



# ANNUAL REPORT



2018-19



## About NFHS

The NFHS is the national leader and advocate for high school athletics as well as fine arts and performing arts programs. Within our 51 member state associations (including Washington, D.C.), we serve 19,500 high schools and more than 12 million young people. The NFHS writes playing rules for high school sports and provides guidance on a multitude of national issues. We offer online education courses for high school coaches, officials, students, parents, and speech and music leaders through the NFHS Learning Center. We showcase high school sports and performing arts on the Internet through the NFHS Network. Ultimately, our goal is to ensure that all students have an opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based activities.









# 2018-19 THE 100TH YEAR

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The NFHS celebrated its Centennial throughout the 2018-19 school year, which was culminated with the 100th Summer Meeting June 28-July 2, 2019, at the JW Marriott in downtown Indianapolis, Indiana.

The main feature was the closing Centennial Celebration in the Sagamore Ballroom at the Indiana Convention Center. Six former executive directors of the NFHS were recognized, and the three-hour event celebrated the organization's years in Chicago, Elgin, Kansas City and Indianapolis.

Former executive directors who were recognized were the late **Charles W. Whitten** (1927-40), the late **H. V. Porter** (1940-58), the late **Cliff Fagan** (1958-77), **Brice Durbin**

(1977-93), **Bob Kanaby** (1993-2010) and **Bob Gardner** (2010-18). Current NFHS Executive Director **Karissa Niehoff** closed the evening's festivities.

In addition, **Jack Roberts**, longtime executive director of the Michigan High School Athletic Association and a member of the NFHS staff in the 1970s, spoke about the organization's years in Chicago and Elgin.

More than 1,000 attendees enjoyed the historical displays, logo shoppe, photo area, dancing, sports and activities zone, and food representing the NFHS' homes of Chicago, Kansas City and Indianapolis.



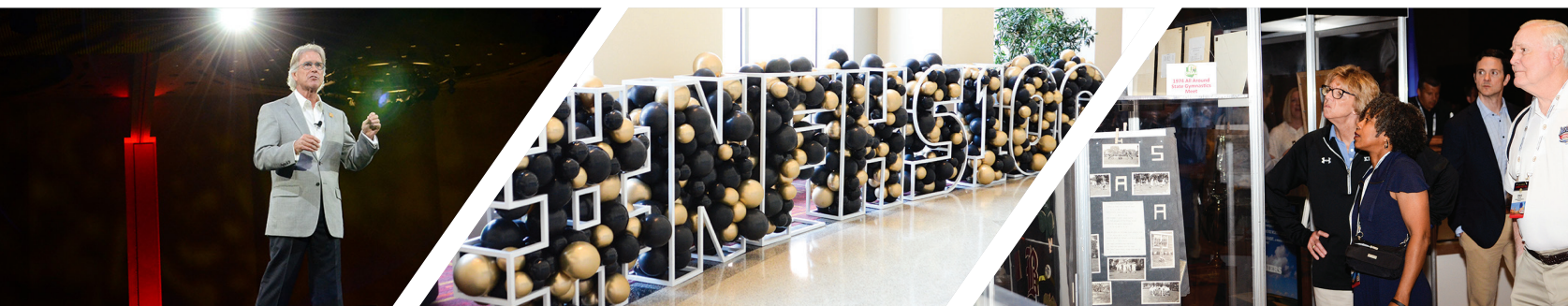
JUNE 2018



JULY 2018



JULY 2019





## NFHS PUBLISHES CENTENNIAL COMMEMORATIVE BOOK

As a part of the Centennial celebration, the NFHS published a hardbound book on its first 100 years – **“From Chicago to Indy – The First 100 Years.”** The book traces the early years of the NFHS in downtown Chicago to its current home in Indianapolis, which includes stops in Elgin, Illinois, and Kansas City, Missouri, along the way.

The 11 x 8½ hardbound, 208-page commemorative book contains information on the eight full-time and part-time NFHS executive directors, playing rules for high school sports, national meetings, services for activity programs, and NFHS programs and services.

The commemorative book was written by Bruce Howard, NFHS director of publications and communications, and designed by Kim Vogel, NFHS senior graphic designer.

**“From Chicago to Indy – The First 100 Years”** is available for \$29.95 (plus shipping and handling) through the NFHS Customer Service Department at [www.NFHS.com](http://www.NFHS.com).



## TOP 20 SUCCESS STORIES OF THE FIRST 100 YEARS

1. Charles Whitten Shapes Future of NFHS by Ending Amos Alonzo Stagg's National Basketball Tournament, 1927-34
2. H.V. Porter's Development of NFHS Playing Rules, 1929-58
3. NFHS Rules Writing, Publication Program, 1930-present
4. NFHS Learning Center, 2007-present
5. National Federation Film Program, 1946-2003
6. In-House Printing Operation in Kansas City, 1979-2000
7. National Athletic Directors Conference, 1971-present
8. National Interscholastic Athletic Administrators Association (NIAAA), 1977-present
9. National High School Hall of Fame, 1982-present
10. Professional Organizations for Coaches and Officials, 1981-present
11. High School Today, 2007-present
12. National High School Sports Record Book, 1978-present
13. NFHS Network, 2013-present
14. NFHS Authenticating Mark Program, 1999-present
15. Sports Medicine Program, 1996-present
16. Cliff Fagan Developing Relationship with NCAA in 1960s
17. Selection of National High School Debate Topic, 1979-present
18. TARGET Program, 1985-95
19. National Student Leadership Conference, 2001-present
20. NFHS Citizenship Through Sports Program, 1995-2003



# GREETINGS FROM THE NFHS

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2018-19 President  
**David Jackson,**  
Oklahoma



2019-20 President  
**Mark Beckman,**  
Montana



Executive Director  
**Dr. Karissa Niehoff**

The last year of the organization's first 100 years marked the first full year of our new leadership team. While the Centennial celebration received much of our focus in 2018-19, we were busy on many fronts and continued to expand the national presence of our organization.

The NFHS was involved with the return of basketball recruiting to an education-based setting as 41 our member state associations were involved with the 30 Scholastic Basketball Events held during the last two weekends in June 2019. Division I college coaches were able to evaluate high school student-athletes in an education-based setting with no involvement of third-party agents.

With a decline in football participation in both 2017 and 2018, we continued to address injury concerns in the sport. We distributed an op-ed after the Super Bowl and received positive support throughout the year for our belief that the injury risk is the lowest in the history of high school football.

The NFHS also continued to address behavior issues with parents and the resultant decline in officials. An op-ed distributed in January 2019 with the headline, "Dear Mom and Dad, Cool it," received much interest across the country. While the headline was bold and edgy, we felt it was necessary to drive home the seriousness of the problem.

The NFHS Learning Center continued to offer more online education courses and reach

more people – from coaches, athletic administrators, parents, students and officials, to music educators and adjudicators and speech/debate/theatre coaches and leaders. The NFHS Network, which completed its sixth year of covering high school events online at [www.NFHSNetwork.com](http://www.NFHSNetwork.com), covered more than 100,000 events in 2018-19 and began its involvement in esports through an arrangement with PlayVS.

We also expanded our national presence and outreach in the performing arts area. At the end of the 2018-19 year, the NFHS Speech, Debate and Theatre Association was expanded to include academics, and the NFHS is working with other national organizations on a regular basis.

During our National Student Leadership Summit in July 2019, we announced a partnership with Butler University of Indianapolis on a 10-year research study to assess the value of high school sports and other activity programs from the perspective of students' mothers. We believe the results of this study are imperative to the growth of interscholastic activity participation from the perspective of sport and activity culture education.

Immediately following the Summer Meeting in early July, we unveiled a new logo. While we enjoyed celebrating the first 100 years of the NFHS, we are excited about the future as we continue to establish the NFHS as the national leader and advocate for high school athletics and performing arts.



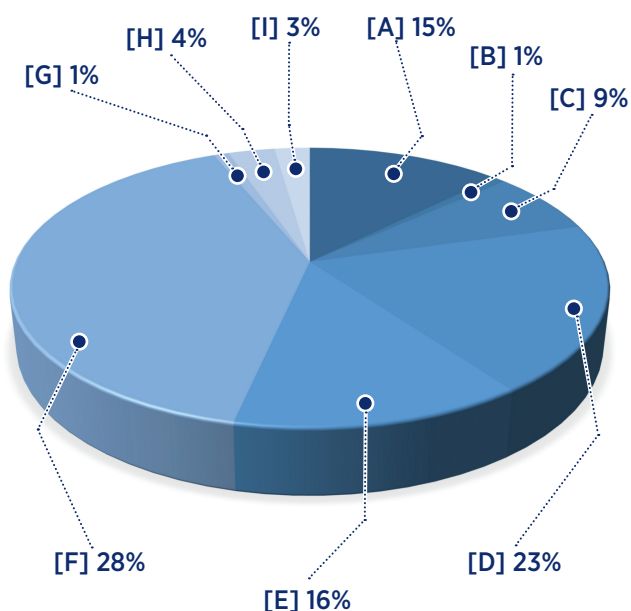
# FINANCIAL REPORT

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## 2018-19 REVENUE

A	Membership Dues – Professional Organizations	\$ 2,399,047
B	Membership Dues – State Associations	\$ 146,800
C	Meetings and Conferences	\$ 1,388,978
D	Educational Programs	\$ 3,717,924
E	Royalties and Sponsors	\$ 2,553,361
F	Sales	\$ 4,524,952
G	Advertising	\$ 184,322
H	Investment Return	\$ 572,650
I	Other Income	\$ 432,751

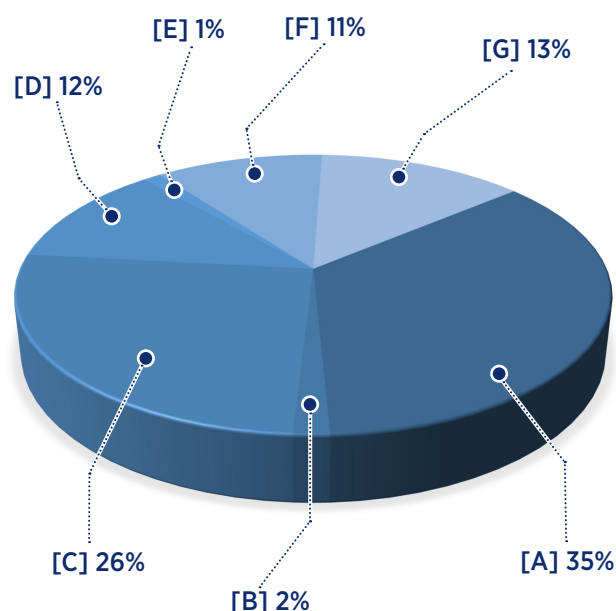
**Total Revenue \$ 15,920,785**



## 2018-19 EXPENSES

A	Salaries and Benefits	\$ 5,612,082
B	Membership Development	\$ 263,466
C	Education and Professional Development	\$ 4,098,481
D	Management and General	\$ 1,880,683
E	Grants and Distributions	\$ 185,325
F	Professional Organizations	\$ 1,719,916
G	Rules-making Products and Publications	\$ 2,116,428

**Total Expenses \$ 15,876,381**



# 2018-19 YEAR IN REVIEW

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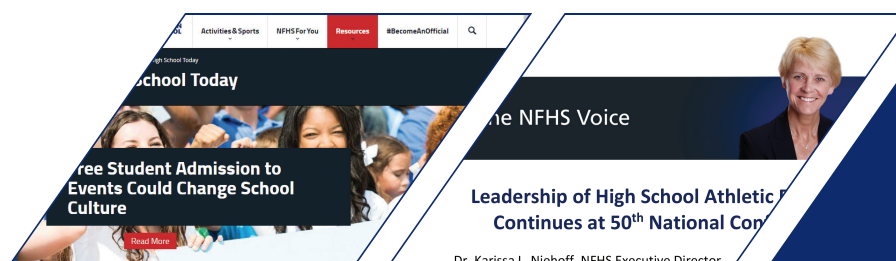
## NEW LEADERSHIP

Dr. Karissa Niehoff completed her first year as NFHS executive director during the 2018-19 school year. She is the sixth full-time director of the organization – and the first female to head the national leadership group for high school athletics and performing arts programs. Niehoff joined the NFHS after seven years as executive director of the Connecticut Association of Schools-Connecticut Interscholastic Athletic Conference.

At the direction of the NFHS Board of Directors and member state associations, Niehoff has begun to lead the organization into a stronger role as the national advocate for high school athletics and performing arts programs. Through social media, television, email campaigns, printed publications and other communications, the NFHS is pushing its messages about the value of education-based high school activity programs in the United States.







## NATIONAL PRESENCE

The NFHS continued its **#MyReasonWhy** and **#BecomeAnOfficial** campaigns during the 2018-19 school year. It was third year for the **#MyReasonWhy** campaign, which promoted the value of high school activity programs with weekly email messages about high school sports and activities to high school administrators, coaches, students, parents, officials and others in the high school setting.

In its second full year, The #BecomeAnOfficial campaign, by the end of the 2018-19 school year, had attracted about 15,000 applications from individuals interested in becoming officials. In addition to direct emails, regular posts are provided through Twitter and Facebook in the hope of involving more men and women in the officiating avocation.

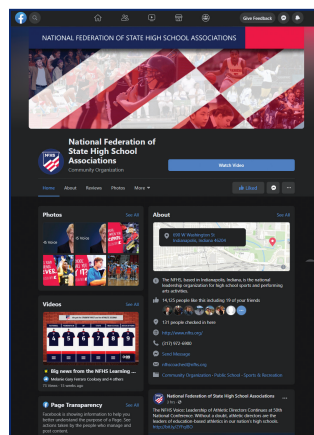
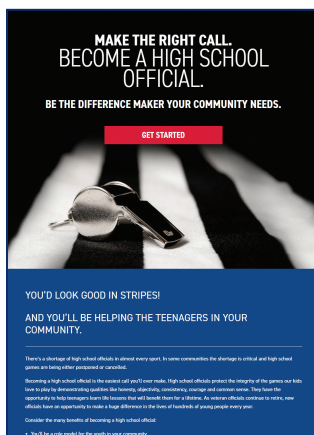
High school superintendents, principals and athletic directors continue to be connected to the NFHS through *High School Today* magazine. The organization's flagship publication is mailed eight times a year to the superintendent, principal and athletic director at every school in the United States.

## SOCIAL MEDIA

The NFHS social media presence continued its steady climb in 2018-19 across four main platforms. **Twitter, Facebook, Instagram** and **LinkedIn** are the main vehicles to share the NFHS mission and messages.

While Twitter remained the most robust platform for audience engagement, strides were made with interaction with students through Instagram and Snapchat. During the National Student Leadership Summit, those mediums were very active in eliciting and engaging with student attendees through a variety of Snapchat filters and Instagram stories.

The yearlong Centennial Celebration also brought an opportunity to bolster the NFHS YouTube channel with fresh content. The monthly video features on the 100-year history provided a playlist of historical reflection and significant milestones. In addition, a #NFHS100 campaign highlighted the celebration across platforms.





Course Details

Course Details

Course Details

Related Courses

## LEARNING CENTER

### 2018-19 COURSES (9 NEW COURSES)

2018-19 COURSES (9 NEW COURSES)	LAUNCH DATE
Protecting Students from Abuse	August 2018
Interscholastic Music Event Management	September 2018
Student Mental Health and Suicide Prevention	November 2018
ACL Injury Prevention	December 2018
Teaching and Modeling Behavior (Revision)	December 2018
Band Safety	December 2018
Blocking and Defeating Blocks, Shoulder Tackling and Equipment Fitting (Revision)	January 2019
Coaching Football (Revision)	February 2019
Understanding Vaping and E-Cigarettes	March 2019
Teaching Sports Skills (Revision)	March 2019
Coaching Field Hockey: Goalkeeping	March 2019
Understanding Copyright and Compliance (tracks added)	May 2019
Coaching Adapted Sports	June 2019
Coaching Field Hockey (Revision)	July 2019
Coaching Cross Country	July 2019

In 2018-19, the Learning Center delivered **1,783,506** courses, including 651,976 **“Concussion in Sports”** courses. The next most-popular courses were “Sudden Cardiac Arrest” with 279,104 followed by **“Heat Illness Prevention”** with 250,082.

The NFHS Learning Center’s impact was also felt in 2018-19 with the release of **“The Parent Seat.”** The video was developed as an instructional tool to be shown at parent meetings. In this six-minute video, parents learn more about their expectations and role during game day. The video also provides suggestions on how parents can cope with the roller coaster of emotions brought on by watching their child participate in education-based activities. “The

Parent Seat” can be viewed and/or downloaded from the NFHS Learning Center.

### OTHER NUMBERS TO CONSIDER:

- More than **500,000** individuals registered on the NFHS Learning Center, which is the most in the program’s history within a fiscal year.
- During the 2018-19 school year, **25.32 percent** of individuals visiting the NFHS Learning Center used mobile devices, **68.75 percent** used desktops and **5.92 percent** used tablets.
- As of July 31, 2019, the NFHS Learning Center had 70 courses, 34 available at no cost, and had delivered 8.9 million courses on the platform since its launch in 2007.





## NFHS NETWORK

The NFHS Network, which is the NFHS' live and on-demand streaming service for high school events, saw marked growth in almost every aspect during the 2018-19 school year – its sixth in existence.

A joint venture between the NFHS and Play On! Sports, the NFHS Network added three new associations to its membership as it became the official digital streaming partner for the New York State Public High School Athletic Association, the Kansas State High School Activities Association and the District of Columbia State Athletic Association. In welcoming that trio, the Network boosted its number of partnerships to 44 of the 51 NFHS member organizations.

In showcasing nearly 80,000 sporting events this past year, the Network more than doubled its output from 2017-18. Combined with the more than 20,000 non-traditional events such as graduations, music concerts and drama performances, the yearly goal to reach 100,000 events was met and surpassed.

Network viewership also increased by more than 60 percent from the previous year.

(SBP) and the Pixellot camera system also saw growth. Approximately 3,100 schools enabled their students to produce Network broadcasts through the SBP in 2018-19, a membership increase of almost 40 percent.

More than 2,100 Pixellot systems were sold during the past year. Pixellot cameras are fully automated and use algorithms customized by sport to follow the action, which allows the Network to incorporate schools that are unable to field student broadcast crews.

**In 2018-19:**

**44 of the 51**  
NFHS Member Organizations

**80,000**  
Sporting Events Showcased

**60 Percent**  
Increase in Network Viewership

**2,100**  
Pixellot Cameras Sold

Schools' involvement with the Student Broadcast Program



## FOOTBALL ISSUES

The NFHS worked with a number of state associations throughout the 2018-19 school year to address concerns about the future of the sport of football. With a drop of 20,565 participants in 11-player football from 2016 to 2017, and a decline of 30,829 participants from 2017 to 2018, some people are concerned about the sport's future – mainly with regard to concussions.

Through articles in *High School Today*, a February 2019 op-ed article distributed to national media, posts on social media channels and other means of communications, the NFHS continued to emphasize that the risk of injury is less today than at any point in the history of the sport.

The NFHS and its 51-member associations have never been more committed to the health and safety of the almost eight million participants in high school sports. In early 2018, the NFHS provided more than 400 AEDs to schools and state associations through a grant from the NFHS Foundation. In January 2019, more than 600 additional units were shipped to schools and states. The goal is to have one AED in every high school in the United States, and we will not stop short of that goal. The free “*Concussion in Sports*” on-line education course through the NFHS Learning Center ([www.NFHSLearn.com](http://www.NFHSLearn.com)) was updated in 2018 and has been taken by more than four million people since 2010.

While football is a contact sport and injuries do occur, rules are in place to lower the risk of concussion, and the ability to detect and manage concussions has never been higher. Football continues to bring communities together on Friday nights in the fall across this country, and we expect those lights to burn bright for years and years to come.

## SCHOLASTIC BASKETBALL EVENTS

The NFHS and its member state associations were involved with the return of basketball recruiting to an education-based setting in June 2019. Nineteen different states hosted events during the last two weekends in June. The NFHS approved a total of 30 events, and 41 different state associations were involved, with several states combining to host a regional event.

The events were important in bringing college coaches back into the fold, especially with regard to the relationship of high school student-athletes and those involved at the collegiate level. Division I college coaches were able to evaluate high school student-athletes in an education-based setting with no involvement of third-party agents.







## PERFORMING ARTS

The performing arts efforts of the NFHS made a significant impact on the national stage in 2018-19.

### PERFORMING ARTS CONFERENCE

The 25th annual Performing Arts Conference involved administrators from 22 states and representatives from seven national organizations in September in Oak Brook, Illinois. The conference's 20-plus presentations and round-table discussions educated performing arts leaders on topics such as contest and festival management, trends of speech, debate, and theatre participation, crisis management and copyright compliance.

### NATIONAL POLICY DEBATE TOPIC

"Arms Sales" was chosen as the 2019-20 national high school policy debate topic, garnering 72 percent of the votes cast by members of the National Speech and Debate Association, National Debate Coaches Association, National Catholic Forensic League and administrators in 34 states. "Arms Sales" prevailed over "Nuclear Strategy" on the final ballot.

### MUSIC OFFERINGS ON NFHS LEARNING CENTER

The implementation of the NFHS Music Credential and the revision of the "Music Adjudication" course within the NFHS Learning Center are revolutionizing both the material and methodology for training leaders in interscholastic music. More than 170 people have already received either their Level 1 or Level 2 National Credential, while the revised course for Music Adjudication – a much more recent development – is expected to see heavy usage in January and February. Both offerings are available at [www.nfhslearn.com](http://www.nfhslearn.com).

### MUSIC ADVOCACY

The NFHS also expanded its advocacy for performing arts throughout the United States. From August 2018 to July 2019, the department presented in more than 35 states and also visited Capitol Hill for appointments with seven senators. The NFHS' reach will soon extend beyond U.S. borders, as preliminary discussions with several countries including China have begun.





## HIGH SCHOOL TODAY

The NFHS celebrated its 12th year of distributing its flagship publication – High School Today – to four key individuals at every high school in the United States. The slick, four-color magazine is mailed eight times a year to the superintendent, principal, athletic director and school board president at more than 19,000 high schools for a total distribution in excess of 75,000 per issue. The online presence of High School Today continued to expand through the display of articles on the NFHS website at [www.NFHS.org](http://www.NFHS.org).



## NFHS FOUNDATION

A total of \$30,290 was raised for the NFHS Foundation at the 2019 Summer Meeting in Indianapolis, Indiana. In the **NFHS Foundation Fun Run/Walk**, 202 individuals registered, including 108 runners and 94 walkers. The sponsoring state associations were Florida, Kansas, Kentucky, Nebraska, New York, North Carolina, Washington and West Virginia, and \$5,940 was raised. The **NFHS Foundation Golf Tournament** was held at Brickyard Crossing Golf Course in Speedway, Indiana, and \$18,850 was raised. Eight state associations were hole sponsors: Alabama, Colorado, Connecticut, Indiana, Iowa, Nebraska, Oklahoma and Virginia. The **NFHS Foundation \$100 for 100 Campaign** generated \$5,500.

Almost \$600,000 was awarded by the NFHS Foundation in 2018-19, including \$482,000 for AEDs to NFHS member schools. An additional \$61,000 was paid to state associations for student leadership conferences, and \$53,000 was awarded for research grants. Current research projects

being funded by the NFHS Foundation are identifying risk factors for upper extremity volleyball injuries, determining baseline knee function for male and female athletes, providing mental health resources, opioid poster program, post-concussion return-to-learn policies and concussion rates in football related to kickoffs, punts and general offense vs. defense.

The NFHS Foundation serves the interest of young people who participate in interscholastic sports and activities by awarding grants for research and program development in the areas of character education and sports risk minimization. Since its establishment in 1996, the NFHS Foundation has awarded more than \$1 million in grants to state high school associations.

## DEVELOPMENT

The NFHS continued its tremendous success in reaching agreements with companies across the country to support high school activity programs by becoming NFHS Corporate Partners. Five new companies joined with the NFHS in 2018-19, bringing the overall number to 29 Corporate Partners.

New partners for the 2018-19 year are **BAND**, **Crumbraise**, **DistrictWON**, **eKnowledge** and **HSS (Hospital for Special Surgery)**.



The other NFHS Corporate Partners as of the end of the 2018-19 fiscal year are **ArbiterSports**, **Bag Tags**, **Bison**, **Champion**, **Danmar Warrior**, **Dissinger Reed**, **GameChanger by Dick's Sporting Goods**, **Gill Athletics**, **K12 Licensing**, **Liberty Mutual**, **MaxPreps**, **MetLife**, **Ohio University**, **Olive Garden**, **Selective Service System**, **SMI Awards**, **Smitty Officials Apparel**, **Socketeyes**, **Sports Imports**, **Team IP**, **TeamSnap**, **UNA Purchasing Solutions**, **USA Weightlifting** and **Varsity Spirit**.



## NATIONAL STUDENT LEADERSHIP SUMMIT

More than 140 student ambassadors from 34 states and two Canadian provinces gathered in Indianapolis in July 2019 for the fifth National Student Leadership Summit (NSLS). The Summit included 50-plus college facilitators, adult ambassadors and conference staff who served as advisors and chaperones. Additionally, it featured ambassadors from four new states and one new Canadian province — New Jersey, Kansas, Idaho, South Dakota and British Columbia.

The student ambassadors, most of whom are athletes in their local high schools, participated in workshop sessions led by experts from around the country. The students also traveled to nearby Plainfield High School to interact and participate in games with athletes from Special Olympics Indiana.

This year's NSLS featured **Adrienne Bulinski** and **Harvey Alston** as speakers at the opening and closing general sessions. Bulinski is author of the best-selling book, "Blood Sweat & Tiaras." Alston's personal message of "Be the Best" is the forefront of his enterprise, Best Inc., based on his philosophy and his book titled "Be the Best." Additional remarks were made by **Elliot Hopkins**, NFHS director of sports and student services and director of the NSLS.

Workshop presentations were made by **Dr. Kevin Ringhofer**, a national trainer and leadership consultant from Minnesota; **Deb Hult**, co-founder of Core Trainings and a renowned presenter in relational and motivational leadership; **Dr. Gregory Dale**, a professor of sport psychology and sport ethics at Duke University and also the director of the

sport psychology and leadership programs for Duke Athletics; and **Omari Pearson**, founder of Passion to Purpose, LLC, who serves as an author, speaker, facilitator, mentor and consultant.





# PROGRAMS AND SERVICES

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## TOP 10

### BOYS SPORTS PARTICIPANTS

1.	Football – 11-Player	1,006,013
2.	Outdoor Track and Field	605,354
3.	Basketball	540,769
4.	Baseball	482,740
5.	Soccer	459,077
6.	Cross Country	269,295
7.	Wrestling	247,41
8.	Tennis	159,314
9.	Golf	143,200
10.	Swimming & Diving	136,638

### GIRLS SPORTS PARTICIPANTS

1.	Outdoor Track and Field	488,267
2.	Volleyball	452,808
3.	Basketball	399,067
4.	Soccer	394,105
5.	Softball – Fast Pitch	362,038
6.	Cross Country	219,345
7.	Tennis	189,436
8.	Swimming & Diving	173,088
9.	Competitive Spirit	161,358
10.	Lacrosse	99,750

## ATHLETIC PARTICIPATION SURVEY TOTALS

YEAR	BOYS PARTICIPANTS	GIRLS PARTICIPANTS	TOTAL
1971-72	3,666,917	294,015	3,960,932
1975-76	4,109,021	1,645,039	5,754,060
1980-81	3,503,124	1,853,789	5,356,913
1985-86	3,344,275	1,807,121	5,151,396
1990-91	3,406,355	1,892,316	5,298,671
1995-96	3,634,052	2,367,936	6,001,988
2000-01	3,921,069	2,784,154	6,705,223
2005-06	4,206,549	2,953,355	7,159,904
2010-11	4,494,406	3,173,549	7,667,955
2015-16	4,544,574	3,324,326	7,868,900
2016-17	4,563,238	3,400,297	7,963,535
2017-18	4,565,580	3,415,306	7,980,886
<b>2018-19</b>	<b>4,534,758</b>	<b>3,402,733</b>	<b>7,937,491</b>

## RECORD BOOK

The National High School Sports Record Book continued to serve as a terrific resource for media members and fans of high school sports. Its listings of outstanding performances in 16 sports represent the benchmarks for all high school student-athletes to aspire.

For example, track sprinters now aspire to race the 100-meter dash in :10.13 seconds after **Matthew Boling** (1) of Houston (Texas) Strake Jesuit High School, set the boys national record in May. Joining her fellow Texan, **Jasmine Moore** (2) of Mansfield Lake Ridge High School landed atop the triple jump category with a jump of 44-feet-10, breaking a national record that had stood since 2001.

One of the most impressive records set in 2018-19 belonged to **Mackenzie Alessie** (3) of Mount Joy Donegal, Pennsylvania. Alessie's record-breaking field hockey season of 124 goals will be referenced for years to come. Her total bettered the previous national record set in 1983 by more than 40 goals.

Not every performance reached the top of the national records, but some still rank as the best year's best. In football, **Jack Olsen** (4) of Wheat Warrenville South, Illinois, kicked eight field goals in one game, coming within one of the all-time record. Nonetheless, he was the first kicker since 1990 to connect on that many field goals.

Two New Mexico softball teams combined to score a near-record number of runs in one game. **Rehoboth Christian High School** (5) edged **Zuni High School** (6), 41-40 in April, becoming just the third time two teams had combined for more than 80 runs.







## SPORTS PLAYING RULES

Writing playing rules for high school sports competition has been one of the key roles of the National Federation of State High School Associations since its beginning in 1920.

Through the hard work of NFHS rules committees, rules changes are proposed and formally approved by the NFHS Board of Directors. NFHS rules committees are composed of representatives from member state associations, as well as one representative on each committee from the NFHS Coaches Association and NFHS Officials Association.

The NFHS publishes playing rules in 17 sports, and offers approximately 30 different rules-related publications. NFHS rules cover the sports of cross country, football, field hockey, soccer, spirit and volleyball in the fall. Winter sports include basketball, girls gymnastics, ice hockey, swimming and diving, water polo and wrestling. Additionally, spring sports encompass baseball, boys lacrosse, girls lacrosse, softball, and track and field.

Rules committees keep risk minimization at the forefront, and 2018-19 was no different. In soccer and wrestling for instance, revisions made by the NFHS Soccer Rules Committee permit an improperly equipped player to leave the field once the ball is not in play. Similar actions taken to address the risk of injury in wrestling allowed for additional time for health-care professionals to evaluate head and neck injuries when they are present at a match.







## PUBLICATIONS

While some publications have been moved online over the years with changes in technology, the NFHS still derives about 30 percent of its operating revenue from the sale of publications and other products. The NFHS is the nation's leading supplier of **Sports Rules Publications** as about 30 rules publications in 17 different sports for boys and girls are produced annually with total printing exceeding two million copies.

In addition to the rules publications, the NFHS produces **High School Today**, a 64-page magazine published eight times a year and mailed to four key individuals at every high school in the United States. Other key publications include the **Court and Field Diagram Guide**, **NFHS Handbook**, **Statistician's Manual** and **Scorebooks** in 11 sports.

## RULES APP/EBOOKS

In addition to printed copies, NFHS Rules Books proved to be popular in all forms. Rules books are produced as ebooks available through Amazon and iTunes and can also be accessed through a dedicated Rules App.

The app is free to download and users then subscribe to their choice of books at a cost of \$6.99 a book. Paid members of the NFHS Coaches Association and NFHS Officials Association receive access to all publications as a member benefit.

Interest in rules ebooks was evidenced by the webpage containing their links being the second-most viewed webpage on the NFHS website. Information on both the Rules App and ebooks is available at [www.nfhs.org/erules](http://www.nfhs.org/erules).





## 2018-19 NFHS CITATION RECIPIENTS

### STATE ASSOCIATIONS



Section 1  
Dick Durost  
Maine



Section 2  
Jill Masterman  
Maryland



Section 3  
Joyce Franklin  
Mississippi



Section 4  
Chris Kaufman  
Indiana



Section 5  
Sue Carlsrud  
North Dakota



Section 6  
Dr. Joey Walters  
Arkansas



Section 7  
Diane  
Marshall-Freeman  
California



Section 8  
Mike Colbrese  
Washington

### OFFICIAL



Dana Pappas  
New Mexico

### COACH



Tex Williams  
West Virginia

### MUSIC



Dr. Gerald Kreitzer  
Iowa

### SPEECH/DEBATE



Gail Naylor  
Kansas

### ATHLETIC DIRECTORS



Anthony Amero  
Maine



John Cann  
South Carolina



Ray Moore  
California



Michael Morris  
Illinois



Scott Nordi  
Washington



Cliff Odenwald  
Texas



Joshua Scott  
Missouri



Robert Stratton  
Virginia

## AWARDS PROGRAM

The NFHS has a comprehensive awards program that honors high school athletic directors, coaches and officials; speech, debate, music and theatre teachers and directors; and state high school association staff members. In addition, the National High School Spirit of Sport Award and the National High School Heart of the Arts Award are presented annually.

NFHS Citations are presented annually to eight athletic directors, eight individuals involved with state associations, one contributor to the coaching profession, one contributor to officiating and two in the performing arts – one for music and one for speech/debate/theatre.

Other awards include the Award of Merit; American Tradition Award; State Awards for Outstanding Service; NFHS Speech, Debate and Theatre Association Outstanding Educator Awards; NFHS Music Association Outstanding Educator Awards; NFHS Coaches Association Awards; NFHS Officials Association Awards; NFHS Board of Directors Membership Awards; and NFHS Retiring President's Award.

The "National High School Spirit of Sport Award" was created by the NFHS to recognize those individuals who exemplify the ideals of the spirit of sport that represent the core mission of education-based athletics. One national winner and eight section winners are selected annually. The recipient of the 2019 national award was **Amanda Merrell**, a student-athlete at Huntingtown (Maryland) High School.



Similarly, the "National High School Heart of the Arts Award" was created by the NFHS to recognize those individuals who exemplify the ideals of the positive heart of the arts that represent the core mission of education-based activities. The sixth annual national recipient was **LaRaine Fess**, a drama teacher at Beaufort (South Carolina) High School and the **Beaufort High School Theatre Students**.



## NATIONAL HIGH SCHOOL HALL OF FAME

Five outstanding former high school athletes were inducted at the 2019 ceremony in Indianapolis, Indiana. Athletes in the 2019 class included **Derrick Brooks** (1), who was one of the most dominant football players on defense at all levels – from Washington High School in Pensacola, Florida, to Florida State University to the Tampa Bay Buccaneers; **Dusty Baker** (2), who was one of California's top four-sport athletes at Del Campo High School in Sacramento prior to his outstanding 19-year baseball playing career and 22 years as a manager with four professional teams; **Damon Bailey** (3), who led Bedford (Indiana) North Lawrence High School to the Indiana High School Athletic Association state basketball championship in 1990 before a national-record crowd of 41,046 spectators at the Hoosier Dome in Indianapolis; **Seimone Augustus** (4), who led Capitol High School in Baton Rouge to a 138-7 record and two Louisiana High School Athletic Association titles in four years before her outstanding college career at Louisiana State University and professional career with the Minnesota Lynx; and **Tracey Fuchs** (5), who was one of field hockey's top stars at all levels, setting national records for goals scored at Centereach (New York) High School in the early 1980s before leading the University of Connecticut to a national championship and playing in four World Championships.

Three coaches joined the Hall of Fame in 2019, including **D. W. Rutledge** (6), who led Converse (Texas) Judson High School to four Texas University Interscholastic League Class 5A state football titles; **Jerry Boatner** (7), who led Collinsville (Mississippi) West Lauderdale High School to 14 state baseball titles and set the state record with 1,202 victories; and **Joe Gilbert** (8), who won nearly 4,000 games in softball, baseball, girls basketball, boys basketball and football in 65 years at Barnsdall (Oklahoma) High School.

The two administrators in the 2019 class are former executive directors of the NFHS – the late **Charles W. Whitten** (9) of Illinois and **Bob Gardner** (10) of Indiana. Whitten led the National Federation from 1927 to 1940 prior to the establishment of a full-time office, and Gardner retired in 2018 after 18 years on the NFHS staff, including the final eight years as executive director.

The remaining two members of the 2019 class included the late **Ralph Stout** (11), who was involved with football and basketball officiating with the Tennessee Secondary School Athletic Association for 65 years; and **Ginny Honomichi** (12), a longtime coach, administrator and leader from Baldwin City (Kansas) High School who was the first female to serve as president of the Kansas Coaches Association and the NFHS Coaches Association.



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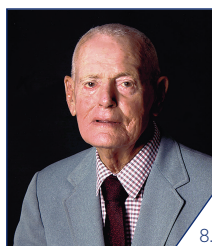
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## SANCTIONING

Sanctioning of athletic contests by the NFHS provides that approved programs adhere to sound and detailed criteria that meet the specific requirements of a school or a group of schools based upon experience and tradition. The NFHS sanctioning program has as its primary purpose to protect the welfare of high school students. Also, it seeks to protect the existing programs sponsored by member schools.

Any interstate competition involving two or more schools that is co-sponsored by an organization outside the high school community, in addition to being sponsored by a member school, an approved school or a state association, shall require sanction of the NFHS office.

## NATIONAL MEETINGS

Annual summer and winter meetings of the NFHS membership are held for state association executive officers and staff, board members and others. These meetings are rotated to different parts of the country each year. The 2019 NFHS Summer Meeting was held in Indianapolis, Indiana, and the 2019 Winter Meeting was held in New York City, New York. The NFHS also sponsors an Annual Legal Meeting that is held in conjunction with the spring meeting of the NFHS Board of Directors in Indianapolis.

The largest meeting conducted by the NFHS each year is the National Athletic Directors Conference, which is conducted in partnership with the National Interscholastic Athletic Administrators Association (NIAAA) and annually attracts more than 2,000 athletic directors and spouses, and approximately 300 exhibitors. The 2018 conference was held in San Antonio, Texas.

## SPORTS MEDICINE

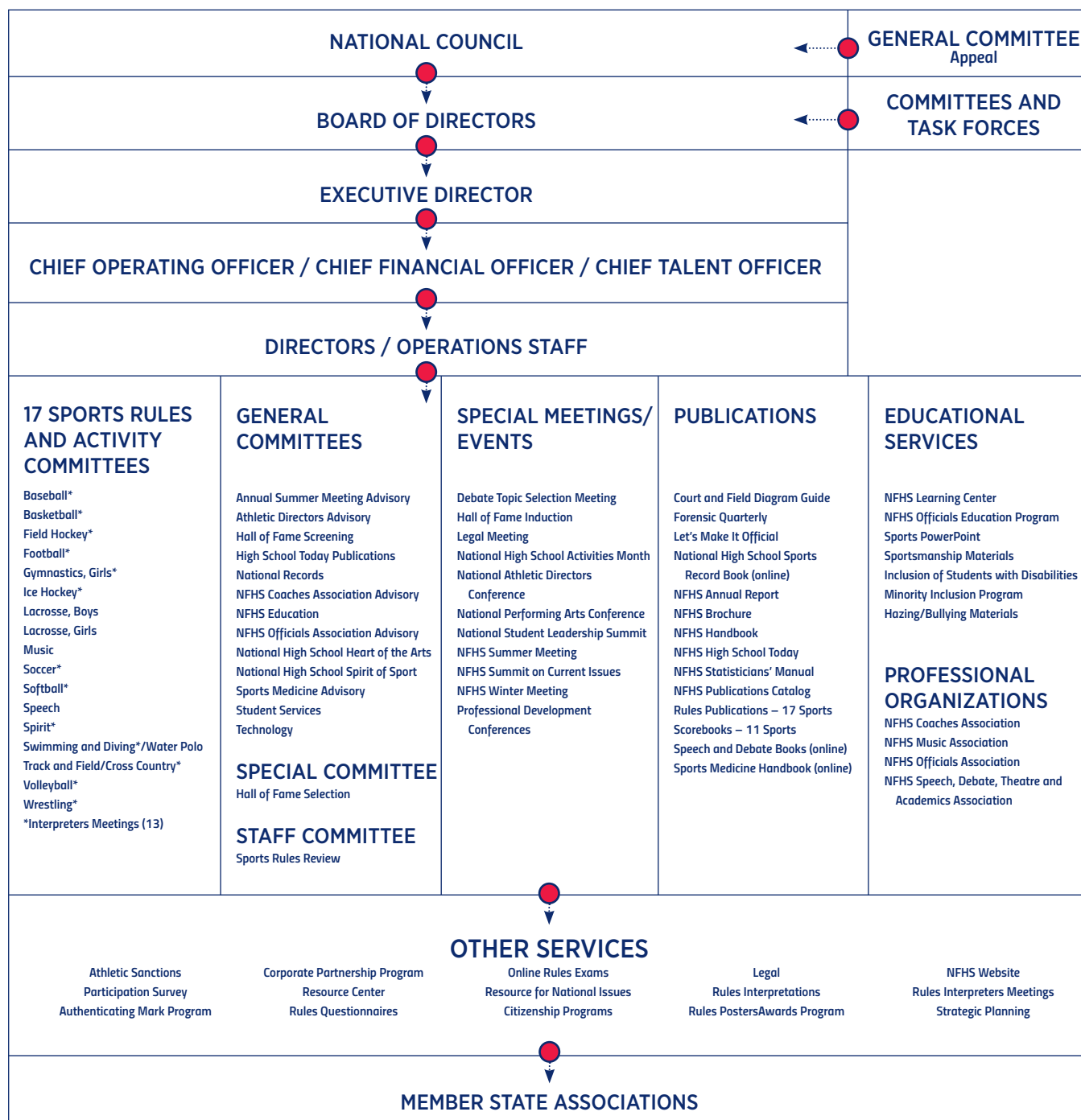
In its 22nd year of existence, the NFHS Sports Medicine Advisory Committee (SMAC) continued to address timely issues related to rules-writing and other programs and services of the NFHS. Some of the major issues in 2018-19 were concussions, sudden cardiac arrest, heat acclimatization and heat illness, overuse injuries, communicable skin diseases and mental health.

The NFHS SMAC devoted considerable time to the Sports Medicine section of the NFHS website in 2018-19. The committee updated all of the sports medicine resources and included new information on the National High School Sports Injury Surveillance System and the National Center for Catastrophic Sports Injury Research. The committee also revised some NFHS SMAC Position Statements, Guidelines and Recommendations.



# ORGANIZATIONAL CHART

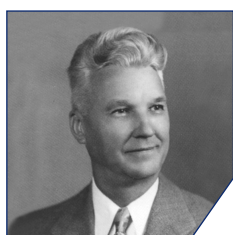
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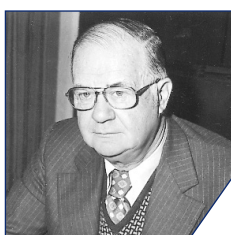


# NFHS HISTORY

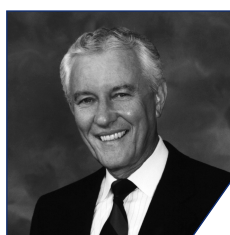
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1940-1958  
**H.V. PORTER**



1958-1977  
**CLIFFORD B. FAGAN**



1977-1993  
**BRICE B. DURBIN**



1993-2010  
**ROBERT F. KANABY**



2010-2018  
**ROBERT B. GARDNER**



2018-PRESENT  
**KARISSA L. NIEHOFF**

The National Federation of State High School Associations had its beginning on May 14, 1920, during a meeting in Chicago with representatives from Illinois, Indiana, Iowa, Michigan and Wisconsin. The primary purpose of that first meeting was to discuss problems that had resulted from high school contests organized by colleges and universities or by other clubs or promoters. Little attention was being paid to eligibility rules of the high school associations or to other school group regulations, and chaotic conditions had developed.

Because of this concern, the "Midwest Federation of State High School Athletic Associations" was formed. In 1921, Illinois, Iowa, Michigan and Wisconsin became charter members and, in 1923, the organization's name was changed to the National Federation of State High School Athletic Associations. By 1930, 28 state associations had joined the





organization, and, by 1940, seven others had come aboard. When the Texas University Interscholastic League joined in 1969, all 50 state associations plus the District of Columbia were members.

By 1940, a national office with a full-time executive staff became necessary. The office was established in Chicago, Illinois, and H.V. Porter was appointed executive secretary and treasurer. Following Mr. Porter's retirement in 1958, Clifford B. Fagan was selected executive secretary.

In 1970, "athletic" was removed from the name of the organization with the expansion of services to fine arts programs. The organization henceforth was known as the National Federation of State High School Associations.

In 1971, the office was moved from Chicago to Elgin, Illinois, a Chicago suburb. Brice B. Durbin was named executive secretary-designate in February 1976 and officially suc-

ceeded Mr. Fagan as executive director in September 1977. The national office was moved from Elgin, Illinois, to Kansas City, Missouri, on May 1, 1979. After Mr. Durbin's retirement in January 1993, Robert F. Kanaby became the fourth full-time executive director.

In 1997, NFHS was adopted as the new acronym. On February 1, 2000, the organization relocated to Indianapolis, Indiana. Mr. Kanaby retired in May 2010, and he was succeeded by Robert B. Gardner, who became the fifth full-time executive director. After serving as NFHS executive director for eight years, Mr. Gardner retired on August 1, 2018, and was succeeded by Dr. Karissa Niehoff.

The NFHS celebrated its 100th year of service during the 2018-19 school year, and the 100th Summer Meeting was held June 28-July 2, 2019, at the JW Marriott in Indianapolis, Indiana.





# BOARD OF DIRECTORS

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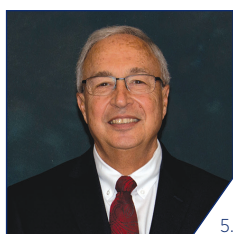
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1. Mark Beckman, Section 8  
(President)  
Montana High School Association
2. Kerwin Urhahn, Section 5  
(President-Elect)  
Missouri State High School Activities Association
3. Mike Burnham, Section 1  
Maine Principals' Association
4. Billy Haun, Section 2  
Virginia High School League
5. Steve Savarese, Section 3  
Alabama High School Athletic Association
6. Bobby Cox, Section 4  
Indiana High School Athletic Association
7. Sally Marquez, Section 6  
New Mexico Activities Association
8. Rob Cuff, Section 7  
Utah High School Activities Association
9. Pam Foegen, Sections 1 & 4, At Large  
Regis Catholic Schools  
Eau Claire, Wisconsin
10. Kim Wilbanks, Sections 2 & 6, At Large  
Jonesboro Public Schools  
Jonesboro, Arkansas
11. Calvin Robinson, Sections 3 & 7, At Large  
Madison County Schools  
Ridgeland, Mississippi
12. Owen St. Clair, Sections 5 & 8, At Large  
Wyoming Indian Schools  
Ethete, Wyoming

# MEMBER STATE ASSOCIATIONS

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Alabama High School Athletic Association (1924)  
Alaska School Activities Association (1956)  
Arizona Interscholastic Association (1925)  
Arkansas Activities Association (1924)  
California Interscholastic Federation (1940)  
Colorado High School Activities Association (1924)  
Connecticut Interscholastic Athletic Conference (1926)  
Delaware Interscholastic Athletic Association (1945)  
District of Columbia State Athletic Association (1958)  
Florida High School Athletic Association (1926)  
Georgia High School Association (1929)  
Hawaii High School Athletic Association (1957)  
Idaho High School Activities Association (1926)  
Illinois High School Association (1920)  
Indiana High School Athletic Association (1924)  
Iowa High School Athletic Association (1920)  
Kansas State High School Activities Association (1923)  
Kentucky High School Athletic Association (1941)  
Louisiana High School Athletic Association (1925)

Maine Principals' Association (1939)  
Maryland Public Secondary Schools Athletic Association (1946)  
Massachusetts Interscholastic Athletic Association (1944)  
Michigan High School Athletic Association (1920)  
Minnesota State High School League (1923)  
Mississippi High School Activities Association (1924)  
Missouri State High School Activities Association (1926)  
Montana High School Association (1934)  
Nebraska School Activities Association (1924)  
Nevada Interscholastic Activities Association (1939)  
New Hampshire Interscholastic Athletic Association (1945)  
New Jersey State Interscholastic Athletic Association (1942)  
New Mexico Activities Association (1932)  
New York State Public High School Athletic Association (1926)  
North Carolina High School Athletic Association (1949)  
North Dakota High School Activities Association (1923)  
Ohio High School Athletic Association (1924)  
Oklahoma Secondary School Activities Association (1924)

Oregon School Activities Association (1931)  
Pennsylvania Interscholastic Athletic Association (1924)  
Rhode Island Interscholastic League (1952)  
South Carolina High School League (1947)  
South Dakota High School Activities Association (1923)  
Tennessee Secondary School Athletic Association (1925)  
Texas University Interscholastic League (1969)  
Utah High School Activities Association (1927)  
Vermont Principals' Association (1945)  
Virginia High School League (1948)  
Washington Interscholastic Activities Association (1936)  
West Virginia Secondary School Activities Commission (1925)  
Wisconsin Interscholastic Athletic Association (1920)  
Wyoming High School Activities Association (1936)

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*Date in parentheses indicates the year the organization joined the NFHS.*





National Federation of State High School Associations

PO Box 690 | Indianapolis, Indiana 46206

Phone: 317-972-6900 | Fax: 317.822.5700

[www.nfhs.org](http://www.nfhs.org)

