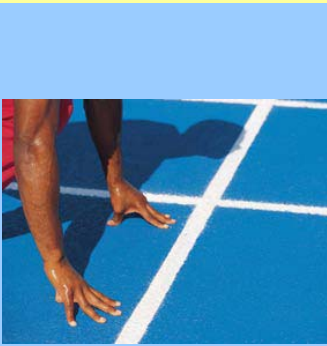




# **RHODE ISLAND INTERSCHOLASTIC LEAGUE AUGUST 2005 MONTHLY BULLETIN**



**Get Ready.....**



**Get Set.....**



**for Another Great Year!**

# Rhode Island Interscholastic League

Thomas A. Mezzanotte  
*Executive Director*

Richard R. Magarian  
*Assistant Executive Director*

Janet C. Hale  
*Treasurer*

Ruth Nicastro  
*Secretary*

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*The RIIL is Proud to Recognize  
its Corporate Sponsors*



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**NIKE**



(Div. of Russell Corp)



**United States Air Force**



**United States Army**



**United States Marine Corps**

FROM THE DESK OF  
THE EXECUTIVE DIRECTOR.....



As the State of Rhode Island eagerly anticipates the beginning of another school year, we can look back at 2004-2005 with a great deal of pride. We can all certainly celebrate the success that thousands of student-athletes enjoyed as they competed in numerous interscholastic programs. To achieve similar success in 2005-2006 it will take the combined leadership of numerous individuals at both the state level and in our schools. As Thomas Edison stated, "Genius is one percent inspiration and 99 percent perspiration". Our student-athletes represent our inspiration. Through hard work and dedication, we can help them enjoy another exciting, fulfilling year in sports.

As I conclude my first year as Executive Director, I am reminded of the many talented and committed individuals who collectively make up our organization. I have mentioned many times this year that I am constantly amazed by the dedication and commitment of the hundreds of individuals who work with our student-athletes and who volunteer to provide athletic opportunities for our high school students.

*"Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."*

Danny Thomas

Thank you for all that you do for the RIIL and our student-athletes. I look forward to another very successful year.

RIIL/NFHS

**"Make the Right Choice"**



The RIIL will be partnering with the National Federation of State High School Associations in an initiative that is addressing the growing problem of steroid abuse around the country in high schools today. The NFHS has developed a multimedia educational initiative called "Make the Right Choice".

The information includes a DVD containing two ten minute videos, two brochures and two posters. The first video is directed toward coaches and students, while the second video is directed toward parents. Included on the videos are interviews with Indianapolis Colts head coach Tony Dungy and Kansas City Chiefs quarterback Trent Green. They also include Don Hooten's story of his son, Taylor, who tragically took his own life after suffering from depression following steroid abuse.

The brochures include medical information about anabolic steroids, including quick facts and side effects, as well as measures that parents and coaches can use to deter steroid use.

At the mandatory Principal/AD meeting scheduled for September 21, each school will receive a copy of the DVD and two brochures and two posters for use on athletic programs. I am hopeful that the DVD will be shown to

coaches, parents, and student-athletes to point out the long range consequences of steroid abuse. The DVD's and material may be reproduced as necessary.

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→ **IMPORTANT TESTING DATES** ←

SAT Test

**Registration Deadlines**

September 7, 2005  
September 30, 2005  
October 28, 2005  
December 22, 2005  
February 24, 2006  
April 3, 2006  
April 28, 2006

**Test Dates**

October 8, 2005  
November 5, 2005#  
December 3, 2005  
January 28, 2006  
April 1, 2006\*  
May 6, 2006  
June 3, 2006

(\* ) SAT only. All others include SAT & Subject Tests

(#) Includes Language Tests with Listening

→ **IMPORTANT TESTING DATES** ←

ACT TEST

**Registration Deadlines**

September 16, 2005  
November 4, 2005  
January 6, 2006  
March 3, 2006  
May 5, 2006

**Test Dates**

October 22, 2005  
December 10, 2005  
February 11, 2006  
April 8, 2006  
June 10, 2006

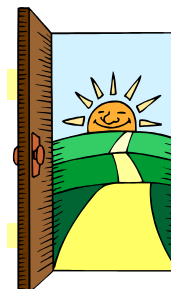


**Principals and Athletic Directors**

**PRINCIPAL / ATHLETIC DIRECTOR CONFERENCE**

The annual Principal / Athletic Director conference has been scheduled for September 21<sup>st</sup>, 2005 at 7:30am at Johnson & Wales University, Harborside Campus. **This is a mandatory meeting for ALL Principals and AD's, therefore please make sure to mark your calendars.**

This year's conference will have a different format. Further details will be disseminated at a later date. For your pleasure, a continental breakfast will be provided compliments of Johnson & Wales University.



*When the door of happiness closes,  
another opens; but often times we look so  
long at the closed door that we don't see  
the one, which has been opened for us.*

*Moments in Life*



## ATTENTION ATHLETIC DIRECTORS!!

### Information regarding the NEW RIIL ASSUMPTION OF RISK FORM

#### Why is the new form necessary?

The RIIL attorney has advised all RIIL member schools be in compliance with the Rhode Island General Laws S 9-1-20.1 which gives schools and league permission to use the "student's name, voice and likeness in any manner of media."

#### Who is to use the new form?

All student athletes regardless of grade who intend to participate in any Rhode Island Interscholastic League sport or event. The new form has already been placed on the Rhode Island Interscholastic League website.

#### When will the new form become effective?

Beginning August 1, 2005. The old form will no longer be accepted beyond August 1, 2005.

#### What does it mean?

What it means is a lot of work for you (Athletic Director)!! You have a short period of time to complete the task of getting new Assumption of Risk Forms signed and notarized for all student athletes.

**We suggest you begin the task in Spring 2005 because the old form will no longer be accepted beyond August 1, 2005.**

#### How to comply? Please note – VERY IMPORTANT!

- The NEW FORMS must be submitted by the student-athletes **year of graduation** (2005, 2006, 2007, 2008, and in September, 2009). PLEASE **DO NOT** SUBMIT BY SPORT. Only **COMPLETE SETS** are to be sent to the RIIL.
- Directions for updating the eligibility lists on line:
  - Clear the Waiver Date column (this will clear all previous waiver dates)
  - Enter NEW waiver date (2005)

**Note:** If your school is using the old form (for the spring), continue as you have in the past. Remember, the NEW Form must be used for all student-athletes in the fall of 2005.

#### What is the penalty for failure to comply?

The student-athlete will be declared ineligible to compete beginning August 1, 2005. We realize the task of requiring a new form from every athlete in your school is enormous and time consuming, however, like you, we have no choice or alternative.



## MARK YOUR CALENDARS!

## RIIL SPORTS MEDICINE CONFERENCE MANDATORY ATTENDANCE

**Date:** September 21, 2005  
**Time:** 7:30AM – 11:30AM  
**Where:** Johnson & Wales University  
 Athletic Complex  
 Harborside Campus  
 265 Harborside Blvd, Providence, RI

## Topic: Is Medical Care in High School Sports a Priority?

Continental Breakfast will be served at 8:00am

#### Panel:

- 1) Athletic Trainer: Andy Llaguno, President of the RIATA
- 2) Physician: Albert J. Puerini, Jr., M.D., President and CEO  
R.I. Primary Care Physicians Corporation  
Polaris Medical Management
- 3) Athletic Director / Coach: George Finn, Barrington High School
- 4) Chair of the State Licensing Board: Dr. James Sullivan
- 5) Attorney: Joseph D'Antonio

#### AGENDA

- 8:00am – 8:30am Continental Breakfast compliments of Johnson & Wales University
- 8:30am – 10:30am Panel Discussion followed by a question and answer period
- 10:30am – 11:00am Other matters
- 11:00am – 11:30am NFHS Steroid Presentation



## INJURY FUND DONATIONS FOR 2005-2006

As we are all well aware, the Injury Fund of Rhode Island has served countless athletes, coaches and officials for many years. Unfortunately, for many reasons, donations by schools to the Injury Fund have either decreased or have been eliminated in many sports. The RIIL supports the work of the Injury Fund and has negotiated what we feel is a suitable solution for all schools with regard to this issue.

I don't need to remind you of the importance of "team spirit". The dedication, common spirit and willingness to donate time for a common goal are qualities that are not common in today's world. When we find them, it is only right that we acknowledge them. Therefore, the RIIL strongly recommends the following:

- ⇒ An additional "Injury Fund" game (tournament) will be included with each sport schedule. In baseball/softball, this game will be the first (1<sup>st</sup>) game of the second (2<sup>nd</sup>) half of the season.
- ⇒ All officials and school personnel will volunteer their services at the Injury Fund contest.
- ⇒ Schools will donate all funds, gate receipts, donations, etc. from Injury Fund games to the Injury Fund.

If schools follow these recommendations, the Injury Fund will continue to serve all as they have done for many, many years.

As always, the Injury Fund thanks schools for all of their donations.



Rhode Island Interscholastic League

**TO:** Athletic Directors and Outdoor Sport Officials  
**FROM:** Thomas Mezzanotte, Executive Director  
**DATE:** August 10, 2005  
**RE:** RIIL Rules & Regulations:  
**Severe Weather (Lightning) Safety Policy**

At the Principals' Committee on Athletics Meeting on June 20, 2005, the Committee approved the following Severe Weather (Lightning) Safety Policy which will be included in the RIIL Rules and Regulations:

The following procedure is to be used in all outdoor sports/activities sponsored by the RIIL by game officials and/or athletic directors and/or sport directors and/or coaches.

- A. How to determine when to suspend outdoor activities: The "Flash-to-Bang" method is the recommended method in severe weather to avoid lightning danger:
  1. Count the seconds between seeing lightning (flash) and hearing (bang) of thunder.
  2. Divide by five (5) to determine how far away in miles the lightning activity is occurring.
  3. Be inside a safe structure by the time the count approaches thirty (30) seconds (30 divided by 5 = 6 miles).
- B. All activity is to be postponed or suspended if a thunderstorm appears imminent before or during a contest (regardless of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkened clouds, high winds and thunder or lightning activity.
- C. Officials, coaches, sport directors or personnel in charge will designate a safe shelter for each venue, such as inside a residential school building, but not dugouts or under trees or bleachers where lightning can still strike. An alternative emergency safe shelter is a school bus, car (solid roof, not a convertible) with windows rolled up completely.
- D. Officials are to make the call to remove individuals from the field. Coaches/Athletic Directors/Sport Directors are to make the call to remove individuals from any sport/activity where no official(s) are present.
- E. Activities may resume after thirty (30) minutes following the last sound of thunder or lightning flash.
- F. Other:
  1. Be more wary of the lightning threat than the rain. Lightning can strike far from the rain shaft.
  2. Lightning or thunder should be the determining factor in postponing or suspending the activity—not the amount of rainfall on the playing field. Even a gentle rain can bring lightning.
  3. For further information on the topic: "Lightning Safety for Athletics and Recreation" [www.nata.org/publicinformation/files/lightning/pdf](http://www.nata.org/publicinformation/files/lightning/pdf).

Rhode Island Interscholastic League



**ACCEPTING NOMINATIONS FOR HALL OF FAME**

-- The Rhode Island Interscholastic League [RIIL], the state high school athletic association, is pleased to announce that nominations for the Rhode Island Interscholastic League High School Athletic Hall of Fame [Class 2006] are being accepted until October 1, 2005.

The Hall of Fame is dedicated to preserving the colorful tradition of high school athletics in Rhode Island and seeks to highlight the past in order to insure a promising future for Rhode Island high school athletics.

Nominees must exemplify the highest standard of sportsmanship, ethical conduct and moral character and will be considered on the merits of their contributions and achievements to high school athletics. Categories in which a person may be nominated are: coach, administrator, and former outstanding athletes. In addition, a category has been created for any person whose activities as a game official, school supporter, or one whose combination of activities have resulted in a service qualified as outstanding or excellent.

Thomas Mezzanotte, Executive Director of the Rhode Island Interscholastic League, stated, "The Rhode Island Interscholastic League Athletic Hall of Fame is dedicated to recognizing the accomplishments of truly dedicated and giving individuals who have touched the lives of so many people through high school athletics."

The Rhode Island Interscholastic League will honor its fourth class of inductees at a ceremony on May 3, 2006.

**Nominations will be accepted only on the official RIIL Nomination Form and must be submitted to the Rhode Island Interscholastic League office no later than October 1, 2005.**

Nomination forms may be downloaded from the RIIL website at [www.riil.org](http://www.riil.org), or by calling the Interscholastic League office at (401) 272-9844.

\* \* \* \* \*





## SPORTSMANSHIP TIP OF THE MONTH

### Some Things to Think about the Next Time you Attend an Athletic Event!

"There's only one way to play the game—**FAIR!**"

"Rivalries are one of sports greatest motivators. Let's remember that a highly competitive and intense game-- **is still just a game.**"

"Fans are not at an event to intimidate or ridicule, but to **support** and **Enjoy** the competition."

"Fair play necessitates that all competitors have the same chance for success."

"Turnovers, fouls, and missed goals are the reasons teams lose ball games. Calls made by a referee don't lose ball games."

"Behave or **Be GONE!**"

"Winning is for a day—**sportsmanship** is for a lifetime."

"Good sportsmanship begins with **You!**"

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### FREQUENTLY ASKED QUESTIONS (FAQ'S)

#### 1. What are the minimum academic eligibility requirements for a student-athlete?

*Article 3, Section 3 - The student-athlete should have secured for the period from the beginning of a quarter or trimester up to the end of the regular marking period, which shall not exceed a maximum of twelve (12) weeks, a passing grade in sixty (60%) percent of his/her program (credits). However, this is a minimum standard; some schools may have other higher standard(s).*

#### 2. May home schooled students participate in a sport in the community where they reside?

*Article 3, Section 1.1 – Yes, provided he/she meets the RIIL requirements listed in Article 3, Section 1.1*

#### 3. What is the length of eligibility for a student-athlete?

*Article 3, Section 4.C - Once a student enters the 9<sup>th</sup> grade, the student has eight (8) consecutive semesters and automatically becomes ineligible four (4) years from the date of entry into the ninth*

*(9<sup>th</sup>) grade. A student cannot compete if they have graduated from high school.*

#### 4. What is the maximum age for a student-athlete to be eligible to play in RIIL sports?

*Article 3, Section 4.A - An athlete will be ineligible for athletic competition if his/her nineteenth (19<sup>th</sup>) birthday occurs prior to September 1<sup>st</sup>.*

#### 5. May a student compete as an individual for their school if the school does not have a team?

*Article 3, Section 7 - Yes, individual competition is limited to cross country, golf, gymnastics, swim, winter and spring track and wrestling.*

#### 6. What is recruiting for athletic purposes?

*Article 3, Section 10 - Recruitment or attempted recruitment of students for athletic purposes is a gross violation of the by laws of the RIIL. Refer to this section for all of the general principals and penalties for recruiting.*

To maintain the educational standards and dignity of our academic and athletic program, all members of the Rhode Island Interscholastic League must refrain from any practices such as recruitment, enticements, and inducements or other pressure which would encourage students substantially for athletic purposes to leave, enter, or not to enter schools within their normal district, as defined by the RI Department of Education, or schools in which they have enrolled or have indicated in writing the intent to enroll.

All regulations regarding recruiting for athletic purposes are listed in Article 3, Section 10 A-E

#### 7. If a student moves (change of address), is the student eligible to compete for their new school?

*Article 3, Section 5.B - Yes, if there is a corresponding move into a new district by their parent and all other eligibility requirements are met. Refer to this section for a list of other reasons for immediate eligibility.*

#### 8. If a student changes school without a change of address, is the student eligible to play sports?

*Article 3, Section 5 - Yes and No  
No, if a student transfers from one secondary school to another without a corresponding change of address. The student is ineligible for fifty (50%) percent of the total league schedule in each sport they participated in at the varsity level during the previous school year.*

*Yes, if the student did not play in any varsity game in that sport or wants to play a different sport.*

#### 9. Can a student-athlete participate for another school's team if their school does not offer that sport?

*Article 3, Section 1.K - Under certain terms and conditions, two or three schools may form a cooperative team.*

*Article 3, Section 1.L - Under certain terms and conditions, a student may be allowed to join another school's team.*

- a. Under certain terms and conditions (Article 3, Section 1.K) schools may apply for the establishment of a cooperative team. The purpose of a cooperative team is to allow student-athletes the opportunity to compete in sanctioned athletic teams they would otherwise not be able to compete on. Schools may apply for the establishment of a cooperative team.
- b. Under certain terms and conditions (Article 3, Section 1.L) alternative schools may seek a waiver from the Principals' Committee on Athletics requesting eligibility for the students to participate in athletics at his/her feeder school in the community in which he/she resides. Alternative schools whose enrollment exceed 400 and have a 12<sup>th</sup> grade class will be obligated to offer their own athletic program(s).

**10. When is a scrimmage considered to be a practice or an interscholastic league contest/game?**

*Article 7, Section 2 lists the conditions of a game and a scrimmage.*

A game (Article 7, Section 2) is any competition between 2 or more schools, i.e. RIIL or non-RIIL games exclusive of scrimmages, which meet any of the following conditions:

1. teams wearing game uniforms
2. paid officials
3. admission charge; and or, results of the contest appear in any newspaper
4. a scrimmage shall be defined as a controlled practice supervised by coaches which does not meet any requirements for a game

**11. How many games are allowed in all RIIL sponsored sports?**

*Article 3, Section 3 lists all of the RIIL sports by season and the maximum number of contests/games allowed.*

**12. What are the guidelines for intramural, weight training and open gym?**

*Article 7, Section 6 E lists the criteria schools must follow to provide all students with intramural, weight training and open gym opportunities.*

**13. May a student-athlete compete on an outside team during the school year? During the summer? (yes)**

*Article 7, Section 6 – Non-school competition and loyalty to school team lists all of the conditions that must be met by the student-athletes.*

During the school academic year, the student-athlete may participate on a non-school sponsored team/competition as outlined in Article 7, Section 6, provided prospective members of a high school club, freshman, junior varsity or varsity team do not comprise in excess of fifty (50%) percent of the active members on the non-school team or athletes on the high school varsity eligibility list are not comprised of members of the non-school team in excess of fifty (50%) percent of the membership of the non-school team.

During the summer: Students participating in summer programs may continue to play until the official day the eligibility listing for fall sports is due in the RIIL Office, which is one week before the first varsity game. (Article 7, Section 6, F & G)

**14. What is the fifty (50%) percent rule?**

*Article 7, Section 6 – During the academic school year, the student-athlete may not participate on a team that comprises in excess of fifty (50%) percent of the active members on the non-school team or athletes on the high school varsity eligibility list.*

**15. May a student-athlete receive private instruction from his/her high school coach outside the sport season?**

*Article 7, Section 6 D –The high school coach may not coach prospective member(s) of a high school club, freshman, junior varsity team during the off season of his/her sport.*

**16. Can a coach coach his/her high school team or give private instruction during the summer?**

*Article 7, Section 6 F – Summer programs involving the fifty (50%) percent rule and high school coaches coaching their own students can begin on June 15<sup>th</sup> of any given school year.*

**17. May RIIL member school facilities and /or equipment be used during the summer? (yes, under the conditions listed)**

*Article 6, Section 13*

**18. Can a girl play on a boys' team?**

*Yes. Girls can play on boys' teams even if the sport is offered to both boys and girls. However, a girl may not compete on both boys' and girls' teams in the same sport even if they are offered in different sport seasons.*

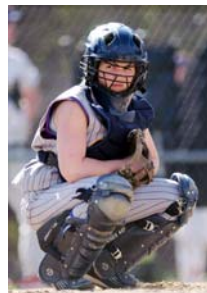
**19. Can a boy play on a girls' team?**

*No. Title IX does not permit boys to play on girls' teams in Rhode Island.*

**20. What is the penalty for a school/coach not attending a sport interpretation meeting?**

*Article 6, Section 12 – There is a fifty (\$50.00) dollar fine for each school/coach missing an interpretation meeting.*

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## A MESSAGE TO STUDENT ATHLETES

Your school is one of the 54 public, private and parochial Rhode Island high schools that have agreed to follow the rules and regulations they enacted through the Rhode Island Interscholastic League.

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. The privilege of competing in athletics is a once-in-a-lifetime experience, which will affect and influence you forever. However, participation is dependent on your eligibility.

This article contains a summary of some of the regulations affecting student eligibility. All requirements are found in the RIIL Rules and Regulations, which can be located on the RIIL Website – [www.RIIL.ORG](http://www.RIIL.ORG). Also, your school has the authority to establish more stringent standards and to enact codes of athletic conduct and discipline that are in the best interest of the individual students, the team and community.

Please remember: You are responsible for knowing the Rules. Review the rules with your parent/guardians and ask questions of your principal, athletic director and coaches. Your role in following the rules will assure eligibility to participate in interscholastic sports or prevent your participation as an ineligible athlete.

RIIL rules apply to the following Interscholastic Sports:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cross Country	Basketball	Baseball
Field Hockey	Girls Gymnastics	Golf
Football	Ice Hockey	Boys Volleyball
Soccer	Indoor Track	Outdoor Track
Girls Volleyball	Swimming	Girls Slow-Pitch Softball
Girls Tennis	Wrestling	Girls Fast-Pitch Softball
		Boys Tennis
		Boys and Girls Lacrosse

### TOP 10 LIST OF REQUIREMENTS FOR STUDENT ELIGIBILITY

1. You are enrolled in the school for which you wish to participate.
2. You have not been enrolled in high school (grades 9-12) for more than eight semesters.
3. You are passing 60% of your subjects.
4. You will not have turned 19 before September 1<sup>st</sup>.
5. You have had a physical examination and it is on file in your school.
6. You have an Assumption of Risk Form on file at the RIIL Office.
7. You have not changed schools without a corresponding move by your parents or persons with whom you were living.
8. You have not received money or other valuable considerations while participating in RIIL sponsored sports.
9. You can play on a non-school team during the same season, but must remain loyal to your school team first.
10. You have not been recruited for athletic purposes.

## Guidance Counselors Play Key Role in Communicating Eligibility Rules

It is important that all counselors be fully knowledgeable of the essential eligibility requirements students must meet to represent the school and participate in interscholastic activities. Counselors are frequently asked by students to advise them on matters dealing with the preparation of, or changes in their class schedules. In doing so, counselors should be sure that they do not advise a course of action which will result in students forfeiting their eligibility to compete in interscholastic athletics or activities through violation of RIIL rules of eligibility. Counselors should discuss eligibility requirements with all students. Member school principals should emphasize to all guidance counselors the importance of having copies of RIIL eligibility requirements on file at all times in the guidance offices [www.riil.org](http://www.riil.org). The following "Checklist for School Counselors" can be extremely helpful when checking students status for eligibility:

- ✓ Check to see that the student has not turned 19 before September 1<sup>st</sup>.
- ✓ Check to see that the student has not been enrolled in high school (grades 9-12) for more than eight semesters.
- ✓ Check to see that all student athletes are passing 60% of their subjects including physical education.
- ✓ Check to see that the student athlete has not changed schools without a corresponding move by their parents or persons with whom they are living.
- ✓ If a student has transferred check to see if they participated in any athletic program at the previous school.
- ✓ Check to see that the student athlete is taking at least four subjects, each involving at least four periods of work or an aggregate of fifteen periods per week.
- ✓ If the student athlete repeats work for which credit has once been received, the student athlete cannot count that subject a second time for eligibility.
- ✓ The student athlete cannot count for eligibility points obtained in a subject taken during the summer that had not previously been regularly pursued in the classroom.





## Guidelines for Intramurals, Weight Training and Open Gym

### A Perspective

#### “Building the Future Through Athletics”

In the United States there are 7 million young men and women who participate annually in interscholastic athletics. For these 7 million students, high school sports is a privilege unique to American education.

Only in America is this after-school activity so tightly entwined with a school's mission - educating boys and girls to become productive members of society and, "Building the Future through Athletics".

However, in our sport-crazed society, some people expect successful educational athletics to be defined by the goals or mission of collegiate and professional sports. Such is not the focus of high school sport.

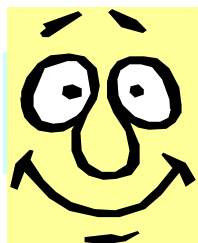
The opportunities to play organized athletics beyond high school come only to a select few. The samples offered below demonstrate the percent (by sport) of student-athletes who rise to higher athletic levels.

PERSPECTIVE			
Collegiate Athletics		Professional Athletics	
Football	5.8 %	Baseball	0.5 %
Baseball	5.6 %	Men's Ice Hockey	0.4 %
Women's Basketball	3.1 %	Football	0.09 %
Men's Basketball	2.9 %	Men's Soccer	0.08 %
		Women's Basketball	0.03 %
		Men's Basketball	0.03 %

Clearly, if the Mission of Educational Athletics was to advance athletes to the "next level", then we would focus on the elite few. If rather, the Mission is to attract many participants so that they might learn LIFE LESSONS through Educational Athletics, we are on the right track.

MIAA is the amateur sports leader in Massachusetts. The Association supports 35 different sports for boys and girls, who participate in 100,000 high school competitions annually, involving approximately 200,000 student-athlete participants.

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The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Schools may provide students opportunities for Intramurals, weight training and open gym during the school year provided the criteria listed below is followed.

1. The time and day(s) of the open gym and weight training are to be made known to the entire student body by the administrator through announcements, bulletin board postings, school paper, etc.
2. The weight training area and gym must be open to anyone enrolled in the school and must be on a voluntary basis. Coaches cannot mandate attendance of team members or potential team members.
3. The open gym cannot precede, follow or be in conjunction with an off-season conditioning program.
4. During the school year, no coach (including assistants, volunteers, etc) can be present in any open gym if there is participation in his/her out of season sport.
5. The person(s) in charge of supervising the open gym may not organize, coach or instruct students in any sport not in season.
6. Students participating in weight training and open gym must furnish their own clothing (sweat shirts, shorts, shoes, etc.) No equipment is to be used that is specific and/or unique to any particular sport.
7. Schools may furnish basketballs, volleyballs, basketball standards, volleyball standards, floor mats and wrestling mats, etc.

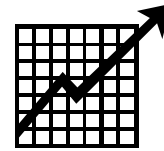
#### Violations:

1. Making the open gym available only to specific sport participants.
2. The basketball coach (or any other coach) in the gym or vicinity when his/her sport is being participated in during open gym, except during the season of the sport.
3. The supervisor of the open gym, except during the season of the sport.
4. Select group of students working out in the gym at times other than the open gym period.

#### Note:

An "open gym" program is one in which a variety of recreational type activities are offered, i.e., badminton, basketball, volleyball, table tennis, and the like. Coaches at any level may not be present when their specific sport activity is a part of the Open Gym program. Single sports programs in which Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rule if those sports are not on a rotation basis with at least two or more other sports activities during a calendar week using that facility. Responsibility for monitoring Open Gym Programs should be with the Athletic Director and Principal of the school. All specific sport activities have to be recreational in nature; therefore, practice routines, such as, softball/baseball pitching, catching and batting, football place-kicking, golfing/putting, and similar routines are always interpreted as an attempt to circumvent the out-of-season rule.

## 2005 RIIL Participation Survey Shows Increase for Boys and Girls



The number of boys and girls participating in high school athletics in RI has increased over the last two years by nearly 5%, according to the 2005 RIIL Sports Participation Survey. The survey, conducted by the RIIL and completed by member schools, is part of the National Federation of State High School Association's (NFHS) nationwide survey that measures the number of students competing in sports across the country. Despite the ongoing budget crisis in many cities and towns, the survey shows a total of 25,971 high school student-athletes are participating in sports, an increase of 5% percent from 2003. Single-gender numbers for both boys and girls are also at all-time highs. Based on number of participants, lacrosse is the fastest growing sport in the state for both boys and girls. There was a 69% increase for girls, and a 34% increase for boys.

"I am encouraged by the overall increases in participation as compared to our 2003 survey. These increases are a direct reflection of the extent to which school boards, administrators, parents and students value the benefits of educational athletics," said Tom Mezzanotte, RIIL Executive Director. "Now, more than ever, we must continue to promote the values and life skills that can be learned through participation in high school sports."

"As we review these statewide participation numbers, we must recognize and applaud our local school boards and school site leadership. During these challenging fiscal times, so many of our member schools and school districts continue to maintain and, indeed, grow athletic opportunities for our students."

### RHODE ISLAND INTERSCHOLASTIC LEAGUE 2004-05 MOST POPULAR SPORTS

<b>GIRLS</b>	<b>PARTICIPANTS</b>	<b>% INCREASE SINCE 2003</b>	<b>BOYS</b>	<b>PARTICIPANTS</b>	<b>% INCREASE SINCE 2003</b>
Soccer	1417	1%	Football	2813	1%
Outdr Tr	1407	19%	Baseball	1612	1%
Basketball	1170	4%	Soccer	1505	-4%
Indr Tr	1134	-33%	Basketball	1567	8%
FP Softbll	936	3%	Outdr Tr	1476	3%
Tennis	874	4%	Indr Tr	1193	-1%
Swim	561	6%	Wrestling	952	14%
Lacrosse	453	69%	Ice Hockey	854	11%
Ice Hckey	167	29%	Volleyball	522	11%
			Lacrosse	499	34%
			Swim	267	19%

## RHODE ISLAND INTERSCHOLASTIC LEAGUE

### GIRLS PARTICIPATION CHART

SPORT	1998		2001		2003		2005		% CHANGE
	TEAMS/PARTICIPANTS		TEAMS/PARTICIPANTS		TEAMS/PARTICIPANTS		TEAMS/PARTICIPANTS		
CROSS CTRY	39	618	41	662	41	663	41	616	-3%
FIELD HOCKEY	20	651	21	634	21	631	21	605	-4%
GOLF	14	42	14	31	14	53	15	49	-7%
ICE HOCKEY	0	28	0	17	7	129	10	167	29%
SWIM	26	361	27	529	35	530	35	561	6%
TENNIS	43	845	44	911	44	909	43	874	4%
BASKETBALL	44	956	46	1153	47	1123	48	1170	4%
GYMNASTICS	21	189	21	178	25	177	23	159	-11%
WRESTLING	--	--	--	--	0	15	0	15	
VOLLEYBALL	40	964	41	912	41	914	41	897	-2%
OUTDR TRACK	35	1252	37	1246	41	1182	40	1407	19%
FAST PITCH	32	836	34	788	37	909	39	936	3%
SLOW PITCH	16	301	16	355	11	198	8	157	-26%
SOCCER	46	1230	45	1429	45	1403	45	1417	1%
INDR TRACK	38	1143	37	1043	35	1509	33	1134	-33%
BASEBALL	0	1	0	1	0	4	0	0	
LACROSSE	--	--	6	197	9	268	15	453	69%
<b>Total</b>	<b>385</b>	<b>9417</b>	<b>439</b>	<b>10065</b>	<b>440</b>	<b>10121</b>	<b>443</b>	<b>10621</b>	<b>+5%</b>

## RHODE ISLAND INTERSCHOLASTIC LEAGUE

### BOYS PARTICIPATION CHART

SPORT	1998		2001		2003		2005		% CHANGE
	TEAMS /PARTICIPANTS		TEAMS /PARTICIPANTS		TEAMS /PARTICIPANTS		TEAMS /PARTICIPANTS		
BASEBALL	44	1463	44	1466	44	1596	46	1612	1%
BASKETBALL	44	1139	45	1465	47	1569	48	1505	-4%
CROSS CNTRY	38	679	40	760	42	788	42	856	9%
FOOTBALL	40	1979	41	2490	41	2772	41	2813	1%
GOLF	41	514	40	511	42	487	40	480	-1%
ICE HOCKEY	28	627	29	717	32	768	36	854	11%
LACROSSE	--	--	7	274	10	373	14	499	34%
SOCCER	43	1467	43	1496	44	1450	44	1567	8%
SWIM	30	180	25	262	34	224	36	267	19%
TENNIS	39	723	40	749	39	687	39	752	9%
INDR TRACK	33	1942	34	1241	35	1201	33	1193	-1%
OUTDR TRACK	37	1576	39	1430	38	1431	36	1476	3%
WRESTLING	32	949	34	968	33	834	36	952	14%
VOLLEYBALL	24	473	25	508	24	470	24	522	11%
<b>TOTAL BOYS</b>	<b>473</b>	<b>12811</b>	<b>486</b>	<b>14277</b>	<b>505</b>	<b>14653</b>	<b>515</b>	<b>15350</b>	<b>4%</b>
<b>GIRLS</b>	<b>385</b>	<b>9417</b>	<b>439</b>	<b>10095</b>	<b>440</b>	<b>10121</b>	<b>443</b>	<b>10621</b>	
<b>TOTAL B &amp; G</b>	<b>858</b>	<b>22228</b>	<b>925</b>	<b>24372</b>	<b>945</b>	<b>24774</b>	<b>958</b>	<b>25971</b>	<b>5%</b>



**This Document is approved by the Ohio State Medical Association Council and its Joint Advisory Committee on Sports Medicine.**

## **THE USE OF AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs) FOR THE INTERSCHOLASTIC ATHLETE: A POSITION STATEMENT**

The objective of this position statement is to provide physicians, coaches, and administrators who serve the member schools of the Ohio High School Athletic Association (OHSAA) with guidelines concerning Automated External Defibrillators (AED's) and their possible benefit and use in the school setting based on current medical evidence and research. This position statement is not intended as a proposed standard of care and should not be interpreted as such. Rather, it only describes reasonable practice for the school. Individual treatment decisions will turn on the facts and circumstances presented to the emergency responders at the time of an event. This statement was developed by the Joint Advisory Committee for Sports Medicine (JACSM) of the Ohio State Medical Association. The committee is a collaborative effort of five professional organizations concerned about sports medicine and the interscholastic athlete in Ohio.

An AED is a medical device that can recognize the presence or absence of ventricular fibrillation or tachycardia and determine whether defibrillation should be performed and delivers a shock through electrodes attached to the victim's chest. Throughout the process, voice and screen prompts guide the rescuer. No shock is recommended or delivered for other types of cardiac arrhythmia. The AED is designed to be used by non-medical personnel with little or no training, although a four hour program coupled with basic life support training is recommended.

In the United States, 220,000 people (nearly all adults with coronary artery disease) die from sudden cardiac arrest each year. Before complete arrest, the heart often develops ventricular fibrillation or ventricular tachycardia, irregular heart rhythms in which the heart muscle contractions are disorganized and the effective pumping of blood ceases. Defibrillation is the delivery of an electrical impulse to the heart that allows it to return to a normal coordinated rhythm, and is the most effective treatment for ventricular fibrillation or tachycardia in adults. The sooner defibrillation is provided via an AED, the better the victim's chance of survival. When provided within the first five minutes of a cardiac arrest, the odds are about 50% that the victim's life will be saved. With each passing minute, the chance of successful resuscitation is reduced by 7-10%. After 10 minutes, there is very little chance of success.

Sudden cardiac death is a rare event in school age youth and children. It is estimated (reference) that sudden death occurs in one out of every 200,000 high school athletes each year for a total of about 100 events per year. Ninety percent of the victims are male and 70% come from football and basketball. Ninety-seven percent of victims have structural abnormalities. The most common causes associated with sudden death are hypertrophic cardiomyopathy, anomalous coronary arteries, and left ventricular hypertrophy. The best and most practical cardiac screening method is the medical history, but even a thorough history will detect only 18-50% of athletes at risk. Screening by ECG or echocardiogram may increase sensitivity by a small amount, but the logistical and economic factors involved make these unlikely solutions.

Because of the rare occurrence of cardiac arrest in youth, ages under 18, no studies are available demonstrating the effectiveness of AEDs in this population. However they have been shown to be safe and possibly effective for individuals eight years of age or older, and the FDA has approved a number of AED's for this age group. These devices have been shown to accurately detect "shockable" and "non-shockable" rhythms in children. Research has also shown that 19% of pediatric cardiac arrests present with ventricular fibrillation.

The JACSM believes:

### It is essential:

That individuals responsible for overseeing or managing an event be able to provide (themselves or others) basic life support and be able to contact and initiate the EMS system in the event of a sudden cardiac arrest.

That each school establishes an Emergency Action Plan (EAP) regarding decisions for the medical care of its athletes (refer to national guidelines) (National Federation State High School Associates) and that it have as one of its specific goals a response plan that targets a victim's collapse to defibrillation time as five minutes or less.

The JACSM also believes:

Because the incidence of sudden death in individuals under 18, it is unlikely that a given school district will ever use an AED for a student, and there is insufficient medical evidence to recommend AED availability and use. Therefore it is not unreasonable to consider AED's for school age individuals to be an unjustified expense and a luxury at this time. However, it is highly likely that at some time an adult attending an athletic or other school sponsored event will experience sudden death, and therefore:

### It may be desirable:

To provide AED's at event sites.

That the EAP should have as its specific goal a response plan (when this is practical) that includes a communication system and a mechanism for transporting an AED and a trained operator to the site of an emergency.

That all personnel responsible at a school-sponsored athletic event or practice are trained in basic life support, First Aid and CPR. Note: By Ohio law, all interscholastic coaches, paid and volunteer, in the state of Ohio must have current C.P.R. certification and possess the Pupil Activity Supervisor Validation, indicative of four hours of sports first aid training.

## **NOTE:**

**The RIIL Sports Medicine Advisory Committee** strongly recommends that all R.I. High School Athletic Departments purchase at least one AED for their athletic programs. These units can be purchased for as little as \$1000 per AED. They cannot be purchased without a prescription from a physician. Medical supervision of your program is required. The physician is not required to be present when the AED is used, but must be aware of how you were trained (and follow-up training), and any uses of the AED.



In addition, we recommend that each school set up a temporary task force to provide the training for use of AEDs. This task force should have representation from administration, coaching, nursing and a physician to act as Medical Director. This physician could be your school physician, an ER physician, a cardiologist or any other physician interested in this area.

Our goal is to improve the safety of our athletes and spectators. Please consider the importance of this recommendation. We would be happy to assist you in any way we can during any phase of implementation at your school.



# National Federation of State High School Associations



## NFHS Steroids Awareness



As a means of addressing the growing problem of steroid abuse in our nation's high schools, the NFHS has developed a multimedia educational initiative called "Make the Right Choice." The initiative entails three items: a DVD containing two videos, two brochures and two posters.

The DVD contains two 10-minute videos. The first video is directed toward coaches and students, while the second one is directed toward parents. The videos include interviews with Indianapolis Colts head coach Tony Dungy and Kansas City Chiefs quarterback Trent Green. They also include Don Hooton's story of his son, Taylor, who tragically took his own life after suffering from depression following steroid abuse. Lori Lewis shares with parents how she courageously blew the whistle on her son and fellow teammates after finding anabolic steroids in her son's room. Finally, former high school, college and semi-professional football player Ric Dye shares his story of negative side effects he suffered from long-term steroid abuse.

The brochures include medical information about anabolic steroids, including quick facts and side effects, as well as measures that parents and coaches can use to deter steroid use.

The posters are directed toward specific genders. The boys version includes a photograph of a young man with a severe case of back acne that could result from steroid use. For the females, we took a slightly different approach by using a photograph of a girl with back acne, as well as a shot of a girl with facial hair. Superimposed over those two shots are written examples of possible negative side effects for girls.

## Sports Medicine & Safety

For more information on hot weather tips, heat and hydration please refer to the National Federation website ([www.nfhs.org](http://www.nfhs.org)). Click on *Sports Medicine*, and scroll down to *Heat & Hydration*.

## NFHS Policy Statement on Steroids

The National Federation of State High School Associations (NFHS), the national service organization to all 50 state high school athletic and activity associations as well as the District of Columbia, strongly opposes the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

**NOTE: On August 22, 2005, the Principals' Committee on Athletics unanimously voted to accept the NFHS Policy on Steroids.**

## Sports Medicine: NFHS Issues Warning on Supplements

### NFHS expresses concern about use of supplements

INDIANAPOLIS, IN (November 8, 2002) — In response to an increasing concern about the use of supplements by student-athletes at the high school level, the National Federation of State High School Associations (NFHS) has reiterated its stance against improper use of these products, which are unregulated by the Food and Drug Administration (FDA) and which contain potentially harmful ingredients such as creatine, ephedrine or excessive amounts of caffeine.

In 1998, the NFHS issued a position statement on the use of drugs, medications and supplements by participants in interscholastic sports. With current empirical data indicating continued widespread use of such products by persons of high school age, the NFHS, through its Sports Medicine Advisory Committee, reminds leaders in the nation's 18,000 high schools of the key points of that statement: "All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, coaches and school staff should not recommend or supply any supplement product to student-athletes."

The statement was issued at the request of the NFHS Sports Medicine Advisory Committee and was intended to serve as a strongly worded warning to student-athletes, parents and school officials. The warning reminded all interested parties that medications, supplements and consumables purporting to enhance

strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, manufacturer's dosage limits and the advice of one's own health-care provider.

"Because of the reported high level of supplement usage by teenagers, the NFHS is asking that its warning be given increased emphasis by all interested parties," said Jerry Diehl, NFHS assistant director and staff liaison to the Sports Medicine Advisory Committee.

The NFHS recently published the second edition of the NFHS Sports Medicine Handbook, a 96-page publication that contains information on supplements, as well as many other medical, equipment and administrative issues. The first edition in 2001 was distributed to high schools throughout the country through the NFHS' member state high school associations. The current edition is available at a cost of \$14.95, plus shipping and handling, and can be purchased by contacting NFHS customer service at 800-776-3462.

## Sports Medicine: Reducing Brain and Spinal Injuries in Football and Other Athletic Activities

**FREDERICK O. MUELLER, Ph.D.**  
**ROBERT C. CANTU, M.D.**

Brain and spinal injuries in football have been dramatically reduced since the rules were changed in 1976 to prohibit butt blocking and face tackling, and any other technique in which the helmet and facemask purposely received the brunt of the initial impact. There are still a small number of football players (and fewer in other sports) that become paralyzed, but the lesson to keep the head and face out of blocking and tackling remains.

Generally, about 3 – 5% of the injuries experienced by participants in athletics are concussions, e.g., temporary dizziness, confusion, nausea, headaches, and perhaps unconsciousness. Concussions are given grades from Grade 1 (a hit that dazes for a few minutes to Grade 3 (unconscious). No concussion should be dismissed as minor until proven so by medical personnel. The task is to be sure that the athlete no longer has any post concussion symptoms at rest and exertion before returning to competition. What is now called "the second impact syndrome" with its high rate of morbidity if not mortality, is the result of returning to play too soon.

Several suggestions for reducing brain and spinal injuries follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous brain or spinal injuries. If the physician has any questions about the athlete's readiness to participate, the athlete should not be allowed to play.

2. A physician should be present at all games and practices. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a brain or spinal injury in game or practice. Have a plan ready and have your staff prepared to implement

that plan. Prevention of further injury is the main objective.

3. Athletes must be given proper conditioning exercises which will strengthen their neck muscles in order for them to be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.

4. Coaches should drill the athletes in the proper execution of the fundamentals of the football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**

5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.

6. All coaches, physicians and trainers should take special care to see that the players' equipment is properly fitted, particularly the helmet.

7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.

8. When a player has experienced or shown signs of brain trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should encourage players to let them know if they have any of the above mentioned symptoms (that can't be seen by others, such as headaches) and why it is important.

9. Both athletes and their parents should be warned of the risks of injuries.

10. Coaches should not be hired if they do not have the training and experience needed to teach the skills of the sport and to properly train and develop the athletes for competition.

### Following is a list of Post Concussion

#### Signs/Symptoms:

Depression  
Numbness/tingling  
Dizziness  
Poor Balance  
Drowsiness  
Poor Concentration  
Excess Sleep  
Ringing in the ears  
Fatigue  
Sadness  
Feel "in fog"  
Sensitive to Light  
Headache  
Sensitivity to Noise  
Irritability  
Trouble falling asleep  
Memory Problems  
Vomiting  
Nausea  
Nervousness

## Football Fatalities Lowest in 10 Years

INDIANAPOLIS, IN (March 8, 2004) — The 2003 Annual Survey of Football Injury Research indicated two direct fatalities in the 2003 high school football season, the lowest number in 10 years and tied for the third-lowest mark in the 74-year history of the survey.

The purpose of the annual survey is to assist in reducing risks in the game of football. Jerry Diehl, assistant director of the National Federation of State High School Associations (NFHS) and staff liaison to the NFHS Football Rules Committee, said with this annual report, rules committees are able to see injury trends, and then use those trends as tools to promote changes in helping promote risk minimization. Since 1980, the Annual Survey of Football Injury Research, as it is known today, has been compiled by Frederick O. Mueller, Ph.D., University of North Carolina at Chapel Hill, and chairman of the American Football Coaches Committee on Football Injuries.

In the report, football fatalities are classified as either direct or indirect. Direct fatalities are those which result directly from participation in the fundamental skills of football. Indirect fatalities are those which were caused by systemic failure as a result of exertion while participating in football activity, or by a complication which was secondary to a non-fatal injury.

During the 2003 football season, there were four indirect fatalities at the high school level, which is the lowest number of indirect deaths since there were two in 1994. Indirect fatalities are often heart-related or caused by heat stroke. All four of the indirect fatalities in 2003 were heart-related. For the second consecutive year, none of the indirect deaths were due to heat stroke.

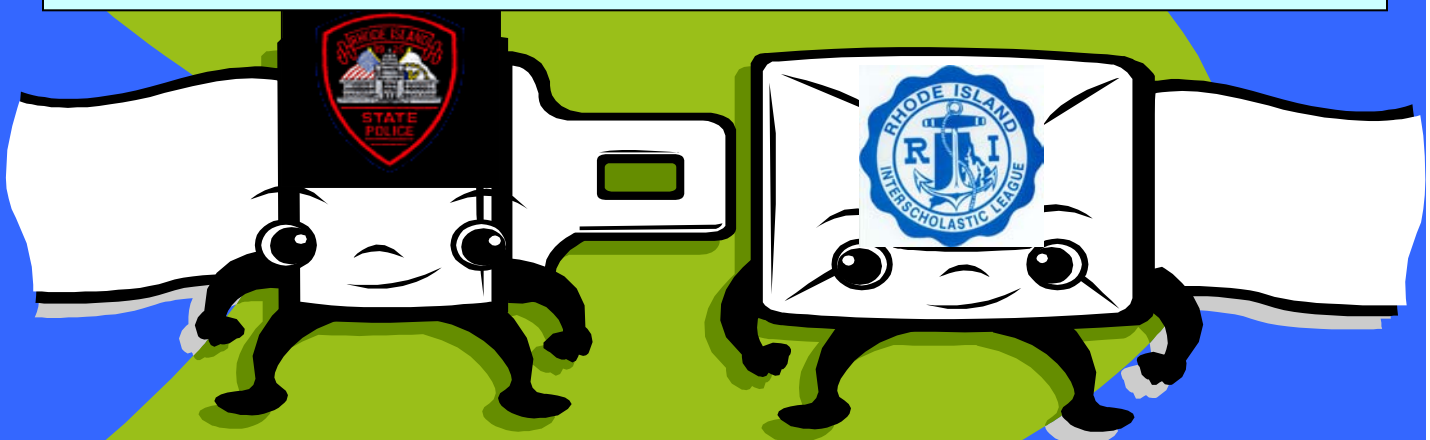
Of the two direct fatalities, one resulted from an injury to the brain and the other involved an injury to an artery in the player's neck. According to Diehl, brain injuries often result from what is called, "Second-Impact Syndrome," in which a player can have an initial concussion, yet not show any symptoms. If that same player were to receive a second concussion, the body would react differently. It is this concussion that appears to precipitate brain damage, although the real cause may have been from the original concussion.

Since a 1976 rules change that made initial contact with the head while blocking or tackling illegal, direct fatalities in high school football have declined dramatically. After a high of 26 direct deaths in 1968, the average number of direct fatalities per year during the past 10 years has been four. Diehl said this reduction is due, in part, to the annual data collection and recommendations made in the report to help reduce the incidence of serious injury.

In addition to effective monitoring of athlete injuries, the 2003 report makes several more suggestions for reducing head and neck injuries. Among the suggestions are conditioning exercises to strengthen the neck, practice drills which emulate proper execution of fundamental football skills – particularly blocking and tackling – and assurance that all equipment is properly fitted.



**THE RI STATE POLICE AND THE RIIL ENCOURAGE ALL  
STUDENT-ATHLETES TO:  
“BUCKLE UP FOR A SUCCESSFUL SEASON!”**



## SUMMARY OF MEETING

*The June meeting of the Principals' Committee on Athletics was called to order at 1:40 p.m.*

### **Executive Director's Report**

The Executive Director's Report from the May 16, 2005 meeting was approved.

### **Treasurer's Report**

The Treasurer's Report was approved.

### **Communications**

Mr. Mezzanotte referred to several letters, memoranda and publications placed in each member's folder or filed in the League office.

Information regarding new ASTM standards for wall padding for indoor facilities will be sent to all schools.

### **2004-2005 RIIL ANNUAL REPORT**

Mr. Mezzanotte submitted the 2004-2005 RIIL Annual Report which was approved by the RI Association of Secondary Principals.

### **INJURY FUND DONATIONS 2005-2006 – PROPOSAL**

Mr. Mezzanotte referred to a memorandum regarding injury fund donations for 2005-2006 proposal which was sent to all schools. A committee was formed to meet with injury fund representatives to discuss injury fund contributions. The Committee was made up of George Finn, Athletic Director of Barrington High School; Cindy Neal, Athletic Director of St. Mary Academy Bay View; Bob Palazzo, Athletic Director of Classical High School and Richard Magarian, Assistant Executive Director.

### **LIMITATION OF SEASONS: RECOMMENDATIONS**

Mr. Magarian referred to recommendations for reducing the game cap in all RIIL sports in 2006-2007 for the Committees consideration. This matter will be discussed further.

### **RIIL RULES & REGULATIONS: SEVERE WEATHER (LIGHTNING) SAFETY POLICY**

Mr. Magarian proposed a Severe Weather (Lightning) Safety Policy Procedure which, if approved, is to be used in all outdoor sports/activities sponsored by the RIIL.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the Severe Weather (Lightning) Safety Policy which will be included in the RIIL Rules and Regulations.*

### **FALL SPORTS OPENING DATE FOR FALL 2005 – AUGUST 20, 2005 (EXCEPT FOOTBALL)**

- **Boys' Soccer** – Mr. Craig, Co-Director of Boys' Soccer presented the Committee with revisions to Boys' Soccer (only) rules as submitted by the Boys' Soccer Committee to be included in Article 21- Soccer Rules and Regulations of the RIIL.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the following revisions in Boys' Soccer (only):*

- *A varsity team that accumulates five (5) or more RED CARDS during the regular season shall be:*
    - *Disqualified from RIIL tournament play*
    - *Placed on probation*
  - *A varsity team that accumulates A TOTAL COMBINATION OF 16 RED & YELLOW CARDS during the regular season shall be:*
    - *Disqualified from RIIL tournament play*
    - *Placed on probation*
  - *A varsity team placed on soccer probation that accumulates a total of 3 RED CARDS or 10 YELLOW CARDS shall:*
    - *Remain on probation*
    - *The Soccer Committee will determine the continuation/removal of varsity teams on probation each year*
  - *Soccer Game Officials will submit to the Director of Soccer a Soccer Game Report at the conclusion of each game. The Officials Game Report will be the "official" record listing the number of Red and Yellow Card violations recorded for each game. The Director of Soccer will update and maintain an official listing of all Red and Yellow Cards for each school.*
  - *Each school has the responsibility to maintain accurate Red/Yellow Card data. In addition, schools must submit a Soccer Game Report at the conclusion of the game. It is imperative for schools to accurately list all Red and Yellow Card violations on the SOCCER GAME REPORT.*
  - **Football** – Mr. Cooney, Co-Director of Football received a request to consider changes to several Thanksgiving Day Football Games. He suggested schools should wait after realignment to reassess their Thanksgiving Day Football Games.
  - **Field Hockey** – Mr. Mezzanotte received a letter from Ms. Lee Markowski, President, RI Field Hockey Coaches' Association requesting authorization to sponsor their annual Senior Game on August 27, 2005 at Barrington High School
- On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve the request for the RI Field Hockey Coaches' Association to sponsor their annual Senior Game on August 27, 2005.*
- **Boys' and Girls' Cross Country, Girls' Soccer, Girls' Tennis and Girls' Volleyball** – no report was given.

### **WINTER SPORTS**

- **Swimming** – Mr. Mezzanotte received a request from Mount Saint Charles Academy requesting to move to Division I in Boys' and Girls' Swim. The request was denied.
- **Ice Hockey** – Mr. Mezzanotte received a request from Rogers and Tiverton High School requesting to form a Cooperative team in Boys' Ice Hockey for 2005-2006.

*On a motion made and seconded, the Principals' Committee on Athletics voted 10-2 approving Rogers and Tiverton High School forming a Cooperative Team in Boys' Ice Hockey for 2005-2006. This is pending Rogers and Tiverton High School meeting all of the Cooperative Team Program criteria.*

Mr. Mezzanotte referred to a proposed rule change in Ice Hockey to Article 19, Section 4a. This matter was tabled to the August meeting.

- **Boys' Basketball** – Mr. Foley, Director of Boys' Basketball, submitted the Boys' Basketball Report. The Boys' Basketball Committee recommended changes to the Division I format for the 2005-2006 Championships. A survey will be sent in August to all Division I Boys' Basketball schools to determine the status of the Division I Championships.
- **Girls' Basketball** – Ms. Neal, Director of Girls' Basketball received a request from Johnston High School requesting to move down from Division I in Girls' Basketball. The request was denied.
- **Boys' and Girls' Indoor Track and Wrestling** – no report was given.

#### **SPRING SPORTS: CHAMPIONSHIPS**

- **Baseball** – Mr. Mezzanotte received a request from Juanita Sanchez High School requesting to join the RIIL Division III baseball program for 2006.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to approve Juanita Sanchez High Schools request to join the RIIL Division III baseball program for 2006.*

- **Boys' Tennis** – Ms. Caluori, Director of Boys' Tennis received a request from Classical High School requesting to move down to Division III or VI in Boys' Tennis. The request was denied.

*On a motion made and seconded, the Principals' Committee on Athletics unanimously approved the following 2005 Spring Championships: Baseball, Freshman Baseball, Softball (Fastpitch & Slowpitch), Outdoor Track (Boys and Girls), Boys' Volleyball, Lacrosse (Boys and Girls), Golf, Boys' Tennis and Renaissance Games.*

#### **BASEBALL**

##### ***Division Champions***

##### **DIVISION I**

*North – Cumberland High School*

*South – North Kingstown High School*

*East – Cranston High School West*

*Central - Bishop Hendricken High School*

##### **DIVISION II**

*North – West Warwick High School & Smithfield High School*

*South – Barrington High School & Portsmouth High School*

##### **DIVISION III**

*Moses Brown School*

**STATE CHAMPIONS** – *Bishop Hendricken High School*

*North Kingstown High School – Runners up*

**DIVISION II** – *Tolman High School*

*Portsmouth High School – Runners up*

**DIVISION III** – *Moses Brown School*

*Shea High School – Runners up*

#### **FRESHMAN BASEBALL**

##### **DIVISION CHAMPIONS**

*East – Portsmouth High School*

*West – Cranston High School West*

**STATE CHAMPION** – *Portsmouth High School*

*Bishop Hendricken High School – Runners-up*

#### **FASTPITCH SOFTBALL**

##### ***Division Champions***

##### **DIVISION I**

*North – Saint Raphael Academy*

*South – East Providence High School*

#### **DIVISION II**

*North – Toll Gate High School & Smithfield High School*

*South – Portsmouth High School*

**DIVISION III** – *The Prout School*

**STATE CHAMPIONS** – *Saint Raphael Academy*

*Mount Saint Charles Academy – Runners-up*

**DIVISION II** – *Toll Gate High School*

*North Smithfield High School – Runners-up*

**DIVISION III** – *Our Lady of Fatima*

*The Prout School – Runners-up*

#### **SLOWPITCH SOFTBALL**

***Division Champions*** – *Tolman High School*

**State Champions** – *TOLMAN HIGH SCHOOL*

#### **BOYS' OUTDOOR TRACK**

*Class Meet Champions*

*Class A – Bishop Hendricken High School*

*Class B – LaSalle Academy*

*Class C – Classical High School*

*Class D – Rogers High School*

**STATE CHAMPIONS** - *Bishop Hendricken High School*

*East Providence High School – Runners up*

#### **GIRLS' OUTDOOR TRACK**

*Class Meet Champions*

*Class A – South Kingstown High School*

*Class B – LaSalle Academy*

*Class C – Smithfield High School*

**STATE CHAMPIONS** – *Westerly High School*

*LaSalle Academy – Runners up*

#### **BOYS' VOLLEYBALL**

***Division Champions***

##### **DIVISION I**

*North - Bishop Hendricken High School*

*South – Coventry High School*

##### **DIVISION II**

*North – Lincoln High School*

*South – Pilgrim High School & Exeter West Greenwich High School*

**STATE CHAMPIONS** - *Bishop Hendricken High School*

*Coventry High School – Runners up*

**DIVISION II** – *Scituate High School*

*Exeter West Greenwich High School – Runners up*

#### **BOYS' LACROSSE**

***Division Champions***

##### **DIVISION I**

*North Kingstown High School*

##### **DIVISION II**

*Mt. Hope High School & Narragansett High School*

**STATE CHAMPIONS** - *Bishop Hendricken High School*

*North Kingstown High School – Runners up*

**DIVISION II** – *Mt. Hope High School*

*Narragansett High School – Runners up*

#### **GIRLS' LACROSSE**

***Division Champions***

##### **DIVISION I**

*Barrington High School*

##### **DIVISION II**

*Mt. Hope High School*

**STATE CHAMPIONS** - *Barrington High School*

*Portsmouth High School – Runners up*

**DIVISION II** – *Narragansett High School*

*Mt. Hope High School – Runners up*

## GOLE

### **Division Champions**

Central – Bishop Hendricken High School

East – Barrington High School

North – Cumberland High School & Mount Saint Charles Academy

South – North Kingstown High School & South Kingstown High School

West – LaSalle Academy

**STATE CHAMPIONS** – Barrington High School (4<sup>th</sup> consecutive year)

*Bishop Hendricken High School-Runners up*

### **Boys' Individual Champions**

Brad Valois, Toll Gate High School

Garrett Medeiros, St. Raphael and David Sampson, Hendricken –  
*Runners up*

### **Girls' Individual Champions**

Katherine Murphy, Portsmouth High School

Alexandra King, Cranston East and Robyn English, Bay View –  
*Runners up*

## BOYS' TENNIS

### DIVISION I

North – LaSalle Academy

South – Bishop Hendricken High School

### DIVISION II

North – Lincoln High School

South – North Kingstown High School

### DIVISION III

North – North Smithfield High School

South – Pilgrim High School

### DIVISION IV

Narragansett High School & Shea High School

**STATE CHAMPIONS** – South Kingstown High School (6<sup>th</sup> consecutive year)

*Bishop Hendricken High School – Runners up*

**DIVISION II** – North Kingstown High School

*Smithfield High School – Runners up*

**DIVISION III** – Burrillville High School

*North Smithfield High School – Runners up*

**DIVISION IV** – Shea High School

*Providence Country Day – Runners up*

### **Individual Champions**

**Singles** – Kevin Shaughnessey, South Kingstown High School

**Doubles** – J. Edward Cullen & Lindsay Smith, South Kingstown High School

## RENAISSANCE GAMES

**CHAMPIONS** - LaSalle Academy

*Lincoln High School - Runners-up*

### **APPROVAL OF KEITH KENYON AS CO-DIRECTOR OF BOYS' AND GIRLS' OUTDOOR TRACK**

*On a motion made and seconded, the Principals' Committee on Athletics unanimously voted to appoint Keith Kenyon, Athletic Director of North Kingstown High School, as Co-Director of Boys' and Girls' Outdoor Track for the Rhode Island Interscholastic League.*

**BEFORE THE MEETING WAS ADJOURNED, A MOTION WAS MADE AND SECONDED TO GO INTO EXECUTIVE SESSION. THE COMMITTEE VOTED TO GO INTO EXECUTIVE SESSION.**

Mr. Mezzanotte will address Sport Entry Fees for 2005-2006, especially for non-revenue sports, and game caps for sports in 2005-2006 at the August meeting.

Mr. Mezzanotte submitted the Boys' and Girls' Ice Hockey Financial Report for 2005.

Mr. Mezzanotte requested three volunteers and an alternate for the Strategic Planning Committee in October 2005. The Committee will be made up of 12 members. Chairman Gray, Mr. Silva and Ms. Marquis volunteered and Mr. Craig is an alternate.

### **Ball Bid Adoption – Update**

Mr. Mezzanotte confirmed the following companies as “Official” Balls of the Rhode Island Interscholastic League: **Baden** – Volleyball (Boys & Girls); **Nike** – Baseball, Basketball (Boys & Girls), Football, Soccer (Boys & Girls), Golf and Ice Hockey pucks (Boys & Girls); **Penn Monto** – Field Hockey, **Shamrock** – Lacrosse (Boys & Girls) and **Spalding** – Softball (Fastpitch & Slowpitch - Dudley Ball).

**The Committee then adopted the following closing motion: THAT ANY AND ALL MOTIONS, AMENDMENTS AND ACTIONS BY THE PRINCIPALS' COMMITTEE ON ATHLETICS AND THE EXECUTIVE OFFICERS OF THE PRINCIPALS' COMMITTEE ON ATHLETICS TO THIS DATE BE REAFFIRMED AND RATIFIED.**

**The June meeting of the Principals' Committee on Athletics was adjourned at 4:00 P.M.**



## **Mission Statement**

The Mission of the Rhode Island Interscholastic League  
Is to provide educational opportunities  
For students through interscholastic athletics  
And to provide governance and leadership  
For its member schools  
In the implementation of athletic programs.

## **National Affiliation**

The Rhode Island Interscholastic League is a member of the National Federation of State High School Associations, which consists of the state high school associations of all 50 states and the District of Columbia, Guam, the Philippines, Puerto Rico, the Virgin Islands and all provinces of Canada are affiliate members.

The objectives of the National Federation of State High School Associations are to:

- serve, protect, and enhance the interstate activity interests of the high schools belonging to the state associations;
- assist in those activities of the state associations which can best be operated on a nationwide scale;
- sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations;
- coordinate the work so duplication will be minimized;
- formulate, copyright, and publish rules of play or event conduct pertaining to interscholastic activities;
- preserve interscholastic athletic records, and the tradition and heritage of interscholastic sports;
- provide programs, services, material and assistance to state associations, high schools and individual professionals involved in the conduct and administration of interscholastic activities;
- study in general all phases of interscholastic activities and serve as a national resource for information pertaining thereto;
- identify needs and problems related to interscholastic activities and where practical provide solutions thereto; and
- promote the educational values of interscholastic activities to the nation's public.



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