

AIA Football Sports Advisory Committee  
April 17, 2012  
9:00 a.m. – 11:00 a.m.  
AIA Office Board Room

Call to order: 9:00 a.m.

Roll Call

Members in attendance:

Jason Lobik/3A Adm.

Jim Fairfield/3A Coach

Nemer Hassey/4A Coach

Mike Sivertson/5A Adm.

Dana Zupke/5A Coach (Committee Chair)

Members absent:

Lee Haws/1A Adm.

Tim Slade/1A Coach

Rhett Stallworth/2A Adm.

Don Conrad/2A Coach

Nathan Slater/4A Adm.

Others Present:

Corey Newland, District Athletic Director-Paradise Valley

Jeremy Saad, Athletic Director/Football Coach-Paradise Honors

Steve Belles, Football Coach-Hamilton

Review of AIA Football Sport Advisory Committee minutes April 17, 2012

New Business

a. Report on Football related AIA legislative action from AIA Legislative Assembly

- **Legislative Agenda Item: FOOTBALL – SEASON OF SPORT**

**AIA EXECUTIVE BOARD – PROPOSED AMENDMENT**

Amend AIA Bylaws: Article 23 Football, Section 23.2 Season of Sport, Paragraph 23.2.3

**(Delete/Add Text)**

**23.2 SEASON OF SPORT**

23.2.3 Fall Season

Permissive Football Practice no sooner than the ~~6th week~~ **5th week**

Mandatory Practice no sooner than Monday of the ~~7th-9th weeks~~ **6th week**

Competition no sooner than Wednesday of the ~~9th week~~ **8th week**

Championship to be concluded by the 23rd week

MOTION WAS MADE BY MICHELLE HELM AND SECONDED BY JORGE MENDIVIL TO ADOPT THE PROPOSAL AS PRESENTED.

**MOTION PASSED**

- **(Votes Cast: Yes-36; No-1; Abstain-0)**

b.

FOOTBALL SPORTS ADVISORY COMMITTEE -

PROPOSED AMENDMENT TO FOOTBALL BYLAW – EMERGENCY LEGISLATION

Dana Zupke, representing the Football Sports Advisory Committee, addressed the Board with the proposed bylaw amendment listed below. Discussed at length was the permissive practice bylaw and the definition of non-contact conditioning. Safety concerns were addressed by the Board. Dr. Steven Erickson, representing the AIA Sports Medicine Advisory Committee joined Mr. Zupke for

further conversation with the Board.

Rationale for Proposed Amendment:

To align with spring practice bylaw 23.10.1, which already allows for the use of shields and dummies during spring practice when no protective equipment is worn. It is the belief that the ability to use shields and dummies increases the safety to the student athlete by teaching contact techniques in a controlled, safe progression prior to full contact practice.

### 23.3 PRE-COMPETITION PRACTICE

23.3.1 Permissive - Permissive practice on Monday, Tuesday and Wednesday shall be conducted without pads and limited to non-contact conditioning. Permissive practice on Thursday, Friday and Saturday will allow the addition of shoulder pads, blocking dummies and blocking sleds.

23.3.1.1 Monday, Tuesday and Wednesday no coaching/instructional football equipment shall be used for on-the-field practice. However, coaches may use whistles, stopwatches, clipboards, megaphones and air horns, and players may wear helmets, shoes and mouthpieces. The use of footballs, kicking tee, ropes, tires and pylons are permitted.

The use of shields and dummies during this time is permissible.

23.3.1.2 Thursday, Friday and Saturday the coaching/instructional football equipment of shoulder pads, blocking dummies and blocking sleds are permitted.

### 23.10 SPRING FOOTBALL INSTRUCTION

23.10.1 A coach may instruct candidates for the high school's football squad for three consecutive weeks,

commencing on the 44th week of the AIA standardized calendar and concluding in the 46th week.

a. The use of shields and dummies during this time is permissible.

b. Heat Advisory Legislation and AIA Action

The following are excerpts from AIA Sport Medicine Advisory meetings:

#### **11/17/11**

**HEAT EXHAUSTION POLICY PROPOSAL – John Parsons and David Hayward**

John Parsons reviewed the proposal handout with the committee.

David Hayward discussed the fact that 90% of heat related deaths happen within the first five days. Heat acclimatization is most important.

Reporting system for acclimatization within the first 14 days.

Four components were reviewed:

- Heat Acclimatization – approved
- Environmental Assessment – disapproved (Will continue to work on the Environmental Assessment part)
- Hydration - approved
- Return to Play – approved

Arizona Interscholastic Association Sports Medicine Advisory Committee presented proposed Heat Acclimatization & Exertional Heat Illness Management Policy Recommendation to the committee members

#### **1/26/12**

SB 1035 (Heat Index) – (John Parsons)

The committee reviewed the proposed Heat Index bill.

If a heat index is used properly it can be expensive (equipment and training).

Heat Index scale is not designed for Arizona.

Acclimatization is key part.

The first 3-5 days of practice is when most deaths occur.

Last year a change was made to the football schedule based on the heat advisories.

Mark Mignella requested that a representative speak on behalf of the SMAC on SB1035.

3/29/12

HEAT POLICY UPDATE:

Reviewed policy and made revisions. Arizona Interscholastic Association Sports Medicine Advisory Committee presented proposed Heat Acclimatization Policy to the AIA Executive Board

Mark Mignella discussed the proposal. He explained that conference level committees were informed at each of their meetings regarding potential state legislation regarding heat restrictions and school sport activity. The topic inclusion within the scope of discussion and concern by the Sports Medicine Advisory Committee was also shared with the region representatives at all conference level meetings.

- c. Discuss AIA bylaw; article 23.10.1-Spring Football Instruction (equipment allowed)

The following AIA Bylaws related to this agenda item were distributed.

#### **23.9 OUT-OF-SEASON FOOTBALL ACTIVITIES**

23.9.1 Out-of-season football activities are permitted from the 47th week to the first day of permissive practice. During this time a coach may give football instructions to any member of his football squad.

23.9.2 Instructions are limited to non-contact activities and weight training. The only school equipment which may be used out-of-season is footballs, kicking tees and football shoes.

23.9.3 School Transportation During Summer - School provided transportation for summer activities is a local option.

23.9.4 With school district governing board approval, weight training or other activities may be conducted in school athletic facilities.

23.9.5 Attendance at summer activities shall be voluntary and no student athlete shall be prohibited from participating on athletic teams for failing to attend the summer activities.

23.9.6 Self-compliance, under the responsibility of the school principal, must be practiced.

#### **23.10 SPRING FOOTBALL INSTRUCTION**

23.10.1 A coach may instruct candidates for the high school's football squad for three consecutive weeks, commencing on the 44th week of the AIA standardized calendar and concluding in the 46th week. The use of shields and dummies during this time is permissible.

#### **4. Determination of AIA Football Sport Advisory meeting dates for 2012-2013**

AIA Football Sport Advisory meeting dates for 2012-2013 were tentatively set for the following dates:

- \* Wednesday, July 18, 2012
- \* Tuesday, December 11, 2012
- \* Wednesday, March 6, 2013

5. Consensus recommendation proposal(s) to go to the AIA Executive Board

PROPOSED AMENDMENT TO FOOTBALL BYLAW 23.3.1.2 – EMERGENCY LEGISLATION

Dana Zupke, will request to present the Board with a proposed bylaw amendment to align AIA bylaw; article 23.3.1.2 ( pre-competition permissive practice) equipment allowed with spring practice bylaw 23.10.1, which already allows for the use of shields and dummies during spring practice when no protective equipment is worn. The committee contends that It is the belief that the ability to use shields and dummies increases the safety to the student athlete by teaching contact techniques in a controlled, safe progression prior to full contact practice.

6. Future agenda items

Items were requested from committee members through e-mail sent on 6/27/12

7. Adjournment