

Athletic News & Updates

Upcoming State Rules Clinics

Tuesday, July 21	Football Rules Clinic SCISA Office - 6:00 PM
Wednesday, July 22	Athletics Director's Meeting SCISA Office - 10:30 AM
Wednesday, July 22	Volleyball Rules Clinic SCISA Office - 6:00 PM
Saturday, August 1	Cheer Rules Clinic SCISA Office - 10:00 AM

State Rules Clinic - Mandatory Attendance

SCISA requires that every school shall be represented at a State Rules Clinic. Failure to attend will result in a \$100 Fine and the school cannot field a team in that sport. Attendance has been very good this summer. Over 70 football coaches were in attendance this past Friday while almost 50 basketball coaches and 35 volleyball coaches attended the summer clinic.

Failure to attend an AD's Meeting is a \$500 Fine.

SCISA Football Practice Schedule

The Athletic Committee has approved the following football practice schedule. This schedule is designed to assist in an overall athletic plan to address player safety especially in regards to heat and humidity.

The first week will be a five (5) day acclimatization period.

- First two days - helmets only.
- 3rd & 4th days - helmet & shoulder pads only.
- 5th Day - Full Pads/Full contact
- 3 days of full pads/full contact required before conducting a scrimmage.

2-1-2 Practice Plan

- A school may not conduct multiple on-field practice sessions on consecutive days.
- A coach/team cannot have more than five (5) hours of total contact time on multi-practice days. This includes: on-field practice & weight room/conditioning.
- A coach/team cannot have more than three (3) hours of total contact time on single-practice days. This includes: on-field practice & weight room/conditioning.
- *During the school year, a coach is limited to three (3) hours of total contact time which includes: film sessions, weight training, and on-field practice.*

SCISA Athletic Committee Meeting

The first meeting of SCISA Athletic Committee for the 2009-10 school year will be Tuesday, August 18th. Information for this meeting must be received by August 11th.

Catastrophic Insurance

A reminder for schools to be on the lookout for 2009-10 Catastrophic Insurance notices. This is mandatory coverage for all schools.

Guidelines for Game Officials and Game Management to use regarding Lightning

The purpose of these guidelines is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning. If at all possible, staff should monitor local weather conditions before and during events.

1. If the facility/school has an on-site lightning detection system, those warnings must be heeded.
2. In absence of an on-site detection/warning system, use the following/criteria for suspension of play and resumption of play:
 - A. *When thunder is heard or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.*
 - B. *The 30-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.*
 - C. *Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.*
3. Schools should develop an evacuation plan, including identification of appropriate nearby shelters.

Fall Athletic Schedules

Fall athletic schedules should be mailed to: SCISA, District Directors, opponents, and the media as soon as possible.

Required Forms

Reminder that a school must have a completed: physical, Agreement for Participation, and Warning of Inherent Risk on an athlete before he/she is allowed to practice.