

## VIRGINIA HIGH SCHOOL LEAGUE, INC. 2009-10 ACTIVITIES CALENDAR

This calendar lists major events only. Consult the League Wall Calendar for details and dates of other activities. The date listed below for each event is the deadline date in each group.

	<u>GROUP AAA</u>	<u>GROUP AA</u>	<u>GROUP A</u>
<b>GOLF</b>			
District	Sept. 30	Sept. 30	Sept. 30
Regional	Oct. 7	Oct. 7	Oct. 7
State	Oct. 12-13	Oct. 12-13	Oct. 19-20
<b>GOLF (Girls Individual Championship)</b>			
State	Oct. 26-27	Oct. 26-27	Oct. 26-27
<b>GROUP BOARD MEETINGS</b>	Oct. 6	Oct. 6	Oct. 6
<b>MEMBERSHIP MEETING</b>	Oct. 6	Oct. 6	Oct. 6
<b>CHEER</b>			
District	Oct. 31	Oct. 31	Oct. 31
Regional	Nov. 7	Nov. 7	Nov. 7
State	Nov. 14	Nov. 14	Nov. 14
<b>CROSS COUNTRY</b>			
District	Oct. 31	Oct. 31	Oct. 31
Regional	Nov. 7	Nov. 7	Nov. 7
State	Nov. 14	Nov. 14	Nov. 14
<b>FIELD HOCKEY (AAA and Unclassified)</b>			
District	Oct. 31	Oct. 31	Oct. 31
Regional	Nov. 7	Nov. 7	Nov. 7
State	Nov. 13-14	Nov. 12, 14	Nov. 12, 14
<b>THEATRE FESTIVAL (A and AA)</b>			
District	DNA	Nov. 14	Nov. 14
Regional	DNA	Nov. 21	Nov. 21
State	DNA	Dec. 8	Dec. 7
<b>VOLLEYBALL</b>			
District	Nov. 7	Nov. 7	Nov. 7
Regional	Nov. 14	Nov. 14	Nov. 14
State	Nov. 19-21	Nov. 19-21	Nov. 19-21
<b>FOOTBALL</b>			
District	Nov. 14	Nov. 14	Nov. 14
Regional	Nov. 28	Nov. 28	Nov. 28
State	Dec. 5, 12	Dec. 5, 12	Dec. 5, 12
<b>GYMNASTICS (AAA Girls and Open)</b>			
District	Feb. 6	Feb. 6	Feb. 6
Regional	Feb. 13	Feb. 13	Feb. 13
State	Feb. 19-20	Feb. 19-20	Feb. 19-20
<b>WRESTLING</b>			
District	Feb. 6	Feb. 6	Feb. 6
Regional	Feb. 13	Feb. 13	Feb. 13
State	Feb. 19-20	Feb. 19-20	Feb. 19-20
<b>INDOOR TRACK (AA and AAA - Boys &amp; Girls)</b>			
District	Feb. 13	Feb. 13	DNA
Regional	Feb. 20	Feb. 20	DNA
State	Feb. 26-27	Feb. 26-27	DNA
<b>BASKETBALL</b>			
District	Feb. 20	Feb. 20	Feb. 20
Regional	Feb. 27	Feb. 27	Feb. 27
State Quarterfinals	Mar. 5-6	Mar. 5-6	Mar. 5-6
State Semifinals	Mar. 9-12	Mar. 9-12	Mar. 9-12
State Finals	Mar. 12-13	Mar. 12-13	Mar. 12-13

<b>SWIMMING (AA and AAA - Boys &amp; Girls)</b>			
District	Feb. 6	Feb. 6	DNA
Regional	Feb. 13	Feb. 13	DNA
State	Feb. 19-20	Feb. 19-20	DNA
<b>SCHOLASTIC BOWL</b>			
District	Jan. 30	Jan. 30	Jan. 30
Regional	Feb. 13	Feb. 13	Feb. 13
State	Feb. 27	Feb. 27	Feb. 27
<b>THEATRE FESTIVAL (AAA)</b>			
District	Feb. 13	DNA	DNA
Regional	Feb. 27	DNA	DNA
State	Mar. 20	DNA	DNA
<b>FORENSICS</b>			
District	Feb. 20	Feb. 20	Feb. 20
Regional	Mar. 13	Mar. 13	Mar. 13
State	Apr. 10	Apr. 10	Apr. 10
<b>DEBATE</b>			
District	Mar. 20	Mar. 20	Mar. 20
Regional	Apr. 3	Apr. 3	Apr. 3
State	Apr. 23-24	Apr. 23-24	Apr. 23-24
<b>GROUP BOARD MEETINGS</b>	Mar. 11	Mar. 11	Mar. 11
<b>MEMBERSHIP MEETING</b>	Mar. 12	Mar. 12	Mar. 12
<b>CREATIVE WRITING: STATE</b>	Mar. 15	Mar. 15	Mar. 15
<b>LACROSSE</b>			
District	May 22	May 22	DNA
Regional	May 29	May 29	DNA
State (Quarterfinals)	June 5	June 5	DNA
State (Semis)	June 8-9	June 8-9	DNA
State (Finals)	June 12	June 12	DNA
<b>OUTDOOR TRACK</b>			
District	May 22	May 22	May 22
Regional	May 29	May 29	May 29
State	June 4-5	June 4-5	June 4-5
<b>SOCCER</b>			
District	May 29	May 29	May 29
Regional	June 5	June 5	June 5
State (Quarterfinals)	June 8	June 8	June 8
State (Semis & Finals)	June 11-12	June 11-12	June 11-12
<b>SOFTBALL</b>			
District	May 29	May 29	May 29
Regional	June 5	June 5	June 5
State (Quarterfinals)	June 8	June 8	June 8
State (Semis & Finals)	June 11-12	June 11-12	June 11-12
<b>BASEBALL</b>			
District	May 29	May 29	May 29
Regional	June 5	June 5	June 5
State (Quarterfinals)	June 8	June 8	June 8
State (Semis & Finals)	June 11-12	June 11-12	June 11-12
<b>TENNIS</b>			
District	May 19	May 22	May 22
Regional	May 26	June 5	June 5
State (Team Quarterfinals)	June 1	DNA	DNA
State (Team Semis & Finals)	June 4-5	June 10-11	June 10-11
State (Individual Quarterfinals, Semis & Finals)	June 10-12	June 12	June 12
<b>PUBLICATIONS: STATE</b>			
Registration and Receipt of Magazines, Newsmagazines and Newspapers	June 15		
Registration and Receipt of Yearbooks			
Spring Delivery		Registration and Book, June 15	
Fall Delivery		Registration, June 15; Book, Sept. 30	
<b>FALL PUBLICATIONS WORKSHOP</b>		All Classes, Oct. 31-Nov. 1 (tentative)	

## DIRECTIONS FOR CONTACTING THE VHSL OFFICE

The following guidelines have been prepared to assist member schools and the VHSL office to expedite matters by telephone. Each of our staff members handles certain general responsibilities, and you will save time by asking for that person when placing a call which involves any of the areas listed below.

### STAFF MEMBERS, POSITIONS, AREAS OF RESPONSIBILITY 434-977-8475 (main) • 434-977-5943 (fax) • [www.vhsl.org](http://www.vhsl.org)

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Rules Interpreter (Sports Above and Tennis)  
Regional and State Awards, IT Systems  
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Rules Interpreter (Cross Country, Golf and Sports Above except Football)  
Coaches Education, Football Rating System  
Sports Medicine  
Wrestling Weight Control Program, VHSCA  
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Telephone Receptionist  
Mail Processing, Clerical Assistant  
Sportsmanship/Incident Reports

## DIRECTIONS FOR VISITING THE VHSL OFFICE

**From the north:** Take 29 south into Charlottesville to the 250-East Bypass toward Richmond. It is about four miles, over a river, past the Pantops shopping center and over Pantops mountain to State Farm Blvd. There is an BP gas station at the top of the mountain, pass the station and take the second right at a large white Union Bank. VHSL is the fourth building on the right.

**From the east:** Take the first Charlottesville exit off I-64 (Exit 124), the Shadwell exit, and turn right on 250 about three-quarters of a mile to State Farm Blvd. (a large white Union Bank on the corner). Turn left and VHSL is the fourth building on the right.

**From the west or south:** Take I-64 east to last Charlottesville exit off I-64 (Exit 124), the Shadwell exit, and turn left on 250 about three-quarters of a mile to State Farm Blvd. (a large white Union Bank on the corner). Turn left and VHSL is the fourth building on the right.



# Preface

The Virginia High School League, Inc. is an organization of the public high schools in the Commonwealth of Virginia which join with the express written approval of their local school boards. Its organizational home is located in Charlottesville, Virginia. The League seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities in all fields.

This *Handbook* is the current League story. It is intended primarily for the use of member high school principals, coaches and sponsors in the administration of the school activities programs, but it should also prove valuable as a reference for all those concerned directly or indirectly with interscholastic activities relationships in Virginia.

The *Handbook* contains official information concerning League officers and administration, organization and membership, rules and regulations, and activities programs. It is distributed to all public and private secondary schools in the state, to all division superintendents and to many allied organizations and interested individuals and posted on the League's website ([www.vhsl.org](http://www.vhsl.org)). Supplements to the *Handbook* are published regularly throughout the school year.

The League originated as a student activity of the Washington and Jefferson Societies at the University of Virginia. In 1913 debating was sponsored in some 20 nearby schools. The following year oral reading was added to the literary program. Thereafter, baseball, basketball and track competitions were undertaken, and a code of uniform rules was developed.

Membership in the League increased so rapidly that the Extension Division of the University of Virginia, and later the Division of Continuing Education, had to be assigned greater responsibility for the conduct of League affairs.

By 1926, the League realized that, in the interest of democracy, the legislative responsibilities of the League should be vested in representatives of member high schools. All activities were coordinated under one organization. Control of the composite program was charged to a body of principals known as the Legislative Council, assisted by a smaller Executive Committee. Governance was restructured in 1995 to make the Executive Committee the chief legislative body with its action subject to review by the membership.

In March 1946, the League was reorganized as the first step in a significant postwar program. Its name was changed from "The Virginia High School Literary and Athletic League" to "Virginia High School League" to suggest a wider field of League interests. Member schools were classified in three groups rather than four, and an all-inclusive district organization within groups was established. The reorganization attracted the membership of 350 of the 393 high schools in the state in 1946-47. All but two of the state accredited three- and four-year public high schools are presently members of the League. In 1960, the League classifications were restructured with the district organization within each group extended to regional programs in each of four areas of the state.

During the 1951-52 school year, and continuing since, the League initiated a revised training program for football and basketball game officials which required registration and examination of all such officials, and has subsequently added similar programs for girls basketball, baseball, cheer, field hockey, soccer, softball, swim, track, volleyball, gymnastics and wrestling officials.

The growth of athletic programs for girls prompted the League, in 1968, to begin coordinating those activities. This control was further enhanced in 1972 by the League's adoption of a Girls' Sports Committee, the function of which was to assist in the leadership of the girls athletic programs.

Further enlargement of the League occurred in 1973, when the League realized its need for both an increase in its public relations program and more effective control of its program in publications. Each of these concerns was solidified into a League information program designed to increase the League's services to its member schools.

A desire for greater legislative autonomy and an increased awareness for fiscal independence convinced the League to seek further refinement of its program and on July 1, 1981, VHSL was incorporated, thus becoming the Virginia High School League, Inc.

In the Spring of 1989, the League staff moved into new headquarters. After vacating spaces it had long occupied in the University of Virginia's Zehmer Hall, the staff now operates out of an impressive 8,000-square-foot building on a scenic 1.97-acre lot on Pantops Mountain overlooking Charlottesville. These offices are a symbol of the VHSL's proud past and promising future.

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# Synopsis of Changes

In 2009 the Handbook/Policy Manual and Directory will be produced in a printed and bound copy as well as being available on the VHSL Web site. Any policy manual reference is noted following Handbook sections.

For the benefit and convenience of those who were familiar with the 2008-09 Handbook, a digest of major changes enacted by the Executive Committee, effective with the 2009-10 school year, follows. Changes are presented in the order in which they appear in the book. As a further aid to readers, changes adopted by the Executive Committee are indicated by shaded text in the body of the Handbook.

The first figure in each reference number indicates the section of the Handbook and the second indicates a rule or major statement. The third number denotes a division or point within the rule or major statement, and numbers in parentheses represent additional detail or the third number's division or point. For example, 10-4-1 (2) means Section 10, rule 4, point 1, detail 2.

The reader should note that the Virginia High School League was incorporated on July 1, 1981, and that all references appearing in this Handbook to the League and to VHSL refer to the Virginia High School League, Inc.

**12-1-1 Executive Committee Membership** – Members of the committee must be a member of the group they represent on the Executive Committee.

**12-1-2 through 12-3-8** – Clarified Principal membership on the Executive Committee; officers and their duties and terms of office; succession for the position of League Chairperson.

**27-2-5 Coaches Education Requirement** – A VHSL approved coaches education program is now required for all first time coaches and coaches exempt through 27-2-2 (4).

**27-2-6 State and Local Knowledge Requirement** – All coaches are required to complete the VHSL component of coaches education related to Handbook and local regulations.

**27-2-7 Penalty** – Specifies a fine of \$50 for coaches that do not complete the coach's education requirement within the specified deadline.

**27-8-3 Out of Season Practice Rule Penalty** – Permits the Executive Director to impose penalties for violations.

**27-13-6 Sportsmanship Rule** – Ejections from scrimmages, jamborees and Benefit Games are the same as those for regular and post season contests.

**27-13-12 (7) Sportsmanship** – Discretionary forfeits are now included as sportsmanship violations during academic activities.

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**28-6-2 (4) Transfer Rule** – Students who transfer to member schools from non-members schools after less than one year at the non-member school are eligible provided they have never been enrolled at a member school or are returning to the member school where they had been previously enrolled.

**28-14-1 Due Process Rule** – Changed the time line limit for review from three to five days.

**30-5-1 Specific Penalties** – Included Scholastic Bowl on the list for required rules clinics.

**30-5-1 (13) Specific Penalties** – Specifies the penalty of Warning for incidents when bench personnel enter the field/court during a verbal/physical confrontation.

**30-5-1 (17) Fines** – \$50 fine for coaches that do not complete the coach's education requirement.

**54-5-1 Adoption and Termination of State Tournaments** – Will permit review of current state tournaments for activities that no longer meet the specified criteria for a state tournament opportunity.

**54-5-3 State Tournament Postponement Policies** – Modified the language so that weather was not the only reason for postponing or rescheduling state tournaments.

**56-8-1 Baseball State Championships** – Beginning in 2010-11, Group A schools will begin divisional play in baseball.

**58-7-2 Basketball Pairings** – State Championship pairings will be posted on the VHSL website and modified so that representatives from the same region will not meet prior to the Championship game.

**66-3-1 Field Hockey** – Interrupted Tournament Games- Further clarified procedures for resumption of interrupted games.

**70-6-1 Determining State Championships** – Golf- Modified when coaches may give advice to their players.

**70-8-1 Breaking Team Ties** – Golf- USGA Matching of Cards will be utilized if a play-off cannot be completed.

**70-8-2 Breaking Individual Ties** – Golf- Same procedure as in 70-8-1

**77-3-2 Interrupted Games – Girls Lacrosse** – Outlined procedures to be followed for suspended contests.

**77-3-3 Interrupted Games – Boys Lacrosse** – Outlined procedures to be followed for suspended contests.

**77-5-1 Lacrosse** – Determines what constitutes an official game.

**79-8-1 Determining State Championships- Softball** – Beginning in 2010-11 Group A schools will begin divisional play in softball.

**78-5-2 Interrupted games- Soccer** – Outlines procedures to be followed for suspended contests.

**80-3-1 Swim and Dive/State Championships** – Reduced from four to three the number of relay teams and from eight to six the number of individuals qualifying from the region to the state meet.

**86-3-1 Determining State Championship- Volleyball** – Beginning in 2010-11 Group A school will begin divisional play in Volleyball.

**88-5-2 Wrestling Pairings** – Specifies how pairings for the state tournament will be conducted.

**101-2-2 Theatre** – Specified procedures if four judges cannot be secured.

**111-8-3, 111-8-4** – Outlines procedures when published works are challenged and forfeiture guidelines.

**112-5-3-Extemporaneous Speaking** – Prohibits any consulting during preparation.

**113-3-2 Original Oratory** – Prohibits any time signals during delivery.

**115-2-1 Storytelling** – Prohibits any time signals during delivery.

**116-3-1, 116-4-1, 116-5-1, 116-6-1, 116-7-1 Oral Interpretation** – Prohibits time signals during various Oral Interpretation competitions.

**117-7-2, 117-9-1, 117-9-4, 117-10-3 and 117-10-4 Debate** – Outlines prescribed procedures and penalties during Debate competitions.