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The Athlete, November 1990

Kentucky High School Athletic Association

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**THE
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November, 1990

Volume LII, No. 4

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

Member of National Federation of State High School Associations

THE ONE HUNDRED-YEAR-OLD THAT KIDS CAN RELATE TO.



Celebrate The 1991-1992 Basketball Centennial
Along With The



The Kentucky High School Athlete

Official Publication of the Kentucky High School Athletic Association

VOL. LII, NO. 4

NOVEMBER, 1990

\$10.00 PER YEAR



MINUTES OF THE BOARD MEETING

October 13, 1990

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 Saturday, October 13, 1990. The meeting was called to order by President David Points at 8:30 a.m. with all Board members present. Others present were Commissioner Tom Mills, Executive Assistant Billy V. Wise, Assistant Commissioners Brigid L. DeVries and Louis Stout, Sports Information Director Julian Tackett and State Board of Education Representative Harry Loy. The Invocation was given by Rev. Harry Jansing.

Mr. Points welcomed new Board member Roland Williams, who was elected to serve the unexpired term of C.K. Henry. The results of the election were as follows:

Joe E. Barlow	10
George Carson	36
George Radford	38
Roland Williams	44

Huston DeHaven made a motion, seconded by Alvis Johnson, that the minutes of the July 27, 1990, meeting of the Board be approved. The motion passed. Huston DeHaven made a motion that the minutes of the West Eligibility Committee Meetings on September 6 be approved. Sandy Allen seconded the motion which passed.

Ray Story made a motion, seconded by Marvin Moore, that all bills of the Association for the period beginning August 1, and ending September 30, 1990, be approved. The motion carried unanimously.

Commissioner Mills then distributed the 1989-90 Audit conducted by Miller, Mayer, Sullivan & Stevens. Due to the fact that the Board wanted an opportunity to look over the Audit, it was requested that the Commissioner make it an Agenda item for the November 30 meeting.

Following the hearings of all appeals, the following actions were taken by the Board:

James Nichols, Jr., Williamsburg H.S. - Voted 7-4 to waive By-Law 5, Section 3; Douglas Colburn, University Heights Academy - Voted unanimously to uphold the Commissioner's ruling of By-Law 6; Scott Roach, Greenwood H.S. - Voted 9-2 to uphold the Commissioner's ruling of By-Law 6; Kris Ray, Marshall County H.S. - Voted unanimously to uphold the Commissioner's ruling of By-Law 5, Section 4; Spencer Wood, Providence H.S. - Voted unanimously to uphold the Commissioner's ruling of By-Law 6; Thomas Smith, North Bullitt H.S. - Voted unanimously that the Bullitt County Schools clarify their open enrollment policy as it relates to student athletes and that the Commissioner make a ruling based upon receipt of such information; Gilbert Chesser, Shelby County H.S. - Voted to waive By-Law 6; Shannon & Stephen Lowery, Somerset H.S. - Voted unanimously to waive By-Law 6; Stefan Tacke, Woodford County H.S. - Voted 5-7 to waive By-Law 6; motion failed.

Huston DeHaven made a motion to approve the 1990-91 Proposed Budget. Ray Story seconded and the motion passed unanimously.

Following a report by Commissioner Mills on the status of the K.H.S.A.A. Hall of Fame & Museum, the following motions were made and seconded:

1) the Board allow a transfer of \$200,000. from the General Fund to the Building Fund;

- 2) retain Branscom Construction Company;
- 3) take 1st Security's offer of financial assistance;
- 4) that a meeting of the Building Committee be called to discuss the possibility of selling bonds;

Exec. Asst. Wise announced that the State Championship Football Playoff schedule is as follows:

Class A	1:00 p.m., Friday, November 30
Class AA	4:00 p.m., Friday, November 30
Class AAA	1:00 p.m., Saturday, December 1
Class AAAA	4:00 p.m., Saturday, December 1

The next meeting of the Board will be held on November 30, 1990 at the Executive Inn, Louisville and will begin at 8:00 a.m.

Commissioner Mills discussed with the Board a letter he had received from Lawrence County High School requesting that a survey be sent to all schools to determine their interest in changing tennis from a spring to a fall sport. Roland Williams made a motion, seconded by Eddie Saylor that Lawrence County's request be approved and that the survey be conducted. The motion passed unanimously.

The next item on the agenda was a request to Commissioner Mills that Webster County High School be allowed to change classification in football. Following a discussion of their request, Commissioner Mills was requested to advise Webster County High School that their request could not be considered until after the 1992-93 football season due to the fact that schools may not apply for reclassification until the second year of the 1991-1994 classification period.

Following a discussion of a request for a .05 increase in mileage reimbursement for officials in all sports and lift the 50 mile restriction for officials in minor sports, Bob Rogers made a motion to refer this to the All-Sports Committee. Alvis Johnson seconded the motion which passed.

Commissioner Mills then advised the Board of a request from Crittenden County High School regarding the cancellation of a home football game with McLean County High School. Following a discussion of the facts as presented by Crittenden County, Bob Rogers moved that the Board recommend to Crittenden County that they ask McLean County to play next year at Crittenden County or return to McLean County High School for the game and split the gate receipts. Roland Williams seconded the motion, which passed unanimously.

Ms. DeVries and Mr. Stout advised the Board of the dates and sites of the following State Championships:

Volleyball - October 26-27 - Lexington

Cross Country - November 3 - Kentucky Horse Park

Soccer - November 8-10 - Woodford County High School

Mr. Wise announced that he had received bids on two automobiles to be purchased by the Association. After considering the bids, Liz Trabandt made a motion to accept Frank Shoop's bid of \$23,057.78, which includes the use of a complimentary automobile. Jack Portwood seconded the motion which passed.

There being no further business, Liz Trabandt made a motion to adjourn. Jack Portwood seconded the motion which carried unanimously.

NOVEMBER, 1990

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

BOARD OF CONTROL

President - David Points (1988-1991) Mt. Sterling; Vice-President - Alvis Johnson (1989-1993) Harrodsburg; Directors - Sandy Allen (1988-1992) Louisville, Huston DeHaven (1987-1991) Hardinsburg, Harry Jansing (1990-1994) Louisville, Marvin Moore (1988-1992) Morehead, Jack Portwood (1989-1993) Stanford, Bob Rogers (1989-1993) Murray, Eddie Saylor (1989-1992) Moulas, Ray Story (1990-1994) Vine Grove; Liz Trabandt (1988-1991) Ashland; Roland Williams (1990-1992) Bardstown; State Department of Education - Harry Loy, Frankfort.

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**HELPING
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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 has been published in the *Athlete* or 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.

Timeless - Endless

Winning is a thrill for an hour,
gives its high for a day or week.
Spirits soar to euphoric heights
as victors achieve what they seek.

Then changes come as months roll on
and peristyles reaching the sun
Slowly descend to common earth
where laurels anew must be won.

Losing gives remorse and regret
for hours or perchance a long year.
Vanquished yearn for the jeweled crown
so elusive and yet so near.

But seasons quickly move along
and agonies felt from a game
Cool and die in the hearth of life
like a fire that has lost its flame.

Sportsmanship is timeless, endless
- transcending results of a score -
Teaching precepts for daily life
to live in the psyche evermore.

Sportsmanship knows the inner heart
is longing to do what is right;
Honoring rules while playing hard
to give each opponent a fight.

Sportsmanship reflects the spirit
burning bright in the soul within,
Whispering it's okay to lose
as long as you play fair to win.

Wilbur T. Braithwaite
Manti, Utah
August 27, 1990

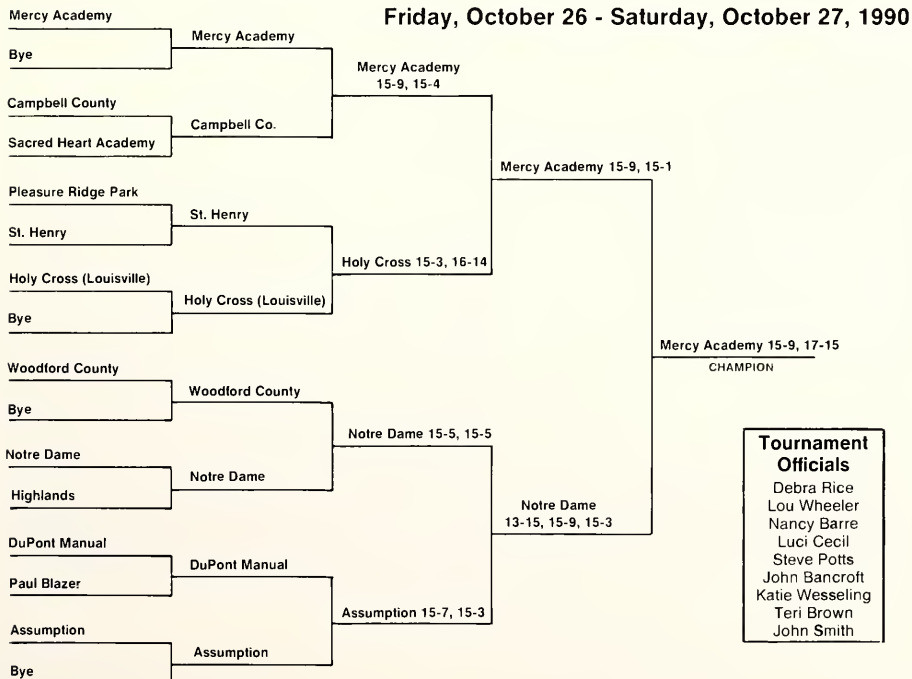
Reprinted from National Federation News.



MERCY ACADEMY 1990-91 STATE VOLLEYBALL CHAMPION Memorial Coliseum, Lexington



FIRST ROW: (L-R) Gina Brickley, Amy Brickley, Nicki Wilkins, Sarah Nordmann. SECOND ROW: (L-R) Kathy Jones, Dawnyel Moore, Becky Tumblin, Kristie Stuckenberg, Gina Heustis, Tina Naehr, Susy Grenouth, Coach Ken Garvey.



1990-91 CROSS COUNTRY CHAMPIONS



**Eric Vanlaningham, Boone County
Class AAA Individual Champion**

CLASS AAA BOYS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Eric Vanlaningham	Boone Co.	16:22.97
2	Kevin Schwartz	Apollo	16:25.20
3	Bob Foster	Daviess Co.	16:36.51
4	David Hamilton	Jessamine	16:42.72
5	Mike Barako	Trinity	16:44.99
6	David Bratcher	Holy Cross	16:48.60
7	Jason Acree	Shelby Co.	16:52.13
8	Danny Brame	Marshall Co.	16:55.27
9	John Perkins	St. Xavier	16:57.42
10	Scott Williams	Jeffersontown	16:58.82
11	Jason Merriss	Christian	17:00.04
12	Jason Turnipseed	Henderson	17:02.72
13	Johnny Baum	Holy Cross	17:05.29
14	Jimmy Hatter	Shelby Co.	17:07.79
15	Rafeal Powell	Waggener	17:09.92

SHELBY COUNTY BOYS' CLASS AAA CHAMPION

CLASS AAA BOYS' TEAM SCORES

PL	TEAM	SCORE
1	Shelby Co	77
2	Holy Cross	80
3	Trinity	85
4	Apollo	127
5	Boone Co.	156
6	Daviess Co.	159
7	Jessamine	165
8	St. Xavier	193
9	Marshall Co.	242
10	Pulaski Co.	273
11	Central Hardin	285
12	Male	311
13	Ballard	333
14	Tates Creek	402
15	Holmes	403
16	Fairdale	405



**Jason Acree, Jimmy Hatter, Robbie Houchin, Clay Cull, Rick Shaw,
Mickey Crafton, Tobie Sullivan.**

1990-91 CROSS COUNTRY CHAMPIONS



**Michelle Marshall, Boone County
Class AAA Individual Champion**

CLASS AAA GIRLS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Michelle Marshall	Boone Co.	11:10.03
2	Kelly Kuerzi	Pres. Academy	11:15.83
3	Mandy Jones	Pulaski Co.	11:22.99
4	Emily Roebel	Notre Dame	11:38.77
5	Megan Newcome	Nelson Co.	11:43.05
6	Sandra Shaw	Shelby Co.	11:50.10
7	Angela Freeman	Christian	11:50.42
8	Beth Woeste	Notre Dame	11:50.64
9	Lara Honaker	P. L. Dunbar	11:55.42
10	Temeshin Moore	Christian	11:57.90
11	Melissa Sparkman	Christian	11:58.26
12	Amy Smith	Pulaski Co.	11:59.76
13	Stephanie McCleod	Marshall Co.	12:04.13
14	Carolyn Hobbs	Notre Dame	12:04.70
15	Gina Casnellie	Notre Dame	12:05.13

NOTRE DAME ACADEMY GIRLS' CLASS AAA CHAMPION

CLASS AAA GIRLS' TEAM SCORES

PL	TEAM	SCORE
1	Notre Dame	46
2	Pulaski Co.	90
3	Christian	104
4	Shelby Co.	145
5	Central Hardin	153
6	Daviess Co.	154
7	Assumption	193
8	Mercy Academy	220
9	Jessamine	234
10	Sacred Heart	243
11	Ballard	259
12	Henry Clay	277
13	Boone Co.	299
14	Campbell Co.	329
15	Holy Cross	441



Emily Roebel, Beth Woeste, Carolyn Hobbs, Gina Casnellie, Karen Crowe, Christine Crowe, Stephanie Schroeder.

1990-91 CROSS COUNTRY CHAMPIONS



**Sylvia Moreno, Fort Campbell H.S.
Class AA Individual Champion**

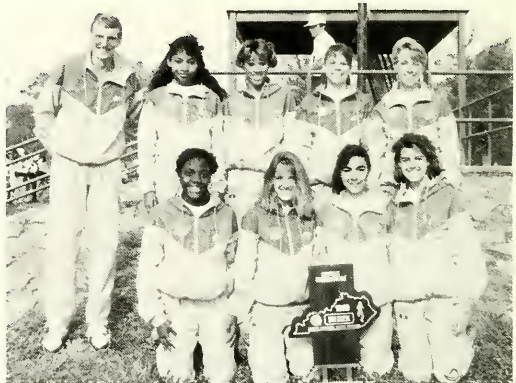
CLASS AA GIRLS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Sylvia Moreno	Ft. Campbell	11:23.50
2	Bridget Foley	Elizabethtown	11:33.18
3	Scarlett Haley	Russell	11:33.78
4	Elizabeth Higgins	Highlands	11:34.46
5	Natalie Ford	Fleming Co.	11:43.71
6	Jamie Twehves	Grant Co.	11:53.59
7	Becky Kolenbrander	Ft. Campbell	11:56.76
8	Lauren Moore	Oldham Co.	11:57.40
9	Holly Higgins	Highlands	11:57.67
10	Julianne Wilkening	Oldham Co.	12:00.41
11	Chrissy Cahill	Dixie Hts.	12:00.73
12	Courtney Sheaffer	Owensboro	12:01.15
13	Carrie Auchter	Dixie Hts.	12:03.49
14	Jeni Young	Ft. Campbell	12:05.01
15	Gisela Sullivan	Ft. Knox	12:05.57

FORT CAMPBELL HIGH SCHOOL GIRLS' CLASS AA CHAMPION

CLASS AA GIRLS' TEAM SCORES

PL	TEAM	SCORE
1	Ft. Campbell	51
2	Oldham Co.	76
3	Dixie Hts.	90
4	Russell	93
5	Highlands	130
6	Warren East	138
7	Ft. Knox	168
8	Fleming Co.	239
9	Hart Co.	244
10	Franklin Co.	279
11	Marion Co.	308
12	Adair Co.	315



Sylvia Moreno, Becky Kolenbrander, Jeni Young, Melinda Goodman, Patty Ostberg, Lenora Price, Keke Wilson.

NOTICE ON EXPERIMENTAL BASKETBALL RULE

The National Federation Basketball Rules Committee, at its March meeting, approved several rules changes which could be implemented by individual states on an experimental basis.

At its April meeting, the K.H.S.A.A. Board of Control was asked to solicit opinions from the basketball coaches in their area on a few proposed changes. The first would revise the bonus free throw provisions; while the second would count all technical and personal fouls toward the bonus provisions and toward disqualification. After discussing these changes with many of their constituents, the Board of Control approved Kentucky's experimentation with these changes for the 1990-91 school year.

In detail, these experimental changes are as follows --

- 1) The current bonus free throw provision, one plus one on and after the fifth team foul of the half, is eliminated. In its place, all common (not including player control) fouls, personal and technical, committed by a player on and after the seventh (7th) foul of a half shall result in the offended team being awarded two free throws.
- 2) All technical and personal fouls called against a player shall be counted toward the limit of five fouls per player prior to disqualification.
- 3) All technical and personal fouls called against a player or coach shall be counted toward the limit of fouls per half before the two shot provision.

These rules will be in effect for ALL games played in the state of Kentucky for the 1990-91 season. In late January, we will survey the coaches to get an opinion about the change, and Mr. Wise will take this information to the National Rules Committee meeting in March for discussion. If you are playing an out of state team on their home floor, you will need to check with that team to ascertain if that state is utilizing the same experiment.

NOTE CONCERNING BASKETBALL AND FOOTBALL RATINGS

Always use a #2 lead pencil when completing the ratings form. PLEASE do not fold the form, other than to place it in an envelope. Also, be sure that you are not sealing the envelope to the form when you close the envelope for mailing. We have received forms folded to fit in a very small envelope, and many of these forms are not able to be scanned. Please use a #10 (letter size) envelope for mailing these forms, and MAIL THEM IMMEDIATELY FOLLOWING EACH CONTEST. For any scanned form, please remember to use your school/official identification number as appropriate to ensure the accuracy of the data.

KENTUCKY NETWORK TO SPONSOR FOOTBALL AWARDS

For the 1990 season, the Kentucky Radio Network will be sponsoring a player of the year award in high school football. One award will be given in each class, and in addition, an overall winner will be named. In the coming weeks, on or about November 1, the ballots will be mailed to each coach in order that all ballots be cast. Please cooperate with this project. This is not in competition with the Mr. Football Award, sponsored by the Associated Press, which is selected by the media outlets in the state.

S.A.T. TEST DATES FOR 1990-91

The S.A.T. test schedule for the near future is as follows. Athletic Directors and school officials should pay special attention to these dates and encourage your athletes to schedule their test dates away from potential conflicts with district, regional or state athletic events.

TEST DATE	REG. DEADLINE
12/ 1/90	10/26/90
01/26/91	12/21/90
03/16/91	02/08/91
05/04/91	03/29/91
06/ 1/91	04/26/91

NOTICE CONCERNING DISQUALIFICATIONS

By Board of Control action, all participants and/or coaches who are ejected from a contest for unsportsmanlike conduct shall be suspended from competition for a minimum of one game. It also should be noted that officials who disqualify participants, and then do not report that disqualification to the Association office in a timely manner may face suspension from officiating!! With this in mind, it is important to adhere to the following procedure should a representative of your school be ejected for unsportsmanlike conduct. 1) Be sure you receive a disqualification card from the contest official; 2) Contact this office in writing to request reinstatement of the participant; 3) Inform the participant/coach of the suspension. You will be notified by return mail as to the end of the suspension, and the date or day when the player/coach will be eligible to return to competition. Contest officials also are reminded to use an ink pen, to include the first and last name of the offender, and to press hard as the third copy is often illegible if done in pencil.

NOTE Any person who is suspended from a contest may not dress for that contest in game uniform. They will however be covered by the catastrophic insurance policy insofar as practice is concerned unless you are otherwise notified.

OPEN DATES SOLICITED FOR FOOTBALL SCHOOLS

Please submit your open football dates to the K.H.S.A.A. 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. This is especially important as we begin scheduling for next year with the alignment changes.

- Ben Davis (IN)** - September 17, September 24, and October 8, 1993, and September 16, September 23, and October 7, 1994, contact Bob Britt (317)244-5852.
- Bloomington South (IN)** - October 18, 1991 and October 16, 1992, contact Mo Moriarty (812)336-6383.
- Campbellsville (KY)** - August 30, September 20 and September 27, 1991, contact David Payne (502)465-8774.
- Central Hardin (KY)** - September 20, 1991, and October 25, 1991, contact Kenny Lane (502)737-6800.
- Christian County (KY)** - September 27, and October 11 and October 25, 1991, contact Coach Dan Goble, or A.D. Wilton Gant (502)887-1121, or (502)825-1100.
- Cincinnati Moeller (OH)** - August 30 and October 25, 1991, contact Jim Lippincott (513)793-1811.
- Columbus Academy (OH)** - September 21 and October 4, 1991; September 25, October 16 and October 30, 1992, contact Terry McConnell (614)475-2311.
- Danville (KY)** - September 6, 1991, contact Sam Harp (606)238-1312.
- Daviess County (KY)** - October 4, 1991, contact Bill Taylor (502)684-5285.
- Harrison County (KY)** - August 30, September 6, and September 27, 1991, contact Gary Dearborn (606)234-3253, or (606)234-4129.
- Ironton (OH)** - September 27, 1991, September 25, 1992, and October 30, 1992, contact Mike Burcham, A.D., (614)532-5235.
- Lawrence (IN)** - September 6, 1991 and September 4, 1992, contact Ron Harris, A.D., (317)576-6419.
- Madisonville - North Hopkins (KY)** - August 30, September 6, and October 18, 1991, contact J.E. Barlow (502)825-6017.
- Marion County (KY)** - August 30, October 4, October 18 and November 1, 1991. Contact Sam Simpson (502)692-6066
- North Bullitt (KY)** - September 6, September 20, and October 4, 1991, contact Everett Baker (502)927-2186.
- Providence (IN)** - September 6 and September 13, 1991, and September 4 and September 11, 1992, approximately 515 students, contact Bob Fields, A.D., (812)945-2538.
- Shelby County (KY)** - September 6, September 13, September 20, October 4 and October 11, 1991, contact Rod Cloyd (502)633-2443 or (502)633-2082.
- South Point (OH)** - August 31, September 6 and September 13, 1991, contact Bob Lester, A.D., (614)377-4323.
- Trigg County (KY)** - September 27, 1991, contact Dixie Jones (502)522-6071.

OPEN DATES FOR BASKETBALL SCHOOLS

Please submit your open basketball dates to the K.H.S.A.A. 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 games have been requested --

- Christian County Boys**, November 30, December 11, December 18, and December 21, 1990, and January 29 and February 21, 1991, Contact Lyle Dunbar, (502)887-1116;
- Elizabethtown Boys**, January 4, and February 15, 1991. Contact Gary French, (502)769-3381;
- Fort Campbell Boys**, January 18, January 29 and February 15, 1991, Contact Mickey Fischer, (615)431-5056;
- George Rogers Clark Boys**, December 21, January 4, January 18, February 5. Contact Coach Ken Trivette, (606)432-2636, or (606)278-6975;
- Harrodsburg Boys**, needs a team in the McDonalds' Classic, December 6-8. Contact Alvis Johnson, (606)734-7118, or Greg Edwards, (606)734-9089;
- Madison Central Boys**, January 4, January 11, and January 18, 1991, Contact Ken Roberts (606)623-1530, or (606)623-6072;
- Mater Dei (Breese, IL)**, December 26-29, a sixteen team, double elimination tournament for boys' teams, needs two teams, contact Dennis Trame or Curt Winter (618)526-7216;
- Maysville**, January 18, Contact Steve Appleman, (606)564-5456, or (606)564-9210.;
- Rockcastle County Boys**, January 8, January 25, and February 22, 1991, contact David Perkins, (606)256-4816;
- Russell Girls**, January 10 and January 14, 1991, contact Jerry Klaiber, A.D., (606)836-0369; Russell is also interested in playing in a holiday tournament, contact Mr. Klaiber for details;
- Scott Boys (Covington)**, November 26, 1990 needs a team for a Tip Off Tournament. Other dates available, contact Ken Mueller, (606)356-3146 or (606)525-0795.
- West Hopkins Girls**, December 14, January 3, January 28, February 4, and February 21, contact Mike Duncan, (502)825-6130.

A.C.T. TEST DATES FOR 1990-91

The A.C.T. test schedule for the near future is as follows:

TEST DATE	REG. DEADLINE	LATE DEADLINE
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

HANDBOOK CORRECTIONS

A mistake in communication between this office and our printer resulted in the mis-identification of our Sectional Directors on page iii when the new Handbook was printed. The Sectional Director for Regions 13-16 is John Radjunas, and he is pictured immediately next to Harry Loy, our State Department of Education liaison. The bottom row, from left to right, is Jack Wise (Regions 9-12), Jerry Kimmel (Regions 1-4), and George Mercker (Regions 5-8). We apologize to the Sectional Directors and to any others who may have been caused inconvenience by this error.

An important correction should be made on page 16, under By-Law 25, Limitation of Seasons, Section 4b, Football - Boys (Beginning with the 1991-92 school year). An error in translating the 1987-1990 information into the new alignment period left an inadvertent error in subsection 4, of Section 4b. The corrected wording should be --

(4) A maximum of ten (10) regular season games may be played. Pre-season bowl games shall count towards the ten game limit.

This is the wording as each of the schools were notified in the spring, however, during composition of the handbook, the wording for 1991-94 was not changed concerning pre-season bowl games. We apologize for any inconvenience this error may have caused.

TENTATIVE 1990-91 CLINIC SCHEDULE

Schools and officials are reminded of the Clinic Attendance Requirement for Officials in Football, Soccer, Volleyball, Basketball, Wrestling, Baseball and Track. If any date changes from that listed herein, each official and school will be notified.

Softball and Baseball

- 2/4 Lexington, Henry Clay H.S., 6:00 P.M.
- 2/5 Covington, Holmes H.S., 6:00 P.M.
- 2/6 Ashland, Paul Blazer H.S., 6:00 P.M.
- 2/7 Pikeville, Pikeville H.S., 6:00 P.M.
- 2/11 London, Laurel County H.S., 6:00 P.M.
- 2/12 Bowling Green, Bowling Green H.S., 6:00 P.M.
- 2/13 Hopkinsville, U.K. Comm. College, 6:00 P.M.
- 2/14 Louisville, Atherton H.S., 6:00 P.M.
- 2/18 Maysville, Mason County H.S., 7:00 P.M.

Track

The track clinic schedule has not been finalized. Attempts are being made to incorporate additional clinic sites into the schedule. When the final schedule is available, all registered officials and participating schools will be notified.

HENRY COUNTY SEEKS FOOTBALL COACH

The Henry County Public School System is accepting applications for the head football coaching position at the Henry County High School. A teaching certificate is required. Interested parties may obtain applications by calling the central office at (502)845-2918 or further information from the Athletic Director John Roberts, at (502)845-2888. Deadline for applications is April 1, 1991.

CALL THE OFFICE IF YOU NEED MORE INFORMATION ON THE COURT OF SUPPORT

In the past few weeks, you should have received information about the Court of Support as we attempt to raise funds for the building of our new headquarters. The program is inexpensive enough to allow all of the Association constituencies to participate. Please take advantage of this opportunity to not only invest in the future of your Association, but to have your name immortalized forever with this project. There is still time to place your order and receive the recognition certificate in time to serve as a beautiful Christmas gift.

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.

ESPN RECOGNIZED BY WOMENS SPORTS FOUNDATION

For the second consecutive year, ESPN's Scholastic Sports America television show has been honored by the Women's Sports Foundation for exceptional network television reporting of women's sports and issues affecting women in sports. This year's winning entry was a feature on a Soviet girls' high school volleyball team and its month long visit to the Saginaw, Michigan area. The piece, produced by Dennis Deninger and Jerry Vaillancourt, focused on not only the athletic competition involved, but also the players' acclimation to American society.

PRE-GAME PROCEDURE FOR BASKETBALL OFFICIALS

1. Arrive on court 15 minutes before game time. at this time officials jurisdiction begins.
2. Both officials together move directly to fore-court marks.
note: referee to visitor side, umpire to home team side - faces and observes warm-up.
note: hands should be either in rear or in front of body (not in pockets)
3. At 10 minutes before game time, both officials go directly to scorers and timers table.
 - a. referee will check book for squad list and proper line-up. also, to check for proper and/or duplicate numbers. referee will also brief scorer and timer on other items as required.
 - b. umpire will check players for proper number, uniforms and equipment. umpire will also check floor, backboard and nets on baskets and other items as required.
note: this time at scorers table should be no more than 3 minutes.
4. Both officials then move to visiting team bench. introduce yourself and identify captains. not to exceed 1 minute.
5. Both officials then move to home team coach. introduce yourself and identify captains. not to exceed 1 minute.
6. Referee secures visiting team captain. umpire secures home team captain to meet at center circle for briefing.
7. At completion of briefing, both officials move to scorers table and face warm-up until both teams leave court. both officials leave court together. take jackets to dressing room and return to scorers table immediately. one official on each side of the division line until starting line-up is announced.
8. At this point, referee hustles across court to prepare for toss. umpire stands at scorers table, approximately six feet from table for toss to start.
9. At half-time, both officials leave court together and return before players return.

TIME-OUT PROCEDURE FOR BASKETBALL OFFICIALS

procedure during time-outs, reference official manual (page 46, paragraph 268)

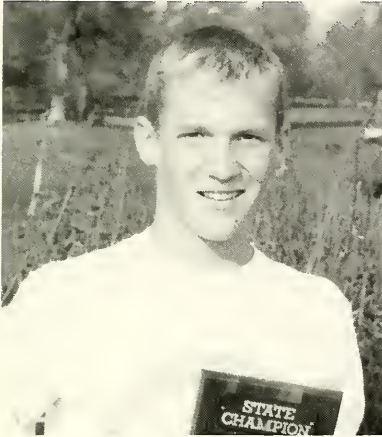
1. During time-outs
 - a. official who administers the succeeding throw-in will take the ball where it is to be put in play and faces the table. place ball on side of body in direction of play.
 - b. the free official should be on division line halfway between center circle and side-line.
 - c. when 45 second horn sounds, free official will notify both captains that play is about to begin
2. Time-outs when free throw to follow
 - a. official with ball will take position on free-throw line where free throw is to be taken.
3. During intermission between quarters 1st, 2nd, 3rd & 4th
 - a. the referee will take a position with the ball at the division line on the side line opposite the table, indicating the direction of play with the ball.
 - b. the umpire shall take a position on the free-throw line in the front-court of the direction of play.
 - c. there should be no visiting of officials during time-outs other than to discuss play situations.
4. Procedure for official calling time-out
 - a. official making the call sound his/her whistle making the clock stopping signal, pointing to and verbally and visually indicating the shirt color and player making the request.

ATHLETIC DIRECTORS AND COACHES URGED TO USE THESE PHOTO TIPS

Schools are reminded as the seasons in all sports get underway, to make arrangements for team photos. Tournament managers and many of your opponents and news outlets will request photos for event programs. We offer these useful tips for good team photos --

- 1) A good photo makes a good half tone. The printer cannot make a clear image out of a fuzzy, out of focus photo;
 - 2) A good photo of your team shows school pride and encourages pride among your schools' patrons;
 - 3) A good photo shows all of the faces, and ideally, the jersey/uniform number if applicable. A mom or dad wants to see their child's grinning face in the program after traveling to that post season tournament;
 - 4) A good photo of large teams can be achieved by thinking vertically, not horizontally. Add more rows instead of making two or three long rows. This will enable the photographer to come in for a closer shot of your group. The closer the shot, the clearer the faces;
 - 5) A good photo is accompanied by proper identification. Type the group members' names so there will be no doubt as to spelling. It is disappointing to students and parents to have their name misspelled or omitted from the tournament program;
 - 6) A good photo is planned for well in advance to allow for a retake;
 - 7) Lastly, a good photo arrives to the tournament manager and the KHSAA before the deadline date.
-

1990-91 CROSS COUNTRY CHAMPIONS



**Joey Bowman, Franklin Co.
Class AA Individual Champion**

CLASS AA BOYS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Joey Bowman	Franklin Co.	16:36.63
2	Cleve Eldridge	Anderson Co.	16:59.87
3	Chris Wasson	Franklin Co.	17:05.52
4	Tate Dillow	Russell	17:08.31
5	Bradley Tucker	Union Co.	17:12.51
6	Jeff Harris	Elizabethtown	17:13.59
7	Chris Camuel	Rowan Co.	17:17.07
8	Anthony Thompson	Russell	17:23.61
9	Jay Dunning	Warren East	17:23.93
10	Jason Renfrow	Western Hills	17:25.92
11	Dennis Hutchinson	Pendleton	17:27.56
12	Jamie Pearce	Warren East	17:31.78
13	Steve Brown	Barren Co.	17:33.96
14	Junior Sloan	Paducah Tilghman	17:37.77
15	Bart Glenn	Greenwood	17:41.31

BARREN COUNTY HIGH SCHOOL BOYS' CLASS AA CHAMPION

CLASS AA BOYS' TEAM SCORES

PL	TEAM	SCORE
1	Barren Co.	74
2	Russell	119
3	Franklin Co.	121
4	Rowan Co.	128
5	Warren East	134
6	Cov. Catholic	151
7	Anderson Co.	177
8	Scott	201
9	Owens Sr.	206
10	Highlands	216
11	Ft. Knox	249
12	Ft. Campbell	298
13	Elizabethtown	325
14	Adair Co.	377
15	Taylor Co.	395



Steve Brown, Chris Reed, Billy Baise, Jamie Pendergraft, Jesse Warren, Gabriel Esters, Kerry Wood.

1990-91 CROSS COUNTRY CHAMPIONS



**Tom Gabriel, Nicholas Co.
Class A Individual Champion**

CLASS A BOYS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Tom Gabriel	Nicholas Co.	16:35.74
2	Brad Dunlevy	Bishop Brossart	17:20.27
3	John Warren	Webster Co.	17:24.65
4	Kevin Ryan	St. Henry	17:29.07
5	Keith Combs	Cordia	17:33.64
6	Mark Treadway	Lee Co.	17:35.05
7	Randy Smith	Walton Verona	17:35.89
8	Danny Smith	Walton Verona	17:39.04
9	Brian Enzweiler	Newport Central Cath.	17:43.27
10	Todd Rogers	Caverna	17:47.08
11	Micah Hasty	Oneida Baptist	17:48.40
12	Ralph Huser	St. Henry	17:48.67
13	Doug Portwood	St. Henry	17:51.60
14	Houston Barber	Frankfort	17:56.12
15	Pat Brauch	Newport Central Cath.	17:57.69

CLASS A BOYS' TEAM SCORES

PL	TEAM	SCORE
1	St. Henry	50
2	Walton Verona	80
3	Bishop Brossart	91
4	Cordia	128
5	Christan Academy	174
6	Oneida Baptist	180
7	Webster Co.	210
8	Lee Co.	234
9	Berea	252
10	Frankfort	278
11	Dawson Springs	286
12	Green Co.	289
13	Hickman Co.	300
14	Williamstown	310
15	Somerset	314
16	Bath Co.	410

ST. HENRY HIGH SCHOOL BOYS' CLASS A CHAMPION



Kevin Ryan, Ralph Huser, Doug Portwood, Mark Albrinck, Paul Rottman, Derrick Clark.

1990-91 CROSS COUNTRY CHAMPIONS



**Maureen Egan, St. Henry
Class A Individual Champion**

CLASS A GIRLS' FIRST 15 RUNNERS

PL	NAME	TEAM	TIME
1	Maureen Egan	St. Henry	10:56.18
2	Debbie Finke	Danville	11:06.38
3	Christina Brown	Owen Co.	11:14.42
4	Adrienne Hundemer	Dayton	11:43.89
5	Kimberly Hancock	Frankfort	11:44.30
6	Jayne Clements	St. Henry	11:46.61
7	Carrie Barber	Frankfort	11:49.26
8	Catherine Hancock	Frankfort	11:49.78
9	Teresa Finke	St. Henry	11:52.59
10	Antionette Mays	Trigg Co.	11:54.07
11	Rosi Hammond	Dayton	11:57.23
12	Ilene Kelly	Lloyd Memorial	12:02.34
13	Denise Vulpho	New Central Cath.	12:02.62
14	Katie Stamps	Danville	12:05.02
15	Jenna Rauch	Bishop Brossart	12:08.44

ST. HENRY HIGH SCHOOL GIRLS' CLASS A CHAMPION

CLASS A GIRLS' TEAM SCORES

PL	TEAM	SCORE
1	St. Henry	49
2	Trigg Co.	83
3	Danville	99
4	Frankfort	119
5	Dayton	120
6	Bishop Brossart	143
7	Carroll Co.	205
8	Somerset	218
9	St. Mary	248
10	Webster Co.	280
11	Metcalfe	281
12	Cordia	295
13	Ky. Country Day	306
14	Buckhorn	333

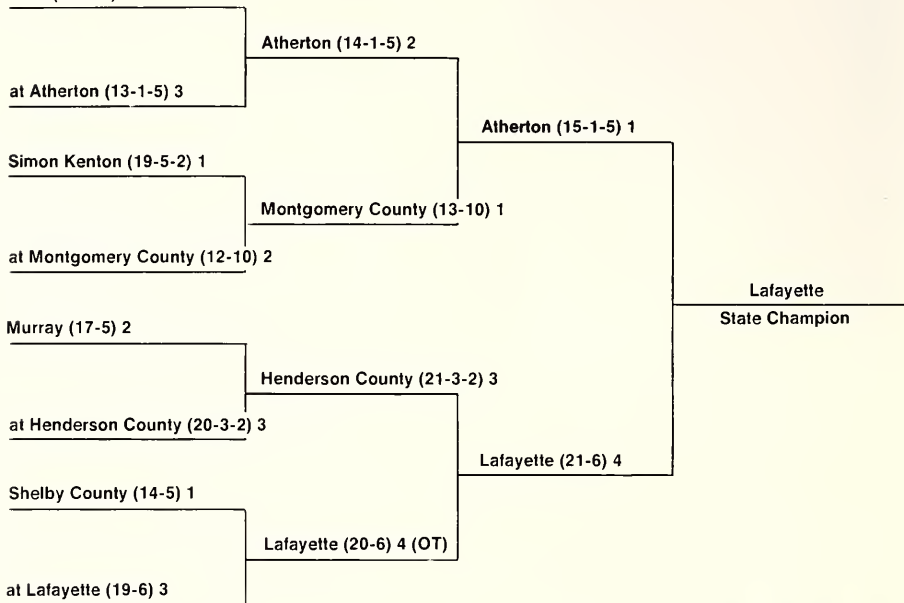


Maureen Egan, Jayne Clements, Teresa Finke, Beth Poulin, Kara Vogelwohl, Christine Finke, Aimee Stulz.

1990 STATE SOCCER TOURNAMENT

Woodford County High School, Versailles, Kentucky (Final Rounds Only)
November 8-10, 1990

Male (21-0-1) 1



1990-91 Soccer Champions - Lafayette High School



BACK ROW: Todd Jones, Lance Infanger, Charlie Weaver, Payne Huffman, Ian Hill, John Webb, Daniel Matthews. MIDDLE ROW: Luke Kiesel, Scott Bryant, Michael Lippert, Tony Hester, Larry Rhinehimer, Andre Jones, Stephen Wang, Martin Kifer, Terry Montgomery, Coach Rick Kazee. FRONT ROW: Shane Archbold, Stephen Reynolds, Todd Dickinson, Mike Hilvers, Billy Butcher, Eric Roberts, Nathan Churchill, David Marra.

1990 STATE VOLLEYBALL ALL TOURNAMENT TEAM



FIRST ROW: (L-R) Amy Brickley (Mercy Academy), Tina Naehr (Mercy Academy), Michelle McElroy (Notre Dame), Chelsea Hemingway (Notre Dame), Lorie Logan (Woodford Co.), Ainsley Grimes (Lou. Holy Cross). SECOND ROW: Kim King (Assumption), Becky Meadows (Assumption), Krista Robinson (Notre Dame), Jenny Vieth (St. Henry), Erica Moore (Lou. Holy Cross). Absent from picture: Dee Moraja (Woodford County).

PARENTS CORNER



Parents: Wait No More — Now Is Time to Discuss Drugs

NOTE: The first part of this article was written by an anonymous parent.

Teenage drinking is a problem. Teens using other drugs is more serious, but not as frequent. I'm a parent, and I know what goes on at unchaperoned parties. I know the problem in our community is the same as in the big cities. I know my children are under pressure to use alcohol and drugs. I know my children sometimes ride with someone who's been drinking. I could do something about it, but I'm waiting for a student to die.

Why am I waiting? I've got lots of reasons. I am a good friend with my children, and if I, as a parent, start squelching their drinking parties, I will lose their friendship. If I insist that my children attend only chaperoned, chemical-free parties, my children will have to stay home. If I tell my children they can't use alcohol, they may tell me I shouldn't drink. If I talk to other parents about the growing problem, they may tell me to mind my own business.

Another reason: the odds are in my favor. Drug use by teens goes on every day, and the chances my children will become addicted, injured or killed are very slim. Drug abuse and the consequences are happening in the next community, not here. Oh sure, I know there are classmates of my children who need help, but my kids are surviving. I only have a few more high school years to worry about — then my last child will go away to college and no longer be my responsibility. What I won't know, won't hurt me. Will I wonder if he's making the right choices?

I have other reasons, too. The problem is better addressed by government, schools, police and big business. Large federal funds are being spent on the drug problem. They will eventually have an impact. I'm going to wait. The schools have chemical-use policies and drug-education programs. Our kids should learn from that. The police are patrolling the drinking spots. They haven't called me yet. Big companies aren't reaching out. Why should I?

I'm waiting for a student to die. If that happens to my child or my child's friend, then I'll move into action. I'll have a cause, I'll write, I'll call, I'll organize. I'll spend every waking hour preventing more tragedies. I won't be shy anymore. I won't be silent. I won't care what others think. I'll make a difference. I'll wish I had acted sooner.

The preceding could have been written by any number of parents. Fortunately, all parents aren't waiting any longer. Parents are finally taking action. More than 20,000 parents in 150 communities in Minnesota alone have formed Parent Communication Networks (PCN). These parents are learning that they can be the catalysts for a community-wide prevention effort.

Parents, acting together, are changing community attitudes and are reducing teen drinking and other drug use and preventing the sometimes tragic outcomes. It is not easy... it takes work. Parents are giving up a great deal of their leisure time to organize and promote community-wide networks. Other parents are agreeing to follow the same guidelines. That's what it takes. But think about it. Don't parents do other things for their children? Why are parents so passive when it comes to drugs and alcohol? Why do they wait?

The PCN was established to make it easier for parents to take responsibility. The PCN provides the structure that gives parents strength in numbers. Parents are the only people in our society who have direct control of the situation. Parents can prevent under-age chemical use, and parents can provide alternatives so our children's social lives can still be fun.

The Parents Communication Network of Minnesota has developed a prevention-skills workshop based on the experience of starting 150 chapters. The workshops are facilitated by parents trained and experienced in community networking. They teach the prevention skills that parents need to motivate themselves, to communicate with other parents, to set consistent rules and to coordinate community resources in order to provide a chemical-free environment for their children.

Don't wait for a student to die. Talk to a few friends who are parents, too. Talk about taking some action.

For information on the PCN Prevention Skills Workshop, call or write Maureen Flolo, National Workshop Coordinator, 1535 McCarthy Road, Eagan, Minnesota 55121; (612) 687-0774.

This article was written by Tom Walsh, executive director of the Parents Communication Network, St. Paul, Minnesota.



1990-91 NATIONAL FEDERATION BASKETBALL RULE INTERPRETATIONS



SITUATION #1: Thrower A1 reaches the ball through the plane of the boundary line and with the free hand he or she contacts defender B1.

RULING: The contact is to be judged the same as any other situation. The foul may either be a common foul or it may be ruled intentional or flagrant.

SITUATION #2: Since the thrower may now reach the ball through the plane of the boundary line, when does the clock start?

RULING: The clock starts when the ball is touched by or touches a player on the court after it is released by the thrower on a throw-in pass. The addition of "after release" is necessary as the thrower can reach the ball across the plane prior to releasing it. (5-10-3)

SITUATION #3: Thrower A1 releases the throw-in pass to A2. A2 catches the pass while (a) his or her foot is contacting the end line, or (b) his or her hands and the ball are on the out-of-bounds side of the end line plane.

RULING: In (a) it is a violation by A2 to catch the throw-in pass while out-of-bounds. In (b) it is a violation by A1 for not throwing the ball directly into the court. The throw-in pass may not touch a teammate on the out-of-bounds side of the boundary plane (7-6-1; 9-2-2)

SITUATION #4: The sideline is very near the spectators leaving little space for A1 to make a throw-in. As a result the administering official has directed B1 to move back a step to give the thrower some room; (a) as soon as the ball is handed to A1, B1 moves right back to the boundary line in front of A1, or (b) A1 attempts to complete the throw-in just inside the boundary line and B1 moves to his or her original position in order to defend.

RULING: In (a) it is a violation by B1 and will also result in a warning for Team B which is recorded by the scorer. Any subsequent plane violation or noncompliance with the verbal order will result in a technical foul charged to the offending player. In (b) B1 is expected to stay back one step unless the throw-in is attempted between this area and the boundary line. A violation in this case as B1 is allowed to defend the area if a throw-in is attempted there. (7-6-3; 10-3-12)

SITUATION #5: Both teams and the officials are confused and A1 scores a field goal in B's basket to start the game. The scorer finally recognizes something is wrong and gets play stopped by signalling the officials: (a) immediately following the basket, (b) as B1 is bringing the ball upcourt.

RULING: Score 2 points for Team A. In (a) Team B will give the ball for a throw-in anywhere outside the end line of A's basket. In (b) the throw-in will be from the out-of-bounds spot nearest to where the ball was when play was interrupted. In both (a) and (b) the officials will clearly indicate the direction each team will go. (4-5-5)

SITUATION #6: A1's 2nd free throw hits the front of the ring and comes to rest on the flange. After waiting several seconds with the ball motionless, the official sounds the whistle. The free throws by A1 were a result of (a) a technical foul on the Team B coach, or (b) a foul by B1 on A1 while he or she was in the act of shooting and the try was unsuccessful. How is the ball put in play?

RULING: In (a) Team A is awarded the ball for a throw-in at the division line. In (b) an alternating possession throw-in at the nearest spot out-of-bounds as it is the only way of putting the ball in play (6-1; 6-3-3d)

SITUATION #7: A1 and B1 exchange words and then begin punching one another as players are getting in position for the jump to start the game. The fouls occur in what will be Team A's frontcourt.

RULING: This is a double technical foul and each foul is flagrant. A1 and B1 are disqualified. Team A will attempt 2 free throws first followed by 2 for Team B. Following the last attempt, play will be resumed with a jump between any two opponents at the center circle. Since alternating possession has not been established, a jump ball is the only method of putting the ball into play (6-3-3e)

SITUATION #8: Team A's coach is charged with a technical foul for leaving the bench or bench through error, the 2 free throws by B are attempted at A's basket. Both attempts are successful. The error is discovered by an official immediately after the 2nd attempt has gone through the basket.

RULING: The error is corrected by canceling the made free throws and attempting the free throws at B's basket. The free throws may be attempted by any player or substitute of Team B. Play will continue with a division line throw-in by Team B. (2-10-4)

SITUATION #9: A double technical foul occurs in Team B's backcourt with the possession arrow pointing toward B's basket. The officials are confused and administer the first 2 free throws at B's basket followed by 2 free throws at A's basket. One official recognizes the mix-up just after the last free throw attempt. Should the free throws be re-administered with Team A shooting first?

RULING: No. The free throws stand as administered even though they were attempted in the wrong order. Play continues with the division line throw-in by B. (4-18-7b Note)

SITUATION #10: Just prior to the completion of pregame warm-up, an official detects one squad member of Team A has tights the same color as the uniform shorts which extend below the game shorts.

RULING: The coach and squad member will be informed that unless a doctor's waiver is produced, he or she may not participate while wearing the tights. (3-5-5 Note)

SITUATION #11: Team A, Number 14, reports and is beckoned onto the court and the ball is put in play with a throw-in. The scorer beckons the referee at the first dead ball and reports that there is no Number 14 listed in the scorebook.

RULING: Number 14 became a player when the ball became alive, however, since his or her name and number must now be entered into the scorebook, a technical foul is charged to Team A. (3-2-4, 10-2-3)

SITUATION #12: Team B is leading by a point with just seconds to play in the 4th quarter. Team A has the ball and races down court to try and score before time expires. The noise level is so high that the covering official has difficulty in knowing whether the horn sounded before or after A1 releases the ball on a try which goes through the basket. The covering (umpire) official signals the score counts. The referee definitely hears the horn sound before the ball is released but does not realize the umpire signaled a successful goal. The officials leave the court and are not aware of the controversy until the scorer comes to the official's dressing room.

RULING: Even though the referee could have cancelled the score if the officials had conferred while still on the court, once the referee left the playing court, the final score had been approved and no change could be made. In situations such as this, it is imperative that officials communicate with each other and that they do not leave the court until any problem regarding scoring or timing has been resolved. (2-5-6)

SITUATION #13: The score is B-62, A-60 when A1 is fouled with no time on the clock in the 4th quarter. The horn sounds immediately after the foul is called. Team A is not in the bonus but erroneously A1 is awarded a bonus and makes both free throws to tie the score. B1 controls the jump to start the overtime and scores to make it 64 to 62. Before the ball becomes alive on the subsequent throw-in, the Team B coach is at the table and the scorer alerts the officials regarding a correctable error situation.

RULING: The error is corrected by canceling the 2 erroneous free throws. However, once the overtime started, the extra period cannot be canceled even though the points were. The score is B-64, A-60 and the overtime continues with the throw-in by Team A.

COMMENT: In a related situation, if the scorer has failed to record points properly and it is discovered in overtime, the overtime is voided if the score was actually not tied to end the 4th quarter. In this regard, a mistake by the scorer is treated differently than an officials error. The scorer's mistake can be corrected anytime it is discovered prior to the referee's approval of the final score.

SITUATION #14: A time-out is granted to Team A and play will resume with administration of a free throw. A6 reports to enter after the timer's warning signal has sounded. Since A6 has reported too late to enter, could he or she enter if: (a) either team is granted a time-out, or (b) the resumption of play is delayed because a player is injured getting into position for the free throw; or (c) Team A is willing to "buy" A6's way into the game with a technical foul?

RULE: Permissible in (a) and (b) but not in (c). (3-3-1a)

SITUATION #15: Before the official administers a throw-in for Team A, several substitutes enter for either Team A or Team B. Just before handing the ball to A1 the official observes that either Team A or B has more than five players on the court.

RULING: The official should direct the "extra" player(s) to the bench as in most cases the replaced player is confused or simply slow in leaving. A technical foul for having more than five players participating could not be charged until after the ball has become alive. (10-1-6)

SITUATION #16: To start the overtime period, teams go the wrong direction and B1 throws the ball through A's basket. Team A then advances the ball toward B's basket and A1 is fouled by B1 in an unsuccessful attempt to score. At this point, the officials recognize the teams have been going the wrong way.

RULING: All points scored, fouls committed, etc., count as if both teams had gone the right way. The foul by B1 will be penalized as if A1 had been attempting to score at A's basket. The official will have the teams switch ends and administer A1's 2 free throws at A's basket. (4-5-5)

COMMENT: Everything which happened prior to the recognition of the error is canceled and penalized as if both teams were going the right way. However, if only the player(s) is confused and throws the ball at the opponent's basket, he or she cannot be fouled "in the act of shooting" as a try for goal can only be attempted at the team's own basket.

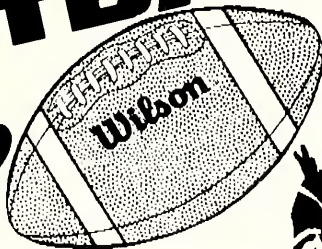
SITUATION #17: Following a goal by the opponents, A1 grabs the ball and sprints along the end line. A1 jumps toward the court and is actually airborne inside the boundary plane when he or she releases the ball on a long pass to A2.

RULING: Legal throw-in. (7-6, 9-2)

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FITTING

Your Swede-O-Universal ankle braces should be properly fitted. Sizes are approximations. Variations will occur due to differences in individual foot structure. For the best fit, there should be a 1" to 1 1/2" space between the two rows of eyelets (at the base where lacing starts) and no gaps or bulges in the heel cut-out; the brace should fit smoothly and snugly.

BREAK-IN PERIOD

Allow four to eight hours of wear for the initial break-in period. If blistering occurs during this time, apply a foam pad or mole-skin to the affected area. Mark each support "left" or "right" since it will conform to the shape of the individual foot.

WEARING

Wear one or two sweat socks for comfort and absorption.

LACING

Beginning with the bottom single eyelets, pull laces as tightly as comfortable.

In the center, lace through the double eyelets. The eyelet holes on the two layers of fabric are offset to provide the heel-lock that helps to stabilize the ankle.

The top single eyelets should also be pulled as tightly as comfortable.

Extra stirrup inserts are available for added stability. They fit into the outside "pocket" or flange prior to lacing.

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Swede-O-Universal ankle braces can be washed with soap and water and air dried. Do NOT put them into a clothes dryer.

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