriate allied health professionals for injuries incurred while participating in interscholastic athletics.

7. The supervision and application of protective devices such as pads, braces, and taping of the student athletes.

8. Maintaining complete and accurate injury, treatment and therapy records of the student athletes.

9. The medical coverage of interscholastic home contests based upon severe injury probability, priority, and availability of athletic training staff members.

10. The formulation and management of the athletic training budget request and inventory control; to request money for injury prevention devices, medical supplies, therapeutic devices, rehabilitation equipment, and protective devices, as well as medications as deemed necessary.

11. The repair and maintenance of the athletic training facility and equipment.

12. To maintain communication with the school nurse of injuries sustained by student athletes.

13. To maintain communication with coaches on the status of their injured athletes verbally and/or by a written injury report.

14. Recommendations are made by the athletic trainer for return to play status. Final decisions are to be made by the paid coaching staff in the event of the discrepancy between the athletic trainer and coach. The school administration will be notified.
Conduct of Coaches

1. Coaches are expected to conduct themselves in a professionally acceptable manner in all relationships with spectators, officials, press, players, etc.

2. The coach should not incite players, fans, etc. by their actions. In fact, they will conduct themselves in such a way as to deter and reduce such actions when the arise.

3. The use of tobacco, alcohol, non-prescribed drugs, and profanity will not be tolerated during the period of time when the coach is involved in their coaching responsibilities. This includes practices, games, travel, locker room supervision, etc.

4. Failure to adhere to the above guidelines and policies may necessitate corrective action by the school and/or county administration.

5. Suspension or dismissal from coaching duties may be recommended by the school principal and/or county Supervisor of Athletics to the Superintendent for the following:
   b) Failure to assume and fulfill the duties of a coach as stated above.
   c) Action or conduct relative to coaching not in the best interest of the participants, the school, and sport he/she coaches.
   d) A coach who removes the team from the playing field or floor because of dissatisfaction with officiating or with other game conditions will be subjected to suspension and/or dismissal from coaching responsibilities.
   e) Coaches shall not recruit students who do not live within their schools’ attendance zone.

End of Season Responsibilities for Coaches

1. Submit equipment needs to the vice principal.

2. Collect, complete the cleaning, care, and storage of athletic equipment, supplies, and uniforms of the team. The coach may ask assistance of the athletic director for a suitable location to store equipment.

3. Complete and submit to the athletic director an updated inventory of all equipment, supplies, and uniforms at the close of the athletes’ season,

4. Provides the vice principal in charge of athletics with final seasonal records as needed including:
   a) Bayside Conference statistics
   b) Sportsmanship evaluation
   c) Fines
   d) Awards
Volunteer Coaches

Volunteer coaches are an integral part of the coaching staff and their commitment and dedication to high school athletes is noticed and appreciated. The following guidelines shall apply to all volunteer coaches:

1. All persons who desire to volunteer coach will be required to fill out a volunteer form and this must be turned into the vice-principal for athletics for processing.

2. All prospective volunteer coaches must be fingerprinted and a criminal background check will be conducted.

3. All volunteer coaches must complete the process to coach (items 1 and 2 above) prior to the first play date.
1. **PURPOSE**

To develop guidelines and regulations for the implementation of the Athletic Eligibility requirements and the administration of the County-Wide Athletic Program.

2. **DESCRIPTION**

   A. **Rules and Regulations Relating to the Organization and Administration of Athletic Programs**

   1) All public secondary schools of Somerset County are members of the Maryland Public Secondary Schools Athletic Association and the Bayside Conference, and are governed by their rules and regulations. It is the responsibility, however, of each county school system to supplement these regulations as needed.

   2) The superintendent of schools is responsible for all phases of the school program. The administration of the interscholastic athletic program may be delegated however, by the
superintendent to a supervisor who will work cooperatively with the secondary school principals and the athletic directors. All decisions on athletic rules, regulations and policy changes shall be subject to the approval of the county superintendent of schools and the Board.

3) An athletic committee composed of the Supervisor of Athletics, who shall serve as chairperson, the principals of the senior high schools, the athletic directors of the senior high schools, and two coaches, (at least one-half of which shall be women), from each senior high school, shall review and study the policies for governing and the procedures for administering interscholastic athletics. Changes which are supported by the majority vote of this body are submitted to the superintendent of schools for approval.

B. Athletic Eligibility

1) Somerset County Public Schools, as a member shall abide by the rules and regulations of the Maryland Public Secondary School Athletic Association (M.P.S.S.A.A.) And the Constitution, By-laws, and Policies of the Bayside Athletic Conference (B.A.C.).

2) Somerset County Public Schools will be governed by all other regulations and policies of the Bayside Athletic Conference as written, without change, in its handbook.

3) This Somerset County Policy on Athletic Eligibility supersedes, Articles I - This Somerset County Policy on Athletic Eligibility supersedes, Article I - Eligibility of the Bayside Athletic Conference policies. All items in this policy are either comparable to or more stringent than the present Bayside Athletic Conference policy.

a) To be eligible for participation in athletics in Somerset County Public Schools with no restrictions or limitations, a student must maintain a 2.0 Grade Point Average and receive no more than one E for the previous marking period. If a student receives an E for a marking period grade it must be brought up to passing on the following midterm report to remain eligible. If a student receives an E in any combination of classes two marking periods in a row he/she will be ineligible to participate until the next marking period. Fall eligibility will be based on the fourth marking period grades of the previous year. If a student receives an E on the fourth marking period report card they are eligible to participate in the fall but will become ineligible if they receive an E in any subject on the first midterm report.

<table>
<thead>
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<th>3rd Quarter</th>
<th>4th Quarter</th>
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<td>2.0 GPA</td>
<td>2.0 GPA</td>
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<td>No More Than one E</td>
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<td>No More Than one E</td>
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</table>

If a student receives an E for a quarter it must be improved to passing at midterm to remain eligible. If a student receives an E in any combination of classes two marking periods in a row he/she will be ineligible to participate until the next marking period.

b) Students not finishing a school year or not meeting Fall eligibility requirements will not be eligible to compete in an athletic contest at the start of the next fall semester. Their first opportunity to compete will be upon the issuance of progress reports.

c) Students may reestablish eligibility by successfully completing failed courses during the summer school. Students may also retake the two courses with the lowest grades for the 4th marking period to increase their GPA in order to reach the 2.0 GPA requirement. For the purposes of athletic eligibility, the final grade for summer school will be counted toward athletic GPA and for purposes of credit.

C. Interpretation
1) The eligibility period to be interpreted as beginning with the issuance of report cards to students to the next issuance of report cards.

2) Eligibility for transfer students will be determined by above criteria using the records from their sending school as evaluative data, and Bayside Conference eligibility forms.

3) Eligibility shall be based on grades received the previous marking period

4) Students failing one course for the fourth marking period may become eligible for the fall semester by taking and passing the failed course(s) in summer school.

5) A student must be in school all day in order to practice or participate in an extra curricular activity. Exception to this rule may be made by the principal of member school for extenuating circumstances.

D. Eligibility Standards for School Conduct

In addition to the M.P.S.S.A.A. and B.A.C. eligibility requirements and the Somerset County Public Schools Athletic Eligibility Policy, a student may also be declared ineligible to participate in interscholastic sports on any team by the principal of his or her school if he or she is guilty of improper conduct. This may include such offenses as suspension. Truancy, disrespect toward school authority, theft, alcohol and/or drug abuse, academic dishonesty, or refusal to cooperate with established school policies, as otherwise provided in Board Policy 600-1.

E. Student Transfer Eligibility

A transfer student is eligible to participate in an interscholastic contest after he/she has fulfilled the eligibility requirements of the M.P.S.S.A.A., the B.A.C., and Somerset County Guidelines 1-7 below are met.

1) A transfer student is any student whose parental residence is not within the attendance zone of the school in which he or she enrolls.

2) All transfer students must have the written permission of the Superintendent of Schools to transfer prior to enrolling in the school or participation in any of the school’s activities.
   - The parent must put his/her request for transfer in writing to the Superintendent.
   - Students transferring to a school in another attendance zone and in Somerset County, will be ineligible to participate in interscholastic sports for a period of 365 days from the date of the transfer.

3) Students may transfer to another school within Somerset County, in order to participate in a program not offered at the home school. If student does not participate in that specific sport, the student will be deemed ineligible and will remain at the transferred school for the remainder of that school year.
   - Students may also play other sports offered at the school immediately.

4) Transfer students may not participate on any athletic teams for 365 days from the date of transfer unless the purpose of their transfer is and has been declared to participate in a sport that is not offered at his or her home school.
   a) Such transfers may only be made once in a student’s high school career without jeopardizing his/her sports eligibility.
   b) Students must play all sports and remain through graduation at the transferred school.
   c) Student transfers (attending a school outside of their attendance zone) requesting to return to their home school (for the start of the next school year) will not be held accountable to the 365 day restriction period.
d) Student transfers (attending a school outside of their attendance zone) requesting to return to their home school (prior to the end of the current school year) will be ineligible to participate in home school sports until the start of the next school year.

5) Some students may have separated custodial parents/guardians and may have actual or possible residence in two attendance zones. In this situation, the student may declare one school as his/her home school and may attend there and participate in all sports.

   a) In the event that his/her enrollment must revert to the alternate school for reasons outside of his/her control, no athletic restrictions will be imposed once proper documentation has been submitted to the Superintendent of Schools. Lack of documentation will result in the 365 days of ineligibility from the date of transfer.

   b) In the event that he/she decides to transfer to the alternate school, the Somerset County transfer policy will go into effect.

6) Legal custody as awarded by the courts must accompany any request for transfer for sports participation.

7) Informal transfers of guardianship as designated in informal Somerset County Public Schools forms, will result in application of the Somerset County Transfer Policy and family must show proof of entire family unit having relocated to new property in attendance area.

8) Students transferring from any other Maryland county or any private school will fall under the B.A.C. Guidelines. They must enroll in the high school which draws from their attendance area.

9) For Homeschoolers #8 applies to their attending SCPS and participating in extracurricular sports.

F. Student Insurance Eligibility

Every candidate for, and participant on, an interscholastic team must be insured against possible accident or injury in school-sponsored games, practice sessions, and during travel to and from athletic contests. Such coverage may be provided by the purchase of Scholastic Accident Insurance; otherwise, proof of similar or superior coverage must be presented. Insurance records shall be initialed by all coaches and filed in the athletic director's office.

G. Coaches

Coaches must meet the eligibility requirements of the Maryland Public Secondary School Athletic Association to be certified to coach an interscholastic sport in Somerset County. Coaching assignments are made by the principal of the high school on a one-year basis.

H. Searches

If designated in writing by the principal, a teacher may make a reasonable search of a student on a school-sponsored trip if the teacher has a reasonable belief that the student has in his or her possession an item, the possession of which is a criminal offense under the laws of this State or a violation of any other State law or a rule or regulation of the Board. The search shall be made in the presence of a third party. To qualify to conduct a search under this section, a faculty member must first receive training to conduct a search commensurate with the training received by the principal designating the teacher. All searches will be conducted in accordance with Somerset County Public School policy 600-40.

I. Scheduling and Practice Regulations

Maryland Public Secondary Schools Athletic Association rules and regulations governing interscholastic athletics apply only to the Public Schools of Maryland. Principals, athletic directors and coaches who schedule non-member schools should be thoroughly familiar with differences in rules and regulations and potential problems attendant thereto.

1) Practice and afternoon contests must not be scheduled until county-wide in-service teachers' activities have been completed.

2) The closing of schools because of inclement weather will automatically cancel all athletic contests and practice sessions that were scheduled for that day. (School premises and otherwise).
3) Teams may practice or have contests during school term vacation periods. When practicing during the holidays, student and family desires, work schedules, etc., shall be considered when requesting student attendance. Coaches should use discretion and realistic scheduling procedures during the holidays.

4) Holiday tournaments teams shall be allowed to participate in holiday tournaments. Tournaments scheduled at home during the holidays must comply with the following regulations:

   a) Must be totaling self-supporting
   b) Cannot be underwritten by any group or organization
   c) A tournament must be approved by the principal, athletic director, supervisor of athletics and the superintendent of schools.
   d) All personnel necessary to assist with the operation shall be reimbursed for time and services. (Custodian, maintenance, security personnel, etc.)
   e) Tournaments shall not be named after individuals
   f) Participation in tournaments. Before accepting an invitation to participate in a tournament, an athletic director must first receive permission from the principal of his/her school. He/she must then receive approval from the supervisor of athletics. It shall be the responsibility of the supervisor of athletics to deny participation in any tournament which does not have proper local, state or federation sanction.
   g) Must be sanctioned by MPSSAA.

J. Responsibility of Coaches

Coaches shall remain at the school until the last player has departed unless the coach has arranged for a faculty member to assume responsibility in his/her absence.

Note: All members of teams shall leave practice at conclusion of formal practice session.

K. Use of Officials

Schools shall make every effort to use the services of competent, rated, and impartial officials for all interscholastic contests.

1) Approved sports. The following are approved county interscholastic sports:

   Baseball    Basketball    Cross Country    Field Hockey    Tennis
   Football     Golf           Soccer           Softball        Track

2) Intramural Sports Eligibility

Once a student has participated as a player in a particular interscholastic sport in a varsity, junior varsity, or freshman game, he/she may not thereafter participate in an organized intramural program in the same season unless he/she has been dropped from the varsity, junior varsity, or freshman squad for the remainder of the season.

   a) Each coach is responsible for knowing and understanding the rules as set forth in the M.P.S.S.A.A. handbook, the Bayside Conference, the "rules and regulations for interscholastic athletics in the Somerset County Public Schools", and the policies and procedures set forth by each individual school.
   b) Proceeding each season, each coach shall provide written communication with both students and parents concerning the specific rules governing each sport (training rules, practice hours, game day procedures, care of equipment, safety, discipline procedures, etc.). (In addition, each coach should provide an opportunity for appropriate further contacts with students and parents regarding such rules.)
   c) A coach has the responsibility to administer appropriate forms of discipline for the infractions of athletics policies, rules, or regulations.

L. Rules & Regulations Relating to the Transportation of Athletic Teams

1) The athletic director is responsible for initiating and organizing the transportation for all approved

2) The athletic director is responsible for initiating and organizing the transportation for all approved and schedule interscholastic sports contests
3) The athletic transportation must be approved by the principal.

4) County transportation rules governing student conduct on the bus will be in effect while athletic teams are being transported.

5) Participants may not board the bus along the routes of travel and they may not be dismissed from the bus on the return trip until they arrive back at the school. A parental waiver on file in the principal's office prior to team trip shall be the only exception.

6) All participants must travel with the team and the coaches to and from the site of an interscholastic contest unless special permission is granted for other arrangements by the principal prior to the trip.

7) A teacher(s) or coach(s) shall ride on each bus and shall be in charge of the students. A coach should always accompany the team unless an emergency requires supervision by other approved personnel.

8) Buses will be funded primarily to transport members of athletic teams. If, however, proper supervision is provided and space is available, cheerleaders may ride on the bus.

9) Bus drivers must be notified promptly whenever a game is postponed or canceled by the school athletic director. The athletic director shall be responsible for notifying the bus driver concerning rescheduled contests.

M. Scholastic Athletics - Academy and Intermediate Schools

1) The Board of Education supports the development of a strong athletic program at the intermediate and academy school level.

2) Emphasis of such competition shall be on positive learning experiences gained through visiting other schools, meeting students of other schools, and developing good habits in attitude and sportsmanship.

3) A maximum of ten games can be scheduled by each participating school in a school year. Details of scheduling and conducting games will be the responsibility of principal or their designees.

4) Competition will be restricted to 6th, 7th, and 8th graders.

5) Funding shall be the primary responsibility of each particular school.

6) The supervisor of athletics will oversee and be responsible for all aspects of the intermediate/academy school athletic program.
1. **Purpose**

Somerset County Public High Schools shall abide by the rules and regulations established by this policy, governing participation in extra-curricular activities.

2. **Description**

A. Extra-curricular activities shall be defined as those activities which require after-school hours practice and events, such as cheerleading.

B. High school principals shall identify those activities designated as extra-curricular by September 15, 1986 to the Superintendent of Schools. Henceforth, these designated extra-curricular activities shall remain constant and shall be governed by the eligibility requirements of this policy.

C. Extra-Curricular activity participation and eligibility

(1) All regulations regarding participation and eligibility shall be followed by both member schools without change.

(2) A student must be in school all day in order to practice or participate in an extracurricular activity. Exception to this rule may be made by the principal of a member school for extenuating services.

(3) Students participating in Cheerleading come under the same physical examination and insurance requirements as athletes listed in policy 500-20.
D. A student who is ineligible at the beginning of the school year shall remain so until the first progress reports are issued, when they may become eligible.

E. Extra-curricular Activities Eligibility

(1) To be eligible for participation in extra curricular activities in Somerset County Public Schools with no restrictions or limitations, a student must maintain a 2.0 Grade Point Average and receive no E’s for the previous marking period. Fall eligibility will be based on the fourth marking period, and end of course grades of the previous year.

(2) Students not finishing a school year or not meeting Fall eligibility requirements will not be eligible to participate in extra curricular activities at the start of the next fall semester. Their first opportunity to compete participate will be upon the issuance of progress reports.

(3) Students failing a course for the first semester will not be eligible to participate in extra curricular activities for the 3rd marking period. Students failing a course the second semester of one year will not be eligible to participate next year until the first progress reports are issued.

(4) Students may re-establish eligibility by successfully completing failed courses during the summer school. Students may also retake the two courses with the lowest grades for the 4th marking period to increase their GPA in order to reach the 2.0 GPA requirement. For the purposes of extra curricular eligibility, the final grade for summer school will be counted toward athletic GPA and for purposes of credit.

(5) This policy goes into effect at the close of the first marking period of each student’s 9th grade year.

F. A student may also be subject to denial of school privileges/restriction by the principal of his/her school if he/she is guilty of improper conduct. This may include such offenses as suspension, truancy, disrespect toward school authority, theft, alcohol and/or drug abuse, academic dishonesty, or refusal to cooperate with established school policies, as otherwise provided in Board Policy 600-17.

G. The provisions of this policy will not replace or supersede more stringent eligibility requirements placed on extra-curricular activity participation by the school principal and/or faculty sponsor.
Somerset County Public Schools

HEAD COACH EVALUATION FORM

Coach: ___________________________ Sport: ___________________________
Date: __________________________

1 – Good  2 – Needs Improvement  3 – Unsatisfactory  4 – Not observed

ADMINISTRATIVE RESPONSIBILITIES:

_____ Cooperates with athletic office regarding preseason paperwork (rosters & compliance lists) prior to first practice.
_____ Communicates with assistant coaches in regards to roles, duties, and expectations.
_____ Cooperates with requests for information from the athletic office on time.
_____ Abides by all relevant Board of Education policies, administrative, Bayside Conference, and MPSSAA guidelines.
_____ Recommends scheduling and officiating requests to the AD.
_____ Follows proper budget and purchase order procedures.
_____ Maintains and updates team and individual records.
_____ Supervises practice area, locker room and buses when athletes are present.
_____ Publicizes team and individual accomplishments to the media and school (daily announcements).
_____ Demonstrates care of school facilities and equipment.
_____ Prepares a detailed inventory of team equipment and updates it after each season.
_____ Submits end-of-season list of award winners.

RELATIONSHIPS:

_____ Demonstrates enthusiasm for working with high school athletes.
_____ Communicates effectively with athletes and parents.
_____ Establishes and maintains good rapport with faculty, administration, and coaching staff.
_____ Promotes all school activities and encourages students to participate in a variety of activities.
_____ Maintains cooperative relations with the media regarding team information, statistics, and interviews.
_____ Keeps commitments and is punctual.
_____ Shows an interest in the athletes’ academic experiences, and maintains regular contact with teachers.
_____ Supports team as well as individual accomplishments.
_____ Cooperates with the athletic trainer in regards to athletes’ physical well-being.
_____ Works with coaches at levels below high school to develop athletes.

COACHING PERFORMANCE:

_____ Conducts self in a professional and sportsmanlike manner at all times.
_____ Teaches the fundamental philosophy, skills, and knowledge essential to the sport.
_____ Develops a well-organized practice schedule with specific objectives for each practice.
_____ Uses personnel and strategies effectively in games.
_____ Praises athletes for positive performances.
_____ Offers constructive criticism for poor performances.
_____ Maintains effective individual and team discipline at practice and in games.
_____ Provides opportunities for all members of the team to participate, depending upon their ability and effort, while maintaining a competitive squad.
_____ Team’s performance reflects enthusiasm, motivation, proper fundamentals, and sportsmanship.

PRINCIPAL’S COMMENTS:
HEAD COACH’S COMMENTS:

______________________________  ______________________
Head Coach’s Signature          Date

______________________________  ______________________
Principal’s Signature           Date

The coach’s signature indicates he/she has read this evaluation. The coach has twenty days to respond to any portion of this evaluation to which he/she does not agree.
Somerset County Public Schools
HEAD COACH SELF-EVALUATION FORM

Coach: ________________________  Sport: ________________________  Date: ________________________

Assess the team’s performance this season.

Assess your performance as a head coach this season.

What are your goals for the team next season?

What are your personal goals as a head coach next season?

What suggestions or recommendations do you have for the Athletic Department that could help you achieve your team and personal goals?

____________________________  ________________________
Coach’s Signature  Date
Somerset County Public Schools
ASSISTANT COACH EVALUATION FORM

Coach: ___________________________ Sport: ___________________________
Date: ____________________________

1 – Good  2 – Needs Improvement  3 – Unsatisfactory  4 – Not observed

ADMINISTRATIVE RESPONSIBILITIES:

_____ Cooperates with head coach regarding preseason paperwork (rosters & compliance lists) prior to first practice.
_____ Assists with the issuance and collection of player equipment.
_____ Cooperates with requests for information from the athletic office on time.
_____ Abides by all relevant Board of Education policies, administrative, Bayside Conference, and MPSSAA Guidelines.
_____ Publicizes team and individual accomplishments to the media and school.
_____ Supervises practice area and locker room when athletes are present.
_____ Demonstrates care of school facilities and equipment.
_____ Assists in preparation of a detailed inventory of team equipment and updates it after each season.

RELATIONSHIPS:

_____ Demonstrates enthusiasm for working with high school athletes.
_____ Cooperates with head coach regarding team philosophies, guidelines, and player expectations.
_____ Communicates effectively with athletes and parents.
_____ Establishes and maintains good rapport with faculty, administration, and coaching staff.
_____ Promotes all school activities and encourages students to participate in a variety of activities.
_____ Keeps commitments and is punctual.
_____ Shows an interest in the athletes’ academic experiences.
_____ Supports team as well as individual accomplishments.
_____ Cooperates with the athletic trainer in regards to athletes’ physical well-being.

COACHING PERFORMANCE:

_____ Conducts self in a professional and sportsmanlike manner at all times.
_____ Teaches the fundamental philosophy, skills, and knowledge essential to the sport.
_____ Develops a well-organized practice schedule with specific objectives for each practice.
_____ Uses personnel and strategies effectively in games.
_____ Praises athletes for positive performances.
_____ Offers constructive criticism for poor performances.
_____ Maintains effective individual and team discipline at practice and in games.
_____ Provides opportunities for all members of the team to participate, depending upon their ability and effort, while maintaining a competitive squad.
_____ Team’s performance reflects enthusiasm, motivation, proper fundamentals, and sportsmanship.
Learns new strategies and trends in the sport by attending clinics and reading coaching publications.

PRINCIPAL’S COMMENTS:

ASSISTANT COACH’S COMMENTS:

____________________________  ________________
Assistant Coach’s Signature  Date

____________________________  ________________
Head Coach’s Signature  Date

The coach’s signature indicates he/she has read this evaluation. The coach has twenty days to respond to any portion of this evaluation to which he/she does not agree.
Bayside Athletic Conference

Constitution
Bylaws
Rules & Interpretation
Special Initiatives

Revised 1973
Revised 1976
Revised 1977
Revised 1981
Revised 1991
Revised 1993
Revised 1995
Revised 1996
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ARTICLE I – NAME

The name of this organization shall be the Maryland Eastern Shore Bayside Athletic Conference.

ARTICLE II – PURPOSES

The primary purposes of this Conference are as follows:
1. To suggest the basic principles and procedures in the conduct of competitive athletic programs among the member schools.
2. To provide for the regulation and administration of Conference/District 8 sponsored programs.
3. To centralize the scheduling procedures for Conference/District 8 inter-school contests.
4. To foster high standards of ethics and sportsmanship in the conduct of athletic contests.

ARTICLE III - MEMBERSHIP

All public secondary schools located in Caroline, Dorchester, Kent, Queen Anne, Somerset, Talbot, Wicomico, and Worcester Counties shall automatically be members of the Conference unless a school withdraws its membership or otherwise becomes a non-member. These counties’ schools will also become members of the Maryland Public Secondary Athletic Association’s District 8, effective July 1, 2004.

ARTICLE IV – ORGANIZATION

Section 1 The Board of Control will operate within the framework of the Maryland Public Secondary School Athletic Association (M.P.S.S.A.A.). The Board of Control shall be responsible for all rules and regulations governing the Bayside Athletic Conference and the District 8 (M.P.S.S.A.A.) subject to the approval of the county superintendents within the eight member counties.

Section 2 The Bayside Conference does not discriminate on the basis of gender or ethnicity.

Section 3 A member school must abide by the rules and regulations of the Conference.

Section 4 The Conference shall be administered by a Board of Control composed of four (4) voting members from each of the member counties. Members of the Board of Control shall be selected as follows:
- The athletic director from each member high school.
- A female coach.
- A male coach.
- A member of the secondary administrative/supervisory staff, in addition, there shall be one (1) voting member of the Eastern Shore Superintendents’ Association. The selection of these members shall be determined by the respective county superintendent and their names submitted to the Conference president prior to the annual fall meeting. Alternates shall be appointed by the county superintendent in case of emergency.

Section 5 The Board of Control shall elect from its membership the following officers:
President, Vice-President, Secretary, Bayside Treasurer and District 8 Treasurer.

Section 6 The Board of Control shall have the authority to approve standing committees necessary to implement the functioning of the Conference/District 8.
ARTICLE V – MEETINGS

Section 1  Regular meetings shall be held twice a year at sites determined by the president of the Conference/District. The fall meeting shall be held prior to November 1st and the spring meeting shall be held prior to May 1st. The meetings will normally be scheduled to start at 9:00 am.

Section 2  Special meetings may be called when necessary by the president of the Board of Control at their discretion or upon the request of a minimum of eight members of the Board of Control.

ARTICLE VI - QUORUM

A quorum, necessary to conduct official meetings, shall consist of at least seventeen (17) members of the Board of Control.

ARTICLE VII – FINANCES

All financial operations necessary to the functioning of the Conference shall be provided in the Bylaws.

ARTICLE VIII – OFFICERS

Section 1  The officers of the Board of Control shall consist of a President, Vice-President, Secretary, Bayside Treasurer and District 8 Treasurer selected from the Board of Control by its membership. Officers shall be elected at the annual spring meeting. All Officers shall be elected for a two (2) year term. The Vice-President shall succeed the President at the end of the President's year term in office. The officers elected shall serve from July 1 to June 30 following the election.

Section 2  The President shall:

1. Represent the Bayside Conference/District 8 at any official function or requested appearance deemed necessary.
2. Have the power to call and preside over meetings of the Conference/District 8.
3. Have the authority to appoint any committees necessary for the proper functioning of the Conference/District 8.
4. Appoint all standing committees which will serve during their administration. These committees will be subject to the approval of the Board of Control.

Section 3  The Vice-President shall:

Exercise the powers of the president in case of the absence of the President.

Section 4  The Secretary shall:

1. Keep a written record of all regular and special meetings of the Board of Control.
2. Mail minutes of the meetings of the Board of Control and constitutional changes to county superintendents, county supervisors of athletics, principals of member schools, athletic directors of member schools, and the Eastern Shore Superintendents' Association within thirty (30) days after the meeting of the Board of Control.
3. Conduct all necessary correspondence for the Conference

Section 5  The Bayside Conference Treasurer shall:

1. Administer the financial affairs of the Conference under the direction of the Board of Control.
2. Render a written financial statement to the members of the Board of Control at its annual fall and spring meetings.

3. The results of a scheduled audit will be reported to the members of the Board of Control at the annual fall meeting. It is recommended that as a minimum, an audit be conducted at the election of a new treasurer.

4. Compensation of the Bayside Treasurer shall be determined by the Board of Control.

Section 6
The District 8 Treasurer will conduct district finances required by M.P.S.S.A.A.

ARTICLE IX - EXECUTIVE DIRECTOR

Section 1
The Executive Director shall be appointed by the Board of Control. A screening committee composed of five members and chaired by the President shall make recommendations to the Board of Control. No county shall be represented by more than one member on the screening committee.

Section 2
The appointment shall be for an initial term of one year and at the discretion of the Board of Control for successive terms.

Section 3
The Executive Director shall:
1. Prepare rough draft of all schedules.
2. Promote the activities of the Bayside Athletic Conference.
3. Serve as statistician for the Conference.
4. Perform duties as stated in the bylaws and policies.
5. Maintain permanent records of minutes.
6. Contact all members of the Board of Control about upcoming annual meetings. This includes the county superintendent, county supervisor of athletics, principal of member schools, and athletic director of member schools. The Eastern Shore Superintendents’ Association shall also be notified.
7. Perform such duties as may be determined from time to time by the Board of Control.

Section 4
Compensation of the Executive Director shall be determined by the Board of Control.

ARTICLE X - COMMITTEES
The Bayside Conference shall have two (2) standing committees: a scheduling committee and a conference appeals committee. The appeals committee shall consist of the supervisors of athletics of the member counties of the Bayside Conference and the president of the Bayside Conference. The Board of Control will elect any and all committees as required for District 8 by M.P.S.S.A.A.

ARTICLE XI – AMENDMENTS
The Conference constitution may be amended by an affirmative vote of at least twenty-four (24) members of the Board of Control at any regular or special meeting provided that proposals for amendments are submitted to member schools by the Secretary, in writing, at least thirty (30) days before the vote on the amendments is acted on by the Board of Control.
BYLAWS

ARTICLE I - REGULATION OF SPORTS

The Conference shall have the authority to regulate any sport in which a member school fields a competitive team. Any school-sponsored interscholastic athletic team, whether interschool or club, will abide by the Conference rules and regulations. District 8 sports will be regulated as required by the M.P.S.S.A.A.

ARTICLE II – SCHEDULING

Section 1 The Conference shall maintain an approved list of boy’s and girls’ sports activities that are subject to Conference scheduling.

Section 2 The approved list of sports for scheduling in the Bayside Conference is as follows:

<table>
<thead>
<tr>
<th>BOYS SPORTS</th>
<th>GIRLS SPORTS</th>
</tr>
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<tbody>
<tr>
<td>FOOTBALL (Varsity/JV)</td>
<td>FIELD HOCKEY (Varsity/JV)</td>
</tr>
<tr>
<td>SOCCER (Varsity/JV)</td>
<td>SOCCER (Varsity/JV)</td>
</tr>
<tr>
<td>CROSS COUNTRY (Varsity)</td>
<td>CROSS COUNTRY (Varsity)</td>
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<td>GOLF (Varsity)</td>
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<td>WRESTLING (Varsity/JV)</td>
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<tr>
<td>BASKETBALL (Varsity/JV)</td>
<td>BASKETBALL (Varsity/JV)</td>
</tr>
<tr>
<td>INDOOR TRACK (Varsity)</td>
<td>INDOOR TRACK (Varsity)</td>
</tr>
<tr>
<td>BASEBALL (Varsity &amp; JV)</td>
<td>SOFTBALL (Varsity/JV)</td>
</tr>
<tr>
<td>TENNIS (Varsity)</td>
<td>TENNIS (Varsity)</td>
</tr>
<tr>
<td>OUTDOOR TRACK (Varsity)</td>
<td>OUTDOOR TRACK (Varsity)</td>
</tr>
<tr>
<td>LACROSSE (Varsity)</td>
<td>LACROSSE (Varsity)</td>
</tr>
</tbody>
</table>

Section 3 To add a sports activity to the approved scheduling list, 40% of the member schools must indicate a desire to field a team (and) the Board of Control shall vote on the sport at the annual spring meeting. A majority vote is required for approval. The new sports activity shall be scheduled at the next scheduling meeting.

Section 4 A scheduling committee consisting of the President, Executive Director*, League Minder Coordinator, the athletic director from each member school, and the Supervisor of Athletics from each member county as appointed by the county superintendent, shall meet periodically as needed, with the full authority to schedule all Conference approved sports activities. All fall sports shall be scheduled prior to December 15th and winter and spring sports shall be scheduled prior to April 15th.

*Serves as chairperson. Each county will have one (1) vote in, a) resolving schedule conflicts, and b) approving Conference schedules. A majority vote is required for approval with the Executive Director voting only to resolve a tie vote among the county voting delegates.

Section 5 The schedules shall be presented to the Board of Control at the annual spring meeting, for final approval, and are not subject to change or appeal. All member schools shall accept the schedules as approved by the scheduling committee.
Section 6  If a school is closed, either all day or early dismissal, due to inclement weather, there shall be no practices or athletic contests involving that school that day. Affected schools shall be contacted by 1:30 p.m. or sooner.

Section 7  If a school is closed for a locally approved school holiday, the host or traveling school may decide whether a contest shall be played, provided the school observing the locally approved school holiday contacts the other school’s administration/athletic director. All conflicts in scheduling are to be resolved by the athletic directors prior to the beginning of the sport season, or the game is to be played as scheduled by the Conference.

Section 8  If, for any reason, (except the proper use of Section 6 & above or section 9 number 5), a team fails to show for a scheduled Conference game, the said game shall be an automatic forfeiture. In case of forfeiture:
1. The team failing to show shall be considered the loser.
2. The team to which the forfeiture was made shall be the winner and so recognized in Conference standings.
3. The forfeiting team shall be responsible for the expenses in securing the game officials, security and traveling expenses.

Section 9  General Scheduling Regulations:
1. For any school to enter a team in Bayside Conference competition, (part of Bayside schedule), or withdraw a team from the Bayside Conference competition, (exclude from Bayside schedule), they must notify the President of the Conference, in writing, prior to the annual scheduling meeting. A majority vote of the scheduling Committee as provided in Section 4. shall approve or disapprove the request.
2. Any school desiring to play a limited Bayside Conference schedule shall notify the President of Conference, in writing, prior to the scheduling meeting and indicate the sport or sports involved. A majority vote of the scheduling committee as provided in Section 4 shall approve or disapprove the request.
3. Any school granted permission to play a limited Bayside Conference schedule by the scheduling committee shall not be eligible for a Bayside Conference Championship or play in a Bayside Conference Championship contest, or participate in any state competition in that sport.
4. Any school, after having permitted its teams to be scheduled by the Conference, finds it necessary to drop out of the sport for the season due to its inability to field a team, shall cancel the sport (Varsity or JV) for the season and forfeit all games in that sport. The school shall notify, in writing, the respective schools on the Conference schedule, the President, and the Executive Director as soon as possible. If the respective schools are notified ahead of time that the sports team has been disbanded for the season, then the school will not be liable for the game official expenses as provided in Section 8c. All other provisions of Section 8 shall continue in force.
5. Opponents of teams forfeiting before the first play date will be re-scheduled by the Bayside Conference, if possible. If this is not possible, teams will be allowed to fill their schedule on their own, according to MPSSAA rules and regulations.
6. The organization of a team in a sport that has been disbanded and its Conference games forfeited, or in some combination which is not recognized by the Conference, in order to freelance, shall be strictly forbidden and, if done, shall be a flagrant violation of conference regulations, thus subjecting the school to the penalties outlined in Article X of the Bylaws of the Bayside Athletic Conference. Furthermore, if any conference school which shall play any other conference school with a team so organized, shall also be in violation of
conference regulations and be subject to the penalties set forth in Article X of the Bylaws of the Bayside Athletic Conference.

**Section 10** Contests with non-conference teams may be scheduled at the discretion of individual schools provided a full, regular schedule has been met.

**NOTE:** A full, regular conference schedule shall be determined by a majority vote of the scheduling committee, as provided in Section 4 above, for the particular spots.

**ARTICLE III – PROTESTS**

**Section 1** A protest is an alleged rule violation occurring in a varsity contest. This protest must be made at the time of the alleged violation. The protest must be announced by the official in charge. In addition, a written protest must be filed by the principal/designee of the protesting school to the President within seventy-two (72) hours. A fee of one hundred dollars ($100.00), must accompany all protests. The fee will be refunded to the school if the protest is upheld. Rulings on protests will be rendered to the President within ten (10) days after receipt of the protest.

**Section 2** The President shall appoint a Protest Committee, consisting of three (3) persons representing neutral counties, to decide all protests. The Executive Director shall attend all Protest Committee meetings and act in an advisory capacity.

**ARTICLE IV - RESOLVING OF PROBLEMS**

**Section 1** All problems, other than protests involving schools within a county, shall be referred to that county's superintendent of schools for approval and appropriate action, insofar as it applies only to their schools and does not alter the rules and regulations of the Conference.

**Section 2** Any problem involving two or more counties shall be referred to the superintendents/designee of the counties involved for appropriate action.

**Section 3** If the problem is not settled to the satisfaction of any of the superintendents at level two, the case will be submitted to the Conference Appeals Committee for a final Bayside Conference decision. The Executive Director shall attend ex-officio with no vote. Five members will constitute a quorum.

**Section 4** Any and all further appeals shall be directed to the Maryland State Board of Education represented by the Maryland Public Secondary School Athletic Association.

**ARTICLE V – DUES**

Member schools shall pay annual dues at the rate of one hundred dollars ($100.00) per school year to the organization. Dues are to be paid on or before September 30th of the current school year. Rates for each succeeding year will be established by the Board of Control at its regular spring meeting. In addition to the dues paid by member schools, each county shall contribute an amount of one thousand dollars ($1,000.00) per year to the Conference budget. The rate for the succeeding year shall be changed only by the consent of the superintendents of the participating counties.

**ARTICLE VI - CONTRACTS**

**Section 1** The approved schedules of the Conference shall serve as binding contracts among member schools.
Section 2  The approved schedule of the Conference takes precedent over any and all other contests between member schools and non-member opponents. Once the season has begun, schools are bound to fulfill the State guidelines for completing their schedules.

ARTICLE VII - PENALTIES

The Board of Control shall have the power to impose penalties for violations of the Conference rules depending upon the severity of the violation, unless such penalties are covered under the bylaws or policies of this document. These penalties may include but are not limited to:

1. Official reprimand.
2. Declaring players and coaches ineligible for Conference sports.
3. Declaring schools ineligible for Conference championships.
4. Forfeiture of game or games.
5. Suspension of school from the Conference.
6. Other penalties declared justified by the Board of Control.

ARTICLE VIII - AMENDMENTS OF THE BYLAWS

Amendments to the bylaws may be made in the same manner as regular amendments to the Constitution as stated in Article XI of the Constitution.
ARTICLE I - ELIGIBILITY

Section 1  All members of Conference teams must meet the eligibility requirements of the Maryland Public Secondary School Athletic Association (M.P.S.S.A.A.).

Section 2  The Board of Control may adopt eligibility rules more stringent than those of the M.P.S.S.A.A.

Section 3  Member counties may adopt eligibility rules more stringent than those of the Board of Control.

Section 4  All policies regarding eligibility shall be followed by all member schools without change.

Section 5  A student must be in school all day in order to practice or participate in an interscholastic sport. Exception to this rule may be made by the principal of a member school for extenuating circumstances.

Section 6  No student shall be allowed to participate in more than one (1) interscholastic sport per season. Students shall not be permitted to switch sport’s teams after the first official MPSSAA play date (refer to Article III – Regulations of Sports) Exception to the above mentioned rule are:

1. A student playing another sport may also participate in football as a punter or kicker only. They are not eligible to play any other position.

2. A student playing another sport may also participate in the District and State golf tournaments provided:
   • There is no organized team already at the school, or
   • A school-sponsored team has fewer members than the allowable number of entries permitted for the district tournament. In either case, a student may not take the place of a regular team member as of October 1.

Section 7  Each member county shall have a policy on athletic eligibility in print and enforce. Counties shall be permitted to determine their own eligibility rules and policies. In the event a county does not have an eligibility policy, the following minimum standard must be used:

1. If, upon the issuance of report cards to students, a student receives less than a 2.0 grade point average as determined by the County’s grading policy, the student shall become ineligible to participate in interscholastic athletic contests.

2. The student may become eligible at the next official grade reporting period. This may include mid-terms or report cards as determined by county grading policy.

Section 8  At the beginning of a school year, all students shall be eligible for competition regardless of the grades they received for the final marking period of the previous year. Counties may establish carry-over eligibility requirements for their students from the previous year and may establish their own criteria for regaining eligibility prior to the issuance of report cards to students.
**Section 9**  
Principals of all member schools shall prepare and send to the Executive Director a list of those students participating in the various sports who currently meet their county's eligibility policy. The deadline for eligibility lists is the first official MPSSAA play date for that sports season. A roster received after the deadline date must be accompanied by a check of $100.00 per team, payable to the Bayside Conference, or the certification of eligibility will be invalid.

**Section 10**  
**Athletic Eligibility Requirements for Students Transferring to Bayside Conference Schools.**  
The purpose of this policy is to ensure that students who participate in the Bayside Conference are bona fide residents of participating school systems. All school systems that are members of the Bayside Conference will actively discourage permitting a student to transfer to/from a Bayside Conference school when the purpose for the transfer is primarily for athletic participation. School personnel shall not participate in efforts to suggest or facilitate students’ transfers for the purpose of athletic participation.

1. **Transfer Between Schools**  
   A student who transfers to a Bayside Conference High School is ineligible to participate in an interscholastic athletic contest and practice for forty-five (45) calendar days from the date of enrollment (i.e. July 1st to participate on August 15th) or meets at least one of the numbered criteria listed below:
   - a. The student is a foreign exchange student and meets all other eligibility requirements for interscholastic athletics in the Bayside Conference.
   - b. A student entering the ninth grade for the first time becomes immediately eligible upon enrollment of said high school.
   - c. There has been a corresponding change in the residence of the student’s parents, parent or guardian into the receiving school’s attendance zone.

2. **Appeals Procedure**  
   Any question of student eligibility from this transfer rule shall be referred to the Transfer Appeals Committee for adjudication. This committee will be composed of the eight county supervisors of athletics or their designee. The Executive Director shall preside and vote only to resolve a tie vote.
   - a. The process shall be started by a written letter from the appellant school to the Bayside Conference President within ten (10) days of the student’s enrollment.
   - b. The Bayside Conference President shall schedule a meeting of the Transfer Appeals Committee at which time the appellant school must show cause as to the student’s eligibility. The Transfer Appeals Committee shall meet within five (5) business days of the appeal.
   - c. The Transfer Appeals Committee will make a decision which is final and binding.

3. A transferring student who was determined to be ineligible to participate in interscholastic athletics at a former school will have the same ineligibility imposed at the new school.

4. Each transferring student (except a foreign exchange student) must provide the new school with a signed statement from the former school’s principal confirming that, at the time of the transfer, the student was eligible to participate in interscholastic athletics at the former school. Without this certification the student will be ineligible for 60 school days from the date of enrollment.

5. The days will carry over into the next school year if the violation occurs during the second semester.

6. The transferring student must also meet all applicable provisions of the Maryland Public Secondary Athletic Association’s rules and regulations.

**Section 11**  
Any school in violation of the Bayside Conference Athletic Association eligibility rules shall forfeit all games in which the ineligible student has been a team member. Note: Team member is defined as being included on the eligibility list.
Section 12 Members of the Bayside Conference shall be governed by the eligibility rules and regulations as specified in Article I for all sports, even though a sport is not scheduled by the Conference.

Section 13 All questions regarding student eligibility, not covered under these policies, shall be referred to the conference Appeals Committee for a final Bayside Conference decision.

Section 14 Any and all further appeals shall be directed to the Maryland State Board of Education represented by the Maryland Public Secondary School Athletic Association (M.P.S.S.A.A.).

ARTICLE II – JUNIOR VARSITY ELIGIBILITY

Section 1 Students who are seventeen (17) years old or older as of August 31 are ineligible to participate in junior varsity.

Section 2 No senior shall be allowed to participate in junior varsity basketball.

Section 3 Eleventh (11th) and twelfth (12th) grade students may not play junior varsity football.

ARTICLE III – TRANSPORTATION

Section 1 All transportation should be by school bus or other licensed public carrier.

Section 2 It shall be mandatory that the coach or at least one (1) bona fide faculty member, regularly employed by the Board of Education, supervise each trip by their presence on the bus for the duration of the traveling.

ARTICLE IV - PRACTICE SESSIONS

Section 1 There shall be no more than one (1) practice session per school day of no longer than two (2) hours.

Section 2 Practice sessions of no more than two (2) hours duration maybe held twice daily when schools are not in session from the first allowable date of practice to the first allowable Play date as regulated by the MPSSAA.

ARTICLE V - PRACTICE GAMES

Member schools may schedule as many scrimmage games as they deem practical and necessary in any sport during any given season.

ARTICLE VI - TIME OF CONTESTS

Section 1 Any afternoon athletic contest held on a school day may start no earlier than 3:00 P.M. unless by mutual consent of the teams involved. If mutual consent cannot be achieved, then the original conference stated starting time will be used.
Section 2  For basketball, when two games are being played, the preliminary game shall start between 4:00 P.M. and 7:00 P.M. unless notified otherwise by the home team. The home team determines the starting time.

Section 3  Regional play-offs and championship game times will be determined by the M.P.S.S.A.A.

ARTICLE VII - ADMISSION PRICES

Section 1  The maximum charge for a Bayside Conference Championship contest will be eight dollars ($8.00). This admission price is subject to annual revision and is set by the board of control at the spring meeting the next year.

Section 2  Individual schools shall regulate prices on their own tickets and season passes.

Section 3  Complimentary Administrator Pass - The Bayside Conference shall recognize the M.P.S.S.A.A. pass to all games involving member schools and/or championships. This pass entitles the coach or administrator, whose name and signature appears on the front side, admittance to the game.

ARTICLE VIII - CONFERENCE AWARDS

Section 1  All awards will conform to .08 "AWARDS AND RECOGNITION" of the Bylaws of the M.P.S.S.A.A.

Section 2  Trophies will be awarded to Conference champions and the Conference runner-up. In case of a tie for Conference standings, the Conference’s tie-breaking procedures will be used to determine the Conference standings.

Section 3  Awards to individuals and teams can come only from the Bayside Athletic Conference.

Section 4  All trophies shall be purchased by the Conference and the selection shall be made by the Executive Director.

Section 5  The Executive Director or their designee shall be responsible for presenting trophies to the winning team and the runner-up.
ARTICLE IX - CROWD CONTROL

Section 1  The home team is responsible for crowd control.

Section 2  Each home school shall provide adequate supervision.

INTERPRETATION: Supervisory personnel can include:
1. Uniformed personnel
2. Faculty and staff members

Section 3  Noisemakers such as air horns, sirens, bells, and clappers will not be permitted at indoor activities or contests.

Section 4  Bands and musical instruments shall be prohibited at indoor activities or contests with the following exception: opening and half-time activities, other time-outs and legal breaks.

ARTICLE X - PLAYING RULES

Section 1  All interscholastic sports shall be played according to the official rules as published by the National Federation of State High School Associations, except as amended by the M.P.S.S.A.A.

Section 2  It shall be the responsibility of the home team to provide competent and qualified officials and equipment for each game.

Section 3  The official time clock in basketball shall be operated only by adults or qualified juniors or seniors.

ARTICLE XI - CHAMPIONSHIP CONTESTS

Section 1  The officials for Bayside Conference Championships shall be paid at the going rate for regional games. The Conference is responsible for the cost of the officials.

Section 2  If a team, eligible to participate in a Bayside Conference Championship, fails to fulfill its obligations; the next team in line is invited to the championship game. Situations involving District playoffs will come under M.P.S.S.A. jurisdiction.

Section 3  The host school will assume the cost of field markings and labor.

Section 4  When security officers are needed at games, the Bayside Conference will assume the responsibility to pay their fees.

ARTICLE XII - TIE BREAKER

TWO TEAM TIE-BREAKERS:
1. Opponents season record vs. one another (Head-to-Head). If still tied, then
2. Won/Lost percentage vs. all opponents, (excluding the one additional tournament permitted by the MSPPAA). If still tied, then
3. A coin flip will be used to determine the champion.

MULTI-TEAM TIE-BREAKER:
1. The team with the best won/lost percentage in games played between the teams that are tied for first place is the champion. If two teams remain tied, the current two team tie-breaking procedure will be used. If more than two teams remain tied, then

2. The team with the best won/lost percentage vs. all opponents will be the champion, (excluding the one additional tournament permitted by the MPSSAA). If two teams are tied, go back to the two team tie-breaker. If teams are still tied, then

3. A lottery procedure will be used to determine the champion. Numbers will be drawn and the team with the lowest number shall be declared the champion.

**ARTICLE XIII – CODE OF CONDUCT**

1. If an athlete is ejected from a contest by an official, the athlete will not be allowed to play in the next scheduled contest. Coaches will be required to submit a Coaches/Officials Report form when athletes are removed from a contest. This means the next scheduled contest for that athlete, whether that is a playoff game, a game in the next sport, or a game in the next season or year. A required conference with the coach, athletic director and administrator will result.

2. If an official ejects a coach from a contest, he/she must leave the game site immediately and will be suspended for the next game played. The next game played is interpreted as the next game which the team he or she was coaching when ejected plays. The coach may not be associated in any capacity with any other team during this period.

Ex. A JV football coach ejected from a game on Thursday may not assist on Friday with the varsity. The coach must sit out the next JV game.

Ex. A JV basketball coach ejected from a game must leave the game site immediately and may not assist with the varsity that day.

A coach ejected from the last game of a sport’s season will have the suspension applied to the first game he or she coaches whether that is a play-off game, a game in the next sports season, or a game in the next season or year.

Ex. A varsity football coach ejected the last game of the season, and is also the varsity wrestling coach, would be suspended the first wrestling match.

Ex. A varsity baseball coach ejected the last game of the season and who does not coach another sport would be suspended the first baseball game the next season.

Coaches suspended for a game are not allowed at the game site on the day or the night of the succeeding contest.

Coaches suspended for a game are allowed to participate in the practice sessions. The principal and athletic director will designate a coach for the next athletic contest. A required conference with the coach, athletic director, administrator, and supervisor will result.

An official’s judgment is final. If an official determines an act was flagrant or unsportsmanlike, there is no appeal.

**ARTICLE XIV - AMENDMENTS**

Member schools must be given thirty (30) days’ notice prior to any vote regarding additions or amendments to the POLICIES section of this document. The only exception to this is an emergency situation as determined by the Conference President.
BAYSIDE ATHLETIC SPECIAL INITIATIVES

ARTICLE I – SPONSORSHIPS

The Bayside Conference will accept sponsorships for both its conference championship contests and general activities from educational and non-educational organizations subject to the following guidelines:

- the minimum sponsorship for a championship contest is $1,000.00 over budgeted expenses for the contest
- the sponsoring organization will be investigated by the Executive Director and a recommendation will be brought to the Board of Control for approval. The investigation of the sponsoring organization shall include, at a minimum, the sponsoring organizations charter, constitution, mission statement or other statement of purpose which will be compatible with the purposes of the Bayside Conference
- the Board of Control shall approve all sponsorships by majority vote subject to final approval of the Conference’s superintendents
- all sponsorships are one year in duration, subject to renewal
- all sponsorships are a matter of public record
- the Bayside Conference reserves the right to reject and/or refund any sponsorship at any time for due cause or misrepresentation by the sponsoring organization
- The event shall be referred to as “The Bayside Conference (Sport Name) Championship sponsored by (Sponsor’s Name).”

ARTICLE II – SPORTSMANSHIP PLAN

The Bayside Sportsmanship Initiative

The Bayside Sportsmanship initiative was adopted at the April 18, 2000 meeting of the Bayside Board of Control.

1. Using Survey Monkey the sportsmanship of each member school’s entire regular season varsity athletic program will be evaluated by each opponent.
2. Varsity head coaches will evaluate all regular season games, both home and away.
3. Evaluations are to be completed at the end of each sports season and must be completed by the MPSSAA Championship game in each sports season.
4. The evaluations will be compiled and presented to the Supervisors of Athletics at their spring meeting.
5. Schools failing to complete the sportsmanship survey will not be eligible for the sportsmanship award in the just completed school year and will be fined $100.00.
6. The winning Bayside School in the Northern Division and Southern Division will receive a banner at the Fall Board of Control meeting the following school year.
7. A sample evaluation form from Survey Monkey maybe found on the next page.
Bayside Conference Sportsmanship

Sample Evaluation Form

You will be evaluating other schools based on games played AT HOME and AWAY. This survey should be completed for ALL GAMES of the season. The evaluation questions for each school are on separate pages.

If you coach more than one sport, you will need to start a new survey for each sport.

1. What is your name?

2. Where do you coach?

- Cambridge
- Colonel Richardson
- Crisfield
- Easton
- JMB
- Kent County
- Kent Island
- Mardela
- North Carolina
- North Dorchester
- Parkside
- Pocomoke
- Queen Anne’s
- Snow Hill
- St. Michaels
- Stephen Decatur
- Washington
- Wicomico

3. Choose the sport you are evaluating. If you coach more than one sport, evaluate only one at this time. You will need to complete separate surveys for each sport.

- Baseball
- Basketball, Boys
- Basketball, Girls
- Cross Country
- Field Hockey
- Football
- Golf
- Indoor Track
- Lacrosse, Boys
- Lacrosse, Girls
- Soccer, Boys
- Soccer, Girls
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Wrestling

Complete this page if you played against CAMBRIDGE, at home and/or away. If not, proceed to the next page.

4. Rate the school you visited in the following areas:

<table>
<thead>
<tr>
<th>The host school provided a welcoming atmosphere to visitors.</th>
<th>Outstanding</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The host school provided a safe environment that is conductive to a positive athletic experience.</th>
<th>Outstanding</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Coaches displayed good sportsmanship at athletic events.</th>
<th>Outstanding</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Student athletes displayed good sportsmanship at athletic events.  

Spectators displayed good sportsmanship at athletic event.

Please provide details for “Needs Improvement” responses.

5. Rate your OVERALL experience with this school. This rating is based on sportsmanship only. Please do not consider factors such as age or condition of facilities.

<table>
<thead>
<tr>
<th>Outstanding</th>
<th>Above Average</th>
<th>Satisfactory</th>
<th>Needs Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
PUBLIC SECONDARY SCHOOLS
ATHLETIC ASSOCIATION

2019–2020 OFFICERS

PRESIDENT
Dana Johnson
Athletic Director
Paul Laurence Dunbar HS
1400 Orleans Street
Baltimore, MD 21231
Phone: (443) 475-0853
Fax: (410) 545-1682

PRESIDENT-ELECT
Michael Duffy
Supervisor of Athletics
Carroll County Public Schools
125 North Court Street
Westminster, MD 21157
Phone: (410) 751-3059
Fax: (410) 751-3921

PAST-PRESIDENT
Kevin Hook
Supervisor of Athletics
Calvert County Public Schools
1305 Dares Beach Road
Prince Frederick, MD 20678
Phone: (443) 550-8781
Fax: (443) 286-4000

EXECUTIVE DIRECTOR
R. Andrew Warner
Maryland State
Department of Education
200 West Baltimore Street
Baltimore, MD 21201
Phone: 410-767-0376
Fax: 410-333-3111

PROFESSIONAL STAFF

Jason Bursick
MPSSAA Assistant Director
Phone: 410-767-0415

Jill Masterman
MPSSAA Program Specialist
Phone: 410-767-0374

TBA
MPSSAA Coordinator – Officials
Phone: 410-767-0375

TBA
MPSSAA Office Manager
Phone: 410-767-0555
Fax: 410-333-3111
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**REFERENCES**

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RESOLUTION

Adopted by the Superintendents
and the State Board of Education,
November 1, 1991.
Adopted by the MPSSAA State Board of Control,

WHEREAS, the Interscholastic Sports Program is an integral part of the education program;

WHEREAS, it is essential to promote healthful living, character building, and good citizenship for students through competitive sports;

WHEREAS, emphasis shall be placed on equality of opportunity, wholesome competition, and safety of participation; and

WHEREAS, a Master Agreement has been enacted by the Maryland State Department of Education, the local school systems, and the Maryland Public Secondary Schools Athletic Association to divide responsibility in a formal manner for the oversight, conduct, and operation of public interscholastic programs in Maryland; therefore be it,

RESOLVED that the Maryland Public Secondary Schools Athletic Association shall be constituted as set forth herein to fulfill its obligation under the Master Agreement.
MARYLAND PUBLIC SECONDARY SCHOOLS
ATHLETIC ASSOCIATION

- Serve as State High School Athletic Association
- Establish policies and rules for operation and conduct of State Tournaments
- Recommend COMAR modifications
- Advise State Superintendent regarding resolution of disputes
- Register and certify contest officials
- Represent Maryland in the National Federation of State High School Associations
- Deposit all funds into special account at MSDE
- Manage and account for all funds granted by MSDE

LOCAL SCHOOL SYSTEMS

- Provide staff to conduct MPSSAA activities
- Permit use of school facilities
- Resolve ALL local disputes
- Bear responsibility for students, coaches, and other staff involved in tournament programs
- Recommend modifications to COMAR
- Participate in tournament play within guidelines established by MPSSAA
- Comply with athletic program regulations established by MSDE or MPSSAA

MARYLAND STATE DEPARTMENT OF EDUCATION

- Interpretation and enforcement of Code of Maryland Regulations (COMAR)
- Fiscal Agent
- Provide administrative Services
- Designate Athletics Administrator

MARYLAND STATE DEPARTMENT OF EDUCATION AND LOCAL SCHOOL SYSTEMS

- Authorize State Tournaments
- Authorize MPSSAA to conduct State Tournaments
- Authorize MPSSAA to register officials
- Authorize MPSSAA to conduct enhancement programs
- Authorize MPSSAA to be representatives to the National Federation of State High School Associations

MARYLAND PUBLIC SECONDARY SCHOOLS
ATHLETIC ASSOCIATION
CONSTITUTION


The State Board of Education, as recommended by the State Superintendent of Schools, shall establish rules and regulations governing athletic programs for all students in the Public Secondary Schools of Maryland, which shall be supervised by an organization known as the Maryland Public Secondary Schools Athletic Association and which shall function under the Division of Instruction of the State Department of Education. The administrator in Interscholastic Athletics shall serve as the Executive Director of the organization.

ARTICLE I — Name

This organization shall be known as the Maryland Public Secondary Schools Athletic Association.

ARTICLE II — Philosophy

The purpose of this Association shall be to promote, direct, and control all interscholastic activities of high school students; to establish, maintain, and enforce such regulations as may be necessary to assure that all such activities shall be part of and contribute toward the entire educational program of the state of Maryland; to cooperate closely with the state department of education in the development of that program to safeguard the physical, mental, and moral welfare of high school students and protect them from exploitation.

ARTICLE III — Purposes

Sec. 1—The Association shall supervise and administer all rules and regulations of the MPSSAA.

Sec. 2—The Association shall provide leadership in conducting athletic programs between the public schools in the state of Maryland.

Sec. 3—The Association shall recommend the development of new and innovative athletic programs.

Sec. 4—The Association shall promote clinics and assist in the distribution of instructional materials, including films, national rules and regulations, and other such aids.

Sec. 5—The Association shall register and certify athletic contest officials.

Sec. 6—The Association shall perform other functions as stated in the "Master Agreement Outlining the Interscholastic Structure for Public Schools in Maryland".

ARTICLE IV — Membership

Sec. 1—All public high schools in Maryland who qualify under rules and regulations of the Maryland Public Secondary Schools Athletic Association may become members. Application for membership to the Association must be made by May 1 of any school year.

Sec. 2—A school having become a member of the MPSSAA shall continue as a member until such time as it withdraws its membership.

ARTICLE V — Organization

Sec. 1—A member school must abide by the rules and regulations of the Association.

Sec. 2—A local association may be formed by the member schools for the purpose of regulating and administering local athletic events. The rules enacted by any association must be in accordance with, or more restrictive than, those of the Maryland Public Secondary Schools Athletic Association.
Sec. 3—To facilitate effective conduct of Association business between meetings of the state board of control, there shall be an executive council composed of the president, president elect, past-president, executive director, a representative of the Maryland Secondary Schools Principals Association, and a representative from each district association.

Sec. 4—The legislative powers of the Maryland Public Secondary Schools Athletic Association shall be entrusted to a board of control whose members shall be selected as follows:

a. One delegate appointed by each county superintendent.

b. Three superintendents to represent all county superintendents.

c. Representatives from each of the counties, based on school enrollment in grades 9-11 in all member schools in that county, according to the following:

<table>
<thead>
<tr>
<th>Enrollment</th>
<th>Representatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 11,999</td>
<td>1</td>
</tr>
<tr>
<td>12,000 - 19,999</td>
<td>2</td>
</tr>
<tr>
<td>20,000 - 27,999</td>
<td>3</td>
</tr>
<tr>
<td>28,000 - 35,999</td>
<td>4</td>
</tr>
<tr>
<td>36,000 and above</td>
<td>5</td>
</tr>
</tbody>
</table>

d. Each appointed board of control member, if present, shall have one vote.

ARTICLE VI

Sec. 1—For the purpose of implementing activities of the Association, the state is divided into districts, the division to be as follows:

District 1 — Allegany, Carroll, Frederick, Garrett, & Washington Counties
District 2 — Montgomery County
District 3 — Prince George’s County
District 4 — Charles, Calvert, & St. Mary’s Counties
District 5 — Anne Arundel & Howard Counties
District 6 — Baltimore County
District 7 — Cecil & Harford Counties
District 8 — Caroline, Dorchester, Kent, Queen Anne’s, Somerset, Talbot, Wicomico, & Worcester Counties
District 9 — Baltimore City

Sec. 2—Each district association shall be comprised of member schools as established by Article VI, Section 1.

a. Member representatives shall be professional employees as certified by the Maryland State Department of Education.

b. All elected officers of the district association shall assume their offices as of June 1.

c. Whenever a vacancy occurs, the unexpired term shall be filled by the remaining members of the association, or as otherwise specified in the bylaws of the district association.

d. Each member school shall have one vote.

Sec. 3—At least one meeting shall be held each year.

Sec. 4—The officers of each district shall be a chairperson, assistant chairperson, and a secretary-treasurer.

Sec. 5—The chairperson shall have the power to call meetings of the district association. The chairperson shall preside over all meetings, and shall have the power to appoint, with the approval of the district board of control, such committees as are deemed necessary.

Sec. 6—The assistant chairperson shall preside in the absence of the chairperson.
**ARTICLE VII — Meetings**

Sec. 1 — Meetings of the board of control shall be held in the winter and spring of each year at a time and place designated by the president of MPSSAA.

Sec. 2 — A quorum of the board of control (one-half of the delegates plus one) must be present to take official action at scheduled meetings.

**ARTICLE VIII — Officers**

Sec. 1 — The elected officers of this Association shall be a president and a president-elect.

Sec. 2 — The president and the president-elect shall serve a term of two years. They shall begin their term of office by June 1 of the year in which they are elected.

a. The retiring president shall serve as past-president until duly succeeded.

b. The president shall have power to call meetings of the Association and to preside over them. The president shall appoint such committees as are designated in Article IX, Section 1 and Section 2 of the constitution.

c. The president-elect shall preside in the absence of the president; the past-president shall preside in the absence of both the president and the president-elect.

Sec. 3 — The Maryland State Department of Education administrator in interscholastic athletics shall serve as non-voting director of the Association.

a. The executive director shall keep a record of the proceedings of meetings, conduct all necessary correspondence, and keep official records of meets and tournaments sponsored by the Association at the state level. He/she shall present the report of the fiscal representatives on finances of the Association at all board of control meetings and at other times at the request of the state board of control. He/she shall perform such other duties as are requested by the state board of control consistent with the “Master Agreement”.

**ARTICLE IX — Committees**

Sec. 1 — The president, with the recommendation of the district associations, shall appoint committees as follows:

a. Nominating
b. Finance
c. Constitution
d. Tournaments
e. Classification
f. Appeals
g. Officials
Sec. 2—The president, with the approval of the executive council, shall appoint such additional committees as are deemed necessary.

Sec. 3—All committees, except a and f, in Section 1 above, shall submit all proposals to the executive council for review and/or recommendation to the board of control.

**ARTICLE X — Public Secondary School Interscholastic Athletic Revenues**

Sec. 1—MPSSAA shall deposit all revenues generated by the operation of public secondary school interscholastic athletic programs into a special revenue account at MSDE entitled “Public Secondary School Interscholastic Athletic Revenues.”

Sec. 2—MSDE officials shall serve as fiscal agents for this account and shall administer it according to State policies and procedures.

Sec. 3—MPSSAA shall submit disbursement requests to the MSDE athletics coordinator. Upon approval, the MSDE athletics coordinator shall warrant the release of funds and authorize the issuing of checks chargeable to the Public Interscholastic Secondary Schools Athletic Revenues account.

Sec. 4—Disbursements of funds shall be predicated on policies determined by MSDE and the participating LEAs.

Sec. 5—MPSSAA shall manage all funds in accordance with State policies and procedures.

Sec. 6—MPSSAA shall present to MSDE and to all participating LEAs an annual financial statement which will include its annual budget and an accounting for all revenues generated and disbursed for the operation of the public secondary schools interscholastic athletic programs.

Sec. 7—Upon request from the MPSSAA, the MSDE fiscal officer may deposit reserves from the Public Secondary School Interscholastic Athletic Revenues account into the Local Government Investment Pool.

Sec. 8—The MPSSAA shall maintain comprehensive liability insurance coverage of not less than $100,000 for each occurrence.
ARTICLE XI — Amendments

Amendments to the constitution may be made as follows:

Sec. 1—The proposed written amendment(s) may be submitted by a member school, county association, district association, state board of control, county board of education, state board of education, county superintendent, and state superintendent of schools to the executive director at least forty-five (45) days before the first annual meeting.

  a. Unless an emergency has been declared by the president, constitutional amendments can only be proposed and voted upon during an even-numbered school year with 1989-90 being considered as an even numbered school year.

Sec. 2—Upon receipt of such amendment(s), they shall be referred to the constitution committee for appropriate action and recommendation.

Sec. 3—Notice of the proposed amendment(s) shall be sent to each member school, members of the executive council, board of control, local and state board members, and county and state superintendents of schools at least fifteen (15) days before the first annual meeting.

Sec. 4—Ratification of the proposed amendment(s) shall require a 2/3’s majority vote of the delegates of the board of control present at the first annual meeting.

Sec. 5—Amendments approved by the board of control shall be forwarded to the state superintendent and local superintendents of schools.

ARTICLE XII — Resolution of Problems

Sec. 1—Problems involving member schools shall be referred to the local superintendent of schools for approval and appropriate action within his/her jurisdiction. Disputes or protests involving two member school systems shall be referred to superintendents of the schools involved for settlement. Disputes not resolved within or between local school jurisdictions shall be referred to the state board of control appeals committee for further action.

Sec. 2—A superintendent shall consider a protest official when he/she has received a written protest from a principal of a member school in his/her jurisdiction, or from a superintendent in another system by June 30 of that school year.
<table>
<thead>
<tr>
<th>Year</th>
<th>President</th>
</tr>
</thead>
<tbody>
<tr>
<td>1947-48</td>
<td>William Brish</td>
</tr>
<tr>
<td>1949-50</td>
<td>William Brish</td>
</tr>
<tr>
<td>1950-51</td>
<td>George Carrington</td>
</tr>
<tr>
<td>1951-52</td>
<td>George Carrington</td>
</tr>
<tr>
<td>1952-53</td>
<td>Arthur Ramey</td>
</tr>
<tr>
<td>1953-54</td>
<td>Ellery Ward</td>
</tr>
<tr>
<td>1954-55</td>
<td>Crescent J. Bride</td>
</tr>
<tr>
<td>1955-56</td>
<td>Stephan A. Lerda</td>
</tr>
<tr>
<td>1956-57</td>
<td>Edward Semler</td>
</tr>
<tr>
<td>1957-58</td>
<td>Charles Hudson</td>
</tr>
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<td>1958-59</td>
<td>Warren R. Evans</td>
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<tr>
<td>1959-60</td>
<td>Robert E. Pence</td>
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<td>1960-61</td>
<td>Charles R. Berry</td>
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<td>1961-62</td>
<td>Vincent C. Holochwost</td>
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<td>1962-63</td>
<td>William J. Callaghan</td>
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<td>1963-64</td>
<td>G. Wayne Burgemeister</td>
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<td>1964-65</td>
<td>William E. Dykes, Jr.</td>
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<td>Jack Willard</td>
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<td>1966-67</td>
<td>Edward Finzel</td>
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<td>1967-68</td>
<td>Harold S. Martin</td>
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<td>Crescent J. Bride</td>
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<td>1969-70</td>
<td>Warren Squires</td>
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<tr>
<td>1970-71</td>
<td>Marvin C. Joy</td>
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<td>1971-72</td>
<td>John E. Molesworth</td>
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<tr>
<td>1973-74</td>
<td>Albert Cesky</td>
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<tr>
<td>1974-76</td>
<td>Earl Hersh</td>
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<td>1976-78</td>
<td>Robert M. Foster</td>
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-- Former Executive Directors --

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MARYLAND PUBLIC SECONDARY SCHOOLS ATHLETIC ASSOCIATION

69
## MPSSAA BOARD OF CONTROL
### DISTRICT REPRESENTATIVES 2018-2019

#### DISTRICT 1
- **Allegany County**
  2. Mike Calhoun—Allegany County (retired)
- **Carroll County**
  1. Michael Duffy—Supervisor, Carroll Co.
  2. John Baugher—Principal, Westminster HS
- **Frederick County**
  1. Kevin Kendro—Supervisor, Frederick Co.
  2. Mike Chavez—Ath. Dir., Gov. Thomas Johnson HS
- **Garrett County**
  1. Paul Edwards—Dir. of Sec. Education, Garrett Co.
  2. James H. Maddy—Principal, Northern-Garrett HS
- **Washington County**
  2. James Aleshire—Principal, North Hagerstown HS

#### DISTRICT 2
- **Montgomery County**
  1. Dr. Jeffrey Sullivan—Director of Athletics, Montgomery Co.
  2. E. Kathy Green—Athletics Specialist, Montgomery Co.
  3. Heather Podosek—Athletic Dir., Paint Branch HS
  4. Reggie Spears—Athletic Director, Watkins Mill HS
  5. Jared Fribush—Athletic Dir. James H. Blake HS
- **Prince George’s County**
  1. Earl Hawkins—Coordinator Supervisor, Prince George’s Co.
  2. O’Shay Watson—Supervisor, Prince George’s Co.
  3. Nathaniel Laney—Principal, Potomac HS
  4. Thomas Green—Athletic Dir., El. Roosevelt HS

#### DISTRICT 3
- **Calvert County**
  1. Kevin Hook J.D.—Supervisor, Calvert County
  2. Kim Roof—Calvert Co. Public Schools
- **Charles County**
  1. Steve Lee—Coordinater, Charles Co.
  2. Dominic Zaccarelli—Athletic Dir., Westlake HS
- **St. Mary’s County**
  1. Michael Watson—Supervisor, St. Mary’s Co.
  2. Jake Heibel—Principal, Great Mills HS

#### DISTRICT 4
- **Anne Arundel County**
  2. Brian Layman—Athletic Specialist, Anne Arundel Co.
  3. Kyle Hines—Athletic Director, Glen Burnie HS
- **Howard County**
  1. John Davis—Athletics Coord., Howard Co.
  2. Jeannie Prevosto—AAM, Centennial HS
  3. Brandon Lauer—AAM, River Hill HS

#### DISTRICT 5
- **Baltimore County**
  2. Lynette M. Mitzel—Supervisor, Baltimore Co.
  3. Robert Hruz—Athletic Director, Perry Hall HS
- **Carroll County**
  1. Matt Roberts—Supervisor, Cecil Co.
  2. George Rash—Athletic Director, Perryville HS
- **Harford County**
  1. Debbie Basler—Supervisor, Harford Co.
  2. Heather Crawford—Ath. Dir., Havre de Grace HS

#### DISTRICT 6
- **Kent County**
  1. Kevin Taylor—Supervisor, Kent County
  2. Nick Keckley—Principal, Kent County HS
- **Queen Anne’s County**
  1. Sidney Pinder—Supervisor, Queen Anne’s Co.
  2. John Schrecongost—Principal, Kent Island HS
- **Somerset County**
  1. Keith O’Neal—Supervisor, Somerset Co.
  2. Greg Bozman—Athletic Director, Crisfield HS
- **Talbot County**
  1. William Keswick—Supervisor, Talbot Co.
  2. Brian Femi—Athletic Director, St. Michaels HS
- **Wicomico County**
  2. Stosh Schtierman—Athletic Dir., Wicomico HS
- **Worcester County**
  1. Tyrone Mills—Supervisor, Worcester Co.
  2. David Byrd—Athletic Director, Pocomoke HS

#### DISTRICT 7
- **Baltimore City**
  1. Tiffany Byrd—Coordinator, Baltimore City
  2. Todd Henning—Athletic Director, ACCE
  3. Jason Williams—Athletic Dir., Southwestern HS

#### DISTRICT 8
- **Anne Arundel County**
  2. Brian Layman—Athletic Specialist, Anne Arundel Co.
  3. Kyle Hines—Athletic Director, Glen Burnie HS
- **Howard County**
  1. John Davis—Athletics Coord., Howard Co.
  2. Jeannie Prevosto—AAM, Centennial HS
  3. Brandon Lauer—AAM, River Hill HS

#### DISTRICT 9
EXECUTIVE COUNCIL
Dana Johnson — President, MPSSAA
Michael Duffy — President-Elect
Kevin Hook — Past President

DISTRICT 1
Kevin Kendro ..................Frederick County

DISTRICT 2
Jeffrey Sullivan ........Montgomery County

DISTRICT 3
Earl Hawkins ........Prince George’s County

DISTRICT 4
Steve Lee ......................Charles County

DISTRICT 5
John Davis ........................Howard County

DISTRICT 6
Michael Sye ..................Baltimore County

DISTRICT 7
Debbie Basler ..................Harford County

DISTRICT 8
Bryan Ashby ..............Wicomico County

DISTRICT 9
Tiffany Byrd ......................Baltimore City

PRINCIPALS’ REPRESENTATIVE
Patrick Saunderson........Howard County

DISTRICT ASSOCIATION OFFICERS
PRESIDENT
District 1
Dan Cunningham ..........North Hagerstown HS

District 2
Dr. Jeffrey Sullivan ..........Montgomery Co.

District 3
Thomas Green ........Eleanor Roosevelt HS

District 4
Steve Lee ..................Charles Co.

District 5
Ken Miller ..................Northeast AA HS

District 6
Michael Sye ..............Baltimore Co.

District 7
George Rash .................Perryville HS

District 8
Dan Harding ..............Kent Island HS

District 9
Tiffany Byrd ......................Baltimore City

SECRETARY
District 1
Ryan Myers ..................Smithsburg HS

District 2
E. Kathy Green ........Montgomery Co.

District 3
Cecille Greenfield ..........Oxon Hill HS

District 4
Michael Watson ............St. Mary's Co.

District 5
John Davis .....................Howard Co.

District 6
Michael Sye .................Baltimore Co.

District 7
Dave Cesky ....................Fallston HS

District 8
Doug Bloodsworth ..........Somerset Co.

District 9
Yolanda Small ................Western-B HS

DISTRIBUTION ASSOCIATION OFFICERS
TREASURER & FINANCE COMMITTEE
District 1
Mike Chavez ..........Gov. Thomas Johnson HS

District 2
Dr. Jeffrey Sullivan ..........Montgomery Co.

District 3
Earl Hawkins ........Prince George’s Co.

District 4
Kevin Hook .................Calvert Co.

District 5
Clayton Culp ..............Anne Arundel Co.

District 6
Lynette Mitzel ............Baltimore Co.

District 7
Gary Brown ..................North East-C HS

District 8
Doug Bloodsworth ..........Somerset Co.

District 9
Tonisha Montgomery ..........Baltimore City
APPEALS COMMITTEE

DISTRICT 1
Eric Michael ......................Washington Co.

DISTRICT 2
Jeffrey Sullivan ................Montgomery Co.

DISTRICT 3
Earl Hawkins ......................Prince George’s Co.

DISTRICT 4
Kevin Hook ......................Calvert Co.

DISTRICT 5
Clayton Culp ...................Anne Arundel Co.

DISTRICT 6
Lynette Mitzel ....................Baltimore Co.

DISTRICT 7
Matt Roberts ......................Cecil Co.

DISTRICT 8
Bryan Ashby ......................Wicomico Co.

DISTRICT 9
Tina Queen ......................Reginald Lewis HS

CLASSIFICATION COMMITTEE

DISTRICT 1
Eric Michael ......................Washington Co.

DISTRICT 2
Dr. Jeffrey Sullivan ...........Montgomery Co.

DISTRICT 3
O’Shay Watson ......................Prince George’s Co.

DISTRICT 4
Steve Lee ......................Charles Co.

DISTRICT 5
John Davis ......................Howard Co.

DISTRICT 6
Michael Sye ......................Baltimore Co.

DISTRICT 7
Debbie Basler ......................Harford Co.

DISTRICT 8
Stosh Schtierman ..............Wicomico HS

DISTRICT 9
Tiffany Byrd ......................Baltimore City

PRINCIPALS’ REPRESENTATIVE

Afie Mirshah-Nayar ..................Largo HS

PRINCIPALS’ REPRESENTATIVE

Joseph Collins ..................Harford Technical HS

CONSTITUTION COMMITTEE

DISTRICT 1
Kevin Kendro ......................Frederick Co.

DISTRICT 2
E. Kathy Green ....................Montgomery Co.

DISTRICT 3
O’Shay Watson ......................Prince George’s Co.

DISTRICT 4
Steve Lee ..........................Charles Co.

DISTRICT 5
John Davis ......................Howard Co.

DISTRICT 6
Michael Sye ......................Baltimore Co.

DISTRICT 7
Matt Roberts ......................Cecil Co.

DISTRICT 8
Stosh Schtierman ..............Wicomico HS

DISTRICT 9
Tiffany Byrd ......................Baltimore City

EQUITY COMMITTEE

DISTRICT 1
Eric Michael ..............Washington Co.

DISTRICT 2
Anne Rossiter ......................Northwest HS

DISTRICT 3
O’Shay Watson ......................Prince George’s Co.

DISTRICT 4
Steve Lee ......................Charles Co.

DISTRICT 5
Clayton Culp ......................Anne Arundel Co.

DISTRICT 6
John Davis ......................Howard Co.

DISTRICT 7
Michael Sye ......................Baltimore Co.

DISTRICT 8
Debbie Basler ......................Harford Co.

DISTRICT 9
Mary Fisher ......................North Caroline HS

DISTRICT 9
Yolanda Small ......................Western-B HS
NOMINATING COMMITTEE

DISTRICT 1
Michael Duffy ..................................Carroll Co.

DISTRICT 2
Jeffrey Rabberman .................Quince Orchard HS

DISTRICT 3
Earl Hawkins .......................Prince George’s Co.

DISTRICT 4
Michael Watson ......................St. Mary’s Co.

DISTRICT 5
John Davis ................................Howard Co.

DISTRICT 6
Lynette Mitzel ......................Baltimore Co.

DISTRICT 7
Tim Lindecamp ......................Aberdeen HS

DISTRICT 8
Dan Harding ......................Kent Island HS

DISTRICT 9
Tiffany Byrd ......................Baltimore City

OFFICIALS COMMITTEE

DISTRICT 1
Eric Michael ............................Washington Co.

DISTRICT 2
Marco Fuggitti ........................Northwood HS

DISTRICT 3
O’Shay Watson .......................Prince George’s Co.

DISTRICT 4
Michael Watson ......................St. Mary’s Co.

DISTRICT 5
John Davis ................................Howard Co.

DISTRICT 6
Lynette Mitzel ......................Baltimore Co.

DISTRICT 7
George Rash ......................Perryville HS

DISTRICT 8
Rick Roman ......................Wicomico Co.

DISTRICT 9
Tonisha Montgomery ..................Baltimore City

SCHOLAR-ATHLETE COMMITTEE

DISTRICT 1
Dave Hobel ....................Mountain Ridge HS

DISTRICT 2
E. Kathy Green .......................Montgomery Co.

DISTRICT 3
Earl Hawkins .......................Prince George’s Co.

DISTRICT 4
VaShawne Gross ....................Huntingtown HS

DISTRICT 5
John Davis ................................Howard Co.

DISTRICT 6
Lynette Mitzel ......................Baltimore Co.

DISTRICT 7
Bruce Kline ....................Bohemia Manor HS

DISTRICT 8
Dan Harding ......................Kent Island HS

DISTRICT 9
Jarrett Ingram ................New Era Academy

STUDENT LEADERSHIP COMMITTEE

Director: Michael Duffy, Carroll Co.

DISTRICT 1
William Gross ..........Gov. Thomas Johnson HS

DISTRICT 2
Rita Boule ................Montgomery Blair HS

DISTRICT 3
Terri Dendy ................Northwestern-PG HS

DISTRICT 4
Michael Watson ......................St. Mary’s Co.

DISTRICT 5
Josh Sullivan ................Reservoir HS
Kyle Hines ................Glen Burnie HS

DISTRICT 6
David Deutsch .............Eastern Technical HS

DISTRICT 7
Jim Leitgeb ................North East-C HS

DISTRICT 8
Kurisha Hoffman ..............Easton HS

DISTRICT 9
Phil Thompson ...............Balto. Polytechnic Institute

MARYLAND STATE BOARD OF EDUCATION
Subtitle 06 SUPPORTING PROGRAMS

Chapter 03 Interscholastic Athletics in the State
Authority: Education Article, §§2-205 and 2-303(k),
Annotated Code of Maryland

.01 Authorization

A. The following regulations have been established by the State Superintendent of Schools to govern the athletic program for all high school students in Maryland public secondary schools which are members of the Maryland Public Secondary Schools Athletic Association (MPSSAA).

B. Local school systems may adopt rules governing their athletic programs that are more restrictive than those of the MPSSAA. Less restrictive rules may not be adopted.

.02 Eligibility

Student eligibility for participation in interscholastic athletics at the high school level shall be based on the following criteria:

A. Students shall be officially registered and attending the member MPSSAA school they are authorized to attend under regulations of the local school system. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.

B. Each local school system shall establish standards of participation which assure that students involved in interscholastic athletics are making satisfactory progress toward graduation.

C. Students who are 19 years old or older as of August 31 are ineligible to participate in interscholastic athletics.

D. Students in grades 9, 10, 11, and 12 may participate in interscholastic athletic contests for a maximum of four seasons in any one sport.

E. Middle, intermediate, or junior high school students are not eligible to compete or practice with high school teams. However, ninth grade public school students who reside in the attendance area of a high school organized grades 10—12 may participate in the interscholastic athletic program of that high school.

F. Students shall maintain amateur status as defined by Regulation .10 of this chapter.

G. Students, while participating on a school team, are permitted to participate on sports teams outside of school during the high school sport’s season. This participation shall meet the following criteria:

   (1) The outside participation may not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior written approval has been obtained from the school principal and coach;

   (2) Students who elect to participate on an outside team and do not participate and practice with the school team throughout the designated sport’s season are ineligible to represent the school in all contests that determine a county, district, regional, or State championship during that sport season.

H. Students shall present to their high school principal a certificate of permission to participate signed by their parent(s) or guardian(s).

I. Students shall be examined and certified to the high school principal as being physically fit to participate in any try-out, practice, or contest of a school team. The examination shall be performed by a licensed physician, certified physician assistant under the supervision of a licensed physician, or certified nurse practitioner.

J. Students legally transferred to another school may participate. “Legally transferred” means a change of residence or a transfer from one school to another by action approved by the local superintendent of schools.

K. Graduates.

   (1) Graduates of high schools are not eligible to practice with or participate on interscholastic sports teams. However, they may participate in the remaining athletic contests of that semester.
Students are considered graduates when they have completed the work required for graduation and are declared graduates by the local board of education.

.03 Sports Season

Member MPSSAA schools shall conduct all interscholastic athletic contests and practice sessions in accordance with the following:

A. The sports seasons shall be defined as follows:

   (1) “Fall” means the 6th Wednesday following the first Sunday of July, until the final date of the local, conference, district, regional, or State tournament.

   (2) “Winter” means November 15th until the final date of the local, conference, district, regional, or State tournament.

   (3) “Spring” means March 1st until the final date of the local, conference, district, regional, or State tournament.

   (4) When November 15th or March 1st falls on Sunday, practice will start the preceding Saturday.

   (5) Required Practice. A member MPSSAA school may not participate in a regularly scheduled game until at least 20 calendar days have elapsed after and including the first day of practice. Golf is the only exception to this regulation.

B. Maximum Number of Contests Permitted During a Sports Season.

   (1) All school athletic schedules shall be established before the first MPSSAA allowable playdate of each sport’s season according to the following instructions:

      (a) Badminton

         (i) 15 regular season games;

         (ii) No more than two matches per week; and

         (iii) Three matches in one week may be scheduled twice during the season.

      (b) Baseball

         (i) 18 regular season games or 20 with designated optional tournament;

         (ii) No more than three games per week;

         (iii) A team may elect to play in one designated optional two or three-game tournament;

         (iv) If a team elects to play in a designated optional three-game tournament, only 17 regular season games may be scheduled; and

         (v) If a team elects to play in the designated optional two or three-game tournament, a fourth game may be played during that week.

      (c) Basketball

         (i) 20 regular season games or 22 with designated optional tournament;

         (ii) No more than two games per week;

         (iii) Three games in one week may be scheduled twice during the season;

         (iv) A team may elect to play in one designated optional two or three-game tournament; and
(v) If a team elects to play in a designated optional three-game tournament, only 19 regular season games may be scheduled.

(d) Cross Country

(i) 10 regular season meets;
(ii) No more than two meets per week; and
(iii) Three meets in one week may be scheduled once during the season.

(e) Field Hockey

(i) 12 regular season games or 14 with designated tournament;
(ii) No more than two games per week;
(iii) Three games in one week may be scheduled twice during the season;
(iv) A team may elect to play in one designated optional two or three-game tournament; and
(v) If a team elects to play in a designated optional three-game tournament, only 11 regular season games may be scheduled.

(f) Football

(i) 10 regular season games; and
(ii) No more than one game per week.

(g) Golf

(i) 12 regular season matches; and
(ii) No more than three matches per week.

(h) Gymnastics

(i) 8 regular season meets;
(ii) No more than two meets per week; and
(iii) Meets may not be held on consecutive days.

(i) Indoor Track

(i) 10 regular season meets;
(ii) No more than two meets per week; and
(iii) Three meets in one week may be scheduled once during the season.

(j) Lacrosse

(i) 12 regular season games or 14 with designated optional tournament;
(ii) No more than two games per week;
(iii) Three games in one week may be scheduled twice during the season; and
(iv) A team may elect to play in one designated optional two-game tournament.

(k) Outdoor Track
   (i) 10 regular season meets;
   (ii) No more than two meets per week; and
   (iii) Three meets in one week may be scheduled once during the season.

(l) Soccer
   (i) 12 regular season games or 14 with designated optional tournament;
   (ii) No more than two games per week;
   (iii) Three games in one week may be scheduled twice during the season;
   (iv) A team may elect to play in one designated optional two or three-game tournament; and
   (v) If a team elects to play in a designated optional three-game tournament, only 11 regular season games may be scheduled.

(m) Softball
   (i) 18 regular season games or 20 with designated optional tournament;
   (ii) No more than three games per week;
   (iii) A team may elect to play in one designated optional two or three-game tournament;
   (iv) If a team elects to play in a designated optional three-game tournament, only 17 regular season games may be scheduled; and
   (iv) If a team elects to play in the designated optional two or three-game tournament, a fourth game may be played during that week.

(n) Swimming
   (i) 12 regular season meets;
      (ii) No more than two meets per week; and
   (iii) Three meets in one week may be scheduled once during the season.

(o) Tennis
   (i) 18 regular season matches; and
   (ii) No more than three matches per week.

(p) Volleyball
   (i) 15 regular season matches or 14 with designated optional tournament;
   (ii) No more than two matches per week;
   (iii) Three matches in one week may be scheduled twice during the season;
   (iv) A team may elect to play tri-matches provided the total number of opponents does not exceed 15 during the season; and
(v) Teams may play 14 matches plus one designated optional multi-team tournament.

(q) Wrestling

(i) 14 regular season contests including dual meets and a maximum of three tournaments and three tri-meets;

(ii) No more than two contests per week including a maximum of one tournament;

(iii) Multi-team events may be used to make up postponed contests between teams originally scheduled;

(iv) A city/county/conference tournament required to qualify for the state tournament will not be counted as one of the three allowed tournaments; and

(v) Wrestling tournaments and meets are defined by Regulation .04D(3) and (4).

(2) Conference/League Championships. One additional contest beyond the maximum allowable number may be played to determine a conference/league championship. The results of that contest may not count towards MPSSAA standings.

(3) Postponed Games. Postponed contests may be rescheduled during the season, provided the number of games does not exceed the maximum number permitted in a week plus one additional contest.

.04 Operational Guidelines

The regulations given below are established for all MPSSAA interscholastic sports:

(A) Equal Opportunity for Participation.

(1) Students may not be excluded on the basis of sex from overall equal opportunity to participate in athletic programs. If a school sponsors a team in a particular sport for members of one sex but sponsors no such team for members of the opposite sex, and before July 1, 1975, overall opportunities for members of the excluded sex have been limited, the excluded sex shall be allowed to try out for the team.

(2) Athletics Equity for Students with Disabilities.

(a) Students who meet the eligibility requirements of Regulation .02 of this chapter may not be excluded on the basis of disability from the opportunity to try out for and if selected, participate in mainstream interscholastic athletic programs.

(b) Member MPSSAA schools shall provide reasonable accommodations necessary to provide students with disabilities with equal opportunities to participate to the fullest extent possible in mainstream athletic programs.

(c) Students with disabilities who meet the eligibility requirements of Regulation .02 of this chapter may be excluded from mainstream athletic programs if inclusion:

(i) Presents an objective safety risk to the student or others based on an individualized assessment of the student; or

(ii) Fundamentally alters the nature of the school’s mainstream athletic program.

(B) MPSSAA Coaching Eligibility.

(1) Member MPSSAA schools shall employ as coaches:

(a) Teachers or certificated professional educator employed by the local Board of Education.
(b) Persons certifiable as professional educators by the State Department of Education according to 13A.12.01.

(c) Credentialed coaches who meet the following requirements:

   (i) Are eligible to hold a Maryland certificate under COMAR 13A.12.01.03D;

   (ii) Possess a MPSSAA/MSDE Coaching Certification;

   (iii) Have completed two years of successful coaching as an emergency coach; and

   (iv) Have spent the previous one year as a successful emergency coach at the school of hire in the position of hire.

(2) If no acceptable and qualified coaches are available from the teachers or certifiable professional educators employed by the local board of education, a temporary emergency coach may be employed if the following procedures are followed:

   (a) The person shall be officially appointed by the local superintendent of schools on a one season basis for a specific coaching assignment;

   (b) The coaching salary of the appointed coach shall be paid exclusively by the local school system;

   (c) After July 1, 2010, an emergency coach is required to possess an MPSSAA/MSDE coach certification prior to the start of his or her fourth year as an emergency coach;

   (d) Teams having more than one coach, emergency coaches may not comprise more than 50 percent of that sport staff;

   (e) The emergency coach shall be at least 21 years old and possess a high school diploma.

(3) All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.

(4) Member MPSSAA schools may permit volunteer athletic coaches to assist their coaching staff. The volunteer coaches may not serve as head coaches at any level and shall work only under the direction of the head coach. The volunteer coach may be used if the following procedures are followed:

   (a) The volunteer coach is at least 21 years old and possesses a high school diploma or equivalent;

   (b) The volunteer coach shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries;

   (c) The volunteer coach shall be formally appointed on a 1-season basis for a specific coaching assignment.

C. Limits of Participation.

(1) Each local school system and state tournament committee shall establish guidelines that ensure a minimum loss of instructional time for coaches and students involved in interscholastic athletic contests.

(2) Students who participate on both varsity and junior varsity teams may not play in a number of contests that exceed the maximum number allowed for that sport in a week or season. Students may not compete on both a varsity and junior varsity level against the same school on the same day.

(3) School athletic teams may not participate in any contests representing their school before or after the defined sports season.

(4) Member MPSSAA schools may not play or practice on Sundays.
(5) Individual students may participate in two all-star games per sport, upon the completion of their eligibility in the sport in which this participation occurs.

(6) Member MPSSAA schools shall practice with or play against only high school teams as defined in §H of this regulation.

(7) Individual students or teams representing a member MPSSAA school shall participate only in games, meets, or tournaments which are conducted by appropriate educational institutions.

(8) Member MPSSAA schools may not enter competition preliminary to a college or professional game.

(9) A varsity or junior varsity team member of the previous season may not participate in interscholastic competition and in intramurals or school sponsored athletic programs in the same sport outside the sport season.

D. Policies Pertaining to Wrestling.

(1) Students shall have their minimum weight class in which they can wrestle certified by a qualified physician before the students’ first match.

(2) Students may not wrestle below the minimum weight class established for them at the time of certification.

(3) A wrestling meet is a contest involving two or three schools.

(4) A wrestling tournament is a contest involving four or more schools.

E. Out-of-Season Practice.

(1) Member MPSSAA schools and coaches of member schools shall confine school practices to the seasonal limitations as defined in Regulation .03 of this chapter.

(2) A coach may not coach a team representing the coach’s school beyond the sports season as defined in Regulation .03 of this chapter.

F. Sports Officials. Schools involved in interscholastic contests shall use only those officials certified by MPSSAA. Only qualified officials shall be used in all sports when MPSSAA certified officials are not available.

G. Summer Camps.

(1) Students may attend a summer sports camp of their choice.

(2) Member MPSSAA schools, member school coaches, school-related organizations, or individuals may not sponsor or conduct a camp in which students who are returning players are involved or participate. A camp composed of several coaches with their respective teams is a violation of this regulation.

(3) Coaches of member MPSSAA schools, while affiliated with a camp, may not conduct any form of team or group practice involving their school. Such a practice is considered a violation of the out-of-season practice rule defined in Regulation .03 of this chapter.

(4) A member MPSSAA school may not provide school uniforms or equipment for students who attend a camp outside of the defined sports season in Regulation .03 of this chapter.

H. Competitors.

(1) Member MPSSAA schools shall only practice with or play against high school teams that:

   (a) Ensure fair competition, athlete safety, and appropriate supervision by a responsible entity;

   (b) Maintain athletics as an integral part of the total educational program;

   (c) Promote academic progress;

   (d) Develop leadership; and

   (e) Deter exploitation of students.
(2) High school teams that meet these purposes include high school teams that:

(a) Are members of a state interscholastic athletic association recognized by the National Federation of High Schools (NFHS);

(b) Have been approved to play members of a state interscholastic athletic association recognized by the NFHS;

(c) Are members of an athletic conference that:

(i) Formally adopts the standards of competition as established by the Maryland State Superintendent of Schools as part of its constitution and bylaws; and

(ii) Has enforcement authority; or

(d) Represent a school that verifies compliance with standards of competition as established by the Maryland State Superintendent of Schools.

(3) To verify compliance under §H(2)(d) of this regulation, the administrative head of the school who is responsible for the day-to-day administration of the school shall:

(a) Sign the verification provided by the Maryland State Department of Education; and

(b) Submit the verification for approval to the State Superintendent of Schools annually before the first practice or athletic competition against a member MPSSAA school team.

.05 Violations, Penalties, and Appeals

A. Failure to comply with these regulations shall constitute a violation which will result in the following penalties against the member MPSSAA school and either the student or the coach, or both. Depending upon the severity of the violation, more than one penalty may be imposed against the member MPSSAA school, student, or coach, or all of the above. Penalties shall be imposed in the order listed below:

(1) Against a member MPSSAA school:

(a) First——Declare forfeit of all games in which the violation occurred.

(b) Second——Declare the member MPSSAA school ineligible for championship honors for the current school year in the sport in which the violation occurred.

(c) Third——Declare the member MPSSAA school on probation for one school year which shall render the school ineligible to compete in any approved State meet or tournament for that year.

(d) Fourth——Impose additional penalties as may seem justified in the particular case considered.

(2) Against a student:

(a) First——Declare the student to be ineligible for the next 60 school days following the date the student was found to be in violation. These 60 school days will carry over into the next school year if the violation occurs during the second semester.

(b) Second——Declare the student to be ineligible to compete in the sport in which the violation occurred during the subsequent season.

(c) Third——Impose additional penalties as may seem justified in the particular case considered.

(3) Against a coach:

(a) First——Censure.
(b) Second——Declare the coach ineligible to coach a team for the current school year in the sport in which the violation occurred.

(c) Third——Declare the coach ineligible to coach a team in any sport for the current year.

(d) Fourth——Impose additional penalties as may seem justified in the particular case considered.

B. Procedure.

(1) First——Any member MPSSAA school, student, or coach shall notify the local supervisor of interscholastic athletics and the MPSSAA Executive Director of the alleged violation.

(2) Second——The superintendent or the superintendent’s designee of the local school system in which the school allegedly in violation is located shall convene a hearing within 5 school days.

(3) Third——If the superintendent or the superintendent’s designee of the local school system in which the school allegedly in violation is located concludes that a violation has occurred, a penalty shall be imposed in accordance with this regulation.

(4) Fourth——A report of the hearing and decision in the local school system shall be forwarded to the Executive Director of the MPSSAA.

(5) Fifth——The MPSSAA Executive Director, in consultation with the appropriate committees, or the Executive Council of the MPSSAA, shall review the report of the local hearing and decision in the local school system. The MPSSAA Executive Director shall either accept the penalty imposed or modify the penalty in accordance with this regulation.

C. Penalties imposed by local school systems for violations of local school system rules adopted in accordance with Regulations .01B and .02 B shall be uniform with the penalties designated in Regulation .05A of this chapter.

D. Appeals.

(1) A member MPSSAA school, student, or coach may appeal the imposed penalty within 30 days and request a hearing before the Appeals Committee of MPSSAA.

(2) The Appeals Committee of the MPSSAA serves in a quasi-judicial capacity.

(3) The membership of the MPSSAA Appeals Committee shall include one representative from each district in the Association and a representative from the Association of Secondary School Principals. Five members will constitute a quorum.

(4) The MPSSAA Executive Director shall notify the Appeals Committee of the hearing and establish a date, time, and hearing site. The appealing school, student, or coach, or all of the above, shall be notified of the date, site, and time of the hearing.

(5) The MPSSAA Executive Director or the Executive Director’s designee shall present the case to the Appeals Committee on behalf of the MPSSAA.

(6) The principal of the involved school, the student, or coach, or all of the above, shall present grounds for appeal. If appropriate, the local school system’s supervisor of interscholastic athletics involved in the appeal may present the case.

(7) The MPSSAA Appeals Committee shall convene in closed session and vote to deny or uphold the appeal or modify the penalty. A majority vote is required to deny or uphold an appeal or modify the penalty.

(8) The MPSSAA Appeals Committee shall report its findings to the concerned parties.

(9) Any party aggrieved by the MPSSAA Appeals Committee decision may appeal the decision to the State Superintendent of Schools within 30 days after receipt of the Appeals Committee decision. The State Superintendent of Schools, upon examination of the facts, may, in his or her discretion, allow the appeal.
and appoint a special committee of three local superintendents of schools to hear the appeal. The committee of superintendents may deny or uphold the appeal or modify the penalty.

(10) Unless otherwise ordered by the State Superintendent of Schools, the application for appeal to the State Superintendent of Schools may not stay the enforcement of the MPSSAA Appeals Committee decision, or excuse the person affected thereby from complying with its terms.

(11) The decision of the committee of local superintendents of schools is final.

(12) A member of the MPSSAA Appeals Committee or the committee of local superintendents of schools may not hear an appeal if that member has offered advice, made a recommendation, rendered a decision, or in any other way participated in the case being appealed.

.06 Classification

A. For the purpose of parity in competition in meets and tournaments administered by the MPSSAA, member schools shall be divided into classifications based on enrollment. If, in this calculation, two or more schools with equal enrollments fall between two classifications, they shall be placed in the lower classification.

B. The local superintendent of schools shall submit to the MPSSAA Executive Director a report on the actual school enrollment of students in Grades 9, 10, and 11 in each of the member MPSSAA schools as of September 30, in each even-numbered year. The MPSSAA Executive Director and Classification Committee shall present a recommendation for classification of member schools for each MPSSAA-administered sport to the MPSSAA Board of Control for adoption. Classification shall be determined every 2 years based on the September 30 enrollment of the previous year.

C. When the MPSSAA Board of Control adopts classifications for member schools, the classifications shall remain in effect for the next 2 school years.

D. A new member MPSSAA school that opens or a member school whose enrollment is significantly changed by growth or consolidation during the two-year period shall be placed in the proper classification by the Classification Committee. “Significantly changed” means a decrease or an increase in enrollment of more than 25 percent. This new placement shall affect only the involved school and may not affect the classification of other member schools.

E. When a member MPSSAA school does not have all three grades included in the enrollment figures upon which the classification is based in the even-numbered year, but will have all three grades in the following odd-numbered year when classification becomes effective, the enrollment figure shall include the existing grades and average of the current class sizes applied to each projected grade.

.07 State Tournament Policies

A. The MPSSAA games or tournament committees representing all of the districts shall administer and supervise tournaments in the various sports at the district, regional, and State level.

B. All participating schools shall abide by the rules established by each MPSSAA tournament committee.

C. Although certain aspects of a tournament may vary from year to year, the following basic policies shall be observed by all tournament committees:

(1) The tournament may not interfere with local board of education policy.

(2) A member MPSSAA school or local school system may decide whether or not to participate in the tournament.

(3) A member MPSSAA school shall compete in its classification when the tournament is so structured.

(4) Certified and approved officials’ organizations shall be assigned games in a fair, equitable, and nondiscriminatory manner.

(5) All awards and recognition shall conform to Regulation .08.
MPSSAA tournament committees shall make every effort to establish game sites to avoid extensive travel for participating teams.

All policy and procedure changes for State tournaments shall be subject to the approval of the MPSSAA Executive Council with the Association Tournament Committee serving in an advisory capacity. Emergency decisions on tournament policies and procedures may be made by the MPSSAA Executive Director.

When a student is found ineligible during the progress of a tournament, the contest last played shall be forfeited, and the team which was defeated shall take its place.

“All-star teams” or best “individual athlete” awards may not be selected from approved tournaments.

Sports at the State tournament level shall be governed by approved game rules.

If a team or any students participating in a State tournament contest leaves the field of competition before completion of a contest, or fails to continue play when eligible to do so, or is guilty of misconduct detrimental to the tournament, then the team, coach, or students may be suspended from further participation in the current tournament, and from the same tournament in the succeeding year, upon the determination of the tournament committee and the Executive Director.

The rules of the MPSSAA do not provide authority to order games replayed. Protests arising from decisions and interpretations by officials during the game will not be considered. Officials’ decisions and interpretations are final.

Expansion of any sport to the State level shall be recommended by the State Board of Control of the MPSSAA and approved by the State Superintendent of Schools after consultation with local superintendents of schools.

Tournament rules and procedures established by the MPSSAA may be appealed on behalf of a student, coach, or school by a local superintendent of schools to the State Superintendent of Schools. The appeal shall be adjudicated by a committee of three local superintendents of schools appointed by the State Superintendent of Schools. The decision of the committee shall be final.

Awards and Recognition

A school, school related, or nonprofit group may purchase and present to a student for athletic achievement a school insignia, medal, pin, or similar article;

Awards from outside the school may be given to individual athletes or school teams provided the awards are approved by the local superintendent, meet MPSSAA guidelines, and the presentation is made at a school-approved function.

Recognition of student athletes and teams, other than through awards, shall be limited to appreciation banquets approved by the local superintendent.

Sanction Rules

Students or teams representing a member MPSSAA school shall participate only in contests conducted by educationally related organizations.

Member MPSSAA schools may not compete in any contest in any other state if either school’s participation violates the regulations or established policies of either state’s high school interscholastic athletic authority.

Sanctioning Guidelines

Sanctioning for Interstate Competition
(a) Member MPSSAA schools may not compete in any of the following contests unless the contest has been sanctioned by each of the interested state authorities through the NFHS:

(i) Any interstate meet in which four or more schools participate;

(ii) Any competition involving schools from three or more state athletic associations;

(iii) Any interstate two-school contest which is not sponsored by a NFHS state association or a state member school;

(iv) Any interstate two-school contest which involves travel outside the United States of America; or

(v) Any interstate two-school contest (regardless of distance to be traveled) which is sponsored by an individual or an organization other than a member MPSSAA high school.

(b) A school or school system that wishes to serve as a host for an interstate contest shall file the appropriate sanction request form prior to the first play date and at least 15 days prior to the event for events within the first two weeks of the season.

(c) Schools participating in interstate contests shall use the National Federation contract form furnished by the MPSSAA Executive Director.

(d) In all interstate contests, each participating school shall follow the rules of the host state athletic authority.

(2) Sanctioning for Intrastate Competition

(a) Member MPSSAA schools may only compete against other member MPSSAA schools or schools approved through the Standards of Competition.

(b) Approval of the MPSSAA Executive Director is required for any intercounty contest involving more than three teams and sponsored by a non-member educational institution.

(c) The host school shall file the appropriate sanction request form with the MPSSAA Executive Director prior to the first play date and at least 15 days prior to the event for events within the first two weeks of the season.

(d) Member MPSSAA schools may host intercounty contests involving only other member MPSSAA schools or schools approved through the Standards of Competition without sanctioning approval.

(3) MPSSAA Sanction Guidelines. The following criteria shall be met for sanction approval by the MPSSAA:

(a) The competition may not determine a regional or national championship;

(b) The competition is not preliminary to a college or professional game;

(c) The competition is sponsored by an educational institution or similar nonprofit organization;

(d) Participation in the event is within the United States of America, does not involve loss of instructional time, and complies with the local school system policies and procedures for school-sponsored travel; and

(e) All awards shall comply with Regulation .08 of this chapter.

.10 Amateur Rules

A. Students who have not used or are not using their athletic skill as players for financial gain, or who have not competed under assumed names as players, shall be considered amateurs. Employment as an instructor, counselor, or official may not be considered a violation.
B. Students who have ceased to be amateurs in a particular sport may not represent their school in interscholastic athletics in that sport.

C. Students who have lost amateur standing may apply for reinstatement to the MPSSAA Appeals Committee after the lapse of 60 days. The 60 days shall commence with a letter of determination from the local superintendent of schools.

D. Students may not lose amateur standing by playing with or against professional players as long as they do not receive pay for their services.

E. Students shall lose their amateur status in a particular sport if they sign a professional contract in that sport.

.11 Amendments

A. Proposed written amendments to these regulations may be submitted only by a member MPSSAA school, local superintendent of schools, MPSSAA committee, or the MPSSAA Executive Director. Proposed amendments shall be received by the MPSSAA Executive Director at least 45 days before the annual meeting of the MPSSAA Board of Control.

B. Upon receipt, proposed amendments shall be referred to the Constitution Committee for appropriate action and recommendation.

C. Notice of the proposed amendments shall be sent to each member MPSSAA school, local superintendent of schools, and the State Superintendent of Schools at least 15 days before the annual legislative meeting of the MPSSAA.

D. Ratification of the proposed amendments shall require a majority vote of the delegates present at the annual legislative meeting of the MPSSAA.

E. Amendments approved by the MPSSAA shall be forwarded to the State Superintendent of Schools who will receive recommendations from local superintendents of schools before the State Superintendent of Schools submits recommendations to the State Board of Education.

F. The amendments approved by the State Board of Education shall be in effect according to the date established by the Board.

RULES AND INTERPRETATIONS DEFINITIONS

**Athletic Schedule**
A team’s declaration of the official number of contests, sequence, opponents, and tournaments.

**Designated Optional Tournaments**
In order for a tournament to be considered a Designated Optional Tournament, it must meet the following standards:

(a) Participating may not result in the loss of instructional time.
(b) Results shall not count towards MPSSAA standings.
(c) If a team elects to participate, the team must declare their designated optional tournament prior to the start of the season.
(d) The designated optional tournament must conform to the definition of a tournament as stated below.

**Double-header**
When a team plays two contests or contest with the same team or different teams on the same day.

**Intrinsic value**
Medals, pins, certificates, plaques, trophies, scholarships, appreciation (clothing, shoes, contracts are prohibited).

**Licensed physician**
Medical doctor.

**Media**
Any channel of communication. These forms include electronic (radio, television, webcasting, video streaming, photography) and print (newspaper, magazine, newsletters, internet).

**Multi-team**
Three or more teams.
| **Participation** | Physical entry into a bonafide school-sanctioned athletic contest. |
| **Practice** | Any individual, group, or team gathering that has assembled for the purpose of instruction and/or play. |
| **Returning players** | A player who has represented his/her school in that sport. |
| **School-related group** | Any organization whose aim is to promote school programs and is under the supervision of the school. |
| **Scrimmage** | A practice or modified game involving two or more schools in which no score is reported, no admission is charged, no public report is made, and is purely for instructional purposes. |
| **Sport staff** | Each local school system shall determine the staff coaching titles (head, assistant, junior varsity head) in each sport, and the level of team competition in each sport (varsity, junior varsity, freshman). |
| **Statue of Limitations** | A time frame of one calendar year from the day of the state championship to investigate state athletic violations. |
| **Tournament** | Three or more teams or individuals competing in an elimination, round-robin or mixer (predetermined opponents) structure where a champion is determined. |
| **Week** | Monday, 12:00 a.m. through Saturday, 11:59 p.m. |
RULES AND INTERPRETATIONS

OUTSIDE PARTICIPATION

.02G(1) “The outside participation shall not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior approval has been obtained from the school principal and coach;”

Interpretation: Any factor of a non-school athletic activity that causes a student to miss any portion of a school practice or contest constitutes a conflict.

This would include but is not limited to:
1. Practice
2. Competition
3. Tryouts/qualifying
4. Travel to and from
5. Registration
6. Awards ceremony
7. Etc.

Note: It is expected that high school teams conduct practice for all members or engage in competition every day school is in session during the sports season.

MAXIMUM NUMBER OF CONTESTS PERMITTED DURING A SPORTS SEASON

.03B

Interpretation: The seasonal limitations for each sport refer to one varsity team as well as to any under-squad teams. A school may field only one team that can be classified as “varsity”. The nomenclature of any under-squad, i.e., varsity “B”, junior varsity, freshman, novice, etc., must so designate its non-varsity status. Accordingly, any requirements or qualifying standards to state tournaments can only be satisfied through varsity competition.

50% SPORT STAFF

.04B(2)(d) “Teams having more than one coach, emergency coaches may not comprise more than 50 percent of that sport staff.”

Interpretation: The staff of each individual team (Varsity, JV, freshman) represents a separate sport staff.

CARE AND PREVENTION OF ATHLETIC INJURIES

.04B(3) “All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.”

Interpretation: The following interpretation of that bylaw was agreed upon by formal vote of the MPSSAA Board of Control:

1. The completion of the Care and Prevention Course will be required by August 15, 1989.
2. Coaches beginning employment after August 15, 1989, will have one (1) year to complete the course.
3. Beginning July 1, 2017, in order for coaches to stay relevant with the care and prevention of athletic injuries to students, all coaches are required to recertify utilizing a local school system approved online course within the last five years.
4. The major content areas in the course should be:
   a. Legal Issues
   b. Introduction to Injury
   c. Prevention of Injuries
   d. First Aid/On Field Management of Injuries
   e. Life Threatening Injuries
   f. Ankle Injuries
   g. Knee Injuries
   h. Neck, Spine, Pelvis Injuries
   i. Shoulder Injuries
   j. Arm, Hand Injuries
5. Emergency coaches must have completed a Care and Prevention course in the first year of his/her employment.
6. Local supervisors will certify that coaches have completed the course.
7. COMAR 13A.05.05.09 states one certified person in CPR shall be available on site at all school sponsored athletic events. COMAR 13A.05.10.03 states each county board shall develop and implement a high school AED program which shall
require, at minimum: (1) one AED onsite in each public high school, which shall be available for use at each school-sponsored athletic event (includes practice and scrimmages); (2) one individual trained in the operation and use of an AED present at each school-sponsored athletic event (includes practice and scrimmages). It is strongly recommended that all coaches complete a course in CPR/AED.

Following is a suggested outline formulated by the MPSSAA Medical Advisory Board (revised April 22, 1998; September 8, 2010; April 17, 2014):

**CARE AND PREVENTION OF ATHLETIC INJURIES COURSE OUTLINE**

I. **Legal Issues**  Suggested time allocation: 45 mins.
   - Emergency Plan
   - Knowledge of proper skills, techniques, and protective equipment
   - Laws and MSDE recommended procedures for Heat Acclimatization and Concussions
   - Medical records and documentation
   - Safety

II. **Introduction to Injury**  Suggested time allocation: 1 hr. 30 mins.
   - Mechanisms of injury
   - Tissue response to injury (mild/moderate/severe)
   - Stages of healing
   - Psychology of injury
   - Psychology of sport

III. **Prevention of Injuries**  Suggested time allocation: 1 hr. 30 mins.
   - Conditioning concepts
   - Alternate training concepts
   - Nutrition
   - Performance enhancing issues

IV. **First Aid/On Field Management of Injuries**  Suggested time allocation: 3 hrs.
   - Concussion Awareness
     - Signs and Symptoms
     - Initial Intervention
     - Evaluation
     - Return to play decision making
   - Primary/Secondary survey
   - Cuts, blisters, bruises, skin issues
   - Hyperventilation
   - Care of eye, mouth, nose injuries
   - Thermal injuries
   - Choking
   - Hygiene and sanitation (facilities, equipment, supplies)
   - Hot and Cold Treatment (RICE/ICER treatment)
   - Ambulatory assistance
   - Bloodborne pathogens, use of personal protection equipment
   - First Aid kit
   - Principles of taping

V. **Life Threatening Injuries**  Suggested time allocation: 1 hr.
   - Cardiac
   - Head/Brain
   - Spinal
   - Respiratory
   - Circulatory
   - Thoracic/Internal injuries
   - EpiPen
   - Seizure

VI. **Ankle Injuries**  Suggested time allocation: 2 hrs.
   - Anatomy and mechanics of the joint
   - Physical examination
   - Common injuries and causes
   - Rehabilitation — specific exercises and techniques
   - Taping techniques

VII. **Knee Injuries**  Suggested time allocation: 1 hr. 15 mins.
• Anatomy and mechanics of the joint
• Physical examination
• Common injuries and causes
• Rehabilitation — specific exercises and techniques

VIII. Neck, Spine, Pelvis Injuries  
Suggested time allocation: 1 hr.
• Anatomy and mechanics of the joint
• Physical examination
• Common injuries and causes
• Rehabilitation — specific exercises and techniques

IX. Shoulder Injuries  
Suggested time allocation: 1 hr. 15 mins.
• Anatomy and mechanics of the joint
• Physical examination
• Common injuries and causes
• Rehabilitation — specific exercises and techniques

X. Arm, Elbow, Hand Injuries  
Suggested time allocation: 1 hr. 15 mins.
• Anatomy and mechanics of the joint
• Common injuries and causes
• Rehabilitation — specific exercises and techniques
• Taping techniques

XI. Exit Exam  
Suggested time allocation: 30 mins.

TOTAL TIME: 15 Hrs. = 1 credit

ALL-STAR GAMES PER SPORT

.04C(5) “Individual students may participate in two all-star games per sport, upon the completion of their eligibility in the sport in which this participation occurs.”

Interpretation: Eligibility to participate in a specific sport is automatically forfeited following participation in an all-star event for that sport. The regulations only take jurisdictional control over participation related directly to representation of member schools. All-star selections as a result of camps, open tryouts, summer leagues, or any other non-school affiliated recreational athletic participation are not germane to the regulation.

Factors that constitute an All-Star Contest and violate the intent of the rule prohibiting returning players participating in such contests include:

a. Players were selected to participate in the contest based on their participation as a member of a high school team. e.g. school records, player statistics, or league honors.
b. Players were contacted through their school or a representative of their school.
c. The game was advertised as an All-Star Contest or similar wording that would indicate as an All-Star Contest for current high school students; e.g. Underclassman Game.
OUT-OF-SEASON PRACTICE

.04E(1) “Member MPSSAA schools and coaches of member schools shall confine school practices to the seasonal limitations as defined in Regulation .03 of this chapter.”

**Interpretation:** Any school group or team gathering consisting of three or more players that has assembled for the purpose of drilling or instruction would constitute a violation. School coaching staffs may work with a maximum of two players per day.

.04E(2) “A coach may not coach a team representing the coach’s school beyond the sports season as defined in Regulation .03 of this chapter.”

**Interpretation:** Any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. When coaching non-school teams, including returning school players on non-school teams, the following criteria shall be observed:

a. The non-school team may not use a name directly connected with the school;
b. The non-school team may not use school uniforms, equipment or funds;
c. The non-school team may not use school facilities except as allowed by local school system guidelines;
d. The non-school team must meet local school system standards of a non-school team; and
e. The number of returning school players on the non-school team is limited according to the following timeframe.

**Timeframe**

1. From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.

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<tr>
<td>Tennis</td>
<td>8 State events</td>
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<tr>
<td>Track &amp; Field</td>
<td>18 events</td>
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<td>Volleyball</td>
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<tr>
<td>Wrestling</td>
<td>14</td>
<td>11</td>
</tr>
</tbody>
</table>

2. From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.

**CAMP RULE**

.04G(2), (3) “Member MPSSAA schools, member school coaches, school-related organizations, or individuals may not sponsor or conduct a camp in which students who are returning players are involved or participate. A camp composed of several coaches with their respective teams is a violation of this regulation.”

**Interpretation:** School-related individuals mean any school employee, volunteer, their relative, and/or agents. Coaches may instruct non-school teams at camps.

**NOTE:** Alleged violations brought by member schools, students or coaches will be investigated by the local superintendent or his/her designee. Those sponsoring and/or conducting a camp that is under investigation will be required to supply supporting data.

**MISCONDUCT DETRIMENTAL TO A TOURNAMENT**

.07C (11) “If a team or any students participating in a State tournament contest leaves the field of competition before completion of a contest, or fails to continue play when eligible to do so, or is guilty of misconduct detrimental to the tournament, then the
team, coach, or students may be suspended from further participation in the current tournament, and from the same tournament in the succeeding year, upon the determination of the tournament committee and the Executive Director.

**Interpretation:** Ejection from any district, region, or State tournament contest, failure of schools to follow state tournament policies and/or disruptive actions of students, coaches, school supporters, or administrators are considered misconduct detrimental to the tournament. Coaches, players, and bench personnel ejected from these tournament contests are disqualified from the succeeding contest in that tournament year. Additional sanctions such as, but not limited to, state tournament probation, disqualification from state tournaments in succeeding years, or disqualification from additional state tournaments in the same year, could be imposed depending on the circumstances.

**STATE CHAMPIONSHIP CRITERIA**

.07D “Expansion of any sport to the State level shall be recommended by the State Board of Control of the MPSSAA and approved by the State Superintendent of Schools after consultation with the local superintendents of schools.”

**MPSSAA Criteria:**

a. A minimum of 40% of MPSSAA member schools shall participate in the sport program on a varsity level.
b. Schools shall be prepared to host home school contests on the school site.
c. A plan of action shall be submitted to the Executive Director 30 days prior to the spring MPSSAA Board of Control meeting and shall include:
   1. Tournament structure
   2. Estimated budget
   3. Historical background

d. A state tournament shall evolve from district/regional tournaments.

**AWARD CRITERIA**

.08A(2) “Awards from outside the school may be given to individual athletes or school teams provided the awards are approved by the local superintendent, meet MPSSAA guidelines, and the presentation is made at a school approved function.”

**MPSSAA Guidelines:** Awards presented by non-school organization(s) to the school and/or athlete, excluding scholarship(s), must display the school name or insignia and team or individual accomplishment. Commercial messages may not be displayed on awards such as articles of clothing, jewelry, luggage, etc.

**LOSS OF INSTRUCTIONAL TIME**

.09C(3)(d) “Participation in the event is within the USA, does not involve loss of instructional time, and complies with the local school system policies and procedures for school-sponsored travel.”

**Interpretation:** Events that require out of state travel beyond 300 miles may not involve any loss of school time.
Officials for MPSSAA-sponsored athletic contests, both regular and postseason, are to be certified and registered with the MPSSAA office. The MPSSAA coordinator of officials will facilitate this process with all local officials’ boards. Registration and certification requirements are as follows:

1. Be at least 18 years of age and a high school graduate.
2. Be a member in good standing with a local MPSSAA-recognized officials’ group.
3. Attend an MPSSAA-sponsored rules interpretation clinic for the current year.
4. Pass the National Federation examination (75% is the lowest passing score).
5. Pay the MPSSAA registration fee (through the local officials’ association).

Rules Interpretation Clinics

An assigned interpreter will conduct annual rules interpretation clinics for local boards of officials in each sport prior to the opening of each season. Dates, time, and location of all clinics will be published on the officials page of MPSSAA.org. Officials are required to attend a clinic as part of the certification process. Coaches are encouraged to attend.

Officials Associations Serving Member Schools (2019-20)

### Baseball
1. Anne Arundel Diamond Baseball Umpires
2. Atlantic Coast Umpires Association
3. Eastern Shore Umpires Association
4. Free State Umpires Association
5. Interstate Baseball Umpires Association
6. Mason-Dixon Approved Umpires Association
7. Metro Baseball Umpires Association
8. Mid Atlantic Umpires Association
9. Northeastern Maryland Officials Association
10. Southern District Umpires Association
11. Tri-State Sports Umpires Association
12. Washington County Umpires Association

### Basketball
1. AlleGarr Basketball Officials Association
2. Baltimore Board IAABO #23
3. Baltimore Board of Officials for Womens’ Sports
4. Baltimore City IAABO #290
5. Bayside Officials Board IAABO #157
6. Delaware Board IAABO #11
7. Delmarva Basketball Officials Association
8. District of Columbia IAABO #12
9. Maryland Basketball Officials Association
10. Mason-Dixon Board IAABO #244 (Carroll)
11. Potomac Valley Board IAABO #204
12. Southern Maryland Board IAABO #134
13. Tuscaraora Board IAABO #214 (Frederick)
14. Upper Chesapeake Officials Assoc. IAABO #261
15. Washington County Basketball Officials Assoc.

### Cross Country/Track and Field
1. Capital Board of Officials
2. Maryland Officials Club
3. Montgomery County Track Officials (MBLOA)
4. Western Maryland Track Officials

### Field Hockey
1. Anne Arundel County Board of Officials
2. Baltimore Board of Officials for Womens’ Sports
3. Central Maryland Officials Association
4. Frederick County Field Hockey Officials Association
5. Lower Eastern Shore Field Hockey Officials Assoc.
6. Maryland Select Officials Association
7. Northern Eastern Shore
8. Tri-County Field Hockey Association
9. Washington Field Hockey Umpires Association

### Football
1. Bayside Football Officials Association
2. Champion Officials Group
3. Frederick County Football Officials Association
4. Maryland Board of Football Officials
5. Northeastern Maryland Officials Association
6. Northern Delaware Football Association
7. Potomac Valley Board
8. Washington County Board
9. Washington District Football Officials Association

### Lacrosse – Girls
1. Baltimore Board of Officials for Women’s’ Sports
2. Central Maryland Officials Association
3. Eastern Shore Lacrosse Umpires Association
4. Harford County Lacrosse Officials
5. Lower Bayside Lacrosse Officials Association
6. Matrix Lacrosse Officials Association
7. Montgomery County Women’s Lacrosse Officials Association
8. Southern Maryland Women’s Lacrosse Officials Association
9. Western Maryland Lacrosse Officials Association
10. WLC Officials, LLC
Lacrosse – Boys
1. Bayside Lacrosse Officials Association
2. Champion Officials Group
3. Montgomery County Boys Lacrosse Officials Assoc.
4. Southern Lacrosse Officials Association
5. Washington Area Lacrosse Officials Association
6. Western Maryland Lacrosse Officials Association

Soccer
1. Appalachian Soccer Officials Association
2. Baltimore Board of Officials for Women’s Sports
3. Capital Area Soccer Referee Association
4. Eastern Shore Soccer Officials Association
5. Harford Sports Officials Association
6. Mason - Dixon Soccer Officials
8. Old Line Board of Approved Soccer Officials
9. Potomac Valley Soccer Officials
10. Western Maryland Soccer Officials

Swimming
1. Capital Area Swimming Officials
2. Delaware Swimming & Diving Officials Association
3. Eastern Shore Swimming Officials Association
4. Frederick County Swimming Officials
5. Maryland Officials Club
6. Northeastern Maryland Officials Association

Volleyball
1. Allegany - Garrett County Volleyball Officials
2. Baltimore Board of Officials for Women’s Sports
3. Beltway Region Volleyball Officials (BRVO)
4. Capital Area Volleyball Officials Association
5. Central Maryland Volleyball Officials
6. Delaware Volleyball Officials Association
7. Frederick Volleyball Officials
8. Lower Eastern Shore Volleyball Officials
9. Northeastern Maryland Officials Association
10. Northern Bayside Volleyball Officials
11. Tri-County Sports Officials Association
12. Washington County Volleyball Officials

Wrestling
1. Eastern Shore Wrestling Officials Association
2. Maryland Wrestling Officials Association
3. Potomac Valley Wrestling Officials Association
4. Washington County Wrestling Officials Association
5. Washington Metropolitan Wrestling Officials Assoc.

MPSSAA RULES INTERPRETERS

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<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Home/Office</th>
<th>Other</th>
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<tbody>
<tr>
<td>Baseball</td>
<td>Tom O’Hara</td>
<td>410-344-1801</td>
<td>443-617-7548</td>
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<tr>
<td>Basketball</td>
<td>Al Battista</td>
<td>202-363-8276</td>
<td>301-919-9007</td>
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<tr>
<td>Field Hockey</td>
<td>Lea Kusner</td>
<td>410-323-1782</td>
<td>443-413-7137</td>
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<tr>
<td>Football</td>
<td>Bill Witte</td>
<td>240-567-1932</td>
<td>301-989-1432</td>
</tr>
<tr>
<td>Lacrosse-B</td>
<td>Jim Bateman</td>
<td>717-822-0070</td>
<td>443-604-8628</td>
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<tr>
<td>Lacrosse-G</td>
<td>Liz Brush</td>
<td>607-222-8816</td>
<td>607-222-8816</td>
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<tr>
<td>Soccer</td>
<td>Ross Burbage</td>
<td>410-848-2846</td>
<td>410-236-5427</td>
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<td>Softball</td>
<td>Al Palmer</td>
<td>301-924-2464</td>
<td>301-502-1001</td>
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<td>Swimming</td>
<td>David Stark</td>
<td>410-836-5064</td>
<td>443-752-4194</td>
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<td>Steve Smith</td>
<td>410-665-7157</td>
<td>410-935-1219</td>
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<td>Ed Tucholski</td>
<td>410-293-6668</td>
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<td>Wrestling</td>
<td>Bruce Malinowski</td>
<td>410-887-5428</td>
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### BASEBALL COMMITTEE
Director: Jason Woodward, Sherwood HS

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<tr>
<th>District</th>
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<tr>
<td>District 1</td>
<td>Phil Rhodes — Frederick HS</td>
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<td>Sean Davis — Sherwood HS</td>
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<td>District 3</td>
<td>Donald Cleveland — Laurel HS</td>
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<tr>
<td>District 4</td>
<td>Guy Smith, Jr. — Huntingtown HS</td>
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<tr>
<td>District 5</td>
<td>Matthew Sillers — Oakland Mills HS</td>
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<td>Jeff Markle — Parkville HS</td>
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<td>District 7</td>
<td>Tim Larrimore — North Harford HS</td>
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<td>District 8</td>
<td>Todd Lampman — Snow Hill HS</td>
</tr>
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<td>Todd Henning — ACCE</td>
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### BASKETBALL COMMITTEE (BOYS)
Director: Earl Hawkins, Prince George’s County Tournament Director: Jeffrey Sullivan, Montgomery County

<table>
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<th>District</th>
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<td>Arnie McGaha — Oakdale MS</td>
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<td>Dan Harwood — Magruder HS</td>
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<td>District 3</td>
<td>Brendan O’Connell — Eleanor Roosevelt HS</td>
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<td>District 4</td>
<td>VaShawne Gross — Huntingtown HS</td>
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<td>District 5</td>
<td>Mike Rudd — Glen Burnie HS</td>
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<tr>
<td>District 6</td>
<td>Jim Rhoads — Hereford HS</td>
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<tr>
<td>District 7</td>
<td>Jeroud Clark — Patterson Mill HS</td>
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<tr>
<td>District 8</td>
<td>Derrick Fooks — Pocomoke HS</td>
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<tr>
<td>District 9</td>
<td>Herman Harried — Lake Clifton HS</td>
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### BASKETBALL COMMITTEE (GIRLS)
Director: Lynette Mitzel, Baltimore County Tournament Director: Diane George, BCoPS-retired

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<tr>
<th>District</th>
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<tr>
<td>District 1</td>
<td>Liz Padgett — Manchester Valley HS</td>
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<td>District 2</td>
<td>Maggie Dyer — Thomas S. Wootton HS</td>
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<td>District 3</td>
<td>Ayana Ball-Ward — Largo HS</td>
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<td>District 4</td>
<td>Matthew Wood — Great Mills HS</td>
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<td>District 5</td>
<td>Lee Rogers — Arundel HS</td>
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<td>District 6</td>
<td>Lori Brewer — Carver Center for A&amp;T</td>
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<td>District 7</td>
<td>Kathy Stoudt — Rising Sun HS</td>
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<td>District 8</td>
<td>Stosh Schtierman — Wicomico HS</td>
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<td>District 9</td>
<td>Dana Johnson — Paul Laurence Dunbar HS</td>
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### CROSS COUNTRY COMMITTEE
Director: Michael Sye, Baltimore County

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<tr>
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<td>Larry O’Hara — Gov. Thomas Johnson HS</td>
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<td>District 2</td>
<td>Chad Young — Bethesda-Chevy Chase HS</td>
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<td>District 3</td>
<td>Kenneth Washington — Northwestern- PG HS</td>
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<td>District 4</td>
<td>Jimmy Ball — North Point HS</td>
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<td>District 5</td>
<td>Brianna Bostic — Broadneck HS</td>
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<tr>
<td>District 6</td>
<td>Matthew Clever — Randallstown HS</td>
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<td>District 7</td>
<td>Steve Pizzulli — Bohemia Manor HS</td>
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<td>District 8</td>
<td>Sean Reincke — Cambridge-SD HS</td>
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<td>District 9</td>
<td>Keysha Fearon — Forest Park HS</td>
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### MPSSAA SPORT COMMITTEES

#### FIELD HOCKEY COMMITTEE
**Director:** Phyllis Hemmes, HaCPS-retired

<table>
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<tr>
<th>District</th>
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<tr>
<td>1</td>
<td>Denean Koontz , Manchester Valley HS</td>
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<td>2</td>
<td>Amy Morse , Sherwood HS</td>
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<td>4</td>
<td>Anne Vallandingham , Chopticon HS</td>
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<td>5</td>
<td>Heather Arnold , Old Mill HS</td>
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<td>Ginger Kincaid , Howard Co. (retired)</td>
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<td>Caitlin Duvall , Hereford HS</td>
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<td>Ashley Christy , Bohemia Manor HS</td>
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<td>Gina Dean , Pocomoke ES</td>
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#### FOOTBALL COMMITTEE
**Director:** Mike Calhoun, Allegany HS

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<th>District</th>
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<tr>
<td>1</td>
<td>Ryan Hines , Urbana HS</td>
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<td>2</td>
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<td>Julius Pinkney , Douglass-PG HS</td>
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<td>Andy Shattuck , North Point HS</td>
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<td>5</td>
<td>Nick Good-Malloy , Annapolis HS</td>
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<td>Brian Van Duesen , River Hill HS</td>
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<td>Bob Hruz , Perry Hall HS</td>
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<td>Todd Shives , Bohemia Manor HS</td>
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<td>James McCormick , North Caroline HS</td>
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<td>Alan Holmes , Digital Harbor HS</td>
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<td>10</td>
<td>James McCormick , North Caroline HS</td>
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#### GOLF COMMITTEE
**Director:** Eric Michael, Washington County

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<td>1</td>
<td>Kyle Walker , Manchester Valley HS</td>
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<td>Theodore Smith , Suitland HS</td>
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<td>Phelps Prescott , Arundel HS</td>
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<td>Troy Stevenson , Oakland Mills HS</td>
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<td>6</td>
<td>Tony Ruocco , Kenwood HS</td>
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<td>7</td>
<td>John Evans , Harford Co. (retired)</td>
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<td>8</td>
<td>William Knopf , Somerset Co. Technical</td>
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<tr>
<td></td>
<td>Brad Niesz , Queen Anne’s HS</td>
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### MPSSAA SPORT COMMITTEES

#### INDOOR/OUTDOOR TRACK COMMITTEE
Indoor Director: Clayton Culp, Anne Arundel County
Outdoor Director: Beth Shook, Westlake HS

<table>
<thead>
<tr>
<th>District</th>
<th>Indoor Director</th>
<th>Outdoor Director</th>
<th>County</th>
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<tr>
<td>District 1</td>
<td>Becky Walter...........</td>
<td>Boonsboro HS</td>
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<td>Curtis Graff...........</td>
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<td>Dessalyn Dillard......</td>
<td>Paint Branch HS</td>
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<td>Scott Mathias.........</td>
<td>Clarksburg HS</td>
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<td>District 3</td>
<td>Bryan Brown...........</td>
<td>Charles H. Flowers HS</td>
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<td>Kenneth Washington...</td>
<td>Northwestern-PG HS</td>
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<td>Kevin Reisinger......</td>
<td>Davis MS</td>
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<td>Josh Dawson...........</td>
<td>Northern-Calvert HS</td>
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<td>Ashley Kelso...........</td>
<td>Glen Burnie HS</td>
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<td></td>
<td>Brianna Bostic........</td>
<td>Broadneck HS</td>
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<td></td>
<td>Phil Lang..............</td>
<td>Howard County</td>
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<td></td>
<td>Philip Rogers..........</td>
<td>Reservoir HS</td>
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<td>Brad Duvall...........</td>
<td>Hereford HS</td>
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<td>Eric Benjamin..........</td>
<td>Patapsco HS</td>
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<td>Tom Decker...........</td>
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<td>Donnee Mickey.........</td>
<td>C. Milton Wright HS</td>
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<td>Justin Holland......</td>
<td>Kent Island HS</td>
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<td>Jody Stigler..........</td>
<td>Stephen Decatur HS</td>
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<td>Duane Downer.........</td>
<td>Baltimore City College</td>
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#### LACROSSE COMMITTEE (BOYS)
Director: Ken Zorbach, HaCPS-retired

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<td>Josh Hatmaker.........</td>
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<td>Southern-AA HS</td>
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<td>Shaun Downey..........</td>
<td>Chesapeake-BC HS</td>
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<td>Patterson Mill HS</td>
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#### LACROSSE COMMITTEE (GIRLS)
Director: Melba Williams, BCoPS-retired

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### MPSSAA SPORT COMMITTEES

#### SOCCER COMMITTEE (BOYS)
**Director:** Matt Roberts, Cecil County

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#### SOCCER COMMITTEE (GIRLS)
**Director:** Marianne Shultz, North County HS

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#### SOFTBALL COMMITTEE
**Director:** Lynn Pitonzo, AACPS-retired

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#### SWIMMING & DIVING COMMITTEE
**Director:** Kevin Kendro, Frederick County

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## MPSSAA SPORT COMMITTEES

### TENNIS COMMITTEE
**Director:** Jean Vanderpool, HoCPS-retired

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### VOLLEYBALL COMMITTEE
**Director:** Sybil Kessinger, River Hill HS

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### WRESTLING COMMITTEE
**Director:** Brian Layman, Anne Arundel County Tournament Director: Michael Duffy, Carroll County Dual Meet Director: Dave Dodson, Manchester Valley HS

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**MPSSAA Enrollment Numbers 2019-21 (Grades 9-11)**

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## Fall Sports Championships

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## Winter Sports Championships

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## Spring Sports Championships

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</table>
1. **ALLEGANy**  
   900 Seton Drive  
   Cumberland 21502  
   **Principal** Heidi aupert  
   **Ath Dir** Tedd Eirich  
   tedd.eirich@acpsmd.org  
   301-777-8110  
   301-777-2534  

2. **FORT HILL**  
   500 Greenway Ave.  
   Cumberland 21502  
   **Principal** Candy Canan  
   **Ath Dir** Amber Waltz  
   amber.waltz@acpsmd.org  
   301-777-2570  
   301-777-2572  

3. **MOUNTAIN RIDGE**  
   100 Dr. Nancy S. Grasmick Lane  
   Frostburg 21532  
   **Principal** Danny Carter  
   **Ath Dir** David Hobel, Jr.  
   david.hobeljr@acpsmd.org  
   301-689-3377  
   301-689-8709  

4. **CHESAPEAKE**  
   4798 Mountain Rd.  
   Pasadena 21122  
   **Principal** John Yore  
   **Ath Dir** Chip Snyder  
   esnyder@aacps.org  
   410-255-9600  
   410-437-3218  

5. **CHESAPEAKE SCIENCE POINT**  
   7321 Parkway Drive South  
   Hanover 21076  
   **Principal** Dwight Jefferson  
   **Ath Dir** Matthew Smith  
   mesmith4@aacps.org  
   443-757-5277  
   443-757-5280  

6. **GLEN BURNEi**  
   7550 Balt.-Annapolis Blvd.  
   Glen Burnie 21060  
   **Principal** Scott McGuire  
   **Ath Dir** Kyle Hines  
   khines@aacps.org  
   410-761-8950  
   410-553-9332  

7. **MEADE**  
   1100 Clark Road  
   Ft. Meade 20755  
   **Principal** Dr. Frederick Rivers (Acting)  
   **Ath Dir** Jamie Cook  
   jmcook@aacps.org  
   410-674-7710  
   410-672-1369  
   410-674-6823
8. **NORTH COUNTY**
   10 East First Ave.
   Glen Burnie 21061-2018
   **Principal** Eric Jefferson
   **Ath Dir** Ryan Aleardi
   raleardi@aacps.org
   **School phone** (410) 222-6970
   **AD phone** (410) 222-6970
   **FAX** (410) 222-6980

9. **NORTHEAST**
   1121 Duvall Hwy.
   Pasadena 21122
   **Principal** Jason T. Williams
   **Ath Dir** Kenny Miller
   kfmiller@aacps.org
   **School phone** (410) 437-6400
   **AD phone** (410) 437-6400
   **FAX** (410) 437-7012

10. **OLD MILL**
    600 Patriot Ln.
    Millersville 21108
    **Principal** Stacey Smith
    **Ath Dir** Jeff Martin
    jmartin@aacps.org
    **School phone** (410) 969-9010
    **AD phone** (410) 969-0837
    **FAX** (410) 969-0837

11. **SEVERNA PARK**
    60 Robinson Rd.
    Severna Park 21146
    **Principal** Patrick Bathras
    **Ath Dir** Kevin Rutledge
    krutledge@aacps.org
    **School phone** (410) 544-0900
    **AD phone** (410) 544-0900
    **FAX** (410) 544-7462

12. **SOUTH RIVER**
    201 Central Ave. East
    Edgewater 21037
    **Principal** William T. Myers
    **Ath Dir** Dave Klingel
    dklingel@aacps.org
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    **AD phone** (410) 956-5600
    **FAX** (410) 956-5137

13. **SOUTHERN**
    4400 Solomons Island Rd.
    Harwood 20776
    **Principal** Angela Hopkins
    **Ath Dir** Ray Bowen
    rbowen@aacps.org
    **School phone** (410) 867-7100
    **AD phone** (410) 867-7100
    **FAX** (410) 867-2412

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**Baltimore City**

**Office of Athletics**

Tiffany Byrd, Coordinator

200 East North Ave. - Rm. 312

Baltimore 21202

Phone (443) 642-3804

FAX (410) 396-1656

1. **Academy for College and Career Exploration (ACCE)**
   1300 West 36th Street
   Baltimore 21211
   **Principal** Nicholas D’Ambrosio
   **Ath Dir** Todd Henning
   THenning@bcps.k12.md.us
   **School phone** (410) 396-7607
   **AD phone** (410) 396-7907
   **FAX** (410) 428-6750

2. **Baltimore City College**
   3220 The Alameda
   Baltimore 21218
   **Principal** Cindy Harcum
   **Ath Dir** Rolynda Contee
   RACantee@bcps.k12.md.us
   **School phone** (410) 396-6557
   **AD phone** (443) 642-6523
   **FAX** (410) 243-0669

3. **Baltimore Polytechnic Institute**
   1400 West Cold Spring Lane
   Baltimore 21209
   **Principal** Jacqueline Williams
   **Ath Dir** Phil Thompson
   PMThompson@bcps.k12.md.us
   **School phone** (410) 396-7026
   **AD phone** (410) 396-7023
   **FAX** (410) 235-5027

4. **Carver Vocational-Technical**
   2201 Presstman St.
   Baltimore 21216
   **Principal** Shionta Somerville
   **Ath Dir** Cynthia Tucker-Tyson
   CTyson@bcps.k12.md.us
   **School phone** (410) 396-0553
   **AD phone** (443) 642-6216
   **FAX** (410) 396-0060

5. **Coppin Academy**
   2500 West North Avenue
   Baltimore 21216
   **Principal** Aisha Almond
   **Ath Dir** Ulysses Hardy, Jr.
   uhardyad@yahoo.com
   **School phone** (410) 642-5060
   **AD phone** (410) 736-2922
   **FAX** (410) 951-2610
6. DIGITAL HARBOR  
1100 Covington St.
Baltimore 21230  
Principal Taisha Swinton  
Ath Dir G. Alan Holmes  
GHolmes02@bcps.k12.md.us  
School phone (443) 984-1256  
AD phone (410) 525-6618  
FAX N/A

7. FREDERICK DOUGLASS  
2301 Gwynns Falls Pkwy.
Baltimore 21217  
Principal Craig Rivers  
Ath Dir Joseph Edwards  
JMEdwards@bcps.k12.md.us  
School phone (410) 396-7821, -7823  
AD phone (443) 642-6055  
FAX (410) 462-3081

8. PAUL LAURENCE DUNBAR  
1400 Orleans St.
Baltimore, MD 21231  
Principal Yetunde Reeves  
Ath Dir Dana Johnson  
DJohnson2@bcps.k12.md.us  
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AD phone (443) 475-0853  
FAX (410) 545-1682

9. EDMONDSON-WESTSIDE  
501 Athol Ave.
Baltimore 21229  
Principal Karl Perry  
Ath Dir Dewitt R. Doss  
DrDoss@bcps.k12.md.us  
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AD phone (410) 430-9147  
FAX (410) 545-7715

10. FOREST PARK  
3701 Eldorado Avenue  
Baltimore 21207  
Principal Monica Dailey  
Ath Dir Suzanne Blum  
SBlum@bcps.k12.md.us  
School phone (410) 396-0753  
AD phone (410) 396-8374  
FAX (410) 396-0866

11. BENJAMIN FRANKLIN AT MASONVILLE COVE  
1201 Cambria St.  
Baltimore 21225  
Principal Chris Battaglia  
Ath Dir Richard Jackson  
RJackson@bcps.k12.md.us  
School phone (410) 396-1373  
AD phone (410) 396-1373 ext. 258  
FAX (410) 396-8434

12. LAKE CLIFTON  
2815 Saint Lo Drive  
Baltimore 21213  
Principal James Gresham  
Ath Dir Herman Harried  
HHarried@bcps.k12.md.us  
School phone (443) 642-2291  
AD phone (410) 396-6642  
FAX (410) 467-0958

13. REGINALD F. LEWIS  
6401 Pioneer Dr.
Baltimore 21214  
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Ath Dir Tina Queen  
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AD phone (410) 396-8394  
FAX (410) 243-5354

14. MERGENTHALER VOCATIONAL-TECHNICAL  
3500 Hillen Rd.
Baltimore 21218  
Principal Jada Langston  
Ath Dir Patrick Nixon  
PNixon01@bcps.k12.md.us  
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AD phone (443) 825-8560  
FAX (410) 276-3276

15. NATIONAL ACADEMY FOUNDATION (NAF)  
504 North Caroline St.
Baltimore 21205  
Principal Chevelle Lampkin  
Ath Dir Shalane Price (interim)  
SOPrice@bcps.k12.md.us  
School phone (443) 984-2825  
AD phone (443) 525-6572  
FAX (410) 396-6955

16. NEW ERA ACADEMY  
2700 Seamon Ave.
Baltimore 21225  
Principal Chanta Booker  
Ath Dir Jarrett Ingram  
JIngram01@bcps.k12.md.us  
School phone (443) 984-2825  
AD phone (410) 396-9276  
FAX (410) 396-9274

17. PATTERSON  
2A  
100 Kane St.
Baltimore 21224  
Principal Vance Benton  
Ath Dir Damon Bomar  
DBomar@bcps.k12.md.us  
School phone (410) 396-9276  
AD phone (410) 396-9274  
FAX (410) 396-8395
MPSSAA SCHOOL DIRECTORY

18. SOUTHWESTERN MULTI-PLEX
   1500 Harlem Ave
   Baltimore 21217
   Principal Tracy Hicks
   Ath Dir Jason Williams
   JAWilliams@bcps.k12.md.us
   School phone (410) 396-7701
   AD phone (410) 396-7701
   FAX (410) 669-7539

19. WESTERN
   4600 Falls Rd.
   Baltimore 21209
   Principal Michelle White
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   AD phone (410) 396-7035
   FAX (410) 669-7492

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   Lynette Mitzel, Supervisor
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   Baltimore 21220
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1. CARVER CENTER FOR ARTS & TECH
   938 York Rd.
   Towson 21204
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   AD phone (443) 809-2546
   FAX (443) 809-3184

2. CATONSVILLE
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3. CHESAPEAKE
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4. DULANEY
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   Timonium 21093
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   AD phone (443) 809-7638
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5. DUNDALK
   1901 Delvale Ave.
   Baltimore 21222
   Principal Larissa Santos
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6. EASTERN TECHNICAL
   1100 Mace Ave.
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   FAX (443) 809-0424

7. FRANKLIN 3A
   12000 Reisterstown Rd.
   Reisterstown 21136
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   FAX (443) 809-3360

8. HEREFORD
   17301 York Rd.
   Parkton 21120
   Principal Joe Jira
   Ath Dir Mike Kalisz
   mkalisz@bcps.org
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   AD phone (443) 809-1910
   FAX (443) 809-1944

9. KENWOOD
   501 Steemers Run Rd.
   Baltimore 21221
   Principal Brian Powell
   Ath Dir Tony Ruocco
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   FAX (443) 809-6382
10. **LANSDOWNE**  
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11. **LOCH RAVEN**  
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13. **NEW TOWN**  
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14. **OVERLEA**  
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15. **OWINGS MILLS**  
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16. **PARKVILLE**  
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17. **PATAPSCO**  
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18. **PERRY HALL**  
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113
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7. WINTERS MILL
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   FAX (301) 396-4135

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   FAX (301) 932-8583

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   Cambridge 21613
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6. MIDDLETOWN
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10. WALKERSVILLE
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7. JOPPATOWNE
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Joppa 21085
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8. NORTH HARFORD
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9. **PATTERSON MILL**  
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10. **C. MILTON WRIGHT**  
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<table>
<thead>
<tr>
<th>HOWARD COUNTY</th>
</tr>
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<tbody>
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<td><strong>COORDINATOR OF ATHLETICS</strong></td>
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<td>John Davis</td>
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</tbody>
</table>

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| School Name          | Address                          | City          | State | ZIP Code | Principal             | Ath Dir                  | Email                      | Phone         | Fax            |
|---------------------|----------------------------------|---------------|-------|----------|------------------------|--------------------------|----------------------------|--------------------------|----------------|----------------|
| 6. DAMASCUS         | 25921 Ridge Rd.                  | Damascus      | MD    | 20872    | Kevin D. Yates         | Cliff Elgin              | Clifford_A_Elgin@mcpsmd.org | (240) 207-2388 | (301) 253-7046 |
|                     |                                  |               |       |          |                        |                          |                            |                          |                |                |
| 7. ALBERT EINSTEIN  | 11135 Newport Mill Rd.           | Kensington    | MD    | 20895    | Dr. Christine C. Handy | Bryan Blessing           | Bryan_T_Blessing@mcpsmd.org | (240) 740-2700 | (301) 962-1016 |
| 8. GAITHERSBURG     | 101 Education Blvd.              | Gaithersburg  | MD    | 20877    | Cary D. Dimmick        | Will Gant                | William_C_Gant@mcpsmd.org  | (301) 284-4500 | (301) 284-4507 |
| 9. WALTER JOHNSON   | 6400 Rock Spring Dr.             | Bethesda      | MD    | 20814    | Jennifer A. Baker      | Tom Rogers               | Thomas_W_Rogers@mcpsmd.org | (301) 803-7100 | (301) 571-6986 |
| 10. JOHN F. KENNEDY | 1901 Randolph Rd.                | Silver Spring | MD    | 20866    | Joe L. Rubens, Jr.     | Amanda Twelle            | Amanda_L_Twelle@mcpsmd.org  | (240) 740-0120 | (301) 929-2240 |
| 11. COL. ZADOK MAGRUDER | 5939 Muncaster Mill Rd.     | Rockville     | MD    | 20855    | Leroy C. Evans         | Silas Cheung             | Silas_P_Cheung@mcpsmd.org  | (301) 840-4600 | (301) 840-4624 |
|                     |                                  |               |       |          |                        |                          |                            |                          |                |                |
| 12. RICHARD MONTGOMERY | 250 Richard Montgomery Dr.      | Rockville     | MD    | 20852    | Damon A. Monteone      | Jonathan J. Freda        | Jonathan_J_Freda@mcpsmd.org | (301) 610-8075 | (301) 279-8428 |
| 13. NORTHWEST       | 13501 Richter Farm Rd.           | Germantown    | MD    | 20874    | James N. D’Andrea      | Anne Rossiter            | Anne_M_Rossiter@mcpsmd.org  | (301) 601-4660 | (301) 601-4662 |
| 14. NORTHWOOD       | 919 University Blvd. W           | Silver Spring | MD    | 20901    | Mildred L. Charley-Greene | Marco Fuggitti          | Marco_G_Fuggitti@mcpsmd.org | (301) 649-8088 | (301) 649-8285 |
| 15. PAINT BRANCH    | 14121 Old Columbia Pike          | Burtonsville  | MD    | 20866    | Myriam A. Yarbrough    | Heather Podosek          | Heather_A_Podosek@mcpsmd.org | (301) 388-9916 | (301) 989-5609 |
| 16. POOLESVILLE     | 17501 Willard Rd.                | Poolesville   | MD    | 20837    | Mark A. Carothers      | Gina Grubb              | Regina_R_Grubb@mcpsmd.org   | (240) 740-2440 | (301) 972-7915 |
| 17. QUINCE ORCHARD  | 15800 Quince Orchard Rd.         | Gaithersburg  | MD    | 20878    | Elizabeth L. Thomas    | Jeffrey Rabberman        | Jeffrey_L_Rabberman@mcpsmd.org | (240) 740-3600 | (301) 840-4699 |
18. ROCKVILLE
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19. SENECA VALLEY
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20. SHERWOOD
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Sandy Spring 20860
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FAX (301) 924-3220

21. SPRINGBROOK
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FAX (301) 622-1875

22. WATKINS MILL
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23. WHEATON
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AD phone (301) 321-3393
FAX (301) 942-8015

24. WALT WHITMAN
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25. THOMAS S. WOOTTON
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3. CENTRAL
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Capitol Heights 20743
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O'Shay Watson, Supervisor
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FAX (301) 669-6055
4. **CHESAPEAKE MATH & IT ACAD. - NORTH**  
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   Laurel 20708  
   **Principal** Gonul Ozturk  
   **Ath Dir** TBA  
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   **AD phone** (301) 350-6051  
   **FAX** (301) 350-6029

5. **CHESAPEAKE MATH & IT ACAD. - SOUTH**  
   9822 Fallard Court  
   Upper Marlboro 20772  
   **Principal** Ali Gurbuz  
   **Ath Dir** Kevin Young  
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   **School phone** (240) 573-7250  
   **AD phone** (240) 573-7250  
   **FAX** (240) 823-9326

6. **COLLEGE PARK ACADEMY**  
   5751 Riverdale Court  
   Riverdale 20737  
   **Principal** Gordon Libby  
   **Ath Dir** Zachary Francis  
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   **AD phone** (240) 696-3206  
   **FAX** (301) 422-0510

7. **CROOM VOCATIONAL**  
   9400 Surratts Road  
   Cheltenham 20623  
   **Principal** William Henderson  
   **Ath Dir** TBA  
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   **Phone** (301) 372-8846  
   **FAX** (301) 372-3422

8. **CROSSLAND**  
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   **AD phone** (301) 449-4790  
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9. **FREDERICK DOUGLASS**  
   8000 Croom Rd.  
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10. **DUVAL**  
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    **AD phone** (301) 918-8607  
    **FAX** (301) 918-8606

11. **FAIRMONT HEIGHTS**  
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12. **CHARLES H. FLOWERS**  
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    Springdale 20774  
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    **Ath Dir** Carlyle Rose  
    carlyle.rose@pgcps.org  
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    **AD phone** (301) 636-8000 x286  
    **FAX** (301) 636-8008

13. **FRIENDLY**  
    10000 Allentown Road  
    Fort Washington 20744  
    **Principal** Robin Pope-Brown  
    **Ath Dir** Makia Staves  
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    **AD phone** (301) 265-7951  
    **FAX** (301) 265-7951

14. **GWYNN PARK**  
    13800 Brandywine Road  
    Brandywine 20613  
    **Principal** Tracie Miller  
    **Ath Dir** Linda Henson-Hubb  
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    **AD phone** (301) 372-0140 x241  
    **FAX** (301) 372-3439

15. **HIGH POINT**  
    3601 Powder Mill Road  
    Beltsville 20705  
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    **Ath Dir** Shirley Diggs  
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    **AD phone** (301) 572-6156  
    **FAX** (301) 931-0469
16. INTERNATIONAL HS AT LANGLEY PARK
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17. INTERNATIONAL HS AT LARGO
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18. LARGO
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Ath Dir Ayana Ball-Ward
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AD phone (301) 808-8880 x235
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19. LAUREL
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20. NORTHWESTERN
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21. OXON HILL
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22. PARKDALE
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23. POTOMAC
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24. ELEANOR ROOSEVELT
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25. SUITLAND
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26. SURRETTSVILLE
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27. TALL OAKS
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FAX 301-390-0228
28. **DR. HENRY A. WISE, JR.**  
12650 Brooke Ln.  
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**AD phone** (301) 780-2100  
**FAX** (301) 780-2112

2. **GREAT MILLS**  
21130 Great Mills Rd.  
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**FAX** (301) 863-4006

3. **LEONARDTOWN**  
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Leonardtown 20650  
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**FAX** (301) 475-0204

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**QUEEN ANNE'S COUNTY**

**CHIEF OPERATING OFFICER**
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FAX (410) 758-8200

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1. **KENT ISLAND**  
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2. **QUEEN ANNE'S**  
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**ST. MARY'S COUNTY**

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1. **CHOPTICON**  
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Morganza 20660  
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2. **WASHINGTON**  
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1. **EASTON**
   723 Mecklenburg Ave.
   Easton 21601
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   FAX (410) 819-5814

2. **SAINT MICHAELS**
   200 Seymour Ave.
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   FAX (410) 745-9939

3. **HANCOCK MIDDLE/HIGH**
   289 West Main St.
   Hancock 21750
   **Principal** Chris Cline
   **Ath Dir** Brad Delauter
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   AD phone (301) 766-8246
   FAX (301) 733-3158

4. **NORTH HAGERSTOWN**
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   **Ath Dir** Dan Cunningham
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   FAX (301) 766-8474

5. **SMITHSBURG**
   66 N. Main St.
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6. **SOUTH HAGERSTOWN**
   1101 S. Potomac St.
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7. **WILLIAMSPORT**
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   AD phone (301) 766-8424
   FAX (301) 223-9610

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**WASHINGTON COUNTY**

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1. **BOONSBORO**
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   Boonsboro 21713
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2. **CLEAR SPRING**
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VP/Athletics Keith Bailey
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2. MARDELA JR-SR
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VP/Athletics Michael Campbell
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3. PARKSIDE
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4. WICOMICO
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1. STEPHEN DECATUR
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2. POCOMOKE
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Pocomoke City 21851
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3. SNOW HILL
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Snow Hill 21863
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RESIDENTIAL FACILITIES

1. The SEED School of Maryland
200 Font Avenue
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Co-Heads of School Tiffany Evans &
Erika Asikoye
Ath Dir Canute Curtis
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AD phone (410) 843-9477 x 717
FAX (410) 843-9496
A Fact Sheet for
YOUTH SPORTS PARENTS

This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?
Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children’s or teens’ chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach’s rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?
Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury. Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that it’s better to miss one game than the whole season.
CONCUSSION Information Sheet

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children’s or teens’ games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?
Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children’s or teens’ chances of getting a concussion or other serious brain injury, you should:

• Help create a culture of safety for the team.
  † Work with their coach to teach ways to lower the chances of getting a concussion.
  † Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  † Ensure that they follow their coach’s rules for safety and the rules of the sport.
  † Tell your children or teens that you expect them to practice good sportsmanship at all times.
• When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?
Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches
• Appears dazed or stunned.
• Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
• Moves clumsily.
• Answers questions slowly.
• Loses consciousness (even briefly).
• Shows mood, behavior, or personality changes.
• Can’t recall events prior to or after a hit or fall.

Symptoms Reported by Children and Teens
• Headache or “pressure” in head.
• Nausea or vomiting.
• Balance problems or dizziness, or double or blurry vision.
• Bothered by light or noise.
• Feeling sluggish, hazy, foggy, or groggy.
• Confusion, or concentration or memory problems.
• Just not “feeling right,” or “feeling down.”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it’s better to miss one game than the whole season.

To learn more, go to www.cdc.gov/HEADSUP
Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children’s or teens’ health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?
In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What Should I Do If My Child or Teen Has a Possible Concussion?
As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child’s or teen’s health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child’s or teen’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child’s or teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

To learn more, go to
www.cdc.gov/HEADSUP
You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.
Detach the section below and keep this information sheet to use at your children’s or teens’ games and practices to help protect them from concussion or other serious brain injury.

☐ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.
Athlete Name Printed: ____________________________________________________________ Date: _______________
Athlete Signature: _______________________________________________________________________________________

☐ I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.
Parent or Legal Guardian Name Printed: ______________________________________________ Date: ________
Parent or Legal Guardian Signature: __________________________________________________________________________
# Somerset County Public Schools

Dr. John B. Gaddis  
Superintendent of Schools

Mr. Thomas A. Davis  
Deputy Superintendent of Schools

Mrs. Tracie Bartemy  
Director of Schools

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Instructional Fax: 410.651.2931  
Administrative Fax: 410.651.3566

**Board Members**  
Penelope Nicholson, Chairman  
Margo Green-Gale, Vice Chairman  
Troy Brittingham, Jr.  
Patti Monk  
Robert T. Wells

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## INSURANCE REQUIREMENTS FOR STUDENTS PARTICIPATING IN SPORTS

The Board of Education requires that any student participating in sports be covered by an insurance plan that will offer benefits in the event of accidental injury. This requirement may be met by providing proof of parent’s health insurance or by purchasing insurance offered through the school system.

Students who are unable to provide proof of insurance coverage will be required to enroll in the School Insurance Plan prior to participating in any sport.

Parents not wishing to enroll their child in the plan offered by the school system must complete the form below prior to the student being permitted to participate in sports. Please review your health insurance to assure proper protection for your child.

## PROOF OF INSURANCE/PERMISSION SLIP

<table>
<thead>
<tr>
<th>Student’s Name</th>
<th>Grade</th>
</tr>
</thead>
</table>

### Primary Insurance Coverage

<table>
<thead>
<tr>
<th>Insured’s Name</th>
<th>Insured’s SSN</th>
<th>Ins. Co. Name</th>
<th>Ins. Phone #</th>
<th>Policy #</th>
<th>Plan</th>
<th>Group #</th>
<th>Type (HMO, PPO, etc.)</th>
</tr>
</thead>
</table>

### Secondary Insurance Coverage

<table>
<thead>
<tr>
<th>Insured’s Name</th>
<th>Insured’s SSN</th>
<th>Ins. Co. Name</th>
<th>Ins. Phone #</th>
<th>Policy #</th>
<th>Plan</th>
<th>Group #</th>
<th>Type (HMO, PPO, etc.)</th>
</tr>
</thead>
</table>
As parents or legal guardian of ________________________________________________________

(Student’s Name)

We hereby authorize and consent to our child’s participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous, and that physical injuries may occur to our child requiring emergency medical care and treatment. We recognize that, even with proper training and equipment, there is always a risk of serious accidental injury or death inherent in interscholastic athletics and sports.

In consideration of the acceptance of our child by the Somerset County Public Schools in its athletic program, we agree to release and hold harmless the Board of Education of Somerset County, its members, the Superintendent of Schools, the Principal, all coaches, and assistant coaches, athletic trainers and any and all claims, costs, suits, actions, judgments and expenses, arising from our child’s participation in interscholastic athletics and sports.

We hereby give our consent and authorize the Board of Education of Somerset County and its agents, servants, athletic trainers and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

We understand and agree that we will be responsible for all medical bills and costs that may be incurred as a result of medical care and treatment of our child, and agree to provide proof of insurance coverage of our child against accidents and injuries in school sponsored games, and practice sessions, and during travel to and from athletic contests.

Failure to complete, sign and return to your child’s coach before participations will result in his/her exclusion from participation in the interscholastic athletic program of Somerset County Public Schools.

_________________________________________  _________________________
(Student’s Signature)  (Date)

_________________________________________
(Parent’s Signature)  _______________________ (Date)
PARENT/GUARDIAN please complete this form in its entirety. This information will help us better serve the needs of the student-athlete in the event of an emergency.

**Student-Athlete Information:**

Last Name: ______________________________     First Name: ______________________________
SSN: ________________________________     Grade: (Circle one)  6  7  8  9  10  11  12
Birth date: ________________________________     Home Phone: ________________________________
Home Address: ________________________________
Personal Cell #: ___________________________   ___________________________________     Email: ________________________________

Sport(s):
Fall: ________________________________     Physician: ________________________________
Winter: ________________________________     Name: ________________________________
Spring: ________________________________     Phone: ________________________________

**Primary Emergency Contact:** any parent/guardian who has the right to make decisions concerning the student-athlete in the event of an emergency.

Last Name: ________________________________     First Name: ________________________________
Address: ________________________________     Home Phone: ________________________________
___________________________________________     Work Phone: ________________________________
Relation to student-athlete: ____________________     Cell Phone: ________________________________
Email: ________________________________

Secondary Emergency Contact: any parent/guardian who has the right to make decisions concerning the student-athlete in the event of an emergency.

Last Name: ________________________________     First Name: ________________________________
Address: ________________________________     Home Phone: ________________________________
___________________________________________     Work Phone: ________________________________
Relation to student-athlete: ____________________     Cell Phone: ________________________________
Email: ________________________________

By providing the above information and signing this form, the parent/guardian releases the school system from the responsibility of providing accident insurance for the student named above and gives permission for the student to participate in the sport.

Signature: ________________________________     Date: ________________________________

Parent/Guardian
PREPARTICIPATION PHYSICAL EVALUATION
HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam ___________________________ Date of birth ___________________________
Name ___________________________ Age ______ Grade ______ School ___________ Sport(s) ______

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

__________________________

Do you have any allergies? □ Yes □ No If yes, please identify specific allergy below.
□ Medicines □ Pollens □ Food □ Stinging Insects

Explain “Yes” answers below. Circle questions you don’t know the answers to.

GENERAL QUESTIONS

1. Has a doctor ever denied or restricted your participation in sports for any reason? __________ Yes __________ No
2. Do you have any ongoing medical conditions? If so, please identify below: □ Asthma □ Anemia □ Diabetes □ Infections
□ Other: ____________________________
3. Have you ever spent the night in the hospital? __________ Yes __________ No
4. Have you ever had surgery? __________ Yes __________ No

HEART HEALTH QUESTIONS ABOUT YOU

5. Have you ever passed out or nearly passed out during or after exercise? __________ Yes __________ No
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercises? __________ Yes __________ No
7. Does your heart ever race or skip beats (irregular beats) during exercise? __________ Yes __________ No

MEDICAL QUESTIONS

26. Do you cough, wheeze, or have difficulty breathing during or after exercise? __________ Yes __________ No
27. Have you ever had an inhaler or taken asthma medicine? __________ Yes __________ No
28. Is there anyone in your family who has asthma? __________ Yes __________ No
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? __________ Yes __________ No
30. Do you have groin pain or a painful budge or hernia in the groin area? __________ Yes __________ No
31. Have you had infectious mononucleose (mono) within the last month? __________ Yes __________ No
32. Do you have any rashes, pressure sores, or other skin problems? __________ Yes __________ No
33. Have you had a herpes or MRSA skin infection? __________ Yes __________ No
34. Have you ever had a head injury or concussion? __________ Yes __________ No
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems? __________ Yes __________ No
36. Do you have a history of seizure disorder? __________ Yes __________ No
37. Do you have headaches with exercise? __________ Yes __________ No
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? __________ Yes __________ No
39. Have you ever been unable to move your arms or legs after being hit or falling? __________ Yes __________ No
40. Have you ever become ill while exercising in the heat? __________ Yes __________ No
41. Do you get frequent muscle cramps when exercising? __________ Yes __________ No
42. Do you or someone in your family have sickle cell trait or disease? __________ Yes __________ No
43. Have you had any problems with your eyes or vision? __________ Yes __________ No
44. Have you had any eye injuries? __________ Yes __________ No
45. Do you wear glasses or contact lenses? __________ Yes __________ No
46. Do you wear protective eyewear, such as goggles or a face shield? __________ Yes __________ No
47. Do you worry about your weight? __________ Yes __________ No
48. Are you trying to or has anyone recommended that you gain or lose weight? __________ Yes __________ No
49. Are you on a special diet or do you avoid certain types of foods? __________ Yes __________ No
50. Have you ever had an eating disorder? __________ Yes __________ No
51. Do you have any concerns that you would like to discuss with a doctor? __________ Yes __________ No

HEALTH QUESTIONS ABOUT YOUR FAMILY

13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)? __________ Yes __________ No
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia? __________ Yes __________ No
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? __________ Yes __________ No
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning? __________ Yes __________ No

BONE AND JOINT QUESTIONS

17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game? __________ Yes __________ No
18. Have you ever had any broken or fractured bones or dislocated joints? __________ Yes __________ No
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? __________ Yes __________ No
20. Have you ever had a stress fracture? __________ Yes __________ No
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism) __________ Yes __________ No
22. Do you regularly use a brace, orthotics, or other assistive device? __________ Yes __________ No
23. Do you have a bone, muscle, or joint injury that bothers you? __________ Yes __________ No
24. Do any of your joints become painful, swollen, feel warm, or look red? __________ Yes __________ No
25. Do you have any history of juvenile arthritis or connective tissue disease? __________ Yes __________ No

Explain "yes" answers here ____________________________

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete ___________________________ Signature of parent/guardian ___________________________ Date ___________________________

**Preparticipation Physical Evaluation**

**The Athlete with Special Needs: Supplemental History Form**

Date of Exam _______________________________

Name _______________________________ Date of birth _______________________________

<table>
<thead>
<tr>
<th>Sex</th>
<th>Age</th>
<th>Grade</th>
<th>School</th>
<th>Sport(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Type of disability
2. Date of disability
3. Classification (if available)
4. Cause of disability (birth, disease, accident/trauma, other)
5. List the sports you are interested in playing

| 1. Do you regularly use a brace, assistive device, or prosthesis? |
| 2. Do you use any special brace or assistive device for sports? |
| 3. Do you have any rashes, pressure sores, or any other skin problems? |
| 4. Do you have a hearing loss? Do you use a hearing aid? |
| 5. Do you have a visual impairment? |
| 6. Do you use any special devices for bowel or bladder function? |
| 7. Do you have burning or discomfort when urinating? |
| 8. Have you had autonomic dysreflexia? |
| 9. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness? |
| 10. Do you have muscle spasticity? |
| 11. Do you have frequent seizures that cannot be controlled by medication? |

Explain "yes" answers here

---

**Please indicate if you have ever had any of the following.**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantoaxial instability</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X-ray evaluation for atlantoaxial instability</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dislocated joints (more than one)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy bleeding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enlarged spleen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteopenia or osteoporosis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty controlling bowel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty controlling bladder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Numbness or tingling in arms or hands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Numbness or tingling in legs or feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weakness in arms or hands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weakness in legs or feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recent change in coordination</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recent change in ability to walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spina bifida</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Latex allergy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Explain "yes" answers here

---

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _______________________________ Signature of parent/guardian _______________________________ Date _______________________________

PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

PHYSICIAN REMINDERS
1. Consider additional questions on more sensitive issues
   • Do you feel stressed out or under a lot of pressure?
   • Do you ever feel sad, hopeless, depressed, or anxious?
   • Do you feel safe at your home or residence?
   • Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   • During the past 30 days, did you use chewing tobacco, snuff, or dip?
   • Do you drink alcohol or use any other drugs?
   • Have you ever taken anabolic steroids or used any other performance supplement?
   • Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   • Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

EXAMINATION

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span &gt; height, hyperlaxity, myopia, MVP, aortic insufficiency)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes/ears/nose/throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pupils equal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymph nodes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Murmurs (auscultation standing, supine, +/- Valsalva)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location of point of maximal impulse (PMI)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Simultaneous femoral and radial pulses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lungs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdomen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genitourinary (males only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HSV lesions suggestive of MRSA, tinea corporis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurologic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MUSCULOSKELETAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck</td>
</tr>
<tr>
<td>Back</td>
</tr>
<tr>
<td>Shoulder/arm</td>
</tr>
<tr>
<td>Elbow/forearm</td>
</tr>
<tr>
<td>Wrist/hand/fingers</td>
</tr>
<tr>
<td>Hip/thigh</td>
</tr>
<tr>
<td>Knee</td>
</tr>
<tr>
<td>Leg/ankle</td>
</tr>
<tr>
<td>Feet/legs</td>
</tr>
<tr>
<td>Functional</td>
</tr>
<tr>
<td>Duck-walk, single leg hop</td>
</tr>
</tbody>
</table>

*Consider EKG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
*Consider EKG exam if in private setting; having third party present is recommended.
*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

☐ Cleared for all sports without restriction
☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for ____________________________

☐ Not cleared
  ☐ Pending further evaluation
  ☐ For any sports
  ☐ For certain sports

Reason ____________________________

Recommendations ____________________________

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) ____________________________ Date ____________________________
Address ____________________________ Phone ____________________________
Signature of physician ____________________________ MD or DO
Preparticipation Physical Evaluation

CLEARANCE FORM

Name ___________________________ Sex □ M □ F Age __________ Date of birth __________

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for ____________________________________________________________

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports ___________________

Reason __________________________________________________________

Recommendations ______________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) ___________________________ Date __________

Address ___________________________ Phone __________

Signature of physician ______________________________________ MD or DO

EMERGENCY INFORMATION

Allergies ______________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Other information ______________________________________________________
What is a concussion?
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

<table>
<thead>
<tr>
<th>Signs Observed by Parents or Guardians</th>
<th>Symptoms Reported by Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light or noise</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Feeling sluggish, hazy, foggy, or gruggy</td>
</tr>
<tr>
<td>Losses consciousness (even briefly)</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Shows mood, behavior, or personality changes</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Just not “feeling right” or “feeling down”</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td></td>
</tr>
</tbody>
</table>

- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?
1. Keep your teen out of play. If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2. Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3. Teach your teen that it’s not smart to play with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that she/he’s “just fine.”

4. Tell all of your teen’s coaches and the student’s school nurse about ANY concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while she/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit: www.cdc.gov/Concussion.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Appendix 16
Appendix 17

Concussion Awareness
Parent/Student-Athlete Acknowledgement Statement

I __________________________, the parent/guardian of __________________________,
Name of Student-Athlete

acknowledge that I have received information on all of the following:

- The definition of a concussion
- The signs and symptoms of a concussion to observe for or that may be reported by
  my athlete
- How to help my athlete prevent a concussion
- What to do if I think my athlete has a concussion, specifically, to seek medical
  attention right away, keep my athlete out of play, tell the coach about a recent
  concussion, and report any concussion and/or symptoms to the school nurse.

Parent/Guardian __________________________ Parent/Guardian __________________________ Date ________
PRINT NAME SIGNATURE

Student Athlete __________________________ Student Athlete __________________________ Date ________
PRINT NAME SIGNATURE

It’s better to miss one game than the whole season.
For more information visit www.cdc.gov/Concussion.
Sudden Cardiac Arrest (SCA)

Information for Parents and Student Athletes

**Definition:** Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes’ risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

Causes: SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance enhancing drugs and/or energy drinks.

### Warning Signs of SCA
- SCA strikes immediately
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
- No response to tapping on shoulders
- No pulse

### Emergency Response to SCA
- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

**Warning signs of potential heart issues:** The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

**Risk of Inaction:** Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Information used in this document was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.
Frequently Asked Questions about Sudden Cardiac Arrest (SCA)

What are the most common causes of Sudden Cardiac Arrest (SCA) in a student athlete?

SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Some of these conditions are listed below:

1. **Hypertrophic cardiomyopathy (HCM):** HCM involves an abnormal thickening of the heart muscle and it is the most common cause of SCA in an athlete.
2. **Coronary artery anomalies:** The second most common cause is congenital (present at birth) abnormalities of coronary arteries, the blood vessels that supply blood to the heart.
3. **Other possible cause of SCA are:**
   a. **Myocarditis:** an acute inflammation of the heart muscle (usually due to a virus).
   b. Disorders of heart electrical activity such as:
      i. **Long QT syndrome.**
      ii. **Wolff-Parkinson-White (WPW) syndrome.**
      iii. **Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)**
   c. **Marfan syndrome:** a condition that affects heart valves, walls of major arteries, eyes and the skeleton.
   d. Congenital aortic valve abnormalities.
4. **Commotio Cordis:** concussion of the heart from sudden blunt non-penetrating blow to the chest.
5. Use of recreational, performance-enhancing drugs, and energy drinks can also bring on SCA.

How can we minimize the risk of SCA and improve outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One important strategy is the requirement for a yearly pre-participation screening evaluation, often called a sports physical, performed by the athlete’s medical provider.

1. It is very important that you carefully and accurately complete the personal history and family history section of the “Pre-Participation Physical Evaluation Form” located in this packet.
2. Since the majority of these conditions are inherited, be aware of your family history, especially if any close family member:
   a. Had sudden unexplained and unexpected death before the age of 50.
   b. Was diagnosed with any of the heart conditions listed above.
   c. Died suddenly/unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.
3. **Take seriously the warning signs and symptoms of SCA.** Athletes should notify their parents, coaches, trainers, or school nurses if they experience any of these warning signs of symptoms.
4. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school’s various preventive measures.
5. If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes will be excluded from sports pending further evaluation and clearance by their medical providers.
Parent/Student Athlete Acknowledgement Statement

Parent/Guardian

I acknowledge that I have read and understand the following:

- Sudden Cardiac Arrest (SCA) Information Sheet
- Concussion Awareness Information Sheet

__________________________________________  ____________________________  __________
Print Name                                      Parent/Guardian Signature  Date

Student Athlete

I acknowledge that I have read and understand the following:

- Sudden Cardiac Arrest (SCA) Information Sheet
- Concussion Awareness Information Sheet

__________________________________________  ____________________________  __________
Print Name                                      Student Athlete Signature  Date
Pre-Participation Head Injury/Concussion
Reporting Form for Extracurricular Activities

This form should be completed by the student’s parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season if a student plans to participate in an extracurricular athletic activity.

Student Information Name:

Grade:

Sport(s):

Home Address:

Has student ever experienced a traumatic head injury (a blow to the head)? Yes ____ No ____
If yes, when? Dates (month/year): ______________________________________________________
If yes, please describe the circumstances:

Was student diagnosed with a concussion? Yes ____ No ____
If yes, when? Dates (month/year): ______________________________________________________
Duration of Symptoms (such as headache, difficulty concentrating, and fatigue) for most recent concussion:

Parent/Guardian Name (Please print): ____________________________________________________________________________

Signature/Date: ____________________________________________________________________________

Student Athlete Signature/Date: ____________________________________________________________________________

For official use only:
Name of Athlete ____________________________
Sport/season ________________________________
Date Received ________________________________