

# EXCERPT FROM IHSAA JUNIOR HIGH SCHOOL SPORTS MANUAL

## XXIII. GIRLS PARTICIPATING IN BOYS SPORTS PROGRAMS

*The Iowa High School Athletic Association's position on girls participating in boys sports programs is as follows:*

1. **If there is a like sport program for girls within your school district, the girl must participate with the girl's team.**

2. **If a like sport program is not offered for girls in your school district, the IHSAA recommends that your school district give consideration for girls to participate on the boy's team if they request participation.**

3. **When a girl participates on some boy's team, the following guidelines are recommended:**

a. **A meeting with the principal, athletic director, coach of the sport involved, the girl, and her parent(s).**

b. **The girl and her parent(s) should be informed that once she becomes a member of the team, she will be treated like all other team members.**

c. **The coach should explain to the girl and her parent(s) exactly what will be expected in practice and games so the girl and her parent(s) will have an understanding of a typical practice/game situation as it pertains to that sport.**

d. **The girl and her parent(s) should be informed that she will be provided with proper supervision and she will have supervised dressing facilities.**

4. **If the young lady is planning on participating in football, she should be informed that football is an aggressive contact sport.** She should be informed of the risk of injury while playing football. She should be informed football pads were not made to protect young ladies, as there is a great deal of contact on the front part of the body.

5. **If the young lady is going to participate in wrestling, she should be informed of the various holds and maneuvers used in wrestling, notably:**

a. Wrestling is a sport which teaches techniques that involve grasping to restrain a wrestler through the crotch and across the chest.

b. Competition and practice are often aggressive and physically demanding.

c. There is a risk of injury while participating in wrestling.

6. **The principal should have a prepared statement that indicates a meeting took place, the date, who was in attendance, a meeting outline, and have all parties sign the statement.** This will serve as a record that a meeting did take place and what transpired.