

## CONCUSSION MANAGEMENT PROTOCOL

**Iowa Code Section 280.13C** states, in part, “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. 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. 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.

*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.*

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

- 1. No student should return to play/competition (RTP) or practice on the same day of a concussion.**
- 2. A licensed health care provider should evaluate a student suspected of having a concussion on the same day the injury occurs.**
- 3. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon 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 a variety of educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.

- 5. Removing an injured student from participation, deciding whether he or she has sustained a concussion, and return to participation protocol.**

It is the responsibility of the contest officials and the student’s coach to recognize that a student may be exhibiting signs, symptoms, & behaviors of a concussion and remove him or her from the contest. Once the student has been removed from the contest, the officials’ responsibility for the student’s safety is over and the student is in the care of the school’s coach and any licensed health care providers as defined in Iowa Code 280.13C.

A student removed from participation due to exhibiting signs, symptoms, & behaviors of a concussion shall not recommence such participation until a licensed health care provider has provided written clearance for the student to return to participation.

Licensed health care providers should follow return to participation (*practice and competition*) protocol before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to any kind of participation (practice and/or competition).

## **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 280.13C, 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 bump, or 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 a 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.

#### **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 coachesrules 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
- “Canq recall events prior to hit or fall
- “Canq 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)

**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 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.+

Student’s Signature	Date	Student’s Printed Name
Parent’s/Guardian	Date	Student’s School

# FOOTBALL

All the rules and regulations governing football can be found in the NFHS Football Rule Book which all member schools have received from the Association Office with regard to the rules of playing the game, except any experiment approved by the Board of Control. **All football playing schools (host school) WILL NOT receive a 2016 NFHS Football Rules Book.**

## REGULATIONS PERTAINING TO FOOTBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2016-17	Week 6/ August 8 <sup>th</sup>	Week 9/ August 25 <sup>th</sup>
2017-18	Week 6/August 7 <sup>th</sup>	Week 9/ August 24 <sup>th</sup>
2018-19	Week 6/August 6 <sup>th</sup>	Week 9/August 23 <sup>rd</sup>
2019-20	Week 6/ August 5 <sup>th</sup>	Week 9/August 22 <sup>nd</sup>
2020-21	Week 6/August 10 <sup>th</sup>	Week 9/August 27 <sup>th</sup>

## 2016 FOOTBALL RULES CHANGES

**1-5-1d(5)a** Completely clear or completely white tooth and mouth protectors are no longer prohibited. Tooth and mouth protectors shall include an occlusal (protecting and separating the biting surfaces) portion and include a labial (protecting the teeth and supporting structures) portion.

**1-5-2b** Football gloves are now required to meet either the new SFIA specification or the existing NOCSAE test standard at the time of manufacture.

**2-17; 9-3-6;** In a continued effort to minimize risk, the Committee made clipping in the free-blocking zone illegal. Clipping is now illegal anywhere on the field at any time.

## CLASSIFICATION OF SCHOOLS

**Class 4-A:** Largest 48 schools by enrollment.

**Class 3-A:** Next 56 largest schools by enrollment.

**Class 2-A:** Next 56 largest schools by enrollment.

**Class 1-A:** Next 56 largest schools by enrollment.

**Class A:** The remaining 11-player football schools. (56)

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

**Eight-Player:** 61 schools

Any school interested in playing up a classification needs to notify the Iowa High School Athletic Association by December 1<sup>st</sup> of the year prior to the redistricting format.

### 8-player enrollments:

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

**FIRST EXCEPTION:** An 8-player football school whose current enrollment is 115 or less, and whose enrollment increases above 115 following the 2015 season, will be allowed 8-player football status for an additional 2 years.

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

### 11-player enrollments:

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

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

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

## FOOTBALL PLAY-OFF POLICY

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

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

## SCHOLARSHIP RULE IMPLEMENTATION DATE

The implementation date for the scholarship rule for all football playing schools is Thursday, August 18<sup>th</sup>. The 30 day ineligibility period begins on Thursday, August 18<sup>th</sup> and ends on Friday, September 16<sup>th</sup>. All student-athletes in football are eligible at 12:01 AM on Saturday, September 17<sup>th</sup>.

## REGULATIONS PERTAINING TO SCRIMMAGES

In football, a school may have one scrimmage, and this scrimmage may not take place until the school has had the opportunity for 10 days of practice or thereafter. Up to 4 (four) teams are allowed at one facility for a scrimmage, however, a school may only scrimmage one team. *Please keep in mind that a bona fide scrimmage is where no public announcement has been made, no admission charged, no scores kept, no school may travel greater than 100 miles to engage in such a scrimmage, and no school time may be used for travel or participation in such a scrimmage.* See ~~Penalty~~ For Violation+.

## FOOTBALL REGULAR SEASON

Teams are permitted to use practice facilities other than their own with local school administration approval. **The UNI-Dome is not to be used for any regular season practices except those schools that use it as a home facility.**

1. Football teams are allowed four (4) hours of coach-athlete contact per day, in which no more than three (3) hours may consist of physical activity per day. Two-a-day practices are now prohibited. Warm-up, stretching, speed and agility rules, strength training, and cool down are all considered part of a practice. Football teams have the option of separating the three hours of physical activity with a brief, supervised period of education, re-energizing, or rehydrating. **Optional weight training activities that are available to all students are not considered part of the practice.**
2. The first two days of practice will consist of **no contact work of any kind.** Sleds, dummies, shields, and ropes will be permitted during the first two days of preconditioning practice. Helmets and mouth pieces may be worn during the first two days of practice. The IHSAA recommends that during these two days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. This policy is made for the safety of the players.
3. During days three, four and five of practice, helmets, mouth pieces, and shoulder pads are allowed. Contact above the waist is permitted, but players should not be brought to the ground. Contact with sleds, dummies, shields, and pads are allowed during days three, four, and five.
4. Beginning on day six, full person-to-person contact is allowed.
5. Beginning with practice on Monday, August 15<sup>th</sup> each **individual player** is limited to 30 minutes of contact per day using the USA Football definitions of levels of contact. In addition, each player is limited to 90 minutes of contact per week using the USA Football definitions of levels of contact. For those schools playing Week 0 contests, the beginning date is Monday, August 8<sup>th</sup>.

**THUD:** Drill is run at assigned speed through the moment of contact; no pre-determined ~~winner.~~+ Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

**LIVE ACTION:** Drill is run in game-like conditions and is the only time that players are taken to the ground.

6. No practice is allowed on Sunday, August 7<sup>th</sup>, August 14<sup>th</sup> for Week 0 playing schools and no practice on Sunday, August 14<sup>th</sup> and Sunday, August 21<sup>st</sup> for Week 1 playing schools.

### 7. District Alignment-

Classes 3A, 2A, 1A and A: 7 districts apiece with 8 teams in each district. District champion and District runner-up would automatically qualify and 2 ~~wild card~~+teams would be qualify based on set criteria.

#### Criteria for Determining ~~wild card~~+Selection

- a. Anyone who is considered a district champion (anyone in a 3 or 4 way tie)
- b. District record
- c. Head to head competition (District or non-district)
- d. Tie Breaker Point Differential +/- 17
- e. Alphabetical Draw each year- For 2016 we will start with the letter ~~W~~+  
K through Z and then A through J.

Class 4A and 8 Player: 8 districts apiece. District champion and District runner-up would automatically qualify to create the 16 qualifiers.

8. The 17-point tiebreaker system is the difference in score between Team A and Team B. EXAMPLE: (Team A--20, Team B- 3. Team A gets plus 17 points and Team B gets minus 17 points.) Seventeen points is the maximum number of positive or negative points that a team may receive. This replaces the 13-point tiebreaker previously used.

## **Week 0 Football Playing Schools**

### **Monday, August 1<sup>st</sup> – First Legal Day of Practice for any schools playing Week 0**

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Tuesday, August 2<sup>nd</sup>– Second Legal Day of Practice for any schools playing Week 0**

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Wednesday, August 3<sup>rd</sup> – Third Legal Day of Practice for any schools playing Week 0**

- Contact above the waist is permitted(form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Thursday, August 4<sup>th</sup> – Fourth Legal Day of Practice for any schools playing Week 0**

- Contact above the waist is permitted(form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Friday, August 5<sup>th</sup> – Fifth Legal Day of Practice for any schools playing Week 0**

- Contact above the waist is permitted(form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Saturday, August 6<sup>th</sup> -Sixth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Sunday, August 7<sup>th</sup>**

- No practice allowed

### **Monday, August 8<sup>th</sup> – Seventh Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Tuesday, August 9<sup>th</sup> – Eighth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Wednesday, August 10<sup>th</sup> – Ninth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Thursday, August 11<sup>th</sup> – Tenth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

### **Friday, August 12<sup>th</sup> – Eleventh Legal Day of Practice for any schools playing Week 0**

- Scrimmage against another school is permissible on this date.

- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Saturday, August 13<sup>th</sup> – Twelfth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Sunday, August 14<sup>th</sup> –**

- No practice allowed

**Monday, August 15<sup>th</sup> -Thirteenth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Tuesday, August 16<sup>th</sup> – Fourteenth Legal Day of Practice for any schools playing Week 0**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Wednesday, August 17<sup>th</sup> - Fifteenth Legal Day of Practice for any schools playing Week 0**

- First day schools are allowed to lift weights/walk-through in the morning and then have one practice, maximum of three hours after school.
- Full person-to-person contact is allowed

**Thursday, August 18<sup>th</sup>**

- **First Legal Playing Date for any schools playing Week 0-**
- **Scholarship Rule- 30 day consequence begins for all football schools regardless of when their first competition is.**

## **Week 1 Football Playing Schools**

**Monday, August 8<sup>th</sup> – First Legal Day of Practice for any schools playing Week 1**

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Tuesday, August 9<sup>th</sup> – Second Legal Day of Practice for any schools playing Week 1**

- No Contact
- Helmets and mouth guards are permitted
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Wednesday, August 10<sup>th</sup> – Third Legal Day of Practice for any schools playing Week 1**

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Thursday, August 11<sup>th</sup> – Fourth Legal Day of Practice for any schools playing Week 1**

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Friday, August 12<sup>th</sup> – Fifth Legal Day of Practice for any schools playing Week 1**

- Contact above the waist is permitted (form tackling)
- Helmets, mouth guards and shoulder pads are permitted
- Contact with blocking sleds and tackling dummies may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Saturday, August 13<sup>th</sup>-Sixth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact may begin
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Sunday, August 14<sup>th</sup>-**

- No practice allowed

**Monday, August 15<sup>th</sup> – Seventh Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Tuesday, August 16<sup>th</sup> – Eighth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Wednesday, August 17<sup>th</sup> – Ninth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Thursday, August 18<sup>th</sup> – Tenth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed
- **Scholarship Rule- 30 day consequence begins for all football schools regardless of when their first competition is.**

**Friday, August 19<sup>th</sup> – Eleventh Legal Day of Practice for any schools playing Week 1**

- Scrimmage against another school is permissible on this date.
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Saturday, August 20<sup>th</sup> – Twelfth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Sunday, August 21<sup>st</sup> –**

- No practice allowed

**Monday, August 22<sup>nd</sup> -Thirteenth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Tuesday, August 23<sup>rd</sup> – Fourteenth Legal Day of Practice for any schools playing Week 1**

- Full person-to-person contact is allowed
- One practice, four hours of total coach/athlete contact allowed; maximum of three hours of physical activity is allowed

**Wednesday, August 24<sup>th</sup> - Fifteenth Legal Day of Practice for any schools playing Week 1**

- First day schools are allowed to lift weights/walk-through in the morning and then have one practice, maximum of three hours after school.
- Full person-to-person contact is allowed

**Thursday, August 25<sup>th</sup> -**

- **First Legal Playing Date for any schools playing Week 1-**

(It was intended that the local school could have more than 14 days for acclimatization and the local administrator, because of heat, Labor Day, or other complicating matters, would have the choice whether to practice or not to practice.) A weekday is considered Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.

### **GENERAL INFORMATION**

#### **Concussion Course Requirement-All Football Coaches, Grades 7-12**

All coaches, grades 7-12 will be required to view the NFHS course, "Concussion in Sports", prior to the first legal practice date.

#### **Cancellation vs. Forfeiture of Football Season**

The season starts with the first game. If a team does not play a game, it does not have a season and this is considered a cancellation, not a forfeiture, Per Board of Control Policy, January, 2014, the continuation of the season for a team that forfeits a regular season game shall be determined by the IHSAA administrative staff and the school's administration.

The Board of Control of the IHSAA adopted the following policy March 1, 2003: If a team forfeits a game and it is the forfeiting team's opponent's home game, the forfeiting team will play at the opponent's site the following year if it is during a 2-year scheduling time period. **NOTE:** In simple terms, the canceling team gives their opponent a game back if it was the opponent's home game the year they forfeited.



### **Individual Football Game Limitations-Season**

A player may not participate in more than 14 football games in any one season. Those schools that are granted permission to play a 10<sup>th</sup> varsity game to help another school have a full schedule are still limited to 14 football games for all their players. The participation in the football playoffs is permitted in addition to the 14 games.

### **Individual Football Game Limitations-Daily**

A player may dress for no more than two games per day as the maximum, and they may not play in any part of more than five quarters in the two games. This would count as one game toward the player's game limitation. A player's participation in one or more quarters of a game constitutes a game with the following two exceptions. One play equals one quarter.

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

**Exception Two:** A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 14-game player limitation rule; however, participation in free kicks and scrimmage kicks does count toward the five-quarter limitation rule in which a player may not play in any part of more than five quarters in one day.

### **Team Football Game Limitations- Season**

A team is permitted to play a maximum of nine regular season games, unless approval is given by the Board of Control for an additional game to help a school with a scheduling conflict. All regular season football games must be played by the ninth Friday of the football season (calendar week #16).

### **Suspended Games**

In the event of inclement weather, a postponed 9<sup>th</sup> game must be played. Suspended game provisions apply to games in progress and postponed. The season ends for a playoff qualifying team when they are defeated in the postseason. **If a regular season game that has been suspended cannot be completed by the ninth Friday of the football season, that game will be considered final at the point of suspension. All necessary points will be awarded at that time.**

### **Scheduling of Games**

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

No Week 9 football game may be moved to an earlier date after the beginning of the football season (August 25, 2016) unless written permission is granted by the Iowa High School Athletic Association.

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

### **8 Player Field Dimension Requirements**

All 8 player games shall be played on the NFHS requirements of the dimensions of an 8 player field, which is 80 yards long and 40 yards wide. Those schools that share a facility with an 11 player school will need to make provisions to play on the properly marked field.

### **35 Point Rule- 8 Player Football Only**

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

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

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

Anytime the score differential gets below 35 points, regular timing procedures will be used. Please keep in mind we play the first quarter to completion with regular timing during an 8 player contest. During an 8 player contest, if the differential is 35 points or more at the end of the first quarter or anytime there is a 35-point differential during the second quarter, third quarter, or fourth quarter, the running clock procedures will be used.

### **35 Point Rule- 11 Player Football**

**(11 Player Only)** The 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential at the end **of the first half or anytime after**, the game will be continued with a running clock. Beginning with the

ensuing kick-off when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

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

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

Anytime the score differential gets below 35 points, regular timing procedures will be used. Please keep in mind we play the first half to completion with regular timing for 11 player contests. If during an 11 player contest the differential is 35 points or more at half-time or anytime there is a 35-point differential during the second half, the running clock procedures will be used.

#### **Sub-Varsity Overtime Procedures**

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

#### **Football Field Markings/Collegiate Field Use**

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

If the field of play has a logo in the center or at any other part of the field of play, that logo should not obstruct the visibility of the required marks every five yards. A solid or shadow-bordered 4-inch-wide line is permissible. A shadow line is a line that designates the required 4-inch width by use of a border or outline lines, at least ¼-inch wide which shall lie within the 4-inch width. Shadow lines that are the natural color of the field of play are permissible. The area within these lines need not be one color, but the continuous 4-inch-wide outline must be clearly visible to the game officials.

It is permissible to use college fields with hash marks marked at the distance specified by their respective codes along with goal post width specified by their respective codes.

Advertising and/or commercial markings may be placed on the field of play by home management as long as they do not obstruct the yard lines, hash marks or nine-yard marks (seven-yard marks for nine-, eight-, and six player).

#### **Referee Microphone and 25 Second Play Clocks**

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

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

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

#### **Issuing Football Equipment**

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

#### **Videotaping of Opponents**

Videotaping or filming is permissible in scouting your opponent. It is a common courtesy that the host school shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended. Patrons are

allowed to videotape contests with paid admission to a contest. Tripods are not recommended to be used from spectator seating.

### **Game Official Jurisdiction**

The game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. The Iowa High School Athletic Association may intercede in the event of unusual incidents after the officials have signaled the end of the game or in the event that a game is terminated prior to the conclusion of regulation play.

### **Spring Football Meeting**

A member school's football coach is permitted to have a meeting with his football squad in the Spring to discuss next year's program, hand out play books, distribute exercise sheets which he wants the players to follow to be in condition, distribute information concerning the protection of their eligibility during the summer months, and any other pertinent information that a player should have relative to the next year's season.

### **Coach-Athlete Contact Outside the Football Season**

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

### **IHSAA Post Season Football**

The 2015 Playoff football will be the Spalding J5V- Advance Horween Leather #628998-performance lace (Rubberized Lace).

### **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. This includes appeals regarding the ejection of any student-athletes.

### **TEAM BOX AREA RESTRICTION RULE**

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

### **COACH EJECTION POLICY**

Any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Fundamentals of Coaching elective course Teaching and Modeling Behavior. The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. The approximate cost of the course is \$20. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date. Coaches failing to complete the course prior to coaching in an interscholastic contest are considered ineligible coaches and forfeiture may occur.

### **STUDENT-ATHLETE EJECTION POLICY**

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Fundamentals elective course Sportsmanship- It's Up to You. The course must be viewed prior to being able to return and compete in an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. There is no cost associated with taking this course. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date. Students failing to complete the course prior to participating in an interscholastic contest are considered ineligible athletes and forfeiture may occur.

### **VIDEO GUIDELINES FOR REGULAR SEASON EXCHANGE**

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

General Points:

1. Close up shots are not often necessary. Zoom in on the players as the play ends to see how both teams are moving, blocking, and tackling.
2. Do not zoom out too much. The idea is to see the players, not empty grass. There is no need to see things off the football field.

3. Focus on the action. When the play starts, try to have all of the players on the screen. You should have the entire offensive backfield on one side and the entire defensive backfield on the other side.
4. Hold the camera as steady as possible and mute the sound if at all possible. Be sure that you are on %Record+or %Pause+. Check this before each play.
5. Remember, more is better. It is better to stop later than too soon. The coaches can edit time, but cannot regain a play.

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

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

#### Scrimmage Plays:

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

#### Checklist:

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

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

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

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

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

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

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

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

### **MANDATORY REPORTING OF STATS**

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

The following data is required to be reported:

1. Rushing- Attempts-Yards-TDs
2. Receptions- Number-Yards-TDs
3. Passing- Attempts-Completions-Int-Yards-TDs
4. Punting-Attempts-Yards
5. Field Goals-Made-Attempts-Long
6. Kicking-PAT-Attempts-Made
7. KO Returns-Number-Yards-TDs
8. Punt Returns-Number-Yards-TDs
9. PAT-Rush/Receiving
10. Scoring-Rush Pts.-Rec. Pts- FG Pts.-PAT-Kick-PAT-2 pt-Return Pts.
11. Tackles
12. Interceptions & Return Yards

13. Fumble Recoveries & Return Yards
14. Touchbacks (Kickoffs)

The penalty for failure to report on time is: **First offense**, a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate; **Second offense**, a letter to the athletic director with a copy to the principal from the IHSAA executive director, giving 3 days to comply with the mandate. **Third offense**, IHSAA member schools' expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

### FOOTBALL POST SEASON

The UNI-Dome in Cedar Falls will be used only for semifinal and championship round contests unless the host school uses the UNI-Dome as their primary home facility.

### LIGHTNING SAFETY

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

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

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

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

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

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

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

### PRECAUTIONS TO TAKE IN HAZARDOUS WEATHER

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

### HAZARDOUS WEATHER GUIDELINES (Approved, September, 2007)

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

### SUSPENSION OR POSTPONEMENT OF CONTESTS

- I. Prior to the contest officials' assuming authority.
  - A. The home school's management shall determine whether a contest should be suspended or postponed due to severe weather.
    1. In making the decision whether or not to suspend or postpone a contest, the host management should first take into consideration the safety of the participants and spectators.
    2. Playing surface conditions should be considered and what continued use may do to the surface.
    3. If the decision is made by the host management to postpone the contest, administrators from both schools should mutually agree if, and when, to reschedule.
- II. Once the contest officials' authority begins.
  - A. Refer to NFHS playing rules, or IHSAA post-season rules, for the exact rules in each sport regarding contest officials' authority to suspend the contest.
- III. Postponing the contest.
  - A. Wait a sufficient amount of time to see if the severe weather will subside.
  - B. Home management and/or contest officials shall decide whether to postpone or resume the contest.

- C. Playing surface conditions should be considered when making this decision.
- IV. If the contest resumes.
  - A. Adequate time should be given for contestants to warm up prior to continuing play.
- V. If the contest cannot be resumed after a severe weather delay.
  - A. Administrators from both schools need to come to an agreement. The contest may be considered complete with the existing score becoming the final score, or the contest may be postponed and continued from the point of interruption, at a time mutually agreed to by both schools.
  - B. If a regular season game that has been suspended cannot be completed by the ninth Friday of the football season, that game will be considered final at the point of suspension. All necessary points will be awarded at that time.