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# BASKETBALL

## RULES GOVERNING BASKETBALL GAMES

The Iowa High School Athletic Association abides by the Basketball Rules Book published by the National Federation of State High School Associations. Each member school receives one of these rule books. **Unless other rules are adopted by the Board of Control, the member schools will follow the National Federation Rule Book to the letter.**

### REGULATIONS PERTAINING TO BASKETBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2009-10	Week 20/November 16	Week 22/November 30
2010-11	Week 20/November 15	Week 22/November 29
2011-12	Week 20/November 14	Week 22/November 28
2012-13	Week 20/November 12	Week 22/November 26

1. No interscholastic basketball contest may be played by member schools of the Association prior to November 30, 2009.
2. Basketball practice sessions may not be held prior to November 16, 2009.
3. All practices must be held in or on the school's regular practice facility. All scrimmages must likewise take place in or on one of the school's facilities involved in the scrimmage. Schools cannot rent a facility they do not normally practice in or on. Penalty for violation, see "Penalty for Violation of Rule Pertaining to Practices & Scrimmages" (page 3).
4. All member schools of the Association are permitted to play no more than 21 interscholastic basketball games during the season. This does not include district, substate or state tournament games. A member school may elect to play in an invitational tournament or conference tournament. However, each game played is included in the 21 game limitation.
5. The limitation rule applies to individual teams representing the school and individual player participation on those teams. No individual player may play in more than 21 games during the season, exclusive of tournaments.
6. **An individual may play in six quarters in any one day.**
7. Player participation in three (3) quarters constitutes a game. Participation in three (3), or any subsequent number of quarters up to a total of six, in one (1) day, will constitute one (1) game being charged against the individual season limitation rule. (Participants may not be in more than two (2) games in one day.)

#### **EXAMPLE:**

- (a) Player A plays in two or three quarters of the first game of a sophomore/junior varsity doubleheader and three quarters in the second game. **EFFECT** Charged with one game.
  - (b) Player A plays in one quarter in the first game and two quarters in the second game. **EFFECT** Charged with one game.
  - (c) Player B plays in one quarter of a Friday game and three quarters of a Saturday game. **EFFECT** Charged with one game for Saturday and no games for Friday.
  - (d) Player C plays in four (4) quarters of the sophomore/JV game and two (2) quarters in the varsity game. **EFFECT** Charged with one game.
  - (e) Player B plays in three or more quarters on Friday and three or more on Saturday. **EFFECT** Charged with two games, one each day.
  - (f) Player A plays in three games on Friday. **EFFECT** Violation; forfeiture of third game. The important thing to remember is that an individual can play a maximum of six quarters in one day; participation in three or more quarters in a given day constitutes a game. **Exception:** When an invitational tournament is played on a Saturday with each team playing two games, the six-quarter limitation will be waived.
8. A school may elect to play every night of the week if they desire. There is no limitation on the number of days in a week that a school can play games.
  9. A school may participate in **three** non-varsity basketball tournaments involving not more than four schools. This tournament must be held on a Saturday with each game played in the tournament counting toward the player and team 21-game limitation rule. Each school and individual player may play two games in this one-day (Saturday) tournament. The six quarter rule will be waived for this one-day tournament.
  10. Member schools may not practice or participate in any interscholastic basketball contest later than the date on which the final game of the state tournament is played.
  11. Member schools are not permitted to play any interscholastic basketball game from December 24 through January 1. This does not exclude the school from practicing or using one of its scrimmages if they desire.
  12. Those schools playing in the football play-offs are entitled to 10 days of practice, exclusive of Sunday and Thanksgiving Day, before their first basketball game. The Monday following the football play-offs starts the 10-day practice period. If the school decides to play sooner, it is their prerogative, but they need not play until after they have had the opportunity for 10 days of practice.
  13. In conference basketball tournaments, there will be no loser's bracket except semifinal losers can play for third and fourth places. **Exception:** Teams not advancing to the semifinals of the conference tournament may schedule additional games (not exceeding 21) at the discretion of the conference without IHSAA approval.
  14. In invitational basketball tournaments, there can be four teams; each team is permitted to play only two games; and the tournaments must be back-to-back dates or the entire tournament may be played on a Saturday with each team and each individual player playing a maximum of two games. If the tournament is played on Saturday, the six-quarter limitation rule will be waived. **A REGULAR SEASON CONFERENCE OR NON-CONFERENCE GAME CANNOT BE**

SCHEDULED AS PART OF AN INVITATIONAL TOURNAMENT. All conference tournament games played count toward the 21-game limit.

15. The Board of Control adopted a policy that will allow schools changing classifications from one year to the next to be permitted to find an opponent to play one additional game to assist them in having competition during the 7 to 10-day layoff caused by the classification change. **EXAMPLE:** School A has previously been a class 2-A school, their tournament has started one week prior to the 3-A and 4-A classes starting their tournament. Team A becomes a 3-A school. Due to their classification change, they have 7 to 10 days without competition. School A will be permitted one additional game with a Class 3A or Class 4-A school to alleviate the long layoff in their schedule. This school is also permitted one additional game with regard to the limitation rule.
16. The coach may have one meeting with his team prior to the start of the basketball season for the purpose of handing out information and materials to his players. However, the players may not be dressed in uniforms for this meeting. No equipment may be issued prior to the first legal practice. (This does not prohibit the taking of shoe sizes to order basketball shoes.)
17. Videotaping or filming is permissible in scouting your opponent--your opponent shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended.
18. The basketball the IHSAA will be using in IHSAA tournaments for the 2009-2010 school year will be the Spalding ZK Pro.
19. Overtime: Overtime games in grades 9-12 will be ½ the regular quarter time (ex. 8 minute periods, 4 minute overtime; 7 minute periods, 3 ½ minute periods.)

### MANDATORY REPORTING OF STATS

Based on a recommendation from the Executive Board of the Iowa Basketball Coaches Association, head varsity basketball coaches are mandated to enter required statistical data at the quik stats website, [www.quikstatsiowa.com](http://www.quikstatsiowa.com). Statistical data needs to be entered by 3:00 PM on Monday, December 7<sup>th</sup>, Monday, January 4<sup>th</sup>, Monday, January 18<sup>th</sup>, and Monday, February 8<sup>th</sup>. All games **played** through the previous Saturday of each reporting date need to be included in the statistical data. Continuing to the conclusion of their season, statistical data must be entered after each contest. The penalty for failure to report on time is:

**First offense**, a letter/e-mail to the head coach from the IHSAA sport administrator giving 3 days to comply with the mandate;  
**Second offense**, a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.  
**Third offense**, IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

### COACHING RULE

Coaches shall remain seated on the bench at all times during the game with the following exceptions:

- a) During a charged time-out, coaches may leave the bench to confer with players at or near the bench.
- b) In case of an injury, coaches may leave the bench to aid an injured player, provided they are beckoned by an official.
- c) During an intermission, coaches may leave the bench to attend their squads.
- d) Requesting a prevention or rectification of correctable error (Rule 2-10) as specified under Rule 5, Section 8, Item 4. (Responds to the scorer's signal to grant a coach's request that a correctable error be prevented or rectified. Such a request shall be presented while the ball is dead and the clock is stopped. The appeal by the official shall be presented at the scorer's table when a coach of each team may be present)
- e) Stand up to show approval for an exciting play in the game, when a basket is scored or an outstanding play takes place by a member of their team and then must immediately return to the bench.
- f) The coach may stand up to call time-out when his team has the ball, whether the clock is running or not, and signal, forming a "T," calling a time-out.
- g) The coach may stand up when the clock is stopped to congratulate a player being substituted for.
- h) The coach may confer with personnel at the scorer's table regarding a timing error, scoring error, or alternating possession error. If an error is not prevented or corrected, the team will be charged with a time out. **NOTE:** Some officials have been guilty of lacking the intestinal fortitude to enforce this rule. This rule is like any other rule: If it is violated, it must be called because your fellow officials are the ones who are going to have to pay the price for your lack of courage if you do not enforce this rule.
- i) A coach will be allowed to stand and confer with a player(s) whenever the clock is not running. Communication with the player(s) only, should be done in a positive manner and shall take place directly in front of where the coach is seated. When the clock starts following a throw-in or last missed free throw, the coach shall return to his seat. The officials will not delay a throw-in administration to permit a coach additional dead clock time to visit with a player(s). This will allow coaches additional opportunities to stand up and instruct players while the clock is not running during the game.
- j) Disqualified player: Upon the head coach's notification of the disqualified player, the coach may stand and congratulate the disqualified player and walk the confines of his/her bench to select a replacement for the disqualified player. The NFHS rule states a disqualified player must be replaced within 20 seconds from the time the coach is notified. Any unsporting acts on the coach's part are subject to being assessed a technical foul.

IT IS MANDATORY THAT THE COACH BE EJECTED FROM THE GYMNASIUM FOLLOWING THE SECOND "DIRECT" OR THE THIRD "INDIRECT" TECHNICAL FOUL ASSESSED TO HIM DURING THE GAME. THE COACH IS NO LONGER TO BE A SPECTATOR AT THE GAME. THE COACH IS TO GO TO THE DRESSING ROOM, THE BUS, OR TO A ROOM AWAY FROM THE GYMNASIUM.

### **START OF PRACTICE FOR NINTH-GRADE BASKETBALL**

If the 9th grade is part of the high school basketball program, their practice may not start prior to November 16, 2009. However, there are 9th-grade students who are not in the high school building and are not permitted to practice with sophomores, juniors and seniors. So there will be no misunderstanding, those 9th graders who are truly in a junior high building, who are only under the auspices of 9th-grade supervision, there is no starting time for the junior high basketball program. PLEASE KEEP ONE THING IN MIND: THOSE STUDENTS WHO FALL INTO THAT CATEGORY DO NOT PLAY OR PRACTICE WITH SOPHOMORES, JUNIORS OR SENIORS. It is strictly a freshman team and their season doesn't go nearly as long as the high school season due to split seasons or facility reasons.

### **REGULATIONS PERTAINING TO PRACTICE SCRIMMAGES**

A member school may have a maximum of three practice scrimmages against other high schools provided:

- a) The scrimmage is a bona fide scrimmage where no public announcement has been made, no admission charged, and no score is to be kept or recorded.
- b) Schools engaged in a practice scrimmage may not travel further than 100 miles to engage in such a scrimmage.
- c) Member schools are permitted three scrimmages during the season. These scrimmages may be used anytime during the season. This is not three scrimmages per level, but three high school scrimmages.
- d) No school time may be used for traveling and participating in a scrimmage session.
- e) Up to four schools may be involved in a scrimmage. There can be four schools at a site and each team may scrimmage each other. This counts as one scrimmage.
- f) Scrimmages must take place at one of the school's regular practice facilities.

### **PENALTY FOR VIOLATION OF RULE PERTAINING TO PRACTICES AND SCRIMMAGES**

By Board action, violators of the scrimmage or practice rule will be automatically eliminated from the tournament series. If the violation occurs during the tournament series, the team they last defeated in the tournament will advance. If the championship games have been played prior to knowledge of the violation, then all trophies, medals, and certificates will be collected and returned to the Association. If it is the championship team that violated the rule, the runner-up becomes the champion. If it is the runner-up team that committed the violation, the third-place team will become the runner-up. If it is the third-place team who committed the violation, the fourth-place team will become third-place. If it is the consolation runner-up team that committed the violation, there will be no consolation runner-up team for that year.

### **POLICY WHEN GAME OFFICIALS DON'T SHOW UP**

1. Contact two other licensed officials.
2. Play game with one licensed official.
3. The two head coaches may officiate the contest.
4. Reschedule the game.

### **HIGH SCHOOL GRADUATES NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES**

The question is often asked, "Can graduates practice or participate with or against the high school team or a member of that team?" Simply stated: High school graduates cannot practice or participate with or against a team or a member of a high school team during the given sport season. *NOTE:* This does not prohibit a student from participating under Student Eligibility Rule 36.15(7) "Nonschool Team Participation Rule."

**Rationale:** Student eligibility rules pertain to high school athletes and not graduates. The liability concerns for local boards of education and school districts are multiplied should an accident occur involving high school graduates practicing or participating with or against the high school team or a member of that team. Rules and regulations do not prohibit the local school district, should they desire, to permit high school graduates to use their facilities for practicing and/or participating, but not for the purpose of practicing and/or participating with or against a team member of a team representing the school.

### **REGULATIONS GOVERNING BASKETBALL JAMBOREES**

1. The first legal playing date for a jamboree is Week 20 (November 16, 2009) and thereafter.
2. Jamborees shall be permitted for varsity teams only.
3. The IHSAA will permit a regular county jamboree or a regular conference jamboree. If all the teams in the county or all the teams in the conference are invited to participate and there should be less than eight teams involved, the IHSAA would sanction a county or conference jamboree to include not more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the site of the jamboree.
4. No member schools shall participate in more than one jamboree during a season.
5. Schools and/or individuals participating in a basketball jamboree will not be charged with a game participation under the basketball limitation rule.
6. A basketball jamboree will not allow any school to participate in more than two 8-minute quarters.

## REGULATIONS GOVERNING BASKETBALL CLINICS

Basketball clinics may be held provided they are sanctioned by the IHSAA and the teams invited will only play two quarters consisting of eight minutes each. The clinic must have clinicians and the primary purpose is to include the techniques of coaching. Teams cannot play in a clinic until the date of the first legal game.

## PREGAME WARM-UP

There have been a few cases where schools are having their varsity basketball players warm up at the halftime of the JV game or before the JV game. This is against the rules and regulations of the Association. **IT IS NOT TO TAKE PLACE.**

## LATE SCHEDULING OF BASKETBALL GAMES

No basketball game may be scheduled after the start of a season without the approval of the Board of Control. Those schools desiring to schedule an extra game, provided they have not used the number of games permitted, must write the IHSAA Office and ask for permission to schedule the extra game.

## TOURNAMENT PAIRINGS & SITE INFORMATION

District/Substate assignments for each classification will be released on the IHSAA website prior to the beginning of basketball practice. District Final and Substate sites will be released at that time. Early round sites will not be determined until the completion of the seeding process in late January and early February.

## IHSAA BASKETBALL TOURNAMENT MANUAL

The IHSAA [Basketball Tournament Manual](#) will be placed on the IHSAA website in January stating all the rules and regulations which govern tournament play. No basketball manuals will be sent out to member schools.

## CHEERLEADERS RULES

*At all IHSAA Tournaments, district, substate and state, there will be a limit of six cheerleaders and one mascot, if in uniform. This includes any self-appointed individuals.* During a tournament, you may have different individuals make up this limit of six cheerleaders. In other words, it does not have to be the same individuals during the entire tournament series. However, for any one tournament game you may have only six in uniform. There can be no alternating or substituting during that tournament game. Please keep in mind that during the school year, the limit of cheerleaders can be determined by the local school.

## BOARD OF CONTROL POLICY REGARDING SPECTATOR DRESS AT STATE TOURNAMENT SERIES CONTESTS

Shirts and shoes are required attire for all in attendance at all indoor IHSAA-sponsored athletic events.

## DUTIES OF GAME MANAGEMENT RELATIONSHIP OF GAME MANAGEMENT TO OFFICIALS

1. **General:** Most officials continue in the work because it is an avocation which provides the opportunity to maintain contact with the game and with those who administer the contests. If responsible and highly respected people are to be kept in the field, they should be accorded the cordial and businesslike treatment they expect in professions and in other vocations. They are requested to render decisions in rather technical matters and in an atmosphere charged with prejudice and emotion. No effort should be spared in providing conditions which will be conducive to efficiency and pleasant associations. Each contest administrator owes this to the official who is a guest and to the school which must depend on the work being of such a nature as to attract men and women who are in the habit of being treated with respect.

### 2. Here are a few reminders:

- a. **Notify the officials** at least one week before each game giving the exact time and place of the game and the location of the official's dressing room.
- b. **Inform each official** who they will be working with. Perhaps a ride can be shared.
- c. **If parking facilities** are a problem, provide a place for the officials.
- d. **Designate a capable student manager** to act as host to the officials. The host should meet them at the door, escort them to the dressing room(s), and see that they are provided with towels and soap. The host may also accompany the officials to the floor, take care of their jackets, and be responsible for the game ball between halves. The host management should provide personnel to wipe the floor and maintain proper floor conditions as requested by the officials.
- e. **The official's check** should be handed to the official privately before the game, or mailed if payment is not able to be made at game.
- f. **Provide a clean, private dressing room** with shower, or nearby shower stall. Before and after a game, and at halftime, the officials room(s) should be "out-of-bounds" for everyone except the few who have a definite assignment there.
- g. **Insist that coaches instruct their players** to be courteous and respectful to all officials. Players should be instructed to address officials as "Mr., Ms. or Mrs. Referee" or "Mr., Ms. or Mrs. Weaver," not as "Ref," " or "Susan or Noel." A time-out should be requested if questions are to be directed to the officials, and the privilege of asking questions should be delegated to the captain only. Questions should be limited to those dealing with rules interpretation or game procedure. Nothing is ever gained by questioning an official's judgment and this act may lead to a penalty. A public expression of dissent from an official's judgment decision merely excites the fans and often results in a penalty.

- h. **Keep your crowd under control.** A continuing program of education and training will work wonders. Police protection should be available and in evidence.
- i. **Insist that coaches set good examples** for your crowd and players. Remain seated on the bench. Do not shout at players or officials. The coach, more than any other person, sets the pattern for the attitude of the fans.
- j. **Do not permit coaches** to argue or visit with the official during a game or during an intermission. Criticizing an official in front of fans or players invites trouble. Avoid the officials' dressing room(s) unless, just before their departure, you wish to visit briefly. If you have a grievance, stay away. See him or her or them later. That will be soon enough. Better yet, write a letter after three or more days.
- k. **You either hired or approved** the officials. Take your share of the blame if you are not pleased. The chances are about 100 to 1 that your team lost the game because of the officiating.
- l. **Emotions need to be controlled.** Modern basketball calls for coaches and players who have poise and coolness under stress. Team directors must demonstrate the same qualities.

3. **Gymnasium conditions** have a great influence in the administration of a game. A slippery floor or one with a layer of accumulated dust is a source of trouble and dissatisfaction. An inadequately lighted court detracts from efficiency and has a depressing effect on everyone. Unclean backboards, basket rings which are not level or basket nets which are either ragged or tight so as to cause delays are conditions which contribute to an unsatisfactory event. For many school patrons, the athletic contest provides the only opportunity for seeing the school in action. Their impression ought to be one of good organization and businesslike efficiency.

4. **Starting a game** later than scheduled and having unduly long athletic contests are evidence of faulty administration. They are an imposition on the visiting team, the students, the fans, and the officials.

5. **Properly administering** a contest is an exacting task. Many co-workers are involved. Each member of this team of student managers and faculty assistants has delegated responsibilities. It is important to conduct practice for this team in the fundamentals of good management. The school which is fortunate enough to have such a team with pride in its work, will have a minimum of "athletic headaches" because they provide conditions which keep players and followers in a frame of mind to look for enjoyable occurrences and to be tolerant in passing judgment on decisions and playing strategy.

#### **SELECTION OF SCORERS AND TIMERS**

1. Choose adults. A high school student or one of last year's graduates will have the interest and enthusiasm but may lack poise, impartiality and judgment.
2. Choose someone who has had some playing, coaching, or officiating experience.
3. Choose men or women who can and will be present at every home game. It may be an honor to act as timer or scorer, but it's not an honor which should be passed around with each game.
4. If faculty men or women are available for these jobs, they usually do the best work, although it is not a guarantee.
5. Above all, choose someone with plenty of poise, good judgment, a sense of impartiality and one who you are sure will be able to forget the score and concentrate instead on the job.

6. IT IS STRONGLY RECOMMENDED THE OFFICIAL SCORER WEAR BLACK AND WHITE STRIPED OFFICIAL'S SHIRT WHILE PERFORMING HIS/HER DUTIES DURING THE CONTEST

#### **TRAINING THE TABLE OFFICIALS**

1. **Before the opening of the season** provide the table officials with a Rules Book, Case Book, and other basketball rules material available through the state office. This should be done regardless of the number of years they may have served in this capacity. There are frequent rules changes which affect the tasks of these officials. It might be well to mark or otherwise call attention to those sections of the rules which directly or indirectly refer to their duties. Insist on a careful study of the "Instructions to Scorers" and "Instructions to Timers."
2. **Insist that your timer and scorer** attend one of the state-sponsored rules interpretation meetings and, if possible, an occasional meeting of a local officials' group.
3. **Before the first game**, arrange for several intersquad scrimmages conducted under actual game conditions with your timer and scorer at the bench. Plan to set up unusual situations involving timing and scoring. Check carefully on the work done in these scrimmages and make comments and criticisms.
4. **Observe the work of these officials** during games and make suggestions for improvement.
5. **See that your timers and scorers** are accorded the same courtesy and respect as that due the floor officials. Their work is important and should be done with dignity and pride in good performance.

# BOWLING

## DEFINITIONS

IHSAA - Iowa High School Athletic Association

IBF-Iowa Bowling Federation

USBC-United States Bowling Congress

SANCTIONED TEAM-a. Employ a fully certified coach, b. Be eligible for post-season play, c. Be eligible to file for financial supplement from the IBF, d. Shall follow all rules and regulations of the IHSAA.

## PARTICIPATION

School sanctioned teams shall be allowed to compete against sanctioned teams only.

## CLASSIFICATION

Schools with an enrollment of 800 and greater will be in Class 2A, the remainder in Class 1A.

## REGULAR SEASON LIMITATIONS

1. Playing Dates: 12
2. Team: Two (2) matches per day at any level.
3. Individual: Six (6) games in a calendar day. Note: 5 Baker games =1 game

## RULES

The IHSAA will rule on any situation arising, which is not covered specifically by the IHSAA/IBF Guidelines, the IHSAA Handbook, or the United States Bowling Congress High School Division rule book.

### A. Team Structure:

1. A varsity or Junior Varsity team shall consist of no more than 6 bowlers. A team may have an unlimited number of reserve bowlers. Each of the six team members will bowl each individual game with the best 5 two game total pin scores being used to determine the team individual total.
2. A legal lineup may consist of a minimum of 3 bowlers and 2 vacancies or subs.
3. Coaches may change player(s) on a team after a game but not in the middle of a game.
4. Six (6) bowlers will bowl two regular games of competition and five (5) bowlers 5 games (one equivalent game) of 5 person Baker Format. (See Substitution Rule)

### B. Competition Format:

1. Round 1 (approximately 35 minutes) Two Games: Six (6) players bowl straight individual 10 frame scoring. Between rounds, both teams assemble on one pair of lanes. The top five (5) two game total pins from Round 1 are added to each team's first frame of Round 2. (If scoring units will not accept total pins from Round 1, enter the difference between both teams total for Round 1.) Cross-lane bowling procedures will be used for Round 1.
2. Round 2 (approximately 45 minutes) Five Games Baker format (one equivalent game): As games progress, total pins are always visible on the scorer. Substitutions may be made in this round BETWEEN GAMES, as long as the bowling order is not modified. Teams will bowl all frames of each Baker game on one lane, switching lanes only between games. There is NO rotation of bowlers during baker games in any competition.
3. Total combined pinfall of both rounds wins the match. In case of a tie, there will be a roll-off consisting of one Baker game to determine the winner.

### C. Playing Format:

1. Team Presentation: A team is expected to present a legal lineup on the lanes at the scheduled starting time for each match.
2. Practice Balls: Bowlers will be allowed two (2) deliveries per lane for both regular season and tournament play. Bowlers are not permitted to bowl on the same day, prior to a competition, in the bowling center where the competition is to be held with the exception of PE classes and school and youth sponsored events or programs. A bowler that violates this provision will not be allowed to compete in the given event.
3. Lineups: Coaches shall post their roster five minutes prior to the scheduled start time. After posting the roster, no position

changes will be made with the exception of substitutes. (See substitutes.) Teams bowling on the odd-numbered lanes will enter their lineup first.

4. Substitutes: Substitutions may only be made between games. No substitutions once a game begins, unless an injury occurs. A player can reenter between Baker games but cannot change the bowler order. The only legal substitute is the 6th member listed on the lineup. Substitutes must bowl in the same position as the bowler they are re-placing. Example: If sub (6th bowler) goes in for bowler #2 in the second baker game and the coach decides bowler #3 needs to be replaced in the third game of baker, then #2 goes back into the rotation at the second spot and the sub (#6) goes into the #3 spot.

5. Absentee/Vacancy: An absentee/Vacancy score of zero (0) shall be given when a team has a legal lineup but less than a full lineup at the start of any game in the series.

6. Conduct of Coaches, Players, and Spectators: IHSA Policy will be enforced.

a. All bowlers will remain in the immediate bowling area while competition is in progress.

b. Bowlers will be expected to follow the previous bowler promptly and will be required to bowl as soon as the one lane to their right is clear.

c. Unsportsmanlike conduct, including but not restricted to vulgar language, or abuse of equipment or facilities is not permitted. Violators are subject to disqualification.

d. Foul Line: The foul line shall be observed during match play. Awards will not be issued if automatic foul detecting devices or a human foul judge is not used. When a player deliberately fouls, the player shall receive zero pin fall for that frame.

e. Authorized Personnel: The coach(es), participating bowlers and bowling center staff as needed, are the only persons authorized to be in the bowler's area during a match. Substitutes and other interested parties must remain behind the area defined as the bowler's area.

7. Score keeping: Score keeping will be performed by a Computer/automatic scoring unit in centers so equipped. If a center is not equipped with automatic scoring, an independent, non-biased third party will perform scoring. It will be the responsibility of coaches to verify that scores are complete and accurate. Coaches must sign official score records and leave a copy with tournament official.

No electronic use (cell phone, ipod, mp3 player etc) is permitted in competition area (during warm-up or competition. Failure to follow this rule will result in disqualification of bowler and a score of 0 for the game.)

Note: At the conclusion of the game in which disqualification occurred a substitute may be allowed to enter the competition to replace the disqualified bowler.

Bowling out of Rotation/Order: Any ball(s) thrown out of order will be scored as a zero. Example: If bowler #3 bowls in place of bowler #2, then bowler #3 receives a zero for their next designated turn for any ball(s) thrown in the incorrect frame. Bowler #2 will bowl the frame in which they were supposed to bowl.

## UNIFORMS

Pants - Shall be a long pant, similar in color (no blue jeans).

Shirts - a. Shall be identical

b. Shall have a collar

c. Shall have no advertising

d. Identification on the front can be either the participant's first or last name, or school name/nickname if owned by the school.

e. Identification on the back of shirt may be school name/nickname. Note: The IBF logo is permitted on the front of the shirt.

Hats - no hats are allowed.

If not in appropriate uniform and it cannot be corrected immediately the player will be disqualified and team will use an absentee score for the game in which that bowler is participating.

## POST-SEASON PLAY

Only IHSA sanctioned schools shall be allowed to participate in post-season play.

## SUBSTATE TOURNAMENT

1. Substate tournaments will be held on Saturday, February 20, 2010 in conjunction with the Girls' Regional.

2. The number of substates will be eight (8) in each of the two classes.

3. A team champion will advance from each substate along with the next two (2) highest pin count totals state wide. There will be ten (10) teams from each class.

4. The substate individual champion will advance from each substate along with the next eight (8) highest pin total count (based on the two individual game scores) state wide. There will be sixteen (16) from each class.

5. Substate Tournaments: Admission price is \$5.00.

### **SUBSTATE AWARDS**

Substate - Team Champion will receive a banner and six (6) team champion medals. Individual Champion will receive a champion medal.

### **SUBSTATE EXPENSES**

No expenses will be paid for substate bowling.

### **STATE TOURNAMENT**

1. The state tournament will be held at the Plaza Lanes in Des Moines in conjunction with the Girls' State Tournament. The Class 1A State Tournament will be held on Thursday, February 25, 2010. The Class 2A State Tournament will be held on Friday, February 26, 2010. Both state tournaments will begin at 1:00 p.m. Doors will open at 12:00 noon.
2. A team champion will be awarded based on the highest pin total count.
3. An individual champion will be awarded. Everyone will be eligible for the individual award. At the conclusion of regular play the top ten (10) bowlers (using their two game scores), will bowl an additional game. The score of this game will be added to their two game score total to determine a champion.
4. State Tournament: Adults & Students--\$8.00

### **STATE AWARDS**

State Level - Team Champion will receive a champion trophy, banner and six (6) team champion medals. Team runner-up will receive a runner-up trophy, banner and six (6) runner-up medals. All teams will receive a picture plaque.

Individual Champion will receive a medal. Runner-up will receive a medal. 3rd through 10th places will receive a medal. All individuals will receive a picture plaque.

### **STATE EXPENSES**

Schools with state tournament individual qualifiers will receive \$.37 per mile one way. Schools with a qualifying state tournament team will receive \$1.05 per mile one way.

### **SPECTATORS**

All spectators at state-sponsored tournaments shall wear shirts and shoes. Shirts shall extend to the waist-area. Use of "laser light" pens by a spectator shall result in immediate ejection from the facility. With the understanding that a tournament game is held as part of the educational environment, the Board of Control of the IHSAA has adopted the following policies. It is the expectation that the host school enforces these rules regarding unacceptable behavior:

Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event. Penalty---EJECTION

Throwing articles onto the contest area. Penalty---EJECTION

Entering the contest area in protest or celebration. Penalty---EJECTION

Physical confrontation involving contest officials, coaches/directors, contestants, or spectators. Penalty---EJECTION

Spectator interference with the event. Penalty---EJECTION

Jumping up and down on the bleachers. Penalty--WARNING/EJECTION

Use of artificial noisemakers, signs, or banners. Penalty---WARNING/EJECTION

Chants or cheers directed at the opponent. Penalty---WARNING/EJECTION

A procedure has been established to assist officials and administrators when spectator conduct becomes a problem.

1. When an official arrives on-site (30-60 minutes prior to match time) he or she shall find the administrator in charge for the evening. If no administrator is available, the HOST COACH is the defacto administrator in charge.
2. If a problem arises during a game, the official shall stop play, and notify the administrator in charge of the problem, and of the remedy to the problem. The remedy may include asking for supervision of the troublemaker, direct confrontation of the troublemaker by the administrator, or removal of the troublemaker from the gymnasium. The game will not restart until the administration complies with the remedy ordered by the official. Host management is responsible for each and every spectator in the facility, regardless of which school the spectator supports. At no time are officials to address spectators directly. Any necessary communication with spectators shall be done by the administrator in charge.

### **ALCOHOL AND TOBACCO POLICY**

No alcohol or tobacco is to be sold or consumed on the grounds of any state tournament venue leased or provided to the Athletic Union for the purpose of conducting a State Championship. Section 123.46 of the Iowa Code States: A person shall not possess or consume alcoholic liquors, wine or beer on public school property or while attending a public or private school-related function. A person shall not be intoxicated or simulate intoxication in a public place. A person violating this subsection is guilty of a simple misdemeanor.

### **PETS/ANIMALS PROHIBITED**

No pets are permitted at events sanctioned by the IGHS AU or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

# SWIMMING

Each member swimming school receives one copy of the National Federation of State High School Associations Swimming, Diving & Water Polo Rules Book. **Unless other rules are adopted by the Board of Control, member schools will follow the rules published in the National Federation's Rules Book.**

## REGULATIONS PERTAINING TO SWIMMING MEETS AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2009-10	Week 19/November 9	Week 21/November 24
2010-11	Week 19/November 8	Week 21/November 23
2011-12	Week 19/November 7	Week 21/November 22
2012-13	Week 19/November 5	Week 21/November 20

- Schools may not start swimming practice before Week 19/November 9, 2009**, and no practice may be conducted after the state meet is concluded.
- No interscholastic swimming contest may be held by member schools of the IHSAA prior to Week 21/November 24, 2009.**
- Each school is allowed a maximum of 12 competition dates prior to district competition.** The 12 date limitation pertains to individual swimmers as well as a school's team. **EXAMPLE: You may have 12 freshmen meets, 12 junior varsity meets, and 12 varsity meets. Each individual swimmer may compete a maximum of 12 dates during the regular season, not including district and state competition.**  
**If a school is competing in a multiple level meet (EXAMPLE: junior varsity/varsity, sophomore/varsity, freshmen/junior varsity), or a double dual, on the same day, at the same site, an individual may compete in both meets as long as he does not violate the NFHS individual participation rule (3-2-1).** That rule states, "A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events." Rule 3-2-1 is a daily participation rule and pertains to the number of events an individual swimmer may enter on a given day.
- Scrimmages between schools are not allowed** in swimming.
- Member schools are not permitted to participate in any interscholastic swimming competition from December 24 through January 1.** This does not exclude a school from practicing during this time.
- All practice sessions must take place at the school's regular practice facility under the supervision of the regular coach.**
- During all regular season competition (dual, double dual, triple dual, triangular, and tournaments), a mandatory 10 minute break will be taken immediately following Event #8, the 200 yard freestyle relay.**

## RECOMMENDED WATER DEPTH

The Board of Control of the Iowa High School Athletic Association's policy regarding water depth in the starting end of swimming pools is as follows: "In pools with water depth of 5' or more, the staffing platform may be used in accordance with Rule 2, Section 7, Article 2 of the Swimming, Diving, and Water Polo Rules Book published by the National Federation of State High School Associations. **IF THE DEPTH OF THE WATER IS LESS THAN 5', THE START FOR ALL SWIMMING EVENTS IS RECOMMENDED TO BEGIN IN THE WATER.**" At the discretion of the school administrator, a school having less than 5' of water in the starting end of their pool, and having a policy that states swimmers shall start in the water, may hold a total of 10 practice sessions in a pool which does have a minimum of 5' of water in the starting end. The purpose of these 10 practice sessions is to allow the school's swimmers the opportunity to develop skills and gain experience in using starting blocks.

## PROPER SUPERVISION AT SWIMMING PRACTICES & MEETS

Administrators and coaches need to be aware of the following section of the Iowa Code. Rule (641-15.4(4)"d"(4) of the Iowa Administrative Code states, "**For a structured swimming program, such as lap swim, competitive swimming, water exercise classes, swim lessons, and physical education classes, a life guard is not required provided the program is supervised by an instructor, teacher, or coach who is a lifeguard or has current certification from the American Red Cross in basic water safety, standard first aid, and infant, child and adult CPR; or equivalent training approved by the Department.**"

## WARMUP GUIDELINES

**Each swimming school should have warm-up guidelines established to help prevent injuries.** The Swimming Advisory Committee recommended many years ago the following guidelines for meet warm-ups. These guidelines also appear in the NFHS Swimming & Diving Rules Book.

1. A supervisor should be on deck during the entire warm-up period. (*Any personnel supervising warm-ups should meet the Iowa Administrative Code requirements of being certified in emergency water safety or being a lifeguard.*)
2. Swimmers should enter the water feet-first, except for starts which are limited to specific lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone or similar sign on the starting platforms of the lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming( two lengths of the pool beginning at the starting end).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push off position from the starting end of the pool).
7. May specify lanes for relay starts during the last 15 minutes of warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for starts and pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

#### **USE OF TOBACCO PROHIBITED**

**No team personnel or official shall use any form of tobacco while at or in the vicinity of the contest site.** The use of any tobacco by team personnel is considered unsportsmanlike conduct. The penalty for tobacco use by team personnel is disqualification from further participation. (The IHSAA ejection policy is not invoked in this situation as the conduct is not construed as flagrant, violent, or verbal misconduct.) Situations involving officials' use of tobacco at the contest site should be reported to the Athletic Association.

#### **NFHS RULE ADOPTIONS AND EXCEPTIONS**

*The following rule adoptions and exceptions, as noted in the NFHS Swimming Rules Book, have been adopted by the Iowa High School Athletic Association:* **Rule 3-1-2(d)** Unlimited team entries for invitational and non-varsity meets; **Rule 3-2-1 (a; b)** Exhibition competitors allowed, as per rule; unlimited individual entries in pentathlon-type meets; **Rule 5-1 (1) (note)** Swimming events may be modified for junior varsity and invitational competition; **Rule 7-2-4** Suspended meets may be resumed from the point of the suspension.

**Rule 3-2-2(note) ENTRY OF RELAY TEAMS WITHOUT INDIVIDUAL NAMES HAS NOT BEEN ADOPTED.** Relay teams are to be entered with individual names, including alternates, on the entry form. The relay shall count as an event only for the four swimmers who actually compete.

#### **SWIMMING MEET CHECKLIST**

For many years, the Iowa High School Athletic Association, through the Swimming Coaches Advisory Committee, provided a swimming meet checklist to be used when planning major swim meets. The National Federation now prints a similar checklist in the Swimming and Diving Rule Book. **Please refer to the NFHS rules book for suggestions and guidelines for planning major swim meets.**

#### **Rule 3-3-2, page 20 in 2009-10 Swimming & Diving Rules Book**

New ART. 2...Suits worn by swimmers shall be limited to the following requirements:

- a. only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
- b. the swimsuit shall be:
  1. constructed of a woven/knit textile material;
  2. permeable (100 percent to air and water);
  3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
  4. made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
  5. constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Penalty (For ART. 2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:

1. when reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit.
2. when the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to "Step down," disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
3. when the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor's performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

**Rationale:** Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swimwear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer's speed or buoyancy. The technical suits have evolved with little or no regard for these basic rules. In order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swimwear are necessary to promote the educational values of high school athletics by promoting fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

# WRESTLING

Each member wrestling school receives several copies of the National Federation of State High School Associations Wrestling Rule Book. **Unless other rules are adopted by the Board of Control, member schools will follow the rules published in the National Federation Rule Book.**

Year	REGULATIONS PERTAINING TO WRESTLING PRACTICE AND CONTESTS	
	First Practice: Week/Date	First Contest: Week/Date
2009-10	Week 20/November 16	Week 22/November 30
2010-11	Week 20/November 15	Week 22/November 29
2011-12	Week 20/November 14	Week 22/November 28
2012-13	Week 20/November 12	Week 22/November 26

## WRESTLING REGULATIONS

1. The coach may have one team meeting with his wrestlers to hand out informational materials before the start of the season. This meeting shall not be used as a practice session.
  2. Schools may not start wrestling practice before Week 20/November 16, 2009 and may not start competition before week 22/November 30, 2009.
  3. Schools competing in football play-offs are entitled to 10 days of practice, excluding Sundays and Thanksgiving Day, before their first wrestling contest. Schools may wrestle before they have had 10 days of practice, but they are not required to do so.
  4. **All practice sessions must take place at the school's regular practice facility under the supervision of the regular coach.** *The only exception to the use of the local practice facility for a practice session is a practice scrimmage as described in the Scrimmage Rule section of this Handbook.*
  5. **IHSAA rules require wrestlers to wear protective headgear in practice any time wrestling is taking place.**
  6. **Each Class 1A/2A school is permitted a maximum of fifteen (15) competition dates before the 1A/2A sectional tournaments. Each Class 3A school is permitted a maximum of fifteen (15) competition dates before the 3A district tournaments.** There are no restrictions on how many schools may compete on any of the 15 dates as long as NFHS rules regarding the number of times each wrestler can compete in one day are not violated. **A two-day tournament counts as one competition/weigh-in date, even though wrestlers must weigh-in each day of the tournament.**
- Note: The date limitation pertains to individuals, as well as teams.** *(Example: A school may have 15 varsity dates, 15 JV dates, 15 9<sup>th</sup> grade dates, etc. The meet contract should stipulate which level(s) of competition is/are being wrestled. An individual wrestler can only compete on a total of 15 dates during the regular season. However, they may have multiple matches during one contest. A wrestler cannot be entered in two competitions at the same time.)*
7. All matches shall be contracted in advance by the competing schools. **The contract should state which level(s) of competition are being wrestled by each school.** There are occasions where one school may be wrestling their varsity against another school's junior varsity. This should be stipulated in the contract so there is no confusion as to what level of competition is being competed by each school.
  8. There shall be no exhibition matches. All matches shall be contracted.
  9. **A wrestler shall not participate in JV and varsity competition against the same school, in the same contest.**
  10. **Interscholastic competition is not permitted from December 24 through January 1.** Schools may scrimmage during this time period.
  11. No interscholastic wrestling practice, or competition, shall take place after the state dual team tournament.

12. Videotaping of dual meets, and/or tournament matches, is permissible provided viewing of the videotape by team personnel does NOT take place until the entire meet is over.

#### **OFFICIAL WEIGH-INS**

1. Each wrestler must be eligible to compete in all respects to be allowed to officially weigh-in (*academic rule, good conduct rule, etc.*)
2. If a wrestler competes in a match, or receives a forfeit, the weigh-in becomes official and **MUST** be entered into the NWCA on-line weigh-in system.
3. If a coach wants a meet weigh-in to count as an official weigh-in, the actual scale weight can be entered into the NWCA on-line weigh-in system, even if the wrestler does not compete or receive a forfeit. This allows coaches to weigh wrestlers in for the purposes of making scratch weight, even if the wrestler does not wrestle or receive a forfeit.

#### **END OF MATCH PROTOCOL**

The wrestling coach's advisory committee has recommended, and the Board of Control has approved, that the Athletic Association develop a standardized end of match protocol. It is hoped this procedure will diminish the appearance of poor sportsmanship when some wrestlers go to the opposing team's bench to shake the coach's hand after a match and others do not. The committee believes there are many reasons why a wrestler should not go to the opposing team's bench after a match. At the end of any match, the following protocol shall be followed:

1. The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.
2. The wrestlers will then proceed to their respective team benches/corners without excessive celebration and without going to the opposing teams bench/corner.
3. Post match handshakes with the opposing coach are not to be permitted.
4. Referees should move quickly after a match to get in proximity of the two wrestlers to facilitate the hand shake between the wrestlers and direct them to their respective team benches/corners.

This protocol certainly does not discourage teams from going through the congratulatory line at the end of a dual meet. This congratulatory line emphasizes good sportsmanship and all team personnel should be encouraged to participate.

#### **SCRIMMAGE RULE**

**All regular practices must take place at the school's regular practice facility, with the exception of the provisions outlined below for scrimmages. A member school may have a maximum of three practice scrimmages against other member schools provided the following rules are followed:**

- a) Only one scrimmage may be used before the first legal contest date. If one is not used before the first legal contest date, then all three may be used after that date.
- b) Up to three schools may be involved in a scrimmage and it will count as one scrimmage for each participating school.
- c) A bona fide scrimmage is one where no public announcement has been made, no admission charged, no scores kept or recorded, nor any timing device used.
- d) Schools may not travel further than **100 miles, one way**, to engage in a scrimmage. No school time may be used for traveling to, and /or participating in, a scrimmage.
- e) Individual qualifiers advancing to the 1-A/2-A districts, and the 3-A district winners, may have unlimited scrimmages.

#### **PENALTY FOR VIOLATION OF RULES PERTAINING TO PRACTICES AND SCRIMMAGES**

By Board of Control action, violators of the scrimmage or practice rule may be eliminated from the tournament series. If the violation occurs during the tournament series, the third-place finishers in each of the weight classes will advance to the next level tournament. No individual will move up in placement due to a disqualification for this type violation other than stated above. Rule book coverage will prevail as it affects individual placement. If the school was a team place winner, all trophies, medals, and certificates will be collected and returned to the IHSAA Office (including all individual and team awards). If a championship team violates the rule, the runner-up team becomes champion; if a runner-up team violates the rule, the third-place team will become the runner-up; if a third place team

violates the rule, the fourth-place team will become third-place. If a consolation runner-up team violates the rule, there will be no consolation runner-up team that year.

### **PRACTICE ROOM TEMPERATURE AND VENTILATION**

There are no rules dictating the maximum temperature in wrestling practice rooms, but basic guidelines may be helpful for coaches and administrators. It should be understood that the location, and "normal temperature," of wrestling practice rooms vary greatly and the following are guidelines only. **Every effort should be made to maintain a "normal temperature" in the practice room before practice begins.** While practice room temperature may increase during practice, **there should be no artificial methods used to increase the temperature in the practice room.** Efforts should be made to ventilate the practice room to help maintain a "normal temperature" and to help reduce communicable diseases.

### **HIGH SCHOOL GRADUATES ARE NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES**

High school graduates cannot practice with or against a high school team, or a student representing his/her high school team, during the given sport season. Only bona-fide coaches, students in good standing at the school, or students from another school participating through an enrollment option provided for within the rules can participate in a school's practice sessions. This rule does not prohibit high school students from participating with or against high school graduates through the Nonschool Team Participation Rule (36.15(7)).

This rule does not prohibit the local school district from allowing high school graduates to use their facilities for practice purposes, but not for the purpose of practicing with or against a high school team, or a member of a high school team, during the given sport season.

Scholarship Rule 36.15(2)h prohibits high school students from participating, and/or training, with or against college athletes who are representing their collegiate institution or as part of an event sanctioned or sponsored by a collegiate institution. Nothing in the rules prohibits a high school student from participating in a one time tryout with or against members of a college team with permission from the member school's administration and the respective collegiate institution's athletic administration.

### **COACH-ATHLETE CONTACT ("Camps & Clinics Rule")**

**(36.15(6))** *Summer camps and clinics and coaching contacts out of season.*

(a) School personnel, whether employed or volunteers of a member or associate-member school shall not coach that school's student athletes during the school year in the sport for which the school personnel are currently under contract or are volunteers, outside the period from the official first day of practice through the finals of tournament play, nor shall volunteer or compensated coaching personnel require students to participate in any activities outside the season of that coach's sport as a condition of participation in the coach's sport during the season.

(b) A summer team or individual camp or clinic held at a member or associate-member school facility shall not conflict with sports in season. Summertime coaching activities shall not conflict with sports in season.

(d) Penalty. A school whose volunteer or compensated coaching personnel violate this rule is ineligible to participate in a governing organization-sponsored event in that sport for one year with the violator(s) coaching.

**Wrestling Interpretation:** The Coach-Athlete Contact rule applies to wrestling coaches regardless of what style wrestling they may be coaching. No matter what style of wrestling is being coached, 9-12 wrestling coaches may not coach their 9-12 athletes during the school year, except from the first official day of practice until the State Dual Team Tournament is completed. During the summer, wrestling coaches must abide by section (b) of the Coach-Athlete Contact rule, regardless of what style of wrestling is being coached in a camp or clinic.

### **SCALE CERTIFICATION**

All wrestling schools are required to have the scales used for official weigh-ins certified annually. Information regarding certification of scales is mailed to Athletic Directors in August each year.

### **WEIGHT MANAGEMENT PHILOSOPHY**

The Iowa High School Athletic Association believes one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program which encourages safe weight loss. Determining a formula to predict the safe, minimal wrestling weight of high school wrestlers has been a priority of the IHSAA since 1968. With such a formula established, the IHSAA began providing body composition assessment to every high school in Iowa with a wrestling program in 1987. The Board of Control of the Iowa High School Athletic Association implemented mandatory body composition assessment, effective with the 1998-99

wrestling season. The National Federation of State High School Associations (NFHS) wrestling rules now mandate hydration assessment, body composition assessment and the rate at which a wrestler may lose weight. The primary purpose for these rules is to provide a safe wrestling environment for all high school wrestlers.

The NFHS and IHSAA are NOT encouraging wrestlers to attain their minimum wrestling weight. Many wrestlers actually perform better while weighing more than their minimum wrestling weight. A wrestler's minimum wrestling weight might not be his optimal competitive weight; it is simply the lowest, safe weight at which a wrestler may compete.

**In order for wrestling coaches to explain the weight management rules to their wrestlers, the Board of Control allows coaches to have a maximum of 2 meetings with their wrestlers on or after October 1 and before hydration assessment and body composition assessment is performed.** These meetings are in addition to the one meeting a coach may already have to handout uniforms, discuss season preparations, etc. **The following regulations apply to the weight management meeting(s):**

1. A maximum of two (2) hydration/body composition assessment meetings may be conducted **any time ON OR AFTER OCTOBER 1.**
2. They must be **conducted with the knowledge of, and under the guidance of, the school's Athletic Director.**
3. They must be **conducted in a classroom setting and the wrestlers must in street clothes.**
4. The skills of wrestling may **NOT be discussed.** The meeting(s) is strictly for the **purpose of explaining hydration and body composition assessment procedures and processes.**

#### **BODY COMPOSITION ASSESSMENT**

1. All high school wrestlers (grades 9-12) must have their body composition assessed by an approved assessor **BEFORE THEIR FIRST COMPETITION. They must have had their body composition assessed and be entered into the NWCA on-line weight management system to be eligible to compete at any level.** BODY COMPOSITION ASSESSMENT MAY NOT BEGIN BEFORE OCTOBER 26, 2009. Approved assessors may conduct unofficial assessments **BEFORE** the official assessment period begins, but assessments conducted by approved personnel **after** the official assessment period begins are official assessments.

2. **EACH WRESTLER IS ONLY ALLOWED ONE OFFICIAL BODY COMPOSITION ASSESSMENT**, unless an appeal is granted by the Athletic Association. Any subsequent assessments, except approved appeals, will NOT change a wrestler's minimum wrestling weight.

3. A list of approved body composition assessors can be found on the IHSAA website under the "Wrestling" heading. Assessors must 1) be approved by the IHSAA, 2) follow the instructions provided by the IHSAA, and, 3) use one of the assessment methods approved by the IHSAA.

#### **APPEALS**

**APPEALS MAY ONLY BE PERFORMED WITH PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION. APPEALS PERFORMED WITHOUT PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION ARE INVALID.**

**THE WRESTLER, AND/OR SCHOOL, IS RESPONSIBLE FOR ANY & ALL COSTS RELATED TO THE APPEAL.**

**ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS OF THE SCHOOL RECEIVING THE ASSESSMENT RESULTS FROM THE ASSESSOR AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.**

#### **APPEAL METHOD:**

The wrestler must have the same body composition assessment agency perform the appeal that performed the original assessment and the same assessment method must be used. The wrestler must pass the hydration assessment at the time the appeal is performed. Wrestlers may use their weight at the time of the original body composition assessment unless they have gained more than 1.5% of their body weight (rounded **UP** to the nearest pound) between the time of the original assessment and the appeal. If they have gained more than 1.5%, they must use their weight at the time of the appeal.

**Example: A wrestler weighs 137# at the time of the original assessment and chooses to appeal. 137# x 1.5% = 2.1#, rounded up that is 3#. If he weighs 140#, or less, at the time of appeal, he can use his original weight at the appeal.**

**NOTE:** Before a wrestler decides to appeal he/she may, but is not required to, ask their body composition assessor to review the data related to the original assessment. If an error is detected, the assessor should contact the Iowa High School Athletic Association with the correction. Correcting an error does not constitute an appeal.

### **BODY COMPOSITION ASSESSMENT PROTOCOL**

It is the coaches' and athletic administrators' responsibility to make sure wrestlers follow the established assessment protocol. The protocol for each assessment method will be provided to each wrestling school and assessor by the Athletic Association. When the assessment protocol is not followed, it is nearly impossible for an assessment to be accurate. This may place a wrestler's health in jeopardy and/or reduce their performance.

### **BODY COMPOSITION ASSESSMENT METHODS**

1. One of the following body composition assessment methods shall be used.
  - A. Tanita Professional Series Body Composition Analyzer/Scale  
Models: TBF-300A - using the "Standard Mode" only  
TBF-300WA - using the "Standard Mode" only
  - B. Futrex Near-Infrared Photo Spectrometry  
Models: 5000 A/WL & 5500 A/WL
  - C. Skin Calipers - Metal alloy calipers only
  - D. Hydrostatic (Underwater) Weighing
  - E. Bod Pod Air Displacement
2. The IHSAA will provide detailed instructions and protocol for all body composition assessment methods.

### **HYDRATION ASSESSMENT**

Hydration assessment must immediately precede body composition assessment. Any wrestler not passing the hydration assessment must wait a minimum of 24 hours before they can have their hydration level reassessed. Wrestlers cannot have their body composition assessed until they pass the hydration assessment.

### **HYDRATION ASSESSMENT METHODS**

1. One of the following hydration assessment methods shall be used.
  - A. Urine Color Chart - **primary method**
  - B. Reagent Litmus Strips - *secondary method*
  - C. Refractometer - *secondary method*
2. The IHSAA will provide detailed instructions and protocol for all hydration assessment methods.

### **NWCA OPTIMAL PERFORMANCE CALCULATOR (NWCA-OPC)**

1. Hydration and body composition assessment information must be entered into the NWCA Optimal Performance Calculator by the body composition assessor **BEFORE A WRESTLER CAN COMPETE AT ANY LEVEL.**
2. The NWCA OPC will be used to monitor each wrestler's descent plan. The descent plan will determine which two weight classes a wrestler is eligible to compete in each week without causing their descent plan to be recalculated. As per NFHS rules, a wrestler may wrestle one weight class above the class for which he weighs in without breaking certification.

### **MINIMUM WRESTLING WEIGHT**

The minimum wrestling weight for each wrestler will be determined by predicting a wrestler's weight at 7% body fat. (12% for females)

### **MINIMUM WRESTLING WEIGHT CLASS**

1. A wrestler's minimum wrestling weight class **CANNOT** be less than their minimum wrestling weight as predicted by body composition assessment.
  - A. If a wrestler's minimum wrestling weight is between two weight classes, the wrestler must certify, and wrestle, at, or above, the higher weight class.
  - B. If a wrestler's minimum wrestling weight is exactly that of one of the weight classes, the wrestler may certify, and wrestle, at, or above, that weight class.
2. If a wrestler's percent body fat at the time of body composition assessment is **BELOW 7% (12% for females)** the wrestler has **two choices**. First, he/she can wrestle at their minimum wrestling weight class as determined by body composition assessment at 7%/12% body fat. Second, if their sub-7% body fat weight is exactly

that of one of the weight classes, the wrestler may wrestle at that weight providing they have a physician's written release stating he/she is naturally below 7%/12%. A wrestler having less than 7%/12% at the time of body composition assessment **CANNOT** certify, or wrestle, at a weight class less than his/her weight at the time of assessment, even with a physician's written release.

#### **CERTIFYING MINIMUM WRESTLING WEIGHT CLASS**

**Wrestlers must certify their minimum wrestling weight class (*certified weight class*), by making *\*scratch weight in that weight class at least one time.* (*\*Scratch weight must be actual scale weight WITHOUT the addition of any kind of scale allowance.*) If a coach enters an actual scale weight from a weigh-in into the NWCA Optimal Performance Calculator, the weigh-in counts as an official weigh-in and also counts towards the wrestler's 15 date limitation. Wrestlers must be eligible in all regards before their coach allows them to weigh-in for any weigh-in. Wrestlers weighing in and not eligible in all regards will not be allowed to count the weigh-in as scratch weight and they, and their coach, will be subject to further sanctions by their school and the Athletic Association. **Wrestlers not certifying their minimum weight class before their first post-season competition must weigh-in at scratch weight for that competition. They will receive the growth allowance at all future weigh-ins.****

#### **GROWTH ALLOWANCE**

**Wrestlers who have certified their minimum weight class before January 1 will receive the 2-pound growth allowance after January 1.** Wrestlers who have not certified their minimum weight class by January 1 will receive the growth allowance the first time they weigh-in after certifying. **The first time a wrestler uses the growth allowance they declare their certified weight class and their intent not to wrestle at a lower weight class. A wrestler CANNOT recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows them to go.** *For example, a wrestler's body composition assessment will allow him to wrestle at 130 pounds. He makes scratch weight at 135 pounds before January 1, and in the first meet after January 1 uses the growth allowance to weigh-in for the 135# weight class for a meet. He cannot recertify at 130 pounds because he used the growth allowance for the first time at 135 pounds and declared his intent NOT to wrestle below 135 pounds.* A wrestler CANNOT use the growth allowance to achieve a lower minimum wrestling weight class than his/her 7%/12% weight permits because the wrestler MUST make scratch weight one time at their minimum wrestling weight class before receiving the growth allowance.

#### **WEIGHT LOSS DESCENT PLAN**

1. All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. The descent plan will be monitored as follows:

A. Before each weigh-in session, coaches must provide a Weight Management Reporting Form to the Administrator of Weigh-Ins, or his/her designee. This form will show the weight classes for which every wrestler is eligible to weigh in on that date without causing their descent plan to be recalculated.

B. **A wrestler is NOT eligible to wrestle at a weight class below the minimum weight class determined by their descent plan regardless of their actual weight.** Rule 4.4.2 states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor," still applies. *If a wrestler whose lowest eligible weight class for a given week according to the descent plan is 135 pounds weighs in for the 125 pound weight class, or less, the wrestler is not eligible to compete in that meet at any weight class because of Rule 4.4.2.*

2. **A wrestler cannot weigh-in above their highest eligible weight class listed for a specific date without having his/her descent plan recalculated IMMEDIATELY (beginning the next day).** *For example, a wrestler's highest eligible weight class listed on the weight management form for a specific date is 135 pounds. If the wrestler weighs in excess of 135 pounds (137 with the growth allowance) their descent plan will be IMMEDIATELY (beginning at 12:01am the next day) recalculated by the NWCA OPC. They will not be able to compete again at 135 pounds, or below, until their descent plan allows them to.*

#### **CONSEQUENCES FOR VIOLATIONS OF WEIGHT MANAGEMENT RULES**

1. **Any wrestler weighing in below his/her lowest eligible weight class for a given week according to his/her descent plan will forfeit all matches won at that meet.**

2. **The first time** a school's wrestler(s) compete below his/her lowest eligible weight class for a given week according to the descent plan, the school will receive a letter of reprimand from the Athletic Association. This letter will explain the consequences for future violations.

3. **The second time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and

wrestler(s) will be suspended from competition for the next scheduled, or rescheduled date at that level of competition, which could include post-season competition.

4. **The third time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next FOUR (4) scheduled, or rescheduled dates at that level of competition, which could include post-season competition.
5. **The fourth time** a school's wrestler(s) weighs in below his/her lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the school's wrestling program will be placed on probation and NOT be allowed to compete the remainder of the season, including post-season competition, with the head coach coaching.
6. Any other violations of the weight management program will result in sanction of the school's coach or wrestling program as determined by the IHSAA Board of Control.

#### **USE OF ILLEGAL METHODS OF WEIGHT REDUCTION**

As per national rule, at anytime the use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic type suits, or similar artificial heating devices, diuretics, or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

#### **WEIGH-IN PROCEDURES**

**Weigh-in procedures for all meets, INCLUDING THE STATE TOURNAMENTS, shall be as per national rule.**

**Dual Meets** – Weigh-ins shall begin a **maximum** of one (1) hour before the time a dual meet, or a team's first competition in a multiple dual meet (*to include dual team tournaments*), is scheduled to begin. For a multiple dual meet, the meet administration may require all teams to weigh-in a maximum of one hour before the first dual meet, even if a team is not competing in the first dual meet. When a preliminary meet is followed by a varsity meet, the varsity weigh-in may, by mutual consent, precede the preliminary meet.

**Individual Tournaments** - Weigh-ins shall begin a **maximum** a maximum of 2 hours before the first session each day.

#### **ADMINISTERING ON-SITE WEIGH-INS GRADES 9-12**

**Dual Meets** - Weigh-ins may be conducted by the school administration of the host school; the head coaches of all teams involved, or their designees; or the official(s). Regardless of who conducts the weigh-ins, **a representative from each participating school should be present during weigh-ins**, but it is not required they be present.

**Tournaments** - Meet management will determine how to conduct the weigh-ins. **A representative from each participating school should be present during weigh-ins**, but it is not required they be present.

**State Tournament - WEIGH-INS FOR ALL SESSIONS OF THE STATE WRESTLING TOURNAMENT WILL BE HELD AS PER NATIONAL RULE - 2 HOURS BEFORE THE START OF THE FIRST SESSION IN WHICH WRESTLERS IN EACH CLASS COMPETE EACH DAY, WITH WEIGH-INS CONTINUING UNTIL THE LAST WRESTLER IS WEIGHED IN.** If it is a multiple class session ALL wrestlers will weigh-in 2 hours before the start of the session. WRESTLERS WEIGHING IN FOR THE 2<sup>ND</sup> & 3<sup>RD</sup> DAYS ONLY WILL BE GIVEN A 1-POUND SCALE ALLOWANCE. **BY NATIONAL RULE, THE MAXIMUM SCALE ALLOWANCE THAT CAN BE GIVEN FOR THE TOURNAMENT IS 2-POUNDS. NO SCALE ALLOWANCE WILL BE GIVEN FOR WRESTLERS WEIGHING IN A 4<sup>TH</sup> DAY.**

**NOTE:** The scales at the state tournament will be available for a 2-hour period from 7-9:00pm on the Tuesday evening before the state tournament for those wrestlers wishing to check their weight prior to the Wednesday morning weigh-in.

#### **POST-SEASON WRESTLING INFORMATION**

All post-season wrestling information will appear on the IHSAA website under the "Wrestling" heading once the season begins.

## IHSAA SPORTS SEASONS--2009-10 SCHOOL YEAR

	<i>Practice Begins</i>	<i>First Legal Playing Date</i>	<i>Number of Contests or Playing Dates</i>	<i>Number of Scrimmages</i>	<i>IHSAA-Sponsored Tournament Dates</i>	<i>State Championship</i>
<b>FALL GOLF</b>	Week 6/Aug 10	Week 7/Aug 13	12 meets	None	District: Oct 6	Oct. 9,10
<b>CROSS COUNTRY</b>	Week 6/Aug 10	Week 8/Aug 24	10 meets	None	District: Oct 22	Oct 31
<b>FOOTBALL</b>	***Week 6/Aug 10 3 days noncontact	Week 9/Aug 27	*9 games None later than October 23	1 after first legal playing date	All Classes Substate: Oct 28 First Rnd: Nov 2, Offinal: Nov 6 Semifinal: Nov 12, 13, 14, 16	All Classes: Nov 20, 21
<b>SOCCER</b>	Week 37/March 15	Week 39/Apr 1	13 gms; 3 may be mult. Tm Tourn	1 -- anytime during the season	May 24, 26, 29	June 3-5
<b>SWIMMING</b>	Week 19/Nov 9	Week 22/Nov 24	12 meets	None	District: Feb 6	Feb 13
<b>BOWLING</b>	Week 19/Nov 9	Week 27/Nov 16	12 playing dates***	None	Regional: Feb 20	1A: Feb 25 / 2A: Feb 26
<b>WRESTLING</b>	Week 20/Nov 16	Week 22/Nov 30	15 meets	Only 1 prior to first legal contest date Tournament qualifiers may have additional scrimmages	1A, 2A Sect: Feb 6 1A, 2A, 3A District: Feb 13 1A, 2A Regional Dual Team: Feb 9 3A Reg Dual Team: Feb 23	Feb. 17-20 Dual Team: Feb 27
<b>BASKETBALL</b>	Week 20/Nov 16	Week 22/Nov 30	21 games: Each Game Played Counts Toward 21-Game Limit	3 -- Anytime during Season	1A Dist: 15, 18, 23, 25 2A: 8, 9, 11, 12 3A: 22, 25 Sbst: Feb 22, 26, 27, Mar 1, 2 Dist: All Classes May 14	1A: 8, 11, 12 2A: 8, 9, 11, 12 3A: 9, 10, 11, 13 4A: 10, 12, 13
<b>TRACK</b>	Week 33/Feb 15	**Week 33/Feb 15	12 meets	None	Sectional: May 14, 15 District: May 21, 22	May 20-22
<b>SPRING GOLF</b>	Week 38/March 22	Week 39/March 31	12 meets	None	District: May 13 Pre Subst Tm: May 15; Subst Team: May 22	May 28, 29 Coed: June 8
<b>TENNIS</b>	Week 38/March 22	Week 39/March 31	12 meets	None	1A Dist: July 10, 13, 15, 17 2A Dist: July 10, 13, 17 3A Dist: July 16, 19 1A Subst: July 20 2A Subst: July 20 3A Subst: July 21 4A Subst: July 16, 19, 21	1A - July 23, 24, 29 2A - July 26, 29 3A - July 27, 30 4A - July 28, 30 Champ Games All Classes: July 31
<b>BASEBALL</b>	Week 44/May 3	Week 47/May 24	40 games	None		

\*Football Play-Off Qualifiers for all classes will be determined after the completion of the October 23rd games.

\*\*Any indoor meets must be run prior to your first outdoor competition. Any indoor competition after your first outdoor meet would count toward your meet limitations of 12 meets.

\*\*\*Football practice begins Mon, Aug 10. Two-a-days permissible August 10, 11, 12 (Non-Contact), 13, 14 (Contact). No Practice Aug. 15, 16. Contact and one practice per day beginning Aug 17.

\*\*\*\*Two team matches per day. Six individual games per day.

## IHSAA SPORTS SEASONS -- 2010-11 SCHOOL YEAR

	Practice Begins	First Legal Playing Date	Number of Contests or Playing Dates	Number of Scrimmages	IHSAA-Sponsored Tournament Dates	State Championship
<b>FALL GOLF</b>	Week 6/Aug 9	Week 6/Aug 12	12 meets	None	District: Oct 5	Oct 8,9
<b>CROSS COUNTRY</b>	Week 6/Aug 9	Week 8/Aug 23	10 meets	None	District: Oct 21	Oct 30
<b>FOOTBALL</b>	***Week 6/Aug 9 3 days noncontact	Week 9/Aug 26	*9 games None later than October 22	1 after first legal playing date	All Classes Substate: Oct 27 First Rnd: Nov 1 Final: Nov 5 Semifinal: Nov 12,13,15	All Classes: Nov 19,20 June 2-4
<b>SOCCER</b>	Week 37/March 14	Week 39/March 31	13 gms; 3 may be multi Tm Tourn	1 -- anytime during the season	May 23,25,28	
<b>SWIMMING</b>	Week 19/Nov 8	Week 22/Nov 23	12 meets	None	District: Feb 5	Feb 12
<b>BOWLING</b>	Week 19/Nov 8	Week 21/Nov 15	12 playing dates****	None	Regional: Feb 19	1A: Feb 26 / 2A: Feb 27
<b>WRESTLING</b>	Week 20/Nov 15	Week 22/Nov 29	15 meets	Only 1 prior to first legal contest date. Tournament qualifiers may have additional scrimmages	1A, 2A Sect: Feb 5 1A, 2A, 3A District: Feb 12 1A, 2A Regional Dual Team: Feb 8 3A Reg Dual Team: Feb 22	Feb 16-19 Dual Team: Feb 26 1A: 7,10,11 2A: 7,8,10,11 3A: 8,9,10,12 4A: 9,11,12
<b>BASKETBALL</b>	Week 20/Nov 15	Week 22/Nov 29	21 games: Each Game Played Counts Toward 21-Game Limit	3 -- Anytime during Season	1A Dist: 14,17,22,24 2A: 14,17,22 3A: 21,24 Sbst: Feb 21,25,26,28, Mar 1	May 19-21
<b>TRACK</b>	Week 33/Feb 14	**Week 33/Feb 14	12 meets	None	Dist: All Classes May 13	
<b>SPRING GOLF</b>	Week 38/March 21	Week 39/March 30	12 meets	None	Sectional: May 13,14 District: May 21,21	May 27,28 Coed: June 7
<b>TENNIS</b>	Week 38/March 21	Week 39/March 30	12 meets	None	District: May 12 Pre-Subst Tm: May 14; Subst Team: May 21	May 27,28 Team: May 31 Coed: June 7
<b>BASEBALL</b>	Week 44/May 2	Week 47/May 23	40 games	None	1A Dist: July 9,12,14,16 2A Dist: July 9,12,16 3A Dist: July 15,18 1A Subst: July 19 2A Subst: July 19 3A Subst: July 20 4A Subst: July 15,18,20	1A - July 22,23,28 2A - July 25,28 3A - July 26,29 4A - July 27,29 Champ Games All Classes: July 30

\*Football Play-Off Qualifiers for all classes will be determined after the completion of the October 22nd games.

\*\*Any indoor meets must be run prior to your first outdoor competition. Any indoor competition after your first outdoor meet would count toward your meet limitations of 12 meets.

\*\*\*Football practice begins Mon, Aug 9. Two-a-days permissible August 9, 10, 11 (Non-Contact), 12, 13 (Contact). No Practice Aug. 15, 16. Contact and one practice per day beginning Aug 17.

\*\*\*\*Two team matches per day. Six individual games per day.