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## The Athlete, May 1989

Kentucky High School Athletic Association

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**May, 1989**

Volume LI, No. 10

**Official Publication of  
The Kentucky High School  
Athletic Association**

Member of National Federation of State High School Associations

## STRAIGHT TALK

### Steroids Harmful Substitute To Weight-Training Program

Bodybuilding has come a long way from the days of the old Charles Atlas advertisements - the ones in which the 98-pound weakling, by lifting weights, finds the strength and confidence to confront the bully who kicked sand in his face.

More and more young people, girls as well as boys, are hitting the weights and exercise machines. As they do, parents are becoming concerned about some potential dangers, including overtraining, injury and exposure to a subculture in which the use of anabolic steroids is becoming prevalent.

Teenagers begin bodybuilding for a variety of reasons. Psychologist and weight-lifter Wes Ledom, Ph.D., said, "One of the reasons that bodybuilding has been around for years is to improve athletic performance. In the early 1980s, more teens began bodybuilding because of the emphasis on body image and the importance of the body in communicating who we are." Other reasons according to Dr. Ledom, include maintaining health and developing the body's full potential.

Jeff Roitman, Ph.D., director of Cardiac Rehabilitation at Research Medical Center, agreed that athletics and the desire to make the body more attractive play a big part in the bodybuilding phenomenon. "Strength training has become a big deal in college athletic departments and filtered down to high school and junior high," Dr. Roitman said.

What should your attitude be if your son or daughter decides to begin a weight-training program? "Bodybuilding and weight-training can be just as healthy and rewarding as any other activity if it's done properly," Dr. Ledom said. "Don't look at it as something weird or strange. As with any other activity kids get into, it's helpful to learn about it and stay involved." Dr. Ledom recommended the magazine *Muscle and Fitness* as a good source of information because, unlike some other bodybuilding publications, its articles are well researched and accurate.

Any weight-training program a young person enters should be supervised by a competent adult. Without proper coaching and guidance the young person risks sustaining injuries and over stressing the body. But how are parents to know if the supervision is competent? Dr. Roitman suggested some things to watch for.

First, a good program will emphasize many repetitions of an exercise using relatively light weights rather than just a few repetitions with heavy weights. Second, as a general rule, training on machines is preferable to training with free weights. "Machines tend to make you do the exercise properly," Dr. Roitman said.

One disadvantage of weight training is its almost total emphasis on the muscles. "Weight training is mostly developing muscle size and strength but does not generally increase cardiovascular endurance," Dr. Roitman said.

He recommended combining aerobic exercises, such as jogging and swimming, with any weight-training program. He also discouraged as unnecessary the use of vitamin and protein supplements advertised in most bodybuilding magazines. A balanced diet based on the traditional four food groups should provide sufficient energy and protein.

Perhaps the biggest concern a parent may have when a child becomes involved in bodybuilding has nothing to do with bodybuilding itself, but with the potential use of anabolic steroids as an adjunct to training. Make no mistake about it — these drugs are dangerous.

Anabolic steroids are synthetic forms of testosterone and other male hormones. Any use of them is a deliberate attempt to upset the body's normal hormonal balance. When used with a training program, steroids can indeed increase muscle size and strength. Thus, for a quick gain in two areas of paramount importance to teenagers — athletic prowess and enhanced appearance — many are willing to risk some future (and to them nebulous) negative consequences.

The consequences for males include: testicular atrophy, lowered sperm count, and enlargement of the breasts. Females may experience disruption of the menstrual cycle, uterine atrophy, the development of masculine features such as facial hair, deepening of the voice, and reduced breast size. Both males and females may experience liver dysfunction and tumors and a marked increase in mood swings and aggression. And that's just a partial list.

Increased aggression is so common and so severe it has developed a street name, "roid rage," which refers to the explosive and irrational behavior exhibited by many regular steroid users.

Aside from warning children about the dangers of steroid use, parents need to be alert for signs that their advice has been ignored. It's often difficult to tell when a person is using steroids; but two signs to watch for are sudden, unexplained weight gain and unusually aggressive behavior on a regular basis.

If you discover your child is on steroids, Dr. Roitman advised medical intervention. A cold-turkey withdrawal from steroid use can result in a phenomenon called "estrogen rebound" (a sudden increase in the female hormone in both men and women) which can have some nasty consequences. A program of medically-supervised withdrawal can limit the damage.

A weight-training and bodybuilding program can be healthy exercise and a boost to self-confidence if done correctly, is well-supervised and has personal health as a primary goal.

# The Kentucky High School Athlete

## Official Publication of the Kentucky High School Athletic Association

VOL. LI, NO. 10

MAY, 1989

\$10.00 PER YEAR

### Newly Elected Board Of Control Members



**Bob Rogers**



**Jack Portwood**



**Alvis Johnson**

Three new members have been elected to the Kentucky High School Athletic Association Board of Control, with terms in office to begin in July. Alvis Johnson, Assistant Principal at Harrodsburg High School, Jack Portwood, Principal at Lincoln County High School, and Bob Rogers, Assistant Superintendent of the Murray school system will be the new members of the Board.

Johnson is a former member of the Board of Control, having served as minority representative for regions 9 through 16 from 1980 through 1984, and will replace Tony Olinger of Lexington. He is a native of Hopkinsville, Kentucky, a graduate of Christian County High School, and received his college degrees from Western Kentucky University. He began his career in the Christian County school system where he stayed for three years before moving to Harrodsburg. His duties at Harrodsburg have been numerous as he has served as a teacher, Assistant Principal and Athletic Director. He has also served for many years as head football coach, and led his 1988 Pioneer squad to the state championship game in Louisville.

Johnson feels he will be at an advantage coming on to the Board after having served a term in the past. "It took me a year and a half just to learn the procedures and what was going on," he said, "I feel I will be better able to serve my constituents during this next term in office." One major change he has noticed, is the inconsistency in eligibility rulings by the Board and the State Board in the time since he left the Board. "I am sure the State Board's playing of a more active role has had something to do with this, but many athletes are being made eligible today who simply would not have played in 1980. I think we have to look at that and try to establish a more consistent pattern." "Before I leave the Board at the end of this next term, I would like to see us also work to improve our system of placing teams in districts and regions in basketball and football, as well as perhaps modifying and improving our football playoff system."

Johnson and his wife Rosetta have two sons, Derrick, 10, and Dennis, 9, both students at Harrodsburg.

Jack Portwood comes to the Board after a long and successful tenure as Principal at Lincoln County. Portwood, who will replace Ken Tippett of the Woodford County School System as the representative for Regions 11 and 12 has been serving in his current position at the Stanford school since 1974.

A graduate of Letcher High School, Portwood attended Lindsey Wilson Junior College of a basketball scholarship before transferring to Eastern Kentucky University where he completed his Bachelors and Masters degrees, and his Rank I Certification.

Portwood began his teaching career as a social studies teacher at Stanford High School in 1962, and has spent the last twenty-four years as a principal in the Lincoln County system, including the last fifteen in his current position. He is

active in various professional associations having served as President of the Lincoln County Education Association, a member of the Board of Directors of the Kentucky Association of Secondary School Principals and a member of the Kentucky Association of School Administrators and the National Association of Secondary School Principals.

On coming onto the Board, Portwood said, "I am certainly looking forward to the opportunity of working with this fine group, and helping in any way I possibly can." Portwood and his wife, Donna, have a daughter, Ramona, a graduate of Eastern Kentucky University.

The third new member of the Board is another returnee to the organization, Bob Rogers, Assistant Superintendent of the Murray School system. Rogers, who will replace outgoing Board of Control President Tom Buchanan, Superintendent of the Lyon County School system, served on the Board from 1981 to 1984, and will represent regions 1 and 2.

A graduate of Christian County High School, Rogers received his BS from Bethel College, his MA from Austin Peay, and his Rank I from Murray State University. His career in education began at Male High School in Louisville in 1966 before he moved on to Earlington for two years, followed by two years at Henderson. He returned to Earlington for two years as Principal and coach in 1971, before spending two years as an assistant principal at Christian County. In 1976, he assumed the position of Principal at Webster County High School, where he stayed until 1980 when he became Principal at Ballard Memorial High School. He assumed his current position in 1987.

He has been active in many professional organizations including the Kentucky Association of Secondary School Principals, the Kentucky Association of School Administrators, the Western Kentucky Association of School Administrators, the Western Kentucky Secondary Principals Association, and served as Vice-President of the Board of Control during the final year of his previous term of the Board. He is also active in the community as a member of the Rotary Club and the Chamber of Commerce, and is a District Chairman of the Boy Scouts of America.

He and his wife Gayle have two children, Jeff, 22, a senior at Western Kentucky, and Angie, 20, a sophomore at Murray State.



### MINUTES OF THE BOARD MEETING

The Board of Control of the Kentucky High School Athletic Association met at the K.H.S.A.A. Office Building in Lexington, Kentucky on Thursday, April 20, 1989. The meeting was called to order at 1:00 p.m. by President Tom Buchanan. All Board Members, Commissioner Tom Mills, Executive Assistant Billy V. Wise, Assistant Commissioners Brigid L. DeVries and Louis Stout and Sports Information Director Julian Tackett were present. Mr. Harry Loy was present representing the State Department of Education. Mr. Buchanan called upon Mr. Sam Chandler to give the invocation.

Pearl Ray Lefevers made a motion, seconded by C.K. Henry, that the minutes of the March 23rd meeting of the Board be approved. The motion carried unanimously.

*Continued on Page Two*

**MAY, 1989**

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**Assistant Editor** ..... **BILLY V. WISE**  
**Assistant Editor** ..... **JULIAN TACKETT**  
 Lexington, Kentucky

**BOARD OF CONTROL**

President - Tom Buchanan (1985-1989) Eddyville; Vice-President - Sam Chandler (1986-1990) Shelbyville; Directors - Sandy Allen (1988-1992) Louisville, Huston DeHaven (1987-1991) Hardinsburg, Charles Henry (1988-1992) Paducah, Pearl Ray Lefevers (1988-1992) Kettle Island, Charles Miller (1986-1990) Louisville, Marvin Moore (1988-1992) Morehead, Tony Olinger (1984-1989) Lexington, David Points (1988-1991) Mt. Sterling, Ken Tippett (1985-1989) Versailles, Liz Trabandt (1988-1991) Ashland; State Department of Education - Harry Loy, Frankfort.

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*Minutes of the Board Meeting continued from Page 1*

C.K. Henry moved to approve the minutes of the February 24th Called Meeting of the Board. Tony Olinger seconded the motion which carried unanimously.

Sam Chandler moved that all bills of the Association for the period beginning March 1 and ending March 31, 1989 be allowed. The motion was seconded by Pearl Ray Lefevers and carried unanimously.

Executive Assistant Billy Wise gave the following report on the Boys and Girls Basketball Tournaments:

Boys Attendance:	137,720
Ticket Sales:	\$745,188.00
Expenses:	\$244,248.85 (approx.)
Girls Attendance:	32,855
Ticket Sales:	\$146,173.00
Expenses:	\$ 90,770.61 (approx.)

Mr. Wise stated that the final audit would appear in the August issue of the "Athlete".

Sam Chandler made a motion, seconded by Huston DeHaven, that the Board go into Closed Sessin to discuss the recommendations of the Executive Committee with regard to salaries and contracts the 1989-90. The motion carried unanimously.

Charlie Miller moved that the Board go back into Open Session. C.K. Henry seconded the motion. The motion passed unanimously.

Sam Chandler presented the recommendations of the Executive Committee.

Sandy Allen made a motion that the Executive Committee's Report be accepted. C.K. Henry seconded the motion, which carried unanimously.

Mr. Ken Tippett, Chairman of the Regional Site Committee, made the following recommendations to the Board for their approval:

- 1) The Commissioner will continue to determine the regional sites.
- 2) The K.H.S.A.A. Handbook shall state tht schools wishing to host the Regional Tournament submit their requests to the Commissioner in writing by November 1. The Applicant shall supply information relating to seating and parking facilities and any other information requested by the Commissioner.
- 3) The Commissioner submit a list of the selected sites to the Board of Control at the January meeting of the Board.

C.K. Henry made a motion to approve the committee's report. Sam Chandler seconded the motion which passed unanimously.

Mr. Tippett, Chairman of the Basketball Committee, reported to the Board that the committee had looked at the present ticket distribution system. He stated that the Committee had no recommendation to make at this time.

Tony Olinger, Chairman of the All-Sports Committee, discussed with Board members the following items which they had been asked to consider:

- 1) Trophies - Suggested changes the Committee would like to see in the trophies that are presently given to the championship winners — possibly indicate in some way the sport they represent.
- 2) Baseball Season Extension — It was recommended that a survey be sent to all baseball playing schools for their input on extending the season one week.
- 3) Two-day State Track Meet format — No recommendation.

Commissioner Mills reported on the Referendum which had been mailed to all schools concerning changes in By-Law 25 to restrict summer activity in football and basketball. The results are as follows: 132 favored the proposal and 118 opposed. Therefore, since the proposal did not receive a two-thirds majority of all votes, the proposal failed.

Asst. Commissioner Louis Stout advised the Board of the results of the Soccer Survey: 184 schools stated that they would not sponsor Girls' Soccer while 21 schools voted to field a team. Therefore, since 25% of the member schools did not vote to sponsor Girls' Soccer competition, the K.H.S.A.A. will not sanction Girls' Soccer for the 1989-90 school year.

Marvin Moore made a motion, seconded by Pearl Ray Lefevers, that Vice President Sam Chandler and Charlie Miller be named Delegate and Alternate respectively to the forthcoming 70th Annual Meeting of the National Federation to be held in Westley Chapel, Florida, beginning June 25, 1989.

Following a discussion regarding a request that juniors be permitted to try-out for the ABA/USA Summer Olympics, Charlie Miller made a motion, seconded by Marvin Moore that the Board waive By-Law 30 and permit these students to tryout for these teams. The motion carried unanimously.

Asst. Commissioner Stout discussed with Board members possible facility problems which might be encountered if the size of the softball is changed from 12" to 11". Charlie Miller made a motion, seconded by C.K. Henry, that the schools be surveyed to determine their preference on the size ball to use. The motion carried.

The next item on the Agenda was a discussion of a four team basketball tournament to be held in December sponsored by the Association and WKYT-TV with all proceeds going to the Dawahares/K.H.S.A.A. Hall of Fame. Marvin Moore made a motion that the Commissioner proceed with negotiations. Tony Olinger seconded the motion which passed.

The next meeting of the Board of Control is scheduled to be held at Lake Barkley from July 27-29.

There being no further business, Liz Trabandt made a motion the meeting be adjourned. Charlie Miller seconded the motion which carried unanimously.



## MINUTES OF THE ANNUAL MEETING

April 21, 1989

The 72nd Annual Meeting of the Kentucky High School Athletic Association was held on Friday, April 21, 1989 at the K.H.S.A.A. Office Building, 560 East Cooper Drive, Lexington. The invocation was given by C.K. Henry.

President Tom Buchanan called the meeting to order at 11:00 a.m. Sixty-four elected delegates or alternates answered the roll call.

Commissioner Tom Mills then presented a report on the activities of the Association during the 1988-89 school year. Homer Brown moved, seconded by Richard Goodman, that the report be accepted. The motion carried unanimously. (The Commissioner's report is printed elsewhere in this issue of the "Athlete".)

Commissioner Mills introduced newly elected members on the Board of Control to the Delegate Assembly as follows: Jack Portwood - Principal, Lincoln County High School, Representing Regions 11-12; Bob Rogers - Murray Public Schools, representing Regions 1-2; Alvis Johnson - Athletic Director, Harrodsburg High School, representing Regions 9-16.

President Buchanan stated that presentation of proposals was the next order of business.

### PROPOSAL I

Principal Larry A. Gritton, Oneida Baptist Institute proposes that a section "e" be added to By-Law 6, Transfer Rule, to read as follows: "The Commissioner may waive the Transfer Rule on a one-time basis for students attending a boarding school on a full-time basis as a boarding student who are placed there through recommendation of the courts or upon the recommendation of the principal of their previous school". Richard Goodman moved, seconded by Jude Talbott, that Proposal be adopted. The motion passed by a vote of 51-13.

### PROPOSAL II

Principal Blake Haselton, Oldham County High School and Arnold E. Holbery, Head of Louisville Collegiate School propose that a section be added by By-Law 6, Transfer Rule to permit the Commissioner to waive the rule for "foreign exchange students participating in United States Information Agency-designated Teenage Exchange Visitor Programs who meet all other requirements of the Eligibility Rules and Regulations, may be granted a waiver from the period of ineligibility valid only for one school year. Any approved exchange student who seeks eligibility for second year will be subject to all provisions of the Transfer Rule, including the 36-week ineligibility period. The Commissioner may not waive the Transfer Rule under any circumstance for a student who is a graduate of a foreign school equivalent to our 12-year program". Mike Stratton moved, seconded by Bill Wells, that Proposal II be adopted. The motion failed by a vote of 22-42.

### PROPOSAL III

The Board of Control of the Kentucky High School Athletic Association proposes that By-Law 3, Age be changed to read as follows: "A student who becomes nineteen (19) years old before August 1 shall be ineligible for interscholastic athletic competition (NOTE: a student who becomes 19 on or after August 1 shall remain eligible for the entire school year.)" Jim Reed moved, seconded by Bob Schneider, that Proposal III be adopted. The motion passed by a vote of 46-18.

Mike Stratton moved, seconded by Homer Brown, that the meeting be adjourned. The motion passed unanimously.



**Game Guy  
Award**  
**STEVE FRANCIS**

The Game Guy Trophy is awarded to a high school athlete in the State of Kentucky who has overcome a physical handicap and participated in high school athletics. Steve was the unanimous choice of the Kentucky High School Athletic Association Game Guy Award Committee for the 1989 trophy.

Steve is a senior at Glasgow High School in Glasgow, Kentucky, where he plays basketball. He is also active in other school clubs and organizations.

Steve lost his left leg below the knee in a traumatic accident at the age of 17. When Steve received his first artificial leg, he began the rehabilitation process by walking and generally adjusting himself to his new leg. Steve's goal was to play basketball his senior year. He had to overcome a great physical handicap in order to do so.

Steve began trying to play in June of 1988. Physically he had trouble running up and down the court; lateral movement was limited and his leg became very sore which made it difficult for him to practice more than twenty to thirty minutes per day. When we started conditioning in September, he lifted weights, jumped rope, and rode a bicycle instead of running on the track.

In late November of 1988, Steve received his final artificial leg. This leg weighed less and had a flex foot attached. Through Steve's hard work and determination one could see physical improvement. His speed and endurance had improved greatly, along with his lateral quickness and jumping. His physical development has made it possible for him to play four to eight minutes in most of our basketball games and he had made some valuable contributions to a team that was ranked second in the fourth region.

It was a dream come true when Steve played in his first basketball game with his prosthesis.

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***Coming In The August &  
September "Athletes" . . .***

## CHAMPIONSHIP RESULTS IN

**Baseball**

**Golf**

**Softball**

**Tennis**

**Track**

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***Have A Great Summer!***



**1988-89 ANNUAL REPORT**  
(Presented to Delegate Assembly)

Two hundred ninety-three schools joined the Association for the 1988-89 school year. Six of these schools enroll girls only and six have only boys. In 1987-88 there were 291 schools, in 1986-87 there were 293.

There were 201 schools involved in **Football**. Classes A, AA, AAA, and AAAA championship games were played at the Fairgrounds, Louisville. Attendance was approximately 16,468 and ticket receipts were \$79,076. Expenses involved in conducting the state football playoffs were \$31,692.33. The approximate gross receipts from the Football District, Regional and Sectional Playoff games were \$301,325.96 with expenses of conducting these games reported as \$93,047.29. Paid attendance at the 60 games was approximately 86,240. All profits from the District, Regional and Sectional football playoff games are divided among the participating schools with no monies being received by the Kentucky High School Athletic Association.

The number of schools competing in **Volleyball** was 65. The K.H.S.A.A. sanctioned tournament was held at Memorial Coliseum, University of Kentucky, Lexington, Kentucky on October 28-29, 1988. Expenses incurred were \$5,504.59 with receipts of \$3,842.00.

In **Cross Country** 209 boys' teams entered twenty-four regional meets. One hundred seventy-seven girls' teams entered all three classes in twenty-three regionals. The expenses incurred in sponsoring this sport were \$12,203.39 and the receipts were \$5,067.00. Classes A, AA and AAA were held in Lexington at the Kentucky Horse Park.

There were 114 schools competing in **Soccer**. The State Tournament was held in Lexington from November 3-4, 1988. The receipts were \$13,525.00 and expenses incurred were \$7,147.81.

There were 54 schools competing in **Wrestling** in eight districts and four regions with the winner and runner-up in each weight class advancing to the state finals. The championship tournament was held at Atherton High School. Expenditures incurred were \$10,588.80. The receipts were \$13,324.00.

In **Swimming** seventy-six girls' teams and seventy-four boys' teams competed for the championships. The meets were held at Memorial Coliseum, University of Kentucky, Lexington, Kentucky on March 3-4, 1989. The receipts were \$4,292.50 and the expenses were \$10,405.24.

The gross receipts from the boys' and girls' district **Basketball** tournaments were approximately \$608,188.16 with reported expenses of \$160,625.19, while the regional tournaments took in approximately \$368,715.70 with reported expenses of \$168,175.67. A total of six boys districts, eight boys' regions, eight girls' districts and seven girls' regions have not reported their income and expenses at this time. All profits from the District and Regional Basketball Tournaments are divided among the participating schools with no monies being received by the Kentucky High School Athletic Association. Ticketed attendance at the Boys' State Tournament was approximately 137,720 as compared to 135,866 for last year. The gross ticket receipts this year for the tournament are estimated at \$745,188.00 with expenditures of approximately \$244,248.85.

Attendance at the Girls' State Basketball Tournament was 32,855 compared to 30,825 last year. The gross ticket receipts were \$146,173.00 with expenditures of approximately \$90,779.61. A complete report will appear in the audit.

In the other sports that are to follow, 276 **Baseball** teams will

compete in sixty-three districts and sixteen regions; 231 **Softball** teams will compete in fourteen regions. There are 236 schools participating in boys and girls **Track** in eight regions in each classification — A, AA, AAA; 160 girls' and 216 boys' **Golf** teams will play in 19 regions; 215 girls' and 209 boys' **Tennis** teams will play in thirteen regions. State championship meets will be held in Baseball at Lexington; Softball in Owensboro; Track at the University of Kentucky; girls' Golf at Elizabethtown Country Club, Elizabethtown; boys' Golf at Lincoln Trails Country Club Golf Course, Vine Grove; Tennis at the University of Kentucky.

For your information, the receipts and expenditures incurred during the 1987-88 spring sports season are as follows:

	Receipts	Expenditures
Baseball	\$ 4,815.00	\$11,137.88
Golf	0.00	10,250.25
Softball	4,582.00	14,308.02
Tennis	53.00	14,848.51
Track	6,127.50	56,518.60

A total of 2785 officials registered with the Officials' Division of the Association as of April 14, 1989, and the number of approved and certified officials in each sport are as follows:

	Registered	Approved	Certified	Total
Baseball	369	154	116	639
Basketball	692	328	551	1571
Football	165	194	404	763
Soccer	134	79	40	253
Softball	235	102	25	362
Track & Field	25	3	1	25
Volleyball	58	21	10	89
Wrestling	45	5	8	58

Billy V. Wise conducted twelve clinics in Football and seventeen in Basketball for officials and coaches. Assistant Commissioner Brigid L. DeVries conducted five clinics and three volleyball clinics for officials and coaches.

The Board of Control, the Assistant Commissioners, the Sports Information Director and I are grateful for the cooperation the superintendents, principals, athletic directors and coaches have given us in running the program for the Association.

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**HELPING  
STUDENTS  
COPE WITH  
ALCOHOL  
AND DRUGS**

**AUDIO VISUAL LIBRARY**

Video tapes and films are available at the KHSAA office for schools to use in their alcohol and drug programs. Audio visual materials may be checked out for a two week period at no charge, except return postage. A listing of films and tapes will be published in the *Athlete* of may be mailed upon request.

**TOLL-FREE NUMBER**

For information about the audio-visual library, training seminars, and materials, contact the KHSAA office at 1-800-248-3234.

# TENTATIVE 1989-90 CALENDAR OF ACTIVITIES

July 31 - August 17	Twelve Football Clinics for Coaches and Officials
August 15 - 22	Three Volleyball Clinics for Coaches and Officials
August 21 - 26	Four Soccer Clinics for Coaches and Officials
September 11	National Federation Part II Exam - Football, Soccer, Volleyball
October 2 - 26	Seventeen Basketball Clinics for Coaches and Officials
October 20 - 21	Regional Volleyball Tournaments
October 23 - 28	District Soccer Tournaments
October 27 - 28	State Volleyball Tournament
October 28	Regional Cross Country Meets
October 28 - November 21	Four Wrestling Clinics for Coaches and Officials
October 30 - November 4	Regional Soccer Tournaments
November 4	State Cross Country Meet
November 6 - 7	Sectional Soccer Tournaments
November 9 - 10	State Soccer Tournament
November 10 - 11	Football District Winners & Runners-Up - Play-Offs
November 17 - 18	Football District Winners Play
November 24 - 25	Football Regional Winners Play
December 1 - 2	Football State Championships (Class A, AA, AAA, AAAA) Louisville
December 4	National Federation Part II Exam - Basketball, Wrestling
February 3	District Wrestling Tournaments
February 5 - 15	Eight Baseball Clinics
February 11	Regional Wrestling Tournaments
February 16 - 17	Regional Swimming Meets
February 17	State Wrestling Tournament
February 26 - March 3	District Basketball Tournaments
March 2 - 3	State Swimming Meet
March 5 - 10	Regional Basketball Tournaments
March 14 - 17	Girls' State Basketball Tournament
March 19	National Federation Part II Exam - Baseball, Softball, Track
March 21 - 24	Boys' State Basketball Tournament
March 27 - April 11	Five Track Clinics
April 20	Delegate Assembly Meeting
May 7 - 12	District Softball Tournaments
May 12	Regional Track Meets
May 14 - 19	District Baseball Tournaments
	Regional Softball Tournaments
	Regional Tennis Tournaments
May 19	Sectional Track Meets
May 21 - 26	Regional Baseball Tournament
May 22	Girls' Regional Golf Tournaments
May 23	Boys' Regional Golf Tournaments
May 24 - 26	State Softball Tournament
May 26	State Track Meet
May 28 - June 2	First Round of State Baseball Tournament
May 30 - 31	Boys' State Golf Tournament
	Girls' State Golf Tournament
May 31 - June 2	State Tennis Tournament
June 7 - 8	Semi-Finals and Finals of State Baseball Tournament





**J.B. MANSFIELD AWARD****Julie Morrison, Boone County**

The J.B. Mansfield Award for 1989 was won by Julie Morrison of Boone County of Boone County. Miss Morrison has been a participant in many school activities and clubs, was active in the community as well as maintaining a high scholastic average. She also contributed to the success of the Lady Rebels as evidenced by her three state most valuable player awards on the team and the past two years, her teammates advanced to the State Tournament in Frankfort.

The J.B. Mansfield Award is given annually by the Louisville Courier-Journal in memory of Mr. Joe Billy Mansfield, long-time Kentucky High School Athletic Association employee who served as an Assistant Commissioner from 1949 to 1972, and as Commissioner from 1972 until his ill health forced him to leave the Association in December of 1975. A committee of school personnel from throughout the state selects the winner from the participant in the Girls' State Tournament who excels in four areas: basketball ability, sportsmanship, academic accomplishments, and citizenship.

Winners of the award have been --

- 1975 - Donna Murphy, Newport
- 1976 - Sue Dickman, Covington Holy Cross
- 1977 - Debbie Johnson, Tates Creek
- 1978 - Irene Moore, Breathitt County
- 1979 - Beth Wilkerson, Paris
- 1980 - Jackie Bearden, Dixie Heights
- 1981 - Laura Seay, Marshall County
- 1982 - Lisa Jarrett, Marshall County
- 1983 - Tiphonie Bates, Whitesburg
- 1984 - Sabrina Tussey, Belfry
- 1985 - Dina Disney, Meade County
- 1986 - Lisa Doyle, Mason County
- 1987 - Angel Stevens, Breathitt County
- 1988 - Chanin Gillock, East Hardin
- 1989 - Julie Morrison, Boone County

**MOST VALUABLE PLAYER AWARD****Kim Jones, Clay County**

Senior Kim Jones has nothing short of a storybook finish to her career as a member of the Lady Tigers of Clay County, leading the Cinderella story of the Manchester team's championship in this year's Girls State Tournament. Jones finished the tournament as the Most Valuable Player, including the longest made field goal in the memory of most tournament observers as she nailed a forty foot shot from near mid court to give her team a three point win in the semifinals against Manual.

Winners of the award have been --

**Boys' Tournament**

- 1981 - Troy McKinley, Simon Kenton
- 1982 - Todd May, Virgie
- 1983 - Steve Miller, Henry Clay
- 1984 - Fred Tisdale, Logan County
- 1985 - Wendell Quarles, Hopkinsville
- 1986 - Reggie Hanson, Pulaski County
- 1987 - Richie Farmer, Clay County
- 1988 - Richie Farmer, Clay County
- 1989 - Andy Penick, Pleasure Ridge Park

**Girls' Tournament**

- 1981 - Lori Hines, Pulaski County
- 1982 - Maria Poschinger, Mercy Academy
- 1983 - Clemette Haskins, Warren Central
- 1984 - Carol Parker, Marshall County
- 1985 - Annette Jones, Atherton
- 1986 - Nancy Crutcher, Oldham County
- 1987 - Joretta Carney, Laurel County
- 1988 - Lisa Harrison, Southern
- 1989 - Kim Jones, Clay County

**K.H.S.A.A. SWEET SIXTEEN ACADEMIC SCHOLARSHIP AWARD**

Instituted in 1985, the Kentucky High School Athletic Association Sweet Sixteen Academic Scholarship Awards are designed to honor one or more participant(s) in the Boys' and Girls' State Tournaments who have excelled in the classroom and on the basketball floor. The awards are in the form of financial assistance to be used at the Kentucky college or university of the recipient's choice to help offset educational expenses. For 1989, the Dawahares stores provided the funds for two scholarships for participants in the boys tournament and one for a participant in the girls' tournament while the Frankfort Organizing Committee provided an additional scholarship for a participant in the girls' tournament.

For the 1989 Tournaments, three winners were selected. Travis McAfee of Madisonville excelled in the classroom as well as helping lead his team to a berth in the Boys Sweet Sixteen Tournament. Alicia Rainey of George Rogers Clark was named as the Dawahares scholar for the girls' tournament while Lisa Weismueller of Henry Clay was named the winner of the Frankfort Host Committee Scholarship. These two ladies were integral parts of their teams drive for the state tournament while their academic prowess served as an example to many of their teammates.

Winners of the awards have been --

**Boys' Tournament**

- 1985 - Chip Nixon, Metcalfe County
- 1986 - Jeff Baldwin, Paintsville
  - John Calvert, Hopkinsville
  - Justin Hancock, Paducah Tilghman
- 1987 - Jerry Butler, Mason County
  - Mike Minix, Paintsville
  - Chris Turner, Warren Central

- 1988 - Jeff Whitney, Warren East
  - Richie Farmer, Clay County
- 1988 - Travis McAfee, Madisonville

**Girls' Tournament**

- 1985 - Tammy Golden, Whitley County
- 1986 - Jana Newman, Wayne County

- 1987 - Kelly Smith, Laurel County
- 1988 - Sarah Murphy, Boone County
  - Candace Sturgill, Fleming-Neon
- 1988 - Alicia Rainey, George Rogers Clark
  - Lisa Weismueller, Henry Clay

**REMINDER TO SCHOOLS CONCERNING LIMITATION OF SEASONS**

All schools are reminded of the Limitation of Seasons Rules, K.H.S.A.A. By-Law 27, as it applies to competition after the conclusion of the regular season. ALL SPORTS are affected by this rule, which states that following the teams' last regular season match, there shall be no further practice or play as a team for the remainder of the school year, with the exception of the K.H.S.A.A. tournament. Please be sure your coaches are aware of this important rule, and that they are not involved in coaching the team in an outside league, or other competition. For the high school coach, be they the Head Coach or an assistant coach, to coach members of the high school team in a league outside of the school's legal regular season competition, regardless of the type of league, would be a violation of the rules governing the Limitation of Seasons.

**CONGRATULATIONS TO WILSON COACHES OF THE YEAR**

Congratulations are in order to several coaches who have been nominated for the Wilson 1989 National Coaches of the Year. Those coaches nominated include Owen Hauck of Boone County (football), Berny Miller of Danville (boys' basketball), Roy Bowling of Laurel County (girls' basketball), E.G. Plummer of Danville (boys' track), Reba Woodall of Bryan Station (girls' track), Mac Whitaker of Harrison County (baseball), Mike Thomas of Union County (wrestling), Joel Cyganiewicz of Elizabethtown (swimming), Gordon Bocock of Pulaski County (cross country), Betty Dwyer of Holy Cross in Louisville (volleyball), Steve Kaufman of Holy Cross in Louisville (softball), Tony Guffy of Ballard (soccer), Danny Spillman of Bowling Green (golf), and Joe Kroh of St. Xavier (tennis). In addition, Mary Burks of Holy Cross in Louisville was nominated for special sports, and Paul Young of St. Xavier was nominated as an athletic director. The nominations are made to Wilson by the state coaches associations.

**NOTES CONCERNING ACADEMIC ALL STATE NOMINATIONS**

The certificates for persons being named Academic All State Teams for the Fall and Winter sports periods have been mailed to the member school athletic directors who submitted nominations. Please note, that if your school uses a weighted grade point average, or some other system which is not a standard 4.0 system, you will need to convert the grades to a 4.0 scale for your athletes to receive consideration. Thanks again for your cooperation.

**A.C.T. TEST DATES FOR 1989-90, and 1990-91**

The 1989-90 and 1990-91 A.C.T. test schedule is as follows:

<u>Test Date</u>	<u>Regular Postmark Deadline</u>	<u>Late Deadline</u>
10/28/89	09/29/89	10/16/89
12/ 9/89	11/10/89	11/27/89
02/10/90	01/12/90	01/29/90
04/ 7/90	03/ 9/90	03/26/90
06/ 9/90	05/11/90	05/25/90
10/27/90	09/28/90	10/15/90
12/ 8/90	11/ 9/90	11/26/90
02/ 9/91	01/11/91	01/28/91
04/13/91	03/15/91	04/ 1/91
06/ 8/91	05/10/91	05/24/91

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### IMPORTANT DATES FOR 1989-90 SPORTS

The following are the starting dates for the K.H.S.A.A. sponsored events, along with the first day of practice, number of contests and the tentative date for the state finals.

Sport	First Practice	First Contest	Num. Games Allowed	State Finals
Volleyball	July 15	Sept. 1	20	Oct. 27/28
Soccer	July 20	Aug. 22	6-20	Nov. 8/11
Cross Country	July 15	Sept. 1	4-15	Nov. 4
Football	July 19	Aug. 18	11	Dec. 1/2
Wrestling	Oct. 15	Dec. 1	4-23	Feb. 17
Swimming	Oct. 1	Nov. 15	15	Mar. 2/3
Basketball				
non football	Oct. 1	Nov. 15	24	Mar. 14/17 (Girls)
football	Oct. 15	Nov. 28	24	Mar. 21/24 (Boys)
Track	Dec. 1	Mar. 26	4-15	May 26
Softball	Feb. 15	Mar. 26	35	May 24/26
Golf	Feb. 15	Mar. 26	20	May 30/31
Tennis	Feb. 15	Mar. 26	4-20	May 31/June 1/2
Baseball	Feb. 15	Mar. 26	35	June 7/8

These dates are as printed on the 1989-90 Memorandum Calendar. It is important to remember that these dates, particularly for the state finals, are tentative as site availability may force a change in location and/or date.

### OPEN DATES FOR BASKETBALL SCHOOLS

Assumption needs three more girls teams to play in the Holiday Jamboree to be held December 28 and 29. Interested schools should contact Coach Carolyn Medley, Assumption High School, 2170 Tyler Lane, Louisville, 40205, or call (502)458-9551.

Oldham County needs boys games on 12/15/89, 12/27-30/89, 1/12/90, 1/30/90, 2/9/90 and 2/10/90. Interested schools should contact Coach Gary Forrest, or Tom Peterson, A.D., (502)222-9461.

### OFFICIALS INVITED TO ATTEND MEDICAL SYMPOSIUMS

The members of the KMA Committee on School Health, Physical Education and the Medical Aspects of Sports would like to invite all high school sports officials to attend the Sports Medicine Symposia at no cost for registration. The committee feels it is very important to work with the sports officials for rendering the best care to high school athletes. ATTENDANCE AT THE SYMPOSIUMS IS NOT A REQUIREMENT FOR OFFICIALS. However, considering KMA's generous offer, officials who have the time and are available to go to a symposium should consider doing so. The complete schedule is listed elsewhere in this month's issue of the "Athlete".

### TRAINERS WORKSHOP SET FOR E.K.U.

Cramer will again sponsor a workshop for athletic trainers at the campus of Eastern Kentucky University. The clinic will be held on June 4-7. Prospective student delegates may contact Bobby Barton at Eastern or write to Athletic Trainer Workshops, Cramer Products, P.O. Box 1001, Gardner, Kansas, 66030, or phone (800)255-6621 or (913)884-7511.

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### OPEN DATES SOLICITED FOR FOOTBALL SCHOOLS

Many schools are working on 1989 football schedules with consideration for two year contracts to cover the remainder of the alignment period (1989 and 1990). With this in mind, please submit your open dates to this office so that we may again compile a list to assist you in scheduling. Please submit these open dates in writing and include 1) the game date desired, and 2) a contact name and daytime phone number.

The following is the list of schools with open dates who have reported their 1989 schedule to the Association. The only schools listed are those who have an open date listed, but have not filled their eleven game limit. At press time, 149 of the 200 schedules have been submitted.

Date 08/18 - Atherton, Ballard, Ballard Memorial, Bardstown, Bellevue, Bullitt East, Butler, Butler County, Calloway County, Campbell County, Campbellsville, Crittenden County, DeSales, DuPont Manual, Eastern, Edmonson County, Eminence, Fairdale, Fern Creek, Franklin County, Hart County, Larue County, Logan County, Ludlow, Madisonville-North Hopkins, Male, Marion County, Mayfield, Mercer County, Metcalfe County, Millersburg Military, Institute, Murray, Paris, Phelps, Pineville, Pleasure Ridge Park, Reidland, Russell County, Russellville, Southern, St. Xavier, Trinity (Louisville), Union County, Valley, Waggener, Washington County, West Carter

Date 08/25 - Atherton, Ballard, Butler, Butler County, DeSales, DuPont Manual, Eastern, Fairdale, Fern Creek, Larue County, Madisonville-North Hopkins, Male, Millersburg Military, Institute, Pleasure Ridge Park, Southern, St. Xavier, Trinity (Louisville), Valley, Waggener

Date 09/01 - Barren County, Bryan Station, Calloway County, Frankfort, West Hardin

Date 09/08 - Ballard Memorial, Franklin County, Reidland

Date 09/15 - Cumberland, Murray

Date 09/22 - Barren County, Bryan Station, Frankfort, Mercer County, Russellville

Date 09/29 - Casey County, Crittenden County, Cumberland, Harlan, Ludlow, Mercer County, Millersburg Military, Institute, Pineville, Washington County, West Hardin

Date 10/06 - Bath County, Bellevue, Casey County, Caverna, George Rogers Clark, Mayfield, Russell County, Somerset

Date 10/20 - Bardstown, Logan County, Owen County

Date 10/27 - Bullitt East, Campbell County, Fulton County, Larue County

Date 11/03 - Bath County, Bryan Station, Campbellsville, Casey County, Caverna, Cumberland, Edmonson County, Eminence, Frankfort, Fulton County, George Rogers Clark, Harlan, Hart County, Ludlow, Marion County, Metcalfe County, Millersburg Military, Institute, Owen County, Paris, Phelps, Pineville, Russellville, Somerset, Union County, West Carter

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### SCHEDULE OF MEDICAL SYMPOSIUMS

The following is the revised schedule of the Medical Symposiums required by the State Department of Education for all Head Coaches in K.H.S.A.A. sanctioned sports. The dates which are underlined are those that have changed dates, or additional sites since the last issue of the Athlete, and since the time the letter was mailed to member schools. A letter has been sent to all schools informing them of this important change approved by the State Board of Education. This new regulation requires bi-annual attendance at one of the approved Medical Symposiums. THESE SEMINARS HAVE NOTHING TO DO WITH THE CPR REQUIREMENT. THEY ARE A COMPLETELY SEPARATE REQUIREMENT. Beginning this year, bi-annual attendance is required for all Head Coaches in K.H.S.A.A. member schools in sports sanctioned by the Association. If you attended a seminar in 1988, you do not need to attend a 1989 symposium. The schedule for this year is as follows --

- April 22 - University of Louisville (502)637-3636, Dr. Raymond Shea, Suite 150, Audobon Medical Plaza, 40217
- May 20 - Surgical Center, Elizabethtown (502)737-5200, George Hosfield, Surgical Center, 708 Westpost Road, 42701
- June 10 - Murray-Calloway Hospital, Murray (502)753-5131, Ms. Kathie Pierce, Health-Promotions, 803 Poplar Street, 42071
- June 23 - Trover Clinic, Madisonville (502)825-7200, Dr. James Bowles, Clinic Drive, 42431
- June 24 - Eastern Kentucky University, Richmond, Mary L. Ireland, M.D. (606)276-5266. 1800 South Limestone, Suite 101, Lexington, 40503, or Dr. Bobby Barton, Eastern Kentucky University Department of Physical Education.
- July 1 - University of Kentucky, Lexington (606)257-3232, J. Michael Ray, Orthopaedic Surgery, University Medical Plaza, Rose Street, 40536-0223.
- July 15 - Kentucky Wesleyan College, Owensboro (502)683-2441, Dr. Wm. McManus, P.O. Box 1441, Owensboro, 42301.
- July 15 - Ashland. Dr. Garner Robinson, M.D. 700 13th Street, Ashland, KY 41101.
- July 22 - Bourbon County Hospital, Paris. Program Chairman - Dr. J. Michael Ray, Orthopaedic Surgery, University Medical Plaza, Rose Street, 40536-0223.
- July 22 - Paintsville. Mary L. Ireland, M.D. (606)276-5266. 1800 South Limestone, Suite 101, Lexington, 40503.
- July 28/29- Northern KY University. Mike Miller, Sports Medicine, St. Elizabeth Hospital, 401 East 20th, Covington, 41014.

### NEW NCAA GUIDE TO COLLEGE FRESHMAN ELIGIBILITY MAILED TO ALL SCHOOLS

A copy of the Guide to College Freshman Eligibility Requirements for NCAA Division I and II schools has been mailed to all principals and guidance counselors at public, private and parochial schools in the United States. This brochure is helpful in summarizing the Association's initial eligibility requirements, and additional copies may be purchased from the NCAA at P.O. Box 1906, Mission, Kansas, 66201.

### CORRECTION ON WRESTLING CLINIC

In the pamphlet describing the re-registration procedure, the wrestling clinic schedule contained a minor error. The site of the November 21 clinic in Louisville will be the Kentucky School f/t Blind, not Seneca High School as was stated on the listing. Please make this correction.

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**TED SANFORD AWARD**

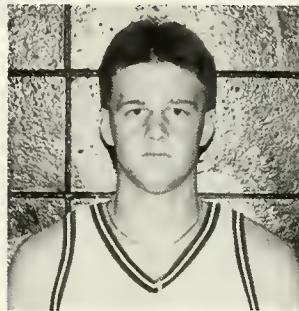


**Michael Burd**

For 1989, Michael Burd of Hart County was named the recipient of the Ted Sanford Award. Michael excelled in virtually all phases of his high school career including athletics, community and church service, and in all phases of leadership around the school. Burd has decided to forego a collegiate playing career in favor of the military, but his contributions will be long remembered by his Raider teammates.

The Ted Sanford Award is given annually by the Courier Journal in memory of Mr. Ted Sanford, the first Commissioner of the Kentucky High School Athletic Association who served as Secretary-Treasurer of the K.H.S.A.A. for ten years before becoming Commissioner, a position he held from 1947 until his retirement in 1972. A committee of school personnel from throughout the state selects the winner from the participant in the Boys State Tournament who excels in four areas: basketball ability, sportsmanship, academic accomplishments, and citizenship.

**MOST VALUABLE PLAYER AWARD**



**Andy Penick**

Inaugurated in 1981, the Lexington Herald-Leader annually presents the Most Valuable Player Awards to the participant in the Boys and Girls tournaments who is voted most valuable by a panel of media representatives and the participating coaches in the tournaments. Unofficial Most Valuable Player recognition had been given by various sources prior to 1981.

The Most Valuable Player for the 1989 Boys' Sweet Sixteen State Basketball Tournament was junior Andy Penick, the versatile guard for Dale Mabrey's state championship team from Pleasure Ridge Park. Penick's penetration through the opponent's defense, spectacular passing and clutch shooting was a key ingredient in the Panthers championship.

Winners of the award have been --

- 1973 - Rickey Witherspoon, Hickman County
- 1974 - Ronnie Watt, Warren East
- 1975 - Jerry Lee Britt, Warren East
- 1976 - Tim Stephens, McCreary Central
- 1977 - Jeff Lamp, Louisville Ballard
- 1978 - Mike George, Shelby County
- 1979 - Dirk Minnifield, Lafayette
- 1980 - Dicky Beal, Covington Holmes

- 1981 - Allen Feldhaus, Jr., Mason County
- 1982 - Kelly Middleton, Mason County
- 1983 - Phillip Hall, Carlisle County
- 1984 - Jeff Royce, Bourbon County
- 1985 - Spence Shipley, Doss
- 1986 - Terry North, Hazard
- 1987 - Richie Farmer, Clay County
- 1988 - Scott Boley, LaRue County

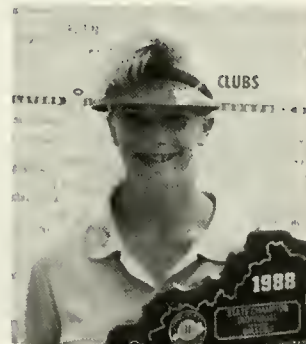
**KHSAA SWEET SIXTEEN ACADEMIC SCHOLARSHIP AWARDS**



**Travis McAfee, Madisonville**



**Alicia Rainey, George Rogers Clark**



**Lisa Weismueller, Henry Clay**

### NOTRE DAME ACADEMY — GIRLS' CHAMPIONS 1988-89 STATE SWIMMING MEET



(Kneeling: L to R) Tara Neltner, Becky Brake, Nina Montmeny, Meghan Maloney. (Standing: L to R) Meg Gaither, Teresa Jump, Chrissy Annear, Julie Runge, Janean Friedman, Marcie Dressman, Traci Pomeroy, Jenny Summe, Julie Hampton, Kristin Hummel. (Standing Back Row: L to R) Aly Boehmer, Karen Bresser.

### ST. XAVIER HIGH SCHOOL — BOYS' CHAMPIONS 1988-89 STATE SWIMMING MEET



(Sitting) Coach Marty O'Toole. (Kneeling: L to R) Jeff Offutt, Robby Moses, Mark Hinkebein, John Rahm, Reid Brown. (Holding Trophy: L to R) Dave Northup, Brian Nutt, Josh Henderson, Van Stoutt, Blaine Hubbuch. (Standing Left: L to R) Julian Ritchey, John Proctor, Carter Garrison, Byron Thomas, Dave Puckett, Paul O'Bryan, Chris John, Doug McCall, Larry Lenning. (Hands on Overhead Bar: L to R) Todd Clark, Steve Dameron. (Standing Right: L to R) Matt Westfall, Bruce Albertson, Craig Cowan.

# State Swimming Standouts



**STEPHANIE LIVERS - ELIZABETHTOWN**  
Outstanding Female Competitor  
*(Presented by Tim Cahill)*



**RODGER McALISTER - EASTERN**  
Outstanding Male Competitor  
*(Presented by Karen Vanover)*



**MARK BEZOLD, NOTRE DAME ACADEMY**  
Girls Coach of the Year  
*(Presented by Tim Cahill)*



**MARTY O'TOOLE — ST. XAVIER**  
Boys Coach of the Year  
*(Presented by Karen Vanover)*



# State Tennis Tournament

University of Kentucky, Lexington, Kentucky  
June 1-3, 1989



## TIME SCHEDULE

### Thursday, June 1, 1989

11:00 — Coaches Meeting and Briefing Session, K.H.S.A.A. Office  
12:00 — Competition begins and continues throughout day and evening (if necessary) through quarterfinals of singles and doubles.

### Friday, June 2, 1989

9:00 am. — Competition continues in singles and doubles.

### Saturday, June 2, 1989

9:00 a.m. — Doubles Semi-finals (Boys and Girls)  
10:30 a.m. — Singles Semi-finals (Boys and Girls)  
12:00 p.m. — Doubles-finals (Boys and Girls)  
1:30 p.m. — Singles (Girls) - Finals followed by the Boys Singles Finals (a change in schedule may occur in case of inclement weather)

**BOYS' TOURNAMENT MANAGER**  
- Joe Kroh

**GIRLS' TOURNAMENT MANAGER**  
- Becky Watson, Mary Robinson,  
Kathy Johnston

## NEWS RELEASE

## WRESTLING RULE CHANGES ANNOUNCED FOR 1989-90 SEASON



Beginning with the 1989-90 high school wrestling season, individual states will have the option of establishing weigh-in times that best fit their own needs. The standardized weigh-in procedures still are outlined in the High School Wrestling Rules Book and are to be adhered to unless state adoption dictates otherwise.

The change was one of seven major adjustments in high school wrestling rules made by the National Federation Wrestling Rules Committee at its March 28-29 meeting in Kansas City.

Currently, Rule 4-5-1 requires weigh-in for dual meets to be completed a minimum of 30 minutes and a maximum of 60 minutes prior to competition. For tournament competition, the requirement is a minimum of 30 minutes and a maximum of two hours prior to the first session each day.

Rule 5-2-7 now will allow a match to continue in a near-fall situation even though enough points had been earned to award a technical fall.

"Rule 5-2-7 was revised to allow more falls," said Fritz McGinness, assistant director of the National Federation and editor of the high school wrestling rules. "A wrestler who is leading by 13 points and is able to secure a takedown straight to near-fall criteria, will be allowed to continue until the situation concludes or the individual is pinned."

In other changes, a coin toss will determine which wrestler reports to the mat first, which is the current procedure for determining odd or even weight classes.

Three changes were made in Rule 7. Rule 7-1-5n now lists the over-scissor as an illegal hold. Rule 7-3-1 allows starting position to be corrected prior to a caution, and Rule 7-5-4 now includes questioning the judgment of the referee under misconduct on the part of the coach.

"The figure 4 scissor above the knee and the over-scissor on the lower leg with the knee locked prevents normal movement of the joint," McGinness said. "In previous years, this hold was illegal because of the pressure against the knee. Now it is considered illegal by application only."

In the hope of contestants determining the outcome of more matches, the referee now can correct a starting position — by either the offensive or defensive wrestler — the first time it occurs for either contestant. This correction will precede the caution currently allowed.

The change in Rule 7-5-4 will allow a coach to approach the official at the scorer's table at least one time without his team being penalized; however, this does not include any conduct of an unsportsmanlike manner.

In addition to now allowing the injured contestant to receive coaching during an injury timeout, Rule 8-2-6 now forbids coaching during the time in which a contestant cannot wrestle because of bleeding.

National Federation wrestling rules are used by more than 8,000 high schools and approximately 250,000 competitors. Wrestling currently ranks as the fifth most popular boys' sport.

Following is a complete list of rules changes passed by the National Federation Wrestling Rules Committee for 1989-90:

- RULE 4-5-1 & 4-5-3: State associations are authorized to establish the time for weigh-in as best fits their individual needs.
- RULE 4-5-3: Tournament weigh-in is from a maximum of two hours to a minimum of one-half hour before the first session each day.
- RULE 5-2-7: The match will not be stopped if a pinning situation exists.
- RULE 6-2-2: Wrestler who reports to the mat first is determined by flip of coin.
- RULE 7-1-5n: Over-scissor is now listed as an illegal hold.
- RULE 7-3-1: Starting position can now be corrected prior to a caution.
- RULE 7-5-4: Misconduct on the part of a coach now includes questioning the judgment of the referee.
- RULE 8-2-6: No coaching is allowed during timeout for bleeding.

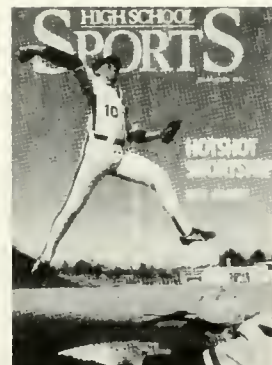
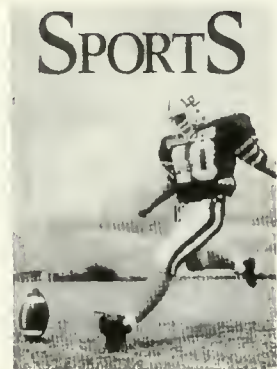
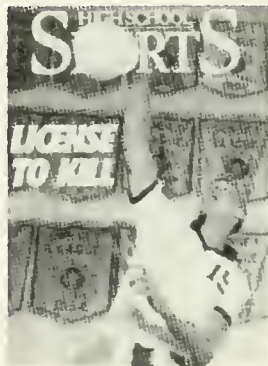
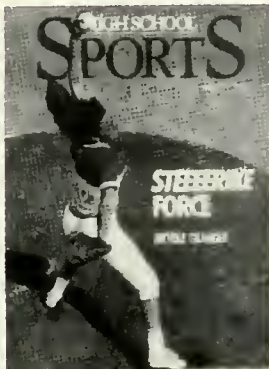
\*\*\*\*\* **IMPORTANT NOTICE** \*\*\*\*\*

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**NEWS  
RELEASE**



**1989-90 Test Dates  
For Part II Examinations**

Tests date have been established in all sports where a Part II examination is printed. Starting with the 1989-90 school year. Part II examinations should not be given prior to the following dates:

<b>Exam II</b>	<b>Shipping Date</b>	<b>National Test Date</b>
Football	August 12, 1989	September 11, 1989
Volleyball	August 11, 1989	September 11, 1989
Basketball	November 10, 1989	December 4, 1989
Wrestling	November 10, 1989	December 4, 1989
Baseball	February 22, 1990	March 19, 1990

**SUBSCRIPTIONS AVAILABLE**

Here's your chance to keep abreast of current interscholastic news in high school athletics. A "subscription department" is now open so that all sports-minded plus interested community people may now have the option of receiving a copy of this publication.

*NOTE: Complimentary copies of the Athlete will continue to be sent to member schools and officials.*

1. Subscriptions are now on sale. Issued 10 times yearly for only \$10.00.
2. Copies will be sent directly to the address printed on the order form.
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