

**2010
REGULAR SEASON SPORTS**

**FALL
MANUAL**

**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION
BOONE, IOWA**



TABLE OF CONTENTS

FALL GOLF

Practice and Playing Dates; Medal Play; Rules Meeting.....	Fall Golf 1
Coaching Information; Rules for Players/Coach.....	Fall Golf 2
Code of Conduct for Players.....	Fall Golf 3
Breaking of Ties; District and State Qualifiers; Number of Players.....	Fall Golf 4
Practice Rounds; Green Fees; Tee Off Times; Starting Method; Rain-Outs.....	Fall Golf 5
Fall Golf Expenses; Awards; Pictures; State Meet Pin Placement; Scoring for the State Meet.....	Fall Golf 6
Prize-Awards Rules.....	Fall Golf 7

CROSS COUNTRY

Rules Governing Cross Country; Regulations Pertaining to Meets and Practices; Rule Clarifications and Modifications; Classification and District Meet Information.....	Cross Country 1
State Meet Information.....	Cross Country 2

FOOTBALL

Regulations Pertaining to Games and Practice; Football Regular Season.....	Football 1-2
Lightning Safety.....	Football 3
Concussion Management.....	Football 4
Game Protests Not Upheld; Bench Area Restriction Rule; Coach Ejection Policy; Experimental Rule 6-1; Video Guidelines for Regular Season Exchange.....	Football 5
Coach-Athlete Contact; Regulations Pertaining to Practice Sessions and Scrimmages; Mandatory Reporting of Stats.....	Football 6
Precautions to Take in Hazardous Weather; Hazardous Weather Guidelines; Bad Field Conditions.....	Football 7
Classification of Schools; Football Play-Off Policy.....	Football 8

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FALL GOLF

NEW COACHES REQUIREMENT STARTING WITH THE 2010 FALL GOLF SEASON: ALL HEAD VARSITY GOLF COACHES MUST VIEW THE ON-LINE FALL GOLF RULES MEETING. Fall golf rules meeting will be on-line from August 2, until August 26. **Failure of any head fall golf coach to view this on-line rules meeting will make he/she ineligible to coach in the IHSAA state sponsored district /state golf tournaments.**

FIRST PRACTICE AND PLAYING DATE FOR 2010

Class 4A **first legal practice date** is Monday, August 9, 2010, and the **first legal playing date** is Thursday, August 12, 2010.

Each **individual player may participate in 12 dates of competition** during the season.

This means a school may schedule 12 varsity matches and 12 junior varsity matches. The point of clarification here is no player is permitted to participate in more than a total of 12 competitions.

Please Note: Travel distance may be a factor taken into consideration by the Board of Control when tournament assignments/pairings are developed.

Two options for school(s) who are in a 3A conference, but due to the BEDS document become a Class 4A school.

Option number one: Play a full fall golf schedule with class 4A teams with no spring participation permitted.

Option number two: Play up to ten playing dates in the spring, which includes your one or two day conference tournament, and two regular season dates in the fall. **Under both options, your school is ineligible to participate in the state sponsored spring golf tournaments.**

District tournaments will be held October 5, 2010 (District assignments will be posted under golf, IHSAA home page).

State Tournament will be held @ The Harvester Golf Club, Rhodes, Iowa 50234 on October 8 & 9, 2010.

Future fall golf practice and starting dates:

2011 Week 6, first legal practice date August 8, 2011, first legal playing date August 11, 2011

2012 Week 6, first legal practice date August 6, 2012, first legal playing date August 9, 2012

2013 Week 6, first legal practice date August 12, 2013, first legal playing date August 15, 2013

MEDAL PLAY COACH & PLAYER INFORMATION

For all regular season and post-season tournament play, USGA playing rules will be followed unless modified by the local course management. All golf matches shall be played in accordance with the USGA Rules of Golf in accordance with rule 13-1 of the USGA Rules of Golf Book: The ball shall be played as it lies, except as otherwise provided in the rules.

There is no provision in the USGA Rules of Golf book for winter rules. Winter rules do not exist, therefore, shall not be used; however, the USGA does allow for areas of the golf course to be marked and defined as Ground under Repair (rule 25-1). If it is determined that areas of the golf course are unsuitable for play, the committee shall define these areas as Ground under Repair. The Ground under Repair shall be marked and defined accordingly so no questions will arise as to the boundaries of said areas.

Poor turf conditions do not necessarily equate to Ground under Repair. Ground under Repair is defined as abnormal ground conditions. If an area is abnormal in relation to the entire golf course, then it should be defined as Ground under Repair.

Any errors or **discrepancies** that take place during medal play are to be corrected **PRIOR to signing the scorecard** and turning it in. **The round begins with the first tee of the competition and ends when the scorecard has been attested to, signed, and turned in. Once the scorecard has been signed and attested to by all players in the group,** it is too late to make corrections and all scores will stand as turned in. Coaches should verify with the tournament manager the scores are correct when posted, by verifying them individually following the posting of the scores. If the head coach elects not to attend the posting of the scores and does not verify his team score(s) are posted correctly, player(s) scores stand as posted. This will not preclude circling a given hole(s) score for the committee or jury of coaches to review at the conclusion of play, but it would permit a correctable situation at the

completion of play, prior to signing the scorecard and turning it in for recording. **Coaches**, remind your golfers to record the score after completion of each hole (all players involved). **If there is any discrepancy, players should make every effort to resolve this discrepancy before playing the next hole. If the discrepancy can't be resolved, circle the hole/score and once the player involved finishes the round the player involved should not sign his card, nor turn it in, until the jury has made a ruling. At the completion of his round, the player should inform the scorers he has a questionable situation that needs to be resolved before signing and turning in his scorecard.**

NEW: At the conclusion of play (each day of one or two-day tournament) every player in the group needs to verify that all scores are correct by attesting to, and signing each card in that group. This new procedure will allow all members in the group at the conclusion of play that day to verify and agree on what each individual in their group shot that day. If there is any discrepancy, it should go to the rules jury (appointed by the tournament manager) to rule on before signing or turning any cards in.

Coaches, remind your golfers to record the score after completion of each hole. The competitor is responsible for the correctness of the score recorded for each hole on his scorecard. If he returns a score for any hole lower than actually taken, **he is disqualified**. If he returns a score for any hole higher than actually taken, the score returned stands. Scorecards are to be turned into the official scorer immediately following the round once signed and attested to by each golfer. Coaches are not to hold onto the scorecards while waiting for scores to be posted.

COACH INFORMATION

The head coach is able to coach his players from green to tee. **Coaching must cease once the player has put his ball in play at the tee box.** This coaching opportunity provides a great opportunity for coaches to work with their players while the meet is in progress. Your responsibility as a coach is to supervise the team or individual(s) participating.

It is against the rules for coaches to play golf on the course the day of the district or state meet. If this takes place, the team will be **disqualified** due to the coach's actions, even if the tournament manager has given permission for the coach to play. Coaches are not to leave the premises while his/her player(s) are competing. Coaches may be asked to assist the host school with regular season or district competition, please do your best to honor that request.

Coaches must also understand that they are **not** rules consultants when assisting. Let the players play, and if any questions come up, the player should notify his group, resolve the problem or hit a provisional ball and get a ruling when competition is completed before signing his score card. We appreciate coaches wanting to assist in making rulings, but there are times when a wrong ruling is provided and there is no recourse.

Make sure you fill out the on-line district & state team golf entry form (www.iahssaa.org under golf, left hand side of home page) and fax/e-mail the form to the designated host school at least four days before the scheduled district and two days before the state meet. This will permit the meet manager the opportunity to set up tee times according to your players' ranking, via your entry form. A coach may substitute a **team** player(s) before teeing off in the district or state meet. In the district or state meet, no substitution will be allowed once a player has teed off on his first hole, regardless of injury, illness or disqualification. The individual will be considered withdrawn, and the team will use the five remaining players for the remainder of the tournament. **Individual qualifiers for the district or state meet may not be substituted for, nor will another non-qualifying golfer from that district be allowed to take this individuals place, regardless of the circumstance.**

The head coach is allowed to coach from green to tee. Once the player puts his ball in play at the next tee box, Coaching should cease. The designated head coach may discuss club selection or make positive encouraging thoughts to players from green to tee. In district and state competition, all head coaches (if co-coaches only one) will be provided a wristband to identify who this coach is, and he/she will be the only person allowed to visit with the players from green to tee. The wristband should be visible to anyone in attendance. Wristbands should not be provided to anyone else.

RULES FOR PLAYERS/COACH

The following rules will govern all interscholastic golf in Iowa.

1. In case of gambling during matches, the players involved are disqualified in that particular meet.
2. Cheating would be reason for disqualification.
3. The players will keep score, with no player keeping his own score. Coaches may be asked to help monitor certain holes on the course. **Coaches are not to make rulings on the course.** Please allow all players in the group decide the ruling, and if they can't agree, the player involved should play a provisional ball and let the rules committee make a ruling when he finishes the round (before signing and turning in his scorecard). We now have Iowa Section certified PGA staff members on hand at our state site to assist in rulings on the course.
4. Any player who uses tobacco (including smokeless) on the course is disqualified.
5. Disputes on rules at the district meets: The coaches jury selected by the assembled coaches, with the meet manager/golf pro, acting as chairman, will decide on all disputes.

6. In the state meet, the Iowa Section certified PGA and or club pro will make all final golf rule decisions.
7. Any player who fails to finish play in the district tournament competition is considered to have withdrawn from the tournament and his score will not count. **If this should occur during the state tournament on day one, he will not be able to participate on day two.** His scores either day would not count if he fails to finish play on day two.
NOTE: Additional information under substitutions earlier in the handbook.
8. In regular season district and state competition, **no caddies are allowed. No motorized golf carts will be allowed except for disability reasons and must be pre-approved in writing by the IHSAA.**
NEW: Non-motorized pull carts are permitted; individuals desiring to use pull carts must supply their own non-motorized pull cart or call the course in advance and reserve one, but courses are not responsible for providing a non-motorized pull cart at each meet. This rule applies to both regular season and tournament play.
9. There shall be no coaching of golfers by parents or spectators. Spectators are to remain at a reasonable distance behind the golfers while watching so as not to hinder play. Should there be any interference by spectators with play in any way, shape, or form, the spectator(s) are subject to being asked to leave the premises by the meet management. Spectators should remain approximately 30 yards behind the golfers on the course or on the cart path when observing play other than to cross fairways without interfering with players. No spectator may instruct or advise a player about any shot selection a player is going to make. Once the players reach the green area, spectators should move over to the cart path, even with the green, to allow the next group of players to continue play.
10. In the state meet, second day pairings are to be based on first-round team scores. No players from the same school should be assigned to the same group, threesomes or foursomes.
11. In the district meet the tournament manager should make every effort to avoid the necessity of having players from the same town, even though from different schools, play in the same threesomes and foursomes. This is impossible in some cases, but wherever it is possible to avoid this, it should be done.
12. All schools are expected to start play as scheduled.
13. At the conclusion of the district & state meets, coaches should verify the scores posted. When the teams/individual(s) leave the course and the team standings have been posted, there will be no changing of the results of play.
14. All golf coaches will be notified in ample time where their meets and tournaments will be held.
15. All players will be required to wear pants or shorts and shirts while playing. Playing without shirts is not permissible. Any player who plays without a shirt is automatically disqualified.
16. In the district or state meet, if a player is injured or becomes ill, there can be no substitute for him once play has started. That individual will be withdrawn and count only the four best scores of the remaining players.
17. Use of **cell phones are prohibited during regular season and all tournament play.** Penalty will result in disqualification of that player. Coach, I would encourage you to collect your players cell phones before the competition begins and once all competition is completed give the phones back to your players. This may save you a disqualification.
18. A player disqualified from a tournament is disqualified for the entire event (rest of the tournament or multiple day event), whether it is a one day or two day event.
19. **Golf range finders and any electronic devices will not be allowed during regular season or tournament play.**
20. Coaches, during regular season and tournament play, players are required to walk or be transported to their starting hole or possibly between holes with no more than **two players riding in the cart (plus a driver).** If carts are used to transport players, players must be **seated inside the cart. Players may be transported to their starting holes by car or van if needed.**

CODE OF CONDUCT FOR PLAYERS

1. In meets or tournaments sponsored by the IHSAA, a **two-stroke penalty** shall be assessed for conduct unbecoming high school players. Such conduct shall include, but not be limited to:
 - a.) **Club throwing**, is defined as releasing the club in a manner to cause harm to any person or the course. **Ball throwing**, is defined as could cause harm to another participant, spectator, course or means of releasing frustration.
 - b.) **Use of abusive language.**
 - c.) **Willful acts which damage property or equipment on the course.**
 - d.) Other **unbecoming conduct as determined by the Golf Rules Committee.** This rule will be strictly enforced by the rules committee. **With a second offense, the player is automatically disqualified.**
2. Any player who uses **tobacco** (including smokeless tobacco) or gambles on the course is automatically disqualified.
3. **Eligibility Rule 36.14(2) Penalty.** Any student disqualified from an interscholastic contest by game officials for flagrant, violent, or verbal misconduct will be ineligible for the next regular scheduled game/meet at the level of competition and all other games/meets in the interim at any level in addition to any other penalties the IHSAA or school may assess. The second violation carries a four games/meets automatic ineligibility. It will be the responsibility of the host school meet manager to report any disqualification(s) to the IHSAA the day following the

meet, if the meet is held on a Friday or Saturday, then on the Monday following the meet. It is the coach's responsibility to inform his/her administrator of any disqualification(s). The administrator will file an official report form with the IHSAA on-line.

4. **NEW:** The IHSAA and the Golf Coaches Advisory Committee feel the code of conduct rules are appropriate, but a concern remains when the players themselves are unwilling to enforce the rule against another player in the group. **If a code of conduct violation is observed (not heard about later) by a HEAD GOLF COACH and the group involved does not enforce the rule, the HEAD GOLF Coach observing this inappropriate action should get the players together at the conclusion of play at that particular hole and have the players discuss the situation and enforce the proper ruling.** If a code of conduct rule has been violated, a two-stroke penalty should be assessed the individual(s) responsible. **If a HEAD GOLF COACH observes any behavior that could lead up to a code of conduct violation, the coach should professionally warn the player of his inappropriate action and inform the player's coach and notify a rules jury member. Coaches make sure your players are aware of this rule, so your team is not penalized by one of your player's inappropriate actions.**

BREAKING OF TIES

TEAM TIEBREAKER AT DISTRICT AND STATE COMPETITION: Breaking of all **team ties** will be decided by using the **fifth player's score of that day**, and if the tie is not broken with the fifth player's score, the **sixth player's score will be used**. In the event a given team has only four players and the team they are tied with has five players, the team with five players would break the tie and be declared the winner. If a team has only five players and a team tie still exists after using each team's fifth player's score, the team with six players would break the tie and be declared the winner. This makes the fifth and sixth players' score more meaningful in the team concept. If the team tie remains after using the fifth or sixth players' scores, a three hole play-off will take place, using only the players' scores who counted that day. If the three hole play-off does not break the team tie, we will go to sudden death.

INDIVIDUAL DISTRICT TIEBREAKER SYSTEM: Reminder, for individual qualifiers (regardless if they're on a qualifying team or not), we must determine a medalist, runner-up medalist and third place individual. A SUDDEN DEATH PLAY-OFF WILL BE USED TO DETERMINE THE TOP THREE INDIVIDUAL PLACES. All fourth place individual district ties stand, advance to the state competition, and duplicate medals will be provided the fourth place individuals who did not receive a medal the day of district competition.

STATE COMPETITION: Individual ties in state competition for **first place only (medalist)** will be broken using the sudden death play-off. If the tie is not broken after the first sudden death play-off hole, play will continue on a sudden death schedule until the tie is resolved.

In state tournament competition only, all individual ties relating to second through seventh place will result in duplicate medals being awarded.

Team tiebreaker will apply in the state meet as mentioned above.

DISTRICT/STATE QUALIFIERS

The top three district teams qualify for the state meet. At no time would a fourth-place team advance to state competition.

The lowest four individual scores qualify (regardless if they are on a qualifying team or not) for the state tournament **(including all fourth place ties)**.

In determining the individual qualifiers at district competition, a medalist, runner-up medalist and third place winner must be determined and any fourth place ties will advance to the state meet.

The largest 48 4-A schools will participate in fall golf, including any schools below class 4A who elects to participate in class 4A.

The state meet will start at NOON on Friday and 9:00 AM on Saturday, weather permitting.

NUMBER OF PLAYERS

Each member school is entitled to enter six players in the district meet. The four best scores will count to determine the total score for the school. If a **team tie** exists, we will use the fifth players' score and if the **team tie** remains we will use the sixth players' score, **NOTE:** See above team tiebreaker for all team and individual tiebreaker information. **A school entering less than four players in the district meet may compete for individual honors, but not team honors.**

PRACTICE ROUNDS

Coaches: Under no condition will your school be permitted to practice on the district or state golf sites by taking school time to do so. Prior to the district tournament, teams can play at a district site if they desire, with no loss of school time. There are times when seniors are no longer required to be in attendance, but have not graduated who could go and practice because they are not in school any longer. Students are NOT allowed to use any type of personal school days allocated by the school at the beginning of the school year such as (doctor appointments, family days or personal reasons) to go play practice rounds on the course designated for district or state play. Keep in mind, anyone who wants to play a practice round (player/coach) at a district or state site, must pay green fees. Prior to district tournament teams or individual(s) may play/practice at the district site, if they desire, with **no loss of school time. The course on which the STATE TOURNAMENT is to be played is closed for any practice rounds to all golf teams and individual(s) once the district tournament starts.** EXCEPTION: If a team is hosting the state and the state meet course is their home course, practice is permitted on the state course by the host school only.

Walking the course: There is no rule against teams arriving at the district/state site to walk the course provided they do not cause any confusion with regard to people playing the course, and they have the courses permission to walk the course. Players who walk the course are not to have any clubs with them while they are walking the course. Any violation of this rule will result in player disqualification of the entire one or two day tournament.

Players may use the practice driving range, chipping green and putting green at the district or state site, if available, the night before or the day of the district/state meet.

GREEN FEES

A \$10 per person green fee is assessed for participation in all district tournaments, paid directly to the course management by the participating schools - a total of \$60 green fees per school per district tournament. Please have a check made out directly to the course management where you will be participating at in the district tournament in advance of your participation and present it to the host school management upon arrival, it will be appreciated. The host school manager will present the green fees for all participating teams to the course management.

State tournament green fees will be paid to the host golf course by the IHSAA.

TEE OFF TIME

All district tournaments teams will be notified by the district host what the tee-off time will be. The state tournament will start Friday at 12:00 Noon and Saturday at 9:00 AM. The Saturday starting times may be adjusted per weather conditions.

STARTING METHOD

It will be permissible for the tournament manager to start all contestants in any manner he sees fit. He may use the shotgun method or start on #1 and #10.

RAIN-OUTS

If district tournaments are postponed (no more play that day) once competition has started, play will continue from the last completed hole by every player in their group. If three of the four players have puttied out and the players are called off the course and do not return that day, all players will be required to play the hole over.

If play is halted and players are called off the course, all players should mark their ball and if play continues that day, players would resume play at their marked spot.

In districts, if you are required to return a second day because of a rain-out and you are rained out a second time, and have finished nine holes, those nine holes scores will determine which teams and individuals qualify for state competition. Remember, this is only true on the second time you return. **Example 1:** Districts were scheduled for Tuesday and you were rained out. You come back on Wednesday and you are rained out but everyone gets at least nine holes played. Those nine holes on the Wednesday will determine the teams and individuals that advance on to state competition. **Example 2:** District play has begun, groups finish at least nine holes and are rained out, everyone returns the next day and begin play from the last completed hole by everyone in your group. If rain again forces competition to end for that day and everyone has **not** completed competition (nine holes), the first days nine holes will determine the teams and individuals that advance to the next level of competition.

In state tournament competition, if eighteen holes are played on Friday and it is impossible to play Saturday due to rain, the first eighteen holes will determine the champion. Likewise, if Friday is rained out and we are able to play eighteen holes on Saturday, those eighteen holes on Saturday will determine a winner. Under no conditions will competition be held on Sunday. If both Friday and Saturday are rained out, then the tournament will be reset by the tournament manager and each school will be notified accordingly. When the tournament is rescheduled, competition will be eighteen holes.

EXPENSE ALLOWANCE

A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for the tournament participation.

District: For district tournament participation, the IHSAA will reimburse each traveling school at the rate of 46¢ per mile one way from its school to the site of the meet. There will be no lodging or meal expenses for district golf. Each school's expense allowance check will be mailed directly from the IHSAA Office after the report is received from the district tournament manager; therefore **no expense allowance card will be needed for district golf.**

State: For state tournament competition, the IHSAA will reimburse each traveling school at the rate of 46¢ per mile one way for individual qualifier(s) and teams \$1.15 per mile one way per team.

AWARDS

In the district tournament, there will be 22 medals: Six medals for the team winning first; six medals for the team winning second and six medals for the team winning third; one medal for the medalist; one medal for the medalist runner-up, one for third and fourth place (including 4th place ties).

In the state meet, there will be medals awarded to the top four teams, six medals per team.

All individual ties will remain as ties except for medalist honors (a sudden death play-off would be held if we have a tie for individual honors), duplicate awards will be presented and the ties will remain ties for individuals places 2-7th place. If we have a three way tie for third place, our next medal presented will be sixth place and duplicate third place medals will be ordered.

In the state meet, a championship and runner-up championship trophy will be given along with a banner.

PICTURE PLAQUES

Teams and individuals who qualify for the state meet will have their pictures taken with their coach when they arrive at the State Golf Meet site. Individuals in the picture will be identified after the state meet by each school and then made into a picture plaque to be presented to each of the participating team members and coach, compliments of the IHSAA. The photo taken at the state tournament will be sent via e-mail to each school to verify team/individual & coach and a picture plaque order form will also be included for the coach/school to order additional plaques. An IHSAA representative will no longer collect order forms and money at the state meet, for this will all be taken care of on-line.

STATE MEET PIN PLACEMENT

No practice is permitted by a host school on the state golf meet site once pin placements have been made for the first day's competition. Meet management should, in concert with the green's superintendent, make the determination as to how late they might wait prior to making pin placements for the first day's competition. No practice is permitted by the host school once pin placements are made. Obviously the driving range and chipping/putting greens will be open to any host school.

SCORING FOR THE STATE MEET

In determining the winner at the state meet, the first-day scores will be the four best scores recorded from the team. The next day will be a new day and the four best scores on that day will be recorded. The total of the two days will determine team winners. **If a team tie exists at the end of the second day and ties cannot be resolved by the fifth or sixth players' score from that day, the four members whose scores counted the last eighteen holes will be the four players involved in the play-offs.** Please review the tiebreaker procedure elsewhere in this manual.

NON-SCHOOL TEAM/INDIVIDUAL PARTICIPATION/AWARDS RULES

DURING THE SCHOOL YEAR:

From the first day of school through the last day of school, you may *not* accept any award or prize which has a value in excess of \$25.00, **NEVER MONEY**. Golfers may participate in non-school events during the year, if **allowed by local school policy**. Check with your Athletic Director.

EXAMPLE: Ben Jones is allowed by his school to play in a four team best ball tournament in late March. Ben is playing with three individuals who are out of school, with Ben being the only high school student. Ben's team wins \$400.00. Each of the three out-of-school individuals could accept \$100.00 cash. Ben could receive a gift certificate for \$25.00. Ben should ask the golf course to document what Ben received and have the course sign that document stating he only received a \$25.00 gift certificate and provide a copy of the document to his Athletic Director, stating what Ben accepted. In that case if someone reads/hears about his tournament success, the school has proof that Ben accepted only a \$25.00 in a gift certificate. An individual could receive up to \$25.00 in gift certificates per tournament.

SUMMER MONTHS:

During the summer months, you *may* accept any award or prize any amateur golfer is permitted under USGA rules, \$750.00---**NEVER MONEY**.

EXAMPLE: *Same scenario as above, but since school is no longer in session Ben could receive \$100.00 gift certificate, but should again document his winnings and provide a copy for the Athletic Director. Understand, an individual could receive up to \$750.00 in gift certificates per tournament.*

REMINDER: For fall golf schools, this policy starts with the first legal day of fall golf competition, August 12, 2010.

CROSS COUNTRY

RULES GOVERNING CROSS COUNTRY

The Iowa High School Athletic Association abides by the Cross Country Rules found in Rule 9 of the 2010 Track and Field and Cross Country Rules, as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Each member school receives a copy of the 2010 Track and Field and Cross Country Rules.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

1. Cross country practice will begin on August 9, 2010.
2. Schools will not be able to compete until after ten calendar days of practice, excluding Saturdays and Sundays, which is August 23, 2010.
3. Each school will be permitted 10 competition dates, excluding district and state competition.
4. Each individual will be permitted 10 competition dates, excluding district and state competition.
5. *Varsity runners must run 5000 meters (3 miles, 188 yards, 2 inches) in all competitions.* **Exception:** In cases of inclement weather, meet managers may shorten the race distance to a minimum of two miles in the interest of the health and safety of competitors.
6. Prior to the fourth Monday in September, meet managers have the option of running a two-mile course for competitors below the varsity level. Beginning the fourth Monday of September, all competitors must run 5000 meters. (See exception in item 5.)
7. The host school will determine the starting time for regular season meets.
8. All cross country meets shall be started by a registered track & field official.
Violation by any school of regulations in Items 1 through 8 could result in that school not being allowed to participate in district competition.

RULE CLARIFICATIONS AND MODIFICATIONS

1. **SCORING:** Rule 9, Section 2 of the National Federation rules will be used for scoring. "All competitors who finish the race shall be ranked and tallied in accordance with the table below. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner."

PLACE:	1st	2nd	3rd	4th	5th	6th	7th	8th
POINTS:	1	2	3	4	5	6	7	8 etc.

Rule 9, Section 2, Article 3 will be used for team scoring. Upon the recommendation of the Cross Country Advisory Committee, the Board of Control has adopted a scoring system method that will disregard the runners if a team has fewer than five participants. There will be a re-ranking of the runners for team scoring.
2. **TIES:** Ties shall be broken according to National Federation Rule 9, Section 2, Articles 4 & 5. "Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers."
3. **PARTICIPANTS:** The number of participants is defined in Rule 9, Section 5. In order for a school to qualify for a team championship, five runners must finish. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual placing.
4. **UNIFORM:** Coaches are responsible for seeing that their competitors are wearing the proper uniform. The athlete should always wear the uniform of his school. Contestants will be permitted to wear hats and gloves only if weather conditions necessitate such items. If hats or gloves are worn, they must be an unadorned, single, solid color and shall be worn only for the athlete's health and safety and not to draw attention to the athlete. A single manufacturer's logo/trademark or school name/emblem, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the hat and gloves. **An athlete running without the proper and legal uniform will be disqualified.** A legal uniform is well defined in Rule 9, Section 6, Articles 1-7 of the National Federation Rules.
5. **JEWELRY:** No jewelry is permitted during cross country competition. **Watches may be worn.** Watches with GPS capabilities are illegal. Jewelry and illegal uniform can be removed or corrected prior to the start of a race, if done without delay. If a competitor is discovered wearing jewelry or illegal uniform during competition, the competitor will be disqualified. Any medical or religious medallions that must be worn by an individual must be taped to the body.
6. **GAME PROTESTS NOT UPHELD:** The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

CLASSIFICATION AND DISTRICT MEET INFORMATION

1. **CLASSIFICATION:** There will be four classes in cross country. Enrollment figures for the 2009-10 school year, grades 9-11, will be used for the cross country classes. Class 4-A will be comprised of the schools within the 48 largest; Class 3-A will be comprised of the schools within the next 64; Class 2-A will be comprised of the schools within the next 72 and Class 1-A will be the remainder of the schools.

2. **DISTRICTS:** There will be five districts for all classes. District meets will be held on Thursday, October 21, 2010. The length of the course will be 5000 meters. Districts will start at 4:00 PM if a single district and 3:30 pm if a double district. *No team or individual is permitted on the district cross country course except for those schools that actually use the course for practice and meets during the season. Violation of this rule will result in the school not being allowed to compete in the district meet.* District cross country information will be posted on the IHSAA website the week of October 4.
3. **DISTRICT ENTRIES:** Each school is permitted a maximum of seven entrants. All competitors will be counted as they finish the race. In order to qualify on a team basis, five runners must finish. Only the first five runners will be used in computing the team score. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual places.
4. **STATE MEET QUALIFIERS:** From each of the class 4-A, 3-A, 2-A and 1-A districts, the first three teams, plus the first 10 individual place winners, will qualify for the state meet. The same competitors, other than individual place winners, who qualify from the district meet need not represent the school at the state meet. Substitutions are allowed.
5. **DISTRICT AWARDS:** The winning school will be mailed or presented a banner for having won the district cross country championship. Members of the first three winning teams and the first ten individuals will receive medals at each district meet. Each team qualifying will receive a banner.
6. **DISTRICT CROSS COUNTRY MEET EXPENSE ALLOWANCE:** There is no team expense allowance for district cross country.

STATE MEET INFORMATION

1. **STATE MEET:** The state championship meet will be held on October 30, 2010, in conjunction with the girls' meet. Competition will begin at 11:00 AM. Competition will begin with Class 4A, followed by 3A, 2A and 1A. The girls will run first, followed by the boys. An awards ceremony for Class 4A will follow the 3A girl's race. An awards ceremony for Class 3A will follow the 2A girl's race. An awards ceremony for Class 2A will follow the 1A girl's race. An awards ceremony for Class 1A will follow the completion of competition. The 2010 state championship meet will be held at the Lakeside Municipal Golf Course in Fort Dodge. The course is located north of Fort Dodge on Highway P59, approximately two miles north of the Fort Dodge airport and Harlan Rogers Park. A letter containing state meet information will be mailed to the athletic director of each qualifying school on October 22, 2010.
2. **STATE MEET COURSE CLOSED TO PRACTICE:** Only schools that use the state meet course for their practice and meets during the season may practice on the course. The course is closed to all other schools for practice at any time. *Contestants or team representatives appearing on Friday to walk or run the course will face individual and/or team disqualification from participation in the state meet.*
3. **NUMBERS:** All competitors will be assigned numbers for the state meet. Numbers shall be worn on the front of the uniform. All substitutions must be reported to the clubhouse prior to the start of a race.
4. **STATE MEET AWARDS:** The winning and runner-up teams will receive trophies and banners. Medals will be furnished for the first three teams in each class plus medals for the first 10 individual place winners.
5. **PICTURES:** Teams and individuals who qualify for the state meet will have their pictures taken which will later be mounted on a plaque to be presented to each team member or individual and coach, compliments of the IHSAA. This picture will be taken at the clubhouse beginning at 9:30 AM. Pictures will also be taken of the first 10 individual place winners in each class. Schools with individual qualifiers will receive a plaque for each individual(s) and coach. This picture will be taken at the awards ceremony. Each school with a qualified team will be given eight plaques, one for each of the seven runners and one for the coach. Additional plaques may be purchased.
6. **STATE CROSS COUNTRY MEET EXPENSE ALLOWANCE:** A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for the meet participation. For the state cross country run participation, the IHSAA will reimburse each school with a qualified team at the rate of \$1.05 per mile one way, one car from its school to the site of the state meet. Schools with individual qualifiers will be reimbursed at \$.42 per mile one way, one car. Each school's travel allowance check will be mailed from the IHSAA Office after the meet. No expense card is necessary.

FOOTBALL

All the rules and regulations governing football can be found in the NFHS Football Rule Book which all member schools have received from the Association Office with regard to the rules of playing the game, except any experiment approved by the Board of Control.

REGULATIONS PERTAINING TO FOOTBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2010-11	Week 6/ August 9 th	Week 9/ August 26 th
2011-12	Week 6/ August 8 th	Week 9/ August 25 th
2012-13	Week 6/ August 6 th	Week 9/ August 23 rd
2013-14	Week 6/ August 12 th	Week 9/ August 29 th

FOOTBALL REGULAR SEASON

1. Each member school must provide dates for three weekdays of preconditioning practice plus the opportunity for at least 10 weekdays of regular football practice before the first game. The three and 10 days is a team rule. An individual may be on vacation or ill and miss one or two days of practice. This does not prevent the individual from playing in the first game. Remember, it is a team rule and not an individual rule of three days of preconditioning and 10 days of contact. (Even though the Constitution indicates "must", it was intended that the local school could have more than 10 days and the local administrator, because of heat, Labor Day, or other complicating matters, would have the choice whether to practice or not to practice.) A weekday is considered Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.

THERE WILL BE NO PRACTICE PERMITTED ON SATURDAY, AUGUST 14th AND SUNDAY, AUGUST 15th. Saturday, August 14th may be used as a press/photo day, however, no practice is to occur on either of these days.

2. All practices beginning August 9th 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.

3. The first three weekdays of practice will consist of no contact work of any kind. Sleds, dummies, shields, and ropes will be permitted during the first three days of preconditioning practice.

4. During the first three days of preconditioning, schools will be permitted to let their players wear helmets. The IHSAA recommends that during these three days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. This policy is made for the safety of the players.

5. Thursday, August 12th is the first day for pads and contact practice.

6. Beginning Monday, August 16th, schools are limited to one (1) practice per day. This includes watching videotapes of upcoming or previous opponents. It does not include weight training.

7. There may not be any football practice after the championship series and until the starting date the following August.

8. A school may have one scrimmage and this may not take place until the date for the first game or thereafter.

9. A player may not participate in more than 14 football games in any one season. The participation in the football playoffs is permitted in addition to the 14 games. A player may dress for no more than two games per day as the maximum, and they may not play in any part of more than four quarters in the two games. This would count as one game toward the player's game limitation. A player's participation in one or more quarters of a game constitutes a game with the following two exceptions.

Exception One: Once a game has reached a 35-point differential, a substitute who enters the game for the first time at that point is not required to count that game toward the 14-game limitation rule; however, participation in this game does count toward the four-quarter limitation rule in which a player may not play in any part of more than four quarters in one day.

Exception Two: A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 14-game player limitation rule; however, participation in free kicks and scrimmage kicks does count toward the four-quarter limitation rule in which a

player may not play in any part of more than four quarters in one day.

10. A team is permitted to play a maximum of nine regular season games, unless approval is given by the Board of Control for an additional game to help a school with a scheduling conflict. All regular season football games must be played by the ninth Friday of the football season (calendar week #16). In the event of inclement weather, a postponed 9th game must be played. Suspended game provisions apply to games in progress and postponed. The season ends for a playoff qualifying team when they are defeated in the postseason.

11. No football game may be scheduled after the start of the football season without the approval of the Board of Control. Any school desiring to schedule an additional game must write to the IHSA Office and ask for permission.

12. No Week 9 football game may be moved to an earlier date after the beginning of the football season (August 26, 2010) unless written permission is granted by the Iowa High School Athletic Association.

13. A member school's football coach is permitted to have a meeting with his football squad in the Spring to discuss next year's program, hand out play books, distribute exercise sheets which he wants the players to follow to be in condition, distribute information concerning the protection of their eligibility during the summer months, and any other pertinent information that a player should have relative to the next year's season. The Board of Control recognizes that a new coach coming into a school should have the same advantage; therefore, a new coach is permitted one meeting any time during the summer months to also explain his philosophy, rules and regulations, and meet his squad members.

14. Schools are permitted to issue football equipment prior to the opening date of practice sessions. This is one date selected by the school prior to the start of practice.

15. 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.

16. In junior varsity, sophomore, and freshman games, a maximum of one overtime period will be allowed. After each team has had the opportunity to play offense and defense, the game will end, regardless of the score.

17. No junior varsity, sophomore, or freshman games may be played after the last varsity playing date without the approval of the Iowa High School Athletic Association.

18. The 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential at the end of the first half or anytime after, the game will be continued with a running clock. Beginning with the ensuing kick-off when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

The clock will run continuously except for the following situations when it will be stopped:

- (1) Anytime a time-out is charged to a team;
- (2) After a score;
- (3) Intermission between third and fourth quarter;
- (4) Extended injury time-out;
- (5) Anytime officials determine it is necessary for safety reasons.

Anytime the score differential gets below 35 points, regular timing procedures will be used. Please keep in mind we play the first half to completion with regular timing. If the differential is 35 points or more at half-time or anytime there is a 35-point differential during the second half, the running clock procedures will be used.

19. The season starts with the first game. If a team does not play a game, it does not have a season and this is considered a cancellation, not a forfeiture. A forfeiture takes place after a team has started its season by playing a game(s) and then does not continue its season. The Board of Control of the IHSA adopted the following policy March 1, 2003: If a team forfeits a game and it is the forfeiting team's opponent's home game, the forfeiting team will play at the opponent's site the following year if it is during a 2-year scheduling time period. **NOTE:** In simple terms, the canceling team gives their opponent a game back if it was the opponent's home game the year they forfeited.

20. A 4-inch-wide broken restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area. The line shall be 12 inches in length and occur every 24 inches.

21. 8-Player. The free blocking zone has been reduced to a zone that is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

22. The 2010 Playoff football will be the Spalding J5V- Advance Horween Leather #628998-performance lace (Rubberized Lace).

23. Microphones on referees and 25-second clocks are both permitted. IHSAA permission is not needed, nor is mutual consent required. Use of a referee microphone and a 25-second clock is a host school decision. The use of electric clocks, including the 25-second clock, is considered official. The line/back judges will coordinate with the timers. The Referee shall not announce the offender's number when using a microphone. All football field markings should be in compliance with NFHS rules. It is permissible to play on a field marked for collegiate games.

24. Visible 25-second play clocks are not mandatory for high school football. Use of 25-second clocks is a home team management decision. Following are general guidelines for the usage of these clocks.

- (1) Placement: A visible 25-second play clock should be placed in EACH end zone, a safe distance off the end line and at a height so that players and officials may view them.
- (2) Operator: The visible play clock operator shall meet with the game official (BJ) prior to the game. The operator shall start the play clock on the Referee's signal and reset the clock to 25 on the snap of the ball or when told to by the Referee's signal (upward hand push). The operator shall keep the play clock at zero (0) if it runs out prior to the snap. If the game clock is running with less than 25 seconds in a quarter, the 25-second play clocks shall be turned off or not started. The 25-second play clocks shall operate by rule for PAT, kick-off and over-time plays.
- (3) Officials: If a school has the 25-second play clock, use them. The Referee may correct a timing error on the 25-second play clock and a new 25-second timing started. If any timing error occurs, the game clock and 25-second play clocks shall be reset and re-started by rule. If the officials cannot determine the game clock elapsed time, a new 25-second play clock shall be started and the game clock shall start on the snap. If one of the play clocks becomes inoperative, BOTH will be turned off with both coaches notified. The Back Judge will then time the 25 seconds. The Back Judge remains the primary official for timing/operation/enforcement of the play clock.

LIGHTNING SAFETY

The safety of the players and spectators is always more important than the game! Communication between game management, officials & coaches is essential for the safety of everyone.

Lightning only takes an instant to strike. You are in danger from lightning if you can hear thunder.

All thunderstorms produce lightning and are dangerous. Lightning often strikes as far as 10 miles away from rainfall. Don't wait until the last minute to seek shelter.

If thunder is heard, or cloud-to-ground lightning is seen, immediately suspend the event and instruct everyone to take shelter in a safe structure.

Have a lightning safety plan in place. Know where teams and spectators will go for safety and know how much time it will take them to get to safety. A "safe structure" is a completely enclosed building that is normally occupied or frequently used by people. The building should have plumbing and electrical wiring to help ground it from lightning. If there is no such structure available, an enclosed vehicle with a metal roof and sides is a reasonable second choice.

When a contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before leaving safe shelter and resuming activity.

Lightning detectors are a great tool to draw one's attention to the fact that lightning is in the vicinity. Remember, even with lightning detectors, the weather should be monitored closely for lightning or thunder.

LIGHTNING KILLS, PLAY IT SAFE!

CONCUSSION MANAGEMENT

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION CONCUSSION MANAGEMENT GUIDELINES

Due to the increased focus on minimizing the risk for athletes exhibiting signs, symptoms and behaviors of a concussion, the National Federation of State High School Associations (NFHS) has placed the following language in all sports rule books beginning in 2010-11.

“An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play [that day] until cleared by an appropriate health-care professional.”

NFHS SUGGESTED CONCUSSION MANAGEMENT

1. No athlete should return to play/competition (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

The following protocol is intended to implement the NFHS concussion rule in Iowa and minimize the risk of any athlete who is exhibiting signs, symptoms & behaviors of a concussion.

Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and appropriate health-care professionals.

- The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide a variety of educational materials developed by organizations knowledgeable about concussions to help the above individuals recognize the signs, symptoms and behaviors of a possible concussion; and appropriately manage concussions.

Removing an injured athlete from competition and deciding whether he or she has sustained a concussion.

- The contest officials' responsibility is to recognize an athlete may have an injury and remove him or her from the contest. Once they have removed the athlete from the contest the officials' responsibility for the athlete's safety is over and the athlete is in the care of the school's coach(es) and any appropriate health-care professional(s) the school designates to provide care.
- If an athlete is exhibiting signs, symptoms and behaviors consistent with a concussion she or he shall not return to competition for the remainder of that day until cleared by an appropriate health-care professional. If an appropriate health-care professional is not available, the athlete shall not return to competition the remainder of the day.

NOTE 1: Each local school needs to determine who (either individually or by group) they consider to be appropriate health-care professional(s) qualified to decide if an athlete exhibiting signs, symptoms and behaviors of a concussion may return to competition on the same day the injury occurred. Schools may develop a formal process for return to competition on the day of injury, including requirements for written clearance by the appropriate health-care professional(s) the school has designated. Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions and be knowledgeable in the evaluation and management of sports-related concussions.

- The athlete's parents/guardians should be contacted regarding the athlete's injury and it should be recommended an appropriate health-care provider evaluates the athlete before he or she returns to any type of practice and/or competition.
- **Return to participation (practice and competition) protocol should be followed as determined by an**

appropriate health-care professional before allowing an athlete who has been concussed to return to any kind of participation (practice and/or competition).

NOTE 2: Each local school needs to determine who (either individually or by group) they consider to be the appropriate health-care professional(s) qualified to release a concussed athlete to any kind of participation (practice and/or competition). Schools may develop a formal process for return to participation following concussion, including requirements for written clearance by the appropriate IHSAA/IGHSAU Concussion Management Guidelines, page 3 health-care professional(s) the school has designated. **Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions and be knowledgeable in the evaluation and management of sports-related concussions.**

- In cases where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have designated an appropriate health-care professional for their sponsored events/tournaments, the decision of that health-care professional regarding an athlete who is exhibiting signs, symptoms and behaviors consistent with a concussion returning to competition at any time during those events/tournaments shall not be overruled.

GAME PROTESTS NOT UPHELD

The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

BENCH AREA RESTRICTION RULE

Any player/athlete on the bench as a substitute or in uniform who is involved in the breaking up, participating in, or initiating a fighting incident will be automatically ejected from that contest and the PENALTY of the student athlete ejection rules will be invoked.

COACH EJECTION POLICY

Beginning with the 2010-2011 school year, any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Fundamentals of Coaching elective course "Teaching and Modeling Behavior." The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. The approximate cost of the course is \$25. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date.

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION EXPERIMENTAL RULE 6-1

The state of Iowa will do at least a two year experiment with Rule 6-1 adding a new article stating "at least four Team A players must be on each side of the kicker at the time of the kick."

We feel that there is a potential safety risk involved, with 10 Team A players possibly lined up on one side of the kicker and the sole responsibility of several of those Team A players to knock Team B players out of the way so Team A teammates can recover the free kick.

This experimental rule is in affect for all 11- player games in grades 7-12. Each school hosting a contest at any level will be required to submit data after each contest in order for the state of Iowa to share our results with the rest of the country.

VIDEO GUIDELINES FOR REGULAR SEASON EXCHANGE

The Iowa Football Coaches Association feels that the exchange of game tapes is a vital part of our football program. Each year both the Iowa Football Coaches Association and the Iowa High School Athletic Association receive concerns regarding the quality and integrity of game tapes. The Iowa Football Coaches Association based, on a recommendation from the Football Playoff Advisory Committee has created the following guidelines to help with the consistency of how games are recorded and exchanged. Any issues or concerns regarding regular season film exchange need to be addressed with the Iowa Football Coaches Association. The Iowa Football Coaches Association understands and appreciates that often times volunteers and students are those that have the responsibility to videotape. Hopefully, these general guidelines will allow practice and improve consistency in the game exchange process.

General Points:

1. Close up shots are not often necessary. Zoom in on the players as the play ends to see how both teams are moving, blocking, and tackling.
2. Do not zoom out too much. The idea is to see the players, not empty grass. There is no need to see things off the football field.
3. Focus on the action. When the play starts, try to have all of the players on the screen. You should have the entire offensive backfield on one side and the entire defensive backfield on the other side.

4. Hold the camera as steady as possible and mute the sound if at all possible. Be sure that you are on "Record" or "Pause". Check this before each play.
5. Remember, more is better. It is better to stop later than too soon. The coaches can edit time, but cannot regain a play.

Special Teams: Kickoff, Punt, Field Goal & Point after Touchdown

1. Take a wide angle shot of the teams as they line up. Keep all the players in the picture before the kick.
2. After the kick, focus on the return team. Do not track the ball in the air. Simply pan back to the returner and capture the blockers and coverage as they come to him.
3. Keep the returner on one side of the screen and slowly zoom in as the players converge on the returner.

Scrimmage Plays:

1. Start to record as the offensive team breaks the huddle. Show the defensive front seven and the offensive line. Then zoom back to show the formation and any motion.
2. Running Plays- Follow the runner to include the blockers and defenders in the area as you close in on the action.
3. Passing Plays- Zoom out to include all players on the screen. The quarterback should be on one side of the screen with defenders and pass patterns on the other side of the screen. Once the ball is thrown, treat like a kick. Do not film the ball in the air, but instead follow the action on the field.
4. After the play ends, zoom in so the runner/receiver, blockers and tacklers can be seen as they unpile.
5. Film referee's preliminary signal after each penalty.
6. Film the scoreboard after each score and at the start of each quarter.

Checklist:

1. Extra batteries that are charged
2. Extra tapes
3. Extension cord and battery adapter (in case the battery fails)
4. Tripod- Reminder that by IHSAA policy, tripods are not allowed in the bleachers during contests to video tape contests.

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.

Football Policy: The Board of Control has adopted the following policy as it relates to football camps/football clinics:

1. Camps/clinics conducted by school personnel, whether employed or volunteers, must be non contact with no player protective equipment (helmets, shoulder pads, etc.)
2. Practice equipment such as dummies, sleds, ropes, etc., will be allowed for use during football camps/clinics.

REGULATIONS PERTAINING TO PRACTICE SESSIONS AND SCRIMMAGES

In football, a school may have one scrimmage, and this scrimmage may not take place until the opening date for the first game or thereafter. *Please keep in mind that a bona fide scrimmage is where no public announcement has been made, no admission charged, no scores kept, no timing device is used, no school may travel greater than 100 miles to engage in such a scrimmage, and no school time may be used for travel or participation in such a scrimmage. No scrimmage, under any condition, may be held with another school prior to the opening date of the first game.* See "Penalty For Violation".

MANDATORY REPORTING OF STATS

Based on a recommendation from the Executive Board of the Iowa Football Coaches Association, head varsity football coaches are mandated to enter required statistical data at the quik stats website, www.quikstatsiowa.com. Statistical data needs to be entered by 3:00 PM on the Tuesday following the third, sixth, and ninth games of the season. For teams making the 1st round of the playoffs and continuing to the conclusion of their season, statistical data must be entered by noon the next day after each contest.

The following data is required to be reported:

1. Rushing- Attempts-Yards-TDs
2. Receptions- Number-Yards-TDs
3. Passing- Attempts-Completions-Int-Yards-TDs
4. Punting-Attempts-Yards
5. Field Goals-Made-Attempts-Long

6. Kicking-PAT-Attempts-Made
7. KO Returns-Number-Yards-TDs
8. Punt Returns-Number-Yards-TDs
9. PAT-Rush/Receiving
10. Scoring-Rush Pts.-Rec. Pts- FG Pts.-PAT-Kick-PAT-2 pt-Return Pts.

New for 2010

11. Tackles
12. Interceptions & Return Yards
13. Fumble Recoveries & Return Yards
14. Touchbacks (Kickoffs)

The penalty for failure to report on time is: **First offense**, a letter/e-mail to the head coach and athletic director 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.

PRECAUTIONS TO TAKE IN HAZARDOUS WEATHER

Rule 3, Section 1, Article 5 of the National Federation Football Rule book states, "WHEN WEATHER CONDITIONS ARE CONSTRUED TO BE HAZARDOUS TO LIFE OR LIMB OF THE PARTICIPANTS, THE CREW OF OFFICIALS IS AUTHORIZED TO DELAY OR SUSPEND THE GAME." Rule 1, Section 1, Article 7 states, "The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present." Both of these rules dictate the authority of the officials, but school administrators assume the responsibility for decisions made prior to the time the officials' authority begins.

HAZARDOUS WEATHER GUIDELINES

(Approved, September, 2007)

The primary concern when signs of hazardous weather are present is the safety of participants and spectators. Have a safety plan for any type of hazardous weather that may occur. Practice and follow the plan. Know where people will go for safety and know how much time it will take for them to get there. Have specific guidelines for suspending the event so everyone has time to reach a place of safety before the threat becomes significant.

SUSPENSION OR POSTPONEMENT OF CONTESTS

- I. **Prior to the contest officials' assuming authority.**
 - A. The home school's management shall determine whether a contest should be suspended or postponed due to severe weather.
 1. In making the decision whether or not to suspend or postpone a contest, the host management should first take into consideration the safety of the participants and spectators.
 2. Playing surface conditions should be considered and what continued use may do to the surface.
 3. If the decision is made by the host management to postpone the contest, administrators from both schools should mutually agree if, and when, to reschedule.
- II. Once the contest officials' authority begins.
 - A. Refer to NFHS playing rules, or IHSAA post-season rules, for the exact rules in each sport regarding contest officials authority to suspend the contest.
- III. Postponing the contest.
 - A. Wait a sufficient amount of time to see if the severe weather will subside.
 - B. Home management and/or contest officials shall decide whether to postpone or resume the contest.
 - C. Playing surface conditions should be considered when making this decision.
- IV. If the contest resumes.
 - A. Adequate time should be given for contestants to warm up prior to continuing play.
- V. If the contest cannot be resumed after a severe weather delay.
 - A. Administrators from both schools need to come to an agreement. The contest may be considered complete with the existing score becoming the final score, or the contest may be postponed and continued from the point of interruption, at a time mutually agreed to by both schools.

BAD FIELD CONDITIONS

There is no joy when a game has to be called off or postponed, but there are some things the home management is responsible for, and it is strictly home management's decision whether to play a game if the field is in bad condition, etc.

These are things that the administrator must take into consideration when playing on a field that is muddy or it is raining. You do more damage to equipment the athletes are wearing than would take place in two or three weeks' of practice. The field gets torn up and it costs the school thousands of dollars to re-do the field. If the weather is severely cold, you are playing on a

field that has ridges and holes in it the rest of the season, which is not in the best interest of safety. It is ridiculous to play in bad weather conditions when there aren't any spectators watching the student-athletes play. Part of the football program is to build up school spirit and community pride. When the spectators have to stay home, part of the program is being defeated. If anyone thinks it is fun for the student-athletes to play in bad conditions, they are wrong!!

Perhaps I shouldn't put this in writing, but it is very important. It is a cause of great financial loss when playing in bad conditions. There is a great financial drain on the athletic budget. If other activities are important, we are going to have to have gate receipts from our football programs to help offset the losses in other sports. I do not feel it is professionally fair for one administrator to pass judgment regarding a decision made by another administration concerning whether the field should be played on or not. This is an individual school's prerogative and their decision should be honored by the other administrators.

Each school should develop a policy similar to the above procedures as it relates to bad weather for practice sessions also.

Rick Wulkow, Executive Director, IHSAA

CLASSIFICATION OF SCHOOLS

Class 4-A: Enrollment of 700 or more - plus the schools in the conferences of the Mississippi Valley, Mississippi Division and Valley Division; Central Iowa Metropolitan League, Central Division, Iowa Division, Metro Division; Mississippi Athletic Conference; and the Missouri River Conference.

Class 3-A: Next 64 largest schools by enrollment.

Class 2-A: Next 64 largest schools by enrollment.

Class 1-A: Next 64 largest schools by enrollment.

Class A: The remaining 11-player football schools.

Please Note: There are no enrollment minimum requirements for 11-player football. Schools who may qualify to play 8-player still have the option to play 11-player football.

Eight-Player: 65 schools

8-player enrollments:

The enrollment cap to participate in 8-player football is the BEDS Document Certified Enrollment in grades 9-11 of 115 or less. The following exceptions were recommended by the Football Play-Off Committee and approved by the IHSAA Board of Control.

FIRST EXCEPTION: An 8-player football school whose current enrollment is 115 or less, and whose enrollment increases above 115 following the 2009 season, will be allowed 8-player football status for an additional 2 years.

SECOND EXCEPTION: If an 8-player football school's enrollment is greater than 115 and the BEDS Document Certified Enrollment grades 9-11 (projection) verifies the 8-player football school will have an enrollment of 115 or less during the 2-year period following redistricting, a school will be allowed to continue as an 8-player football school.

11-player enrollments:

If the 9-11 enrollment is larger than 115, schools must play 11-player football.

The following exception was recommended by the Football Play-Off Committee and approved by the IHSAA Board of Control.

EXCEPTION: Any current 11-player football school that can project through the BEDS Document Certified Enrollment projection that their enrollment of 115 or below during the two year period when redistricting occurs will be eligible for 8-player football.

FOOTBALL PLAY-OFF POLICY

The following exception was approved by the IHSAA Board of Control in June, 2010.

A football team would be allowed to compete in post season play in the class they have been assigned if its BEDs enrollment increases during the two year re-classification cycle because of whole grade sharing, reorganization, or dissolution.

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
FALL GOLF	Week 6/Aug 9	Week 6/Aug 12	12 meets	None	District: Oct 5	Oct 8, 9
CROSS COUNTRY	Week 6/Aug 9	Week 8/Aug 23	10 meets	None	District: Oct 21	Oct 30
FOOTBALL	***Week 6/Aug 9 3 days noncontact	Week 8/Aug 26	*9 games None later than October 22	1 after first legal playing date	1st Rnd: Oct 27 - All Classes 2nd Rnd: Nov 1 - All Classes 3rd Rnd: Nov 5 - 8 Plyr: A, & 4A Nov 8 - 1A, 2A, & 3A Semifinal: Nov 11, 12, 13, 15	All Classes: Nov 19, 20
SOCCER	Week 37/March 14	Week 39/March 31	15 dates; 2 may be mult Tim Tourm	1 -- anytime during the season	May 23, 25, 28	June 2-4
SWIMMING	Week 19/Nov 8	Week 21/Nov 23	12 meets	None	District: Feb 5	Feb 12
BOWLING	Week 19/Nov 8	Week 21/Nov 22	12 playing dates****	None	Regional: Feb 19	1A: Feb 24 / 2A: Feb 25
WRESTLING	Week 20/Nov 15	Week 22/Nov 29	15 meets	3/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
BASKETBALL	Week 20/Nov 15	Week 22/Nov 29	21 games: Each Game Played Counts Toward 21-Game Limit	3--Anytime during Season	1A Dist: Feb 14, 17, 22, 24 2A Dist: Feb 14, 17, 22 3A Dist: Feb 21, 24 4A Subst: Feb 21, 25 1A, 2A, 3A Subst: Feb 26, 28, Mar 1	1A: Mar 7, 10, 11 2A: Mar 7, 8, 10, 11 3A: Mar 8, 9, 10, 12 4A: Mar 9, 11, 12
TRACK	Week 33/Feb 14	**Week 33/Feb 14	12 meets	None	Dist: All Classes May 12	May 19-21
SPRING GOLF	Week 38/March 21	Week 39/March 30	12 meets	None	Sectional: May 13, 14 District: May 20, 21	May 27, 28 Coed: TBD
TENNIS	Week 37/March 14	Week 39/March 28	12 meets	None	District: May 12 Pre Subst: May 14; Subst: May 21	May 27, 28 Team: May 31 Coed: June 7
BASEBALL	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 25, 28 2A - July 22, 23, 28 3A - July 26, 29 4A - July 27, 29 Championship 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. 14, 15. One practice per day beginning Aug 16.

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

IHSAA SPORTS SEASONS -- 2011-12 SCHOOL YEAR

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

*Football Play-Off Qualifiers for all classes will be determined after the completion of the October 21st 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 8. Two-a-days permissible August 8, 9, 10 (Non-Contact), 11, 12 (Contact). No Practice Aug. 13, 14. One practice per day beginning Aug 15.

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

IHSAA MISSION STATEMENT

The Iowa High School Athletic Association serves its member schools and students by providing leadership and support for education based interscholastic athletics that enrich the educational experience of the student athlete.

IHSAA Core Beliefs:

- Extracurricular, interscholastic athletic programs enrich each student's total educational experience and positively impacts academic achievement.
- The IHSAA is the recognized authority in Iowa regarding boys' interscholastic athletic programs, and developing and interpreting rules that promote fair play and minimize risks for participating students.
- Extracurricular, interscholastic athletic participation develops ethical behavior, character development and good sportsmanship.
- Participation in extracurricular, interscholastic athletic programs promotes student academic achievement.
- Participation in extracurricular, interscholastic athletic programs helps students develop healthy lifestyles.
- Extracurricular, interscholastic athletic programs contribute to positive school and community relationships.
- Conduct counts in all aspects of extracurricular, interscholastic athletics for participants, coaches, administrators, parents, and spectators.
- Properly trained administrators, coaches, and athletic directors promote the educational mission of extracurricular, interscholastic athletic programs.
- The IHSAA is committed to working cooperatively with other professional, education-based organizations.
- Extracurricular, interscholastic athletic programs foster involvement of a diverse population.
- Properly trained officials enhance extracurricular, interscholastic athletic programs.

BEING A STUDENT ATHLETE MEANS...

KEEPING ACADEMICS FIRST



A message from the Iowa High School Athletic Association

INTRODUCE A FRIEND TO THE WORLD OF OFFICIATING

Learn more about
Officiating and the IHSAA at
www.iahsaa.org



CONDUCT COUNTS

In this **EDUCATIONAL INSTITUTION** these behaviors are **NOT acceptable:**

- **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 opponents.**
Penalty - Warning/EJECTION

