# TABLE OF CONTENTS

## INTRODUCTORY INFORMATION

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concussion Management Protocol; Iowa Code</td>
<td>1</td>
</tr>
<tr>
<td>Return to Participation Protocol</td>
<td>2</td>
</tr>
<tr>
<td>Heads Up: Fact Sheet Concussion in High School Sports</td>
<td>4</td>
</tr>
</tbody>
</table>

## BASKETBALL

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rules Governing Games; Regulations Pertaining to Games and Practice</td>
<td>1</td>
</tr>
<tr>
<td>22nd Game Requests, 2015-2016 Seeding; Start of Practice for 9th-Grade; IHSAA Practice Policy</td>
<td>2</td>
</tr>
<tr>
<td>Regulations Governing Jamborees; Pregame Meeting; Secondary/Auxiliary Gym Use; Regulations Pertaining to Scrimmages; High School Graduates Rule</td>
<td>3</td>
</tr>
<tr>
<td>Uniform Adaptations; Pre-Game Warm-Up; Late Scheduling of Games; Mercy Rule; Mandatory Reporting of Stats; Coaching Rule</td>
<td>4</td>
</tr>
<tr>
<td>Coach Ejection; Student-Athlete Ejection; Regulations Governing Clinics; Tournament Pairings &amp; Site Information</td>
<td>5</td>
</tr>
</tbody>
</table>

## BOWLING

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitions; Important Dates; Participation; Classification; QuikStats; Regular Season Limitations; Rules</td>
<td>1</td>
</tr>
<tr>
<td>Uniforms; Post Season Play; State Qualifying Tournament</td>
<td>2</td>
</tr>
<tr>
<td>State Qualifying Tournament Awards; State Qualifying Tournament Expenses; State Awards; State Expenses; Spectators</td>
<td>3</td>
</tr>
<tr>
<td>Alcohol and Tobacco Policy; Pets/Animals Prohibited</td>
<td>4</td>
</tr>
</tbody>
</table>

## SWIMMING

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regulations Pertaining to Meets and Practices; Mandatory Reporting of Stats; State Qualifying Tie-Breaking Procedure</td>
<td>1</td>
</tr>
<tr>
<td>Recommended Water Depth; Proper Supervision at Practices &amp; Meets; Warm-Up Guidelines; Regulations Pertaining to Scrimmages; Use of Tobacco Prohibited</td>
<td>2</td>
</tr>
<tr>
<td>NFHS Rule Adoptions &amp; Exceptions; Swimming Meet Checklist; Coach Ejections; Student-Athlete Ejection; Game Protests Not Upheld</td>
<td>3</td>
</tr>
</tbody>
</table>

## WRESTLING

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wrestling Regulations</td>
<td>1</td>
</tr>
<tr>
<td>Mandatory Reporting of Dual Meet Scores; Contest Protests Not Upheld; Bench Area Restriction Rule; Official Weigh-Ins; End of Match Protocol; Scrimmage Rule</td>
<td>2</td>
</tr>
<tr>
<td>Penalty for Violation (Practices and Scrimmages); Practice Room Temperature and Ventilation; High School Graduates Not Practicing; Coach-Athlete Contact</td>
<td>3</td>
</tr>
<tr>
<td>Scale Certification; Weight Management Philosophy; Body Composition Assessment; Appeals</td>
<td>4</td>
</tr>
<tr>
<td>Body Composition Assessment Protocol; Body Composition Assessment Methods; Hydration Assessment; Hydration Assessment Methods; Trackwrestling Weight Management System; Minimum Wrestling Weight; Minimum Wrestling Weight Class</td>
<td>5</td>
</tr>
<tr>
<td>Certifying Minimum Wrestling Weight Class; Growth Allowance; Weight Loss Descent Plan; Consequences for Violations of Weight Management Rules</td>
<td>6</td>
</tr>
<tr>
<td>Use of Illegal Methods for Weight Reduction; Weigh-In Procedures; Administering On-Site Weigh-Ins Grades 9-12</td>
<td>7</td>
</tr>
</tbody>
</table>

# Iowa High School Athletic Association

PO BOX 10, Boone, IA  50036

Phone: (515) 432-2011
Fax: (515) 432-2961

www.iahsaa.org
Iowa Code Section 280.13C states, in part,

1b. “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.

2. If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.

3a. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.

3b. For the purposes of this section, a licensed health care provider means a physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

3c. For the purposes of this section, an extracurricular interscholastic activity means any extracurricular interscholastic activity, contest, or practice, including sports, dance, and cheerleading.”

IHSAA/IGHSAU Recommended Protocol When a Student Has Sustained a Concussion or other Brain Injury as Defined in Iowa Code Section 280.13C

1. No student should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).

2. A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.

3. After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.

4. Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.
   • The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.

5. Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.
   • Coach Removal - If the student’s coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school’s designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

   • Contest Official Removal - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.

   • Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (practice and/or competition), licensed health care providers as defined in Iowa Code 280.13C should follow the return to participation protocol from “Suggested Guidelines for Management of Concussion...
RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION
(GUIDELINES FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet ALL of the following criteria in order to progress to return to participation. However, these criteria are GUIDELINES ONLY and not required by Iowa Code Section 280.13C when licensed health care providers determine a student’s return to participation.

- Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer. *Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!*

- Once the criteria above are met, the student should progress back to full activity following the stepwise process detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.

- Progression to return is individualized and should be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities, or normal cognitive functions.

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance*, full contact practice or training.

Step 7. Normal competition in a contest.

NOTE: Generally, each step should take a minimum of 24 hours. If post concussive symptoms occur at ANY step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.


Updated 05/22/12
APPLICATION OF IOWA CODE SECTION 280.13C
(CONCUSSION LEGISLATION) BY SPORT

A. COACH REMOVAL
When a student’s coach removes a student from any kind of participation due to observing signs, symptoms, or behaviors consistent with a concussion or brain injury the student shall not return until designated school personnel have received written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

B. CONTEST OFFICIAL REMOVAL
(Information below is only listed for sports where contest officials have jurisdiction; therefore, not all sports are listed.

When an official removes a student from participation, the following procedures are used.

WINTER SPORTS
Basketball:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Swimming:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.
3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.
4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Wrestling:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the head contest referee, or his/her designee, must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. For dual meets, clearance to return shall be presented to the head contest referee before the match resumes. Injury time is NOT extended for a student with signs, symptoms, or behaviors consistent with a concussion or brain injury.
3. For one-day events when the head contest referee may change during the event (multi-dual meets & tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student’s coach, or other school-designated representative, is responsible for providing the written clearance to return to head contest referee, or his/her designee. The head contest referee, or designee, will then notify the other contest officials that written clearance to return has been received.
4. For multiple day events when the head contest referee may change during the event, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Record Keeping:
A. Health records, such as written clearance to return to participation, should become part of a student’s cumulative file kept by the school. Iowa Administrative Code 281.12.3(4)

-Iowa Administrative Code 281.12.3(4)
HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

1. A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
2. A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
3. Key definitions:
   - "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
   - "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?
1. **OBEY THE NEW LAW.**
   a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
   b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?
You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

**STUDENTS:**
If you think you have a concussion:
- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

***IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.***

**Signs Reported by Students:**
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**PARENTS:**
How can you help your child prevent a concussion?
Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.
- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

**Signs Observed by Parents or Guardians:**
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention. For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

---

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgment below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

---

Student's Signature ___________________________ Date __________

Student's Printed Name ___________________________

Parent/Guardian's Signature ___________________________ Date __________

Student's Grade ___________________________

Student's School ___________________________

---

2014-2015 CONCUSSION MANAGEMENT PAGE 4-
WRESTLING

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

REGULATIONS PERTAINING TO WRESTLING PRACTICE AND CONTESTS

<table>
<thead>
<tr>
<th>Year</th>
<th>First Practice: Week/Date</th>
<th>First Contest: Week/Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15</td>
<td>Week 20/ November 17</td>
<td>Week 22/December 1</td>
</tr>
<tr>
<td>2015-16</td>
<td>Week 20/ November 16</td>
<td>Week 22/November 30</td>
</tr>
<tr>
<td>2016-17</td>
<td>Week 20/ November 14</td>
<td>Week 22/November 28</td>
</tr>
<tr>
<td>2017-18</td>
<td>Week 20/ November 13</td>
<td>Week 22/November 27</td>
</tr>
</tbody>
</table>

WRESTLING REGULATIONS

1. A 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. See the section on “Weight Management Philosophy” later in this handbook for information about the two meetings that may be held to discuss body composition assessment and weight management.

2. 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. The IHSAA will work with these schools and their opponent(s) if schedule changes are required.

3. A school's practice sessions may take place at any facility designated by the school's administration. For complete information on the practice facility rule coaches should visit with their school’s administration.

4. IHSAA rules require wrestlers to wear protective ear guards in practice any time wrestling is taking place.

5. All high school meets (9-12) must use NFHS weigh-in procedures and weight classes.

6. Each school is permitted a maximum of fifteen (15) regular season competition dates before their first post-season competition. 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. **Example:** A school may schedule 15 varsity dates: 15 JV dates, 15 9th grade dates, etc. NFHS rules state wrestlers must weigh-in each day of the tournament AND at the same weight class.

7. Each wrestler is permitted a maximum of 17 regular season competition dates, with no more than 15 of those dates being varsity competitions.

8. All matches shall be contracted in advance by the competing schools and there shall be no exhibition matches. It is permissible to state, “Wrestlers weighing in and not competing at the varsity level may compete at the JV level in their eligible weight classes, if they have eligible opponents”. The contract should state the level(s) of competition at which each school is competing. It is permissible for one school’s varsity to compete against another school’s junior varsity, if it is stipulated in the contract. The meet then counts as varsity competition for one team and junior varsity competition for the other team. It is not permissible to have an “all-star” team compete in any competition. If a JV team participates in a varsity tournament, or any other competition, all the members of the team need to be students at the same school.

9. If a JV wrestler competes in varsity competition the result will count as a varsity win or loss. Any wrestler competing at the varsity level must be eligible at the varsity level according to transfer rules, etc. **(In essence, a JV wrestler gives up his JV status for this meet because it is a varsity event.)**

10. A wrestler shall not be entered in more than one competition at the same time. A wrestler shall not participate in a JV tournament and varsity tournament in the same day, even if they are at the same site.

11. A wrestler shall not participate in JV and varsity dual team competition against the same school, in the same contest.

12. Interscholastic competition is NOT permitted from December 24 through January 1. Schools may use interscholastic scrimmages during this period.

13. No interscholastic wrestling practice, or competition, shall take place after the state wrestling tournament.

-2014-2015 WRESTLING PAGE 1-
14. **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. If videotaping is taking place for scouting purposes, the administration of the host school should be contacted as a courtesy and the use of electrical outlets should not be expected.

**MANDATORY REPORTING OF DUAL MEET SCORES**

1. Based on a recommendation from the Wrestling Coaches Advisory Committee, all dual meets must use the live scoring feature in TrackWrestling, with the home/host school responsible for providing or coordinating equipment and workers. Host schools should communicate with participating schools as to who should provide equipment and workers for the duals.

2. Based on a recommendation from the Wrestling Coaches Advisory Committee, all wrestling schools are mandated to enter **ALL individual match scores (duals AND tournaments)** into TrackWrestling, which is also used to monitor all aspects of the weight management program. All match scores need to be entered by 3:00 PM on Monday, December 15, Monday, January 19, and Monday, February 2. All meets through the previous Saturday of each reporting date need to be included.

3. The penalty for failure to report on time is:
   - **First offense**, a letter/e-mail sent to the school’s head wrestling coach, with a copy to the athletic director, from the IHSAA sport administrator giving 3 days to comply with the mandate;
   - **Second offense**, a letter to the school’s athletic director, with a copy to the principal and superintendent, from the IHSAA executive director, giving 3 days to comply with the mandate; and,
   - **Third offense**, IHSAA will withhold ALL of the school’s post-season wrestling expense allowances (sectionals – state dual team wrestling).

**CONTEST 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.

**OFFICIAL WEIGH-INS**

1. Each wrestler must be eligible to compete according to all eligibility rules before being allowed to officially weigh-in (**academic rule, good conduct rule, transfer rules, ejection policy, 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 one of a wrestler’s official weigh-ins, the actual scale weight shall 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. At the end of any match, the following protocol shall be followed:

1. Referees should move quickly after a match to get in proximity of the two wrestlers to facilitate the handshake between the wrestlers and direct them to their respective team benches/corners.

2. The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler’s hand.

3. The wrestlers will then proceed to their respective team benches/corners without excessive celebration and without going to the opposing teams bench/corner.

4. Post match handshakes with opposing coaches are not to be permitted.

This protocol certainly does not discourage teams from going through the congratulatory line at the end of a dual meet.

**SCRIMMAGE RULE**

A member school may have a maximum of three practice scrimmages against other member schools provided the following rules are followed:

a) All scrimmages must take place at one of the participating schools’ regular practice facilities.

-2014-2015 WRESTLING PAGE 2-
b) 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.

c) Up to four schools may be involved in a scrimmage and it will count as one scrimmage for each participating school.

d) A bona fide scrimmage is one where no public advertisement has been made, no admission charged, no team scores kept or recorded, nor any timing device used.

e) 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.

f) Unlimited scrimmages may be held for 1A/2A district qualifiers and 3A district winners, as long as the above rules are followed.

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

By Board of Control action, violators of the scrimmage or practice rule shall 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 team and individual awards will be collected and returned to the IHSAA Office. 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. 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 and students in good standing at the school 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 workout purposes. They cannot practice with or against a high school team, or a member of a high school team, during a school’s practice session.

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, 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 a 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. Provided, however, school personnel may coach a senior student from the coach’s school in an all-star contest once the senior student’s interscholastic athletic season for that sport has concluded. 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 its 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.

c. **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 Individual 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 sent 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 that 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 two 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 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 shall 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. OFFICIAL BODY COMPOSITION ASSESSMENTS MAY BE CONDUCTED FROM OCTOBER 27, 2014 – FRIDAY, FEBRUARY 13, 2015. 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 the Athletic Association grants an appeal. 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.
**APEAL 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 whole 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 to 3#. If the wrestler weighs 140#, or less, at the time of appeal, they can use their original weight at the appeal.

**NOTE:** Before a wrestler decides to appeal they may, but are 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 Athletic Association will provide the protocol for each assessment method to each wrestling school and assessor. 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.

**TRACKWRESTLING WEIGHT MANAGEMENT SYSTEM**
1. Hydration and body composition assessment information must be entered into Trackwrestling by the body composition assessor BEFORE A WRESTLER CAN COMPETE AT ANY LEVEL.
2. The Trackwrestling Weight Management System 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, wrestlers may wrestle one weight class above the class for which they weigh-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, they can wrestle at their minimum wrestling weight class as determined by body
composition assessment at 7%/12% body fat. Second, if their sub-7%/12% 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 they are
naturally below 7%/12%. Wrestlers having less than 7%/12% at the time of body composition assessment CANNOT
certify, or wrestle, at a weight class less than their 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 TrackWrestling, the weigh-in counts as
an official weigh-in and also counts toward the wrestler’s 15 date limitation. Wrestlers must be eligible to compete
(scholarship rule, transfer rules, conduct rules, ejection policy, etc.) before their coach allows them to weigh-in for any weigh-
in. Wrestlers weighing in and not eligible to compete 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
1. 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 the 132# weight class. He makes scratch weight at 138# before January 1. Then
in the first meet after January 1 uses the growth allowance to weigh-in for the 138# weight class. He cannot recertify at
132# because he used the growth allowance for the first time above the 132# weight class and, in this example, declared
his intent NOT to wrestle below the 138# weight class.

2. 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 an Official Weigh In Report form to the Administrator of Weigh-
Ins, or their 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.” If a
wrestler whose lowest eligible weight class for a given week according to the descent plan is 138# weighs in for the 126#
weight class, or less, the wrestler is not eligible to compete at any weight class in that meet 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 their
descent plan recalculated IMMEDIATELY (beginning at 12:01am the next day). For example, a wrestler’s highest
eligible weight class listed on the weight management form for a specific date is 138 pounds. If the wrestler weighs in
excess of the 145# weight class (147 pounds with the growth allowance) their descent plan will be IMMEDIATELY
(beginning at 12:01am the next day) recalculated. They will not be able to compete again at 145 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 their 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 their 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 their 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 their 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 4.5.

**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. NFHS rules state, “The random draw shall take place immediately preceding weigh-ins.”

**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 that they are present.

**Tournaments** - **A representative from each participating school should be present during weigh-ins**, but it is not required that they are present.
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

I 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
<table>
<thead>
<tr>
<th>Sport</th>
<th>Practice Begins</th>
<th>First Legal Playing Date</th>
<th>Number of Contests or Playing Dates</th>
<th>Number of scrimmages</th>
<th>IHSAA-Sponsored Tournament Dates</th>
<th>State Championship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FALL GOLF</strong></td>
<td>Week 6/Aug 11</td>
<td>Week 6/Aug 14</td>
<td>12 meets</td>
<td>None</td>
<td>District: Oct 687</td>
<td>Oct 10, 11</td>
</tr>
<tr>
<td><strong>CROSS COUNTRY</strong></td>
<td>Week 6/Aug 11</td>
<td>Week 8/Aug 25</td>
<td>10 meets</td>
<td>None</td>
<td>District: Oct 23</td>
<td>Nov 1</td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td><strong>Week 6/Aug 11</strong></td>
<td>Week 8/Aug 28</td>
<td>9 games</td>
<td>None</td>
<td>1st Rd: Oct 29 - All Classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2nd Rd: Nov 3 - All Classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3rd Rd: Nov 7 - All Classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 after 10 practice dates</td>
<td></td>
</tr>
<tr>
<td><strong>SWIMMING</strong></td>
<td>Week 19/Nov 10</td>
<td>Week 21/Nov 25</td>
<td>12 meets</td>
<td>None</td>
<td>Regional: Feb 17</td>
<td>1A Feb 30; 2A Feb 27; 3A Feb 29</td>
</tr>
<tr>
<td><strong>BOWLING</strong></td>
<td>Week 19/Nov 10</td>
<td>Week 21/Nov 24</td>
<td>12 playing dates***</td>
<td>3/Only 1 prior to first legal contest date</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WRESTLING</strong></td>
<td>Week 20/Nov 17</td>
<td>Week 22/Dec 1</td>
<td>15 meets</td>
<td>Tournament qualifiers may have additional scrimmages</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BASKETBALL</strong></td>
<td>Week 20/Nov 17</td>
<td>Week 22/Dec 1</td>
<td>21 games: Each Game Played Counts Toward 21-Game Limit</td>
<td>3 -- Anytime during Season</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TRACK</strong></td>
<td>Week 33/Feb 16</td>
<td>12 meets</td>
<td>None</td>
<td>Dist: All Classes May 14</td>
<td></td>
<td>May 21-23</td>
</tr>
<tr>
<td><strong>SPRING GOLF</strong></td>
<td>Week 37/March 16</td>
<td>Week 39/March 30</td>
<td>12 meets</td>
<td>Sectional: May 15</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TENNIS</strong></td>
<td>Week 37/March 16</td>
<td>Week 39/March 30</td>
<td>12 meets</td>
<td>Dist: May 14</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td>Week 37/March 16</td>
<td>Week 39/April 2</td>
<td>15 dates; 2 may be multi Tm. Tourn</td>
<td>2 -- anytime during season</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BASEBALL</strong></td>
<td>Week 44/May 4</td>
<td>Week 47/May 25</td>
<td>40 games</td>
<td>None</td>
<td>1A Dist: July 11, 14, 16, 18</td>
<td>1A - July 27, 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2A Dist: July 11, 14, 18</td>
<td>2A - July 24, 25, 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3A Dist: July 17, 20</td>
<td>3A - July 26, 31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4A Dist: July 21</td>
<td>4A - July 29, 31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1A Subst: July 21</td>
<td>Championship Games</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2A Subst: July 21</td>
<td>All Classes: Aug 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3A Subst: July 22</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4A Subst: July 17, 20, 22</td>
<td></td>
</tr>
</tbody>
</table>

*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.


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