TABLE OF CONTENTS

INTRODUCTORY INFORMATION
Concussion Management Protocol; Iowa Code ................................................................. Concussion Management 1
Return to Participation Protocol....................................................................................... Concussion Management 2
Application of Iowa Code (Concussion Legislation) by Sport ........................................ Concussion Management 3
Heads Up: Fact Sheet Concussion in High School Sports ................................................ Concussion Management 4

FALL GOLF
Postseason Golf Manual; Practice and Playing Dates; Coaches Requirement; Fall Golf Manual Changes;
Coaching Rule ...................................................................................................................... Fall Golf 1
Mandatory Reporting of Stats; Golf Shirt Regulation; Unsporting Like Act; Coach, Player, Spectator Cell Phones;
Food and Drinks; Spectators; Coaches Making Rulings .................................................. Fall Golf 2
Team or Individual Practice Round Departure; Schools Who Make Exceptions to USGA Rules During the Season; Hole by
Hole Score; Stroke Play ....................................................................................................... Fall Golf 3
Rules for Players/Coach; Code of Conduct for Players ................................................... Fall Golf 4
Breaking of Team Ties; Non-School Team/Individual Participation/Awards Rules ............... Fall Golf 5

CROSS COUNTRY
Rules Governing Cross Country; Rule and Editorial Changes; Regulations Pertaining to Meets and Practices; ......Cross Country 1
Rule Clarifications and Modifications; Classification and State Qualifying Meet Information........................ Cross Country 2
State Meet Information ..................................................................................................... Cross Country 3

FOOTBALL
Regulations Pertaining to Games and Practice; 2016 Rule Changes; Classification of Schools;
Football Play-Off Policy ..................................................................................................... Football 1
Scholarship Rule Implementation Date; Regulations Pertaining to Scrimmages; Football Regular Season .... Football 2
Concussion Course Requirement; Cancellation vs. Forfeiture of Football Season ..................... Football 5
Individual Football Game Limitations; Team Football Game Limitations; Suspended Games; Scheduling of Games;
8-Player Field Dimension Requirements; 35 Point Rule ................................................... Football 6
Sub-Varsity Overtime Procedures; Football Field Markings/Collegiate Field Use; Referee Microphone and
25 Second Play Clocks; Issuing Football Equipment; Videotaping of Opponents .................... Football 7
Game Official Jurisdiction; Spring Football Meeting; Coach-Athlete Contact Outside Football Season;
IHSAA Postseason Football; Game Protests Not Upheld; Team Box Area Restriction Rule;
Coach Ejection Policy; Student-Athlete Ejection Policy; Video Guidelines for Regular Season Exchange .... Football 8
Coach-Athlete Contact; Mandatory Reporting of Stats .................................................... Football 9
Football Post Season; Lightning Safety; Precautions to Take in Hazardous Weather; Hazardous Weather
Guidelines; Suspension or Postponement of Contests .................................................... Football 10

Iowa High School Athletic Association
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Boone, IA  50036
Phone: (515) 432-2011
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www.iahsaa.org
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

INTRODUCE A FRIEND TO THE WORLD OF OFFICIATING

Learn more about Officiating and the IHSAA at 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 in Sports,” NFHS Sports Medicine Advisory Committee 2013 and “Consensus Statement on Concussion in Sport 4th International Conference in Sport Held in Zurich, November 2012,” British Journal of Sports Medicine, 2013; 47:250-258..

6. At events where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have provided licensed health care providers as defined in Iowa Code 280.13C, those licensed health care providers have final authority regarding RTP when a student has exhibited signs, symptoms, and behaviors consistent with a 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 concussion 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.


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.

FALL SPORTS

Cross Country:
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 the meet.

2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student’s return to competition.

Football:
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.

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)
A FACT SHEET FOR PARENTS AND STUDENTS

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 280.13 C, 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.

---

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgement 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."

<table>
<thead>
<tr>
<th>Student’s Signature</th>
<th>Date</th>
<th>Student’s Printed Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent’s/Guardian’s Signature</th>
<th>Date</th>
<th>Student’s Grade</th>
<th>Student’s School</th>
</tr>
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<tr>
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</tbody>
</table>
CROSS COUNTRY

RULES GOVERNING CROSS COUNTRY

The Iowa High School Athletic Association abides by the Cross Country Rules found in Rule 9 of the 2016 Track and Field and Cross Country Rules Book, as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Each member school received two copies of the 2015 Track and Field and Cross Country Rules Book during spring 2015. Schools will receive a 2017 Track and Field and Cross Country Rules Book in time for the 2017 Track and Field season.

2016 CROSS COUNTRY RULE AND EDITORIAL CHANGES

NEW Rule 4, Section 6 (DISQUALIFICATION AND CONDUCT), Article 5g: It is an unfair act when a competitor receives any assistance. Assistance includes: receiving physical aid during a race or trial from any other person.

NEW Rule 9, Section 1 (COURSE), Article 3b: The use of a painted boundary line, both inside and outside and/or the use of natural or artificial boundary markers may be used as an alternative method to mark the course. Directional flags as described in 9-1-3a and/or directional sign posts shall be used. The other sub-articles found under Rule 9, Section 3 in the 2015 rule book have been re-lettered to accommodate this new rule.

NEW Rule 9, Section 3 (START/CONCLUSION), Article 3a: It is recommended a video or photograph, officially designated by the meet director, be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.

NEW Rule 9, Section 3 (START/CONCLUSION), Article 3b: If the finish order determined by the transponder/chip is reversed through the use of the video system, the times shall also change.

NEW Rule 9, Section 3 (START/CONCLUSION), Article 4: The use of a chute is recommended at all cross country meets that do not use a transponder (chip) system to aid in meet administration and to provide accuracy and fairness to the competitors.

NEW Rule 9, Section 3 (START/CONCLUSION), Article 5: The use of a finish corral is recommended at all cross country meets in which the transponder system is used for the order of finish to aid in meet administration.

NEW Rule 9, Section 4 (OFFICIALS), Article 7: Finish Corral Director has the responsibility to supervise the finish corral during the race finish with the same basic responsibilities as the Chute Director.

EDITORIAL Rule 9, Section 6 (COMPETITOR’S UNIFORM), Article 1 Penalty: For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor’s violation and warning.

NEW Rule 9, Section 6 (COMPETITOR’S UNIFORM), Article 2 Penalty: A competitor not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race. NOTE: The referee may address irregularities 3-4-6 regarding the wearing of assigned number and/or chips.

NEW Rule 9, Section 7 (DISQUALIFICATION), Article 1e: A competitor is disqualified who receives assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill competitor is disqualified. NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

1. Cross country practice will begin on August 8, 2016.
2. Schools will not be able to compete until after ten calendar days of practice, excluding Saturdays and Sundays, which is August 22, 2016.
3. Each school will be allowed to compete in 10 meets, excluding state qualifying and state competition.
4. Each individual will be allowed to compete in 10 meets, excluding state qualifying 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. Meet managers may shorten the race distance for wheelchair competitors.
6. Prior to the fifth Monday of the competition season (September 19), meet managers have the option of running a 4000 meter course for competitors below the varsity level as long as all varsity and sub-varsity races run to a common finish line. Beginning the fifth Monday of the competition season (September 19), 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 state qualifying competition.
RULE CLARIFICATIONS AND MODIFICATIONS

1. Rule 9, Section 2 of the National Federation Track and Field and Cross Country 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.”

<table>
<thead>
<tr>
<th>PLACE</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
<th>6th</th>
<th>7th</th>
<th>8th</th>
</tr>
</thead>
<tbody>
<tr>
<td>POINTS</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8 etc.</td>
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</table>

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/blem, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the hat and gloves. A legal uniform is well defined in Rule 9, Section 6, Articles, 1 of the National Federation Rules. The penalty states: “For the wearing of illegal equipment, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor’s violation and warning. The IHSAA is making an adaptation to Rule 9, Section 6, Article 1, c7. The rule is revised to read: “Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer’s logo and/or single school name or insignia no more than 2¾ inches are permitted on the undergarment.” Visible undergarments worn by teammates no longer need to be the same color.

5. JEWELRY: Jewelry may be worn by competitors. Watches with GPS capabilities are illegal.

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 STATE QUALIFYING MEET INFORMATION

1. CLASSIFICATION: There will be four classes in cross country and one wheelchair division. Enrollment figures for the 2015-16 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. Wheelchair competitors will compete in one division. In the sports of cross country, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school’s decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cross country cooperative programs will be accepted, nor will any existing cross country cooperative programs be allowed to dissolve after 5:00 pm on Friday, August 12, 2016.

2. STATE QUALIFYING MEET: There will be five state qualifying meets for all classes. State qualifying meets will be held on Thursday, October 20, 2016. The length of the course will be 5000 meters. State qualifying meets will start at 4:00 pm for a single class meet and 3:00 pm for a two class meet. Schools wanting to practice on the state qualifying course need to contact the meet manager to see if the venue’s management will allow competitors to practice on the course. State qualifying meet cross country information will be posted on the IHSAA website the week of October 3.

3. STATE QUALIFYING MEET 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 state qualifying meets, the first three teams, plus the first 15 individual place winners will qualify for the state meet. The same competitors, other than individual place winners, who qualify from the state qualifying meet, need not represent the school at the state meet. Substitutions are allowed.

5. **STATE QUALIFYING MEET AWARDS**: Members of the first three winning teams and the first 15 individuals will receive medals at each state qualifying meet. Each team qualifying for the state meet will receive a banner.

6. **STATE QUALIFYING CROSS COUNTRY MEET EXPENSE ALLOWANCE**: There is no team expense allowance for state qualifying cross country.

**STATE MEET INFORMATION**

1. **STATE MEET**: The state championship meet will be held on October 29, 2016, 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. The wheelchair race will follow the 4A girls race. An awards ceremony for Class 4A and Wheelchair will follow the 3A girls’ race. An awards ceremony for Class 3A will follow the 2A girls’ race. An awards ceremony for Class 2A will follow the 1A girls’ race. An awards ceremony for Class 1A will follow the completion of competition. The 2016 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 21, 2016.

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. **BIB TRANSPONDERS**: All competitors will have a transponder chip included in their number. The official order of finish for the race will be that recorded by the transponder. A Lynx system will be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential. If the finish order determined by transponder chip is reversed through the use of the video system, the times shall also change.

5. **STATE MEET AWARDS**: The winning, runner up and third place teams will receive trophies. The champion and runner up will receive banners. Medals will be furnished for the first three teams in each class plus medals for the first 15 individual place winners.

6. **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 may be taken at the clubhouse beginning at 9:30 AM. Pictures will be allowed for each class up to 1 hour before the beginning of the boys’ scheduled race for that class. Schools with a qualified team will be given eight plaques, one for each of the seven runners and one for the coach. Schools with individual qualifiers will receive a plaque for each individual(s) and for the coach. Additional plaques may be purchased. Schools will be asked to identify their picture and order additional plaques by an electronic method using the member school login.

7. **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 state cross country participation, the IHSAA will reimburse each school with a qualified team at the rate of $1.25 per mile one way, one car from its school to the site of the state meet. Schools with individual qualifiers will be reimbursed at $.44 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.
<table>
<thead>
<tr>
<th>SPORT</th>
<th>First Legal Playing Date</th>
<th>Number of Contests</th>
<th>Number of Scrimmages</th>
<th>IHSAA-Sponsored Tournament Dates</th>
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</thead>
<tbody>
<tr>
<td>FALL GOLF</td>
<td>Week 6/Aug 8</td>
<td>12 meets</td>
<td>None</td>
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<tr>
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<td>3/ Only 1 prior to first legal date</td>
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<td>Tournament qualifiers may participate in scrimmages</td>
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<tr>
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</tr>
<tr>
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<td></td>
<td>Championship Games</td>
<td>All Classes: July 29</td>
</tr>
</tbody>
</table>

**Note:**
- All 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.
- No practice on Saturdays.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>First Legal Playing Date</th>
<th>Number of Contests</th>
<th>Number of Scrimmages</th>
<th>IHSAA-Sponsored Tournament Dates</th>
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<td>CROSS COUNTRY</td>
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<td>1 after 10 practice dates</td>
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<td>3/ Only 1 prior to first legal date</td>
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<td>Tournament qualifiers may participate in scrimmages</td>
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<td></td>
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<td>2 - anytime during the season</td>
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<td>May 18-20</td>
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<td>Championship Games</td>
<td>All Classes: July 29</td>
</tr>
</tbody>
</table>

**Note:**
- All indoor meets must be run prior to your first outdoor competition.
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<table>
<thead>
<tr>
<th>Sport</th>
<th>Fall Season</th>
<th>Start/End</th>
<th>Number of Events</th>
<th>Scrimmages</th>
<th>Tournament Dates</th>
<th>IHSAA-Sponsored Tournaments</th>
<th>Notes</th>
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<tbody>
<tr>
<td>FALL GOLF</td>
<td>Week 6/Aug 7</td>
<td>Aug 7-10</td>
<td>12</td>
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<td>CROSS COUNTRY</td>
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<td>Aug 21</td>
<td>10</td>
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<td>SWIMMING</td>
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<td>Nov 6-20</td>
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<td>IHSAA-Sponsored Tournaments</td>
<td>2nd Rnd: Nov 3 - All Classes</td>
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<td>Nov 13-27</td>
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<td>BASKETBALL</td>
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<td>Nov 13-27</td>
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<td>Mar 12-29</td>
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<td>Mar 12-29</td>
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<tr>
<td>BASKETBALL</td>
<td>Week 20/Nov</td>
<td>Nov 13-27</td>
<td>21</td>
<td>3 - Anytime during the season</td>
<td>IHSAA-Sponsored Tournaments</td>
<td>1A Dist: Jul 7, 10, 12, 14</td>
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<tr>
<td>TRACK</td>
<td>Week 20/Nov</td>
<td>Nov 13-27</td>
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<td>IHSAA-Sponsored Tournaments</td>
<td>3A Regionals: Feb 7</td>
<td>None</td>
</tr>
</tbody>
</table>
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