

2018
REGULAR SEASON SPORTS

SPRING

MANUAL

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



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INTRODUCTORY INFORMATION – ALL SPORTS

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT

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

- 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).**
- 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.**
- 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.**
- 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.
- 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.**

Adopted 122012
References update 0514

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.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2009; "Consensus Statement on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.

Updated 05/22/12

APPLICATION OF IOWA CODE SECTION 280.13C (CONCUSSION LEGISLATION) BY SPORT

A. COACH REMOVAL

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

B. CONTEST OFFICIAL REMOVAL

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

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

SPRING/SUMMER SPORTS

Baseball/Softball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the umpire-in-chief 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 umpire-in-chief during an opportunity for a legal substitution.
3. For one-day events when the umpire-in-chief may change during the event (local high school tournaments), written clearance to return shall be presented to the umpire-in-chief, or his his/her designee, before the student participates again that day. The designee may be the host administrator, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the umpire-in-chief, or his/her designee. The umpire-in-chief, or his/her designee, will then notify the other contest umpires that written clearance to return has been received.
4. For multiple day events when the umpire-in-chief may change during the event, for example the state tournament, the umpire-in-chief on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the umpire-in-chief(s) of the contest(s) in which the student may participate on the subsequent days of the event. The umpire-in-chief(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Soccer:

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 an opportunity for a legal substitution. For those contests using a three-person crew, the center official shall be designated as the head referee. The center official will need to receive the written clearance for return to play. For those contests using a two-person crew, one official shall be required to be the head referee. The head referee in the two-person crew shall be responsible for receiving the written clearance.
3. For one day events when the head contest referee may change during the event (local high school Saturday tournaments), written clearance to return shall be presented to the head contest referee, or his his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the head contest referee, or his/her designee. The head contest referee, or his/her designee, will then notify the other contest officials that written clearance to return has been received.
4. For multiple day events when the head contest referee may change during the event, for example the state tournament, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on the subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Track and Field:

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.
3. For multiple day events when the contest referee may not be the same throughout the entire meet, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the meet. The referee(s) of future contests during this meet must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Record Keeping:

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

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:
- 4) "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 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."

Signs Reported by Students:

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

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship **at all** times.

Signs Observed by Parents or Guardians:

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

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's Grade Student's School

TRACK & FIELD

TEAM PARTICIPATION RULES

1. The first day of practice will be February 12, 2018.
2. Meet Limitation: Teams will be allowed to compete in 12 meets.
Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays.
3. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after a school's outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation.
4. On occasion, a school will have an athlete who is very talented and the school believes he should have better competition than the rest of the team; therefore, they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the team's meet limitation if the outdoor season has begun. This does not include the Drake Relays.
5. A two-day meet shall be considered a one-day meet insofar as the limitation rule is concerned.
6. If you sign a contract to participate in a track and field meet, you cannot break that contract to attend a different meet. IHSAA rules require you to honor your first contract.

INDIVIDUAL PARTICIPATION RULES

1. Individual Meet Limitation: Individuals will be allowed to compete in 12 meets. Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation.
2. **A competitor may compete in only one meet per day, excluding the Drake Relays.** The only exception would be if you have a junior varsity /varsity meet or a sophomore/varsity meet held on the same day at the same site. An individual can participate in both meets as long as he does not violate the one-day individual event participation rule. In this instance, the competitor will be charged with only one meet.
3. Individual Event Limitation: Each contestant is limited to **four** events.
4. Preliminary events count as an event.
5. If there are no preliminaries, individuals entered will be charged with an event unless he scratches prior to reporting to the clerk of course or event judge.
6. The Board of Control of the IHSAA has adopted the National Federation rule with regard to a participant competing in too many events. Rule 4, Section 2, Article 2 requires the forfeiture of all individual points, team points, and places earned by a competitor exceeding the participation limit. This forfeiture applies to both individual and relay points and places.
7. **Concussion:** National Federation rules and the Code of Iowa require that a competitor displaying the signs or symptoms of a concussion shall be immediately removed from the meet and not allowed to return until cleared by an appropriate health-care professional. Please refer to Rule 4, Section 4, Article 2, in the National Federation Rules.
8. **Personal conduct:** Disqualification will be invoked for unsportsmanlike conduct. The referee has sole authority in this area however any official may request the referee to take such action. Please refer to the IHSAA Handbook for the current IHSAA disqualification rule. The use of tobacco products by coaches or participants is prohibited by IHSAA rule.

COACHES' RESPONSIBILITIES

1. Review Rule 4, Section 6, in the National Federation Rules concerning disqualification. At the same time, review the IHSAA disqualification rule.
2. Coaching should be done from the stands or other designated coaching areas. Only contestants and meet officials will be permitted on the track or in the competition areas.
3. If field events are held outside of the track area, coaches will be permitted in those areas.
4. Competitors shall not receive assistance from another competitor or any other person to complete the race or trial. 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.
5. Watches with GPS capabilities are illegal.
6. **Uniform Rule:** Coaches are responsible for seeing their competitors are wearing the proper uniform. A legal uniform is well defined in Rule 4, Section 3, Articles 1-3 of the National Federation Rules, however, there is an Iowa adaptation which is found below. The athlete should always wear the uniform of his school. No contestant will be permitted to wear any head covering. **Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacturer's logo or school name or logo, and can be no more than 2 inches wide. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches.** An illegal uniform can be removed or corrected prior to the start of a race or event if done without delay. If a competitor is discovered wearing an illegal uniform during competition, the competitor will receive a warning and all subsequent violations of the rule by a warned competitor will result in disqualification from the event. In relay races each team member shall wear the same color and design school uniform (top and bottom).

Iowa Adaptation to NFHS Rules 4,3,1c.7; 4,3,1c.7 Notes; 4,3,2b

Rule 4, Section 3, Article 1, b, 8. Unchanged

Rule 4, Section 3, Article 1, c, 7. The rule is revised to read: "Any visible garment(s) worn underneath the uniform 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 2 1/4 inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color." **Reference to extending below the knees** is deleted.

Rule 4, Section 3, Article 1, c, 7 Notes 1. "If more than one visible garment is worn under the uniform bottom, all must be the same color. **Reference to which extends below the knees is deleted.**

Rule 4, Section 3, Article 2, b. Additional restrictions for relay races. "Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom shall be unadorned and a single solid color, but not necessarily the same length. Reference to **extending below the knee** is deleted. Reference to **same** color is deleted.

MANDATORY REPORTING OF PERFORMANCES

Based on a recommendation of the Joint Track and Field Advisory Committee and action of the Board of Control, head varsity track and field coaches are mandated to enter track and field performances at the Quik Stats Iowa website, www.quikstatsiowa.com. Performances need to be entered by 3:00 PM on Tuesday, April 10; Tuesday, April 24; and Tuesday, May 8. All meets competed in through the previous Saturday of each reporting date need to be posted. **Relay names are required to be entered for every relay posted on QuikStats.** The penalty for failure to enter performances on time is:

First Offense – A letter/e-mail to the head coach from the IHSAA sport administrator giving 3 days to comply with the mandate;

Second Offense – A letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate;

Third Offense – The IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

RELAY RULES

1. **Order of Events:** All meets shall use the qualifying meet order of events for all regular season meets.
2. **Restricted Events:** As a result of action by the IHSAA Board of Control, the following rule is in effect regarding relay and individual events at track and field meets: *Participation in track and field shall be limited to state meet events, with additional events being allowed that comply with National Federation rules and the rules of the IHSAA. No events will be allowed that are demeaning to the sport of track and field. If additional events, other than state meet events, are held, results from those events may not be used to determine the team score of the meet.*
3. **Relay Cards:** Coaches are to complete information on the relay cards. After the completed card is given to the clerk of the course, there can be no change made in the personnel. Six individuals may be listed on the relay card. Only those who participate will be charged with an event. Any substitutions must come from the six names listed on the relay card.
4. In relays, it is permissible for the order of running to be changed between heats and succeeding rounds of competition, including individual legs of the medley relay, where all runners do not run the same distance. (Rule 5-10-3).
5. **Relay Entry Rules:** Any runner reporting to the clerk of course will be charged with an event.
6. **State Meet Relays:** In the 4x100 and 4x200 meter relays, lanes shall be used all the way around the track. The 4x400 and the medley relays will be run on a three-turn stagger. The 4x800 relay will be run on a double waterfall.
7. In relays having preliminaries, final heat drawings will be by preliminary performance using lane 4 as the fastest lane then using lanes 5-3-6-2-7-1-8. In relay events at the state meet where preliminaries are not held, the team will be assigned lanes according to their qualifying meet performance. All state meet seeding will be done according to Rule 5, Section 6, "Forming Heats."

TRACK CLASSIFICATIONS

The 48 largest track schools are 4-A, next 64 largest 3-A, next 96 largest 2-A and the balance 1-A. In the co-educational sport of track and field, 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 cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm on Friday, March 16, 2018.

STATE QUALIFYING MEET - ALL CLASSES COACHES' INFORMATION

1. All state qualifying meets will be co-educational meets. Admission is \$6.00 for K-12 students and adults. There will be no charge for a child who is not yet in school.
2. The 2018 qualifying meets will be held for all classes on Thursday, May 10, 2018. The rain date for all qualifying meets will be the following day, excluding Sunday. All qualifying meets will start at 4 PM with field events. Running events will begin at 4:30 PM. There will be a 45 minute break between the boys' 4x800 meter relay and the girls' shuttle hurdle relay and a 15 minute break between the boys' 800 meter run and the girls' 200 meter dash for Class 4A and Class 3A. There will be no 15 minute break for Class 2A and Class 1A. If the rain date is used, meet manager determines starting time.
3. **The Board of Control of the IHSAA has determined that races at the State Qualifying meets will run to the common finish. Races will not be reversed to gain a wind advantage even in fully automatic timing is available for the reversed race.**
4. **Qualifying Meet Assignment:** Your school will be assigned to a qualifying meet based on geographic location. This assignment cannot be changed.
5. Only two contestants may compete in an individual event from a member school. One relay from each school may compete.
6. **Scoring: Eight places will score at the qualifying meet.** Qualifying meet scoring shall be 10, 8, 6, 5, 4, 3, 2, 1 for relay events and individual events.
7. **Awards:** Medals for the first eight places in all events. Qualifying meet team champions will be sent or presented with a qualifying champion banner.
8. Order of events for all qualifying meets is listed for your convenience. This is the running order for all qualifying meets.

ORDER OF EVENTS

Girls Running Events First, Followed by Boys

All Field Events	4 X 800 meter relay	800 meter run
High Jump (G/B)	45 Minute Break	15 Minute Break (3A & 4A)
Discus (B/G)	Shuttle hurdle relay	200 meter dash
Shot (G/B/WC)	100 meter dash	200 meter wheelchair
Shot Wheelchair (B/G)	100 meter wheelchair	400 meter hurdles
Long Jump (B/G)	1600m distance medley relay	1500/1600 meter run
	400 meter dash	4 X 100 meter relay
Running Events	400 meter wheelchair	4 X 400 meter relay
800m sprint medley relay	4 X 200 meter relay	
3000/3200 meter run	100/110 meter hurdles	

STATE QUALIFYING MEET INFORMATION

1. Information will be mailed to your school. A **Qualifying Meet Manual will be posted on the website.** Qualifying meet entries will be submitted online. Information for submitting qualifying meet entries will be communicated to member schools on Monday, April 23, 2018. **The deadline for Qualifying Meet entries and declarations will be 10:00 a.m. Wednesday, May 9, 2018. All scratches or substitutions must be sent by email to the Qualifying Meet host no later than 10:00 a.m. on the day of the meet, Thursday, May 10, 2018. No substitutions will be allowed after that time. Scratches after that time will count as an event. Emergency situations will be considered and can only be approved by the IHSAA.** All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. All entries shall be submitted as *FAT times*. All state qualifying meet seed times need to be verified through QuikStats. Any time discrepancies (faster or slower than what is posted on QuikStats) will result in "No Time" seed time. No split times are allowed for individual event seed times.
2. Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information. The IHSAA will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights. **State qualifying meet managers will reseed an event if pre-meet scratches or substitutions occur. Substitute entries will have a "No Time" seed time.**
 - a.) Field events will be in flights. Throwing order will be as stated in the Track and Field Rules Book. For the long jump and throwing events, each competitor will attempt one trial at a time through the flight order, similar to that format used at the state track and field meet. If a competitor needs to be excused to participate in another event during either the preliminary or final round, please reference Rule 6, Section 2, Article 3 (Throws).
 - b.) **GIRLS:** The starting height in the high jump is 4'6" for all classes. The bar is raised two inches each time to five feet, and then one inch at a time.
BOYS: The starting height in the high jump for Class 4A/3A is 5'6" and 5'4" for Classes 1A/2A. The bar is raised two inches each time to six feet and then one inch after six feet.
Starting heights may be adjusted by Meet Manager in cases of inclement weather/poor jumping conditions.

- c.) In events run in sections against time, the last section will contain the best performers, the prior sections the next best contestants, etc.
 - d.) Since all events are finals, sections will be filled by entry performances. The final section of each event will have the best entry performances.
 - e.) The highest ranked contestant will be placed in the lane in the center of the track. Lanes will be filled by alternating either side of the number-one ranked athlete. This will be (4-5-3-6-2-7-1-8) according to the number of individuals or teams in the heat and the lanes available.
3. Relay personnel may be changed after the meet has begun. Substitutes must come from the names on the original relay entry.
 4. Each school will be given copies of the heat and lane assignments before the meet begins. Each school will also be given a copy of results prior to leaving the meet site. **Any discrepancies should be addressed prior to leaving the qualifying meet site.**
 5. **Track Complimentary Admissions:**
 - 1) Any superintendent, principal, or athletic director who present their current IHSAA identification card will be admitted free along with one accompanied guest. It shall be understood that no members of the families of an administrator or coach shall be admitted free unless they qualify in one of the other categories.
 - 2) Any bona fide member of the press, radio, and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or year book.)
 - 3) One team bus driver.

Qualifying Meet Expense Reimbursement – There is no reimbursement for the track and field qualifying meet.

STATE MEET QUALIFICATION

In Class 4A, the top two place winners in each event plus the next twelve (12) best performances statewide from qualifying meet place winners (1st – 8th) will advance to the state meet. Class 3A and Class 2A, the top two place winners in each event plus the next eight (8) performances statewide from qualifying meet place winners (1st – 8th) will advance to the state meet. In Class 1A, the top place winner in each event plus the next fourteen (14) best performances statewide from qualifying meet place winners will advance to the state meet. If there are ties, the highest qualifying meet place winner (1st – 8th) will be the qualifier. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The last school name alphabetically will become the qualifier. There will be no more than 24 qualifiers in any event.

*****STATE MEET INFORMATION*****

The 2018 State Track and Field Meet will be a coeducational event held in cooperation with the Iowa Girls High School Athletic Union. The meet will be held at Drake Stadium in Des Moines. The meet will be held May 17, 18 and 19. The format for the meet will not be different than the format used for the 2017 meet. Classes 1A & 4A will compete in the morning. Classes 2A & 3A will compete in the afternoon. There are still pending details regarding the administration and organization of the meet. Specific details will be made available when the determinations have been made.

State Meet Expense Reimbursement – Schools with 1-6 qualifiers receive \$.38 per mile. Schools with 7-14 qualifiers receive \$.75 per mile. Schools with 15-22 qualifiers receive \$1.14 per mile. Schools with greater than 22 qualifiers receive \$1.38 per mile. Mileage is paid for one trip to Des Moines.

2018 SPRING GOLF

Postseason Golf Manual: A postseason manual for golf will be published online and notice sent via email to Spring Golf Schools once the regular season has begun. The Postseason Golf Manual will contain information related to sectional, district and state tournament play along with tie-breaker procedures, awards, expense allowances, and other pertinent postseason tournament information. Please note that spring sectional & district assignments will be released after the March IHSAA Board of Control meeting.

FIRST PRACTICE DATE AND PLAYING DATES FOR 2018

First legal practice date is Monday, March 12, 2018, **first legal playing date** is Monday March 26, 2018. Each **individual player may participate in 12 dates of competition, excluding IHSAA tournament play.** Sectional tournaments: Class 1A, 2A & 3A will be held May 11, 2018, District tournaments will be held May 18, 2018. Sectional and District assignments will be posted online under golf at www.iahhsaa.org.

COACHES REQUIREMENT: ALL HEAD VARSITY GOLF COACHES MUST VIEW THE ONLINE SPRING GOLF RULES MEETING. Spring golf rules meeting will be online from February 26 until March 29, 2018. **Failure of any Head Fall Golf Coach to view the online rules meeting will make him/her ineligible to coach in the IHSAA state sponsored sectional/district/state golf tournaments.**

SPECIAL NOTE: POSTSEASON INDIVIDUAL QUALIFIERS (Same as 2017)

The top two overall individual players (plus ties) at each site from among the non-qualifying teams will advance from each Sectional to District tournament. Similarly, the top two overall individual players (plus ties) at each site from among the non-qualifying teams will advance from each District to the State Tournament. This will create opportunities for at least two individuals from among the non-qualifying teams to advance from each site in the postseason. This also creates a uniform qualifying process in the postseason. **The process for team qualifiers from Sectional to District to State remains the same as in the past. Further information and an explanation of tiebreakers will be part of the postseason manual.**

COMPETITION DATES FOR PLAYERS

Each **individual player may participate in 12 dates of competition** during the season. This means a school may schedule 12 varsity matches and 12 junior varsity matches. The point of clarification here is, no player is permitted to participate in more than a total of 12 playing dates. Each day of participation counts toward one of your 12 playing dates. If you get part of that day's competition played and you get rained out, you may come back another day and finish that competition and consider it as one playing date. Competition date is considered 18 holes of play.

SCHOOLS WHO MAKE EXCEPTIONS TO USGA RULES DURING THE SEASON

***NOTE:** Prior to the event, schools that make **exceptions to USGA rules** during the regular season must have them in writing and agreed upon by all the schools involved, otherwise USGA rules apply except for IHSAA manual differences during the regular season and tournament play. All IHSAA sanctioned tournaments will follow USGA playing rules unless otherwise specified in the IHSAA spring golf manual.

***During regular season or IHSAA sanctioned tournament play (sectional, district or state meet), players are not allowed to chip or putt on any hole on the course (before competition begins), this also applies once competition play begins regardless if you have completed the hole in tournament competition, excluding the practice green(s). In regular season, check with meet management pertaining to the opportunity for a player to chip or putt on a completed competition green.**

RANGEFINDER DEVICES (Laser & GPS)

Rangefinders Allowed: Rangefinder devices (laser & GPS) are permitted during the regular season and throughout the IHSAA tournament series. A player may obtain **distance information ONLY** from the rangefinder they are using. Cell phones (including distance apps) are not permitted during competition. Devices designed to measure conditions other than distance are now permitted, PROVIDED the golfer only uses the device for distance measurement and not for the following banned information, which includes but is not limited to, wind speed, slope or club selection. **Players will be penalized if they use their rangefinder to measure anything but distance.** Players and coaches (coaches that are permitted to coach tee to green) are encouraged to share distance information upon request. A player with a rangefinder may shoot distance from their position on the course and relay that information upon request to another player, PROVIDED the process does not delay play. **Spectators will not be allowed to provide or assist golfers with distance information.** The first time the golfer uses the banned functions on the rangefinder (any function besides distance), he will be assessed a two-stroke penalty. Any subsequent use during that round will result in disqualification.

CONFIRMATION OF SCORES

Confirmation of Scores: Due to the fact all players in the group do not always hear what each player in the group shot following each hole, we need every player to provide **everyone in the group** their previous hole score on the next tee box, before anyone puts their ball in play. All participants are entitled to know what each individual player shot on the previous hole, in case there is any uncertainty. It is the player(s) responsibility to request the previous hole's score if they did not hear one of the group members score from the previous hole.

NEW COACHING RULE ALLOWING TWO AUTHORIZED COACHES

IHSAA coaching regulation: Permit the designated golf coaches (maximum of two authorized coaches) to coach a player up until the player and the player's ball are on the green. **If any part of the player's ball is on the actual green, the ball is considered on the green.** Once the player arrives at the green (no delay by the player) the team or individual designated coach can have no more communication with competing player(s) until all players in the group have holed out. If a player hits a shot from 100 yards out and the ball lands on the green, the designated coach may communicate with this young man up until they reach the green (providing no delay walking to the green). Once the player is on the green, coach/player communication must cease. Keep in mind each team and or individual(s), are only allowed to have **two designated coaches** communicate with players while competition is in progress.

WHEN PROVIDING ADVICE--THE DESIGNATED COACH MUST NOT ENTER A BUNKER.

Designated Coaches are not to assist or instruct a player regarding any putting on the green. If no part of the player's ball is on the actual green, coach instruction is permitted. Coaches must understand that there is to be no **delaying of play** when providing instruction during the prescribed coaching time. The designated coach must understand this is additional time to coach player(s), but when visiting with players the **pace of play shall not be delayed.** This rule also allows the designated head coach an opportunity to address **speed of play** to players who have fallen behind the group in front of them.

MANDATORY REPORTING OF STATS

Head Golf Coaches are required to post team and individual varsity meet STATISTICS following each meet online using the www.quikstatsiowa.com website. Statistical data needs to be entered by 3:00 PM on Tuesday:

Tuesday, April 10 for meets through April 7

Tuesday, April 24 for meets through April 21

Tuesday, May 8 for meets through May 5

In addition, final stats need to be entered at the conclusion of your regular season and after the Sectional, District and the State Meet. The penalty for failure to report on time is as follows:

First offense: a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate;

Second offense: a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.

Third offense: IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

IHSAA LOCAL RULE ALLOWANCE

ACCIDENTAL MOVEMENT OF BALL ON PUTTING GREEN (NEW IN 2017)

The IHSAA will employ the Local Rule that modifies Rule 18-2 by providing that there is no penalty if a player accidentally causes his ball on the putting green to move. Thus, any accidental movement of the ball or ball marker on the putting green will require the player to replace it, but without a penalty stroke.

GOLF SHIRT REGULATION

All varsity participants in regular season and tournament competition must wear similar (color and style) school issued or school approved **golf uniform shirt** (collared or non-collared), during competition. Due to adverse weather conditions, if an individual VARSITY player desires to wear clothing (jacket/sweatshirt) over the top of his shirt, this jacket/sweatshirt does not need to be the same as his teammates. All attire worn at all levels shall be school approved and have no alcohol, tobacco or any inappropriate graphic on the clothing. Please remember the only attire that needs to be the same is the collard or non-collared shirt on each **varsity** participant.

DISQUALIFIED PLAYER FOR UNSPORTING LIKE ACT

If a player is disqualified for any unsporting like act, he is ejected from the entire one or two-day tournament. If a player is deemed disqualified from any two-day tournament on day one, for a misapplication of a rule, illness/injury after he has put his ball in play/started competition (not unsportsmanlike conduct), the player is disqualified and his score will not count the day he is disqualified. This individual would be able to compete and his score would count on the second day only of a two-day event. The three coach rules jury at this particular tournament site would make the final ruling pertaining to any unusual circumstances dealing with a disqualification except for unsportsmanlike behavior.

COACH, PLAYER & SPECTATOR CELL PHONES

If a coach/spectator cell phone rings while a player's swing is in progress, the player may take his original shot or hit a second ball. If the player elects to hit a second shot, the player must take the second shot regardless of the outcome. Understand, if a **player's cell phone** rings during competition the player is disqualified. **Player Cell phones are prohibited during regular season and all tournament play.** No cell phones may be used by a player until his round is completed and the scorecard is turned into the official scorer. Penalty will result in disqualification of the player. One exception to player use of a cell phone is in case of an emergency during the course of play.

FOOD AND DRINKS AT GOLF SITES

Coaches may provide water or sport drinks for the players throughout the one or two-day event. Coaches will be permitted to provide a sandwich or energy bar for the players. Golf courses are hosting events for a minimal green fee and we need to respect their opportunity to sell food and drink at their courses. **Coaches are not to place coolers out on the course**, they are to keep only a small portable cooler with them in their car or on their cart and provide food to their players only as they see fit. Coaches are not to provide food for spectators nor will spectators be allowed to bring food or drink on the premises. We appreciate your cooperation pertaining to this regulation. **Please notify your spectators in advance of this regulation.**

SPECTATORS

Spectators are not to interfere in any way, should not carry on conversations with players, should keep their distance from the players, and have no influence on the results. If any interference occurs, spectators may be asked to leave.

COACHES MAKING RULINGS

Coaches must understand that they are **not** rules consultants during the course of competition. **Coaches are not to rule on something they see, even if you feel it may have been a rules infraction.** Let the players play and if any questions arise, players should notify a member in their group and resolve the problem or hit a second ball and get a ruling when competition is completed and before any member in the group signs off on a scorecard. We appreciate coaches wanting to assist in making rulings, but there are times when a wrong ruling is provided and there is no recourse. Once all scores are posted and approved at the end of that days' competition by coaches/players, all scores for that day are final.

TEAM OR INDIVIDUAL PRACTICE ROUND DEPARTURE TIME

When a golf team or individual desires to go to an IHSAA tournament site for a practice round during school time, the coach needs to have **local school administrations approval**, in accordance with the IHSAA Handbook Practice Regulation (page 11). If you desire to practice during school time, this practice round policy is now a local school administration decision.

HOLE BY HOLE SCORE

The individual hole by hole score is what counts on a player's scorecard. Even if the score is added incorrectly, the hole by hole score is the player's score for that round. Most scoring programs total the score once all the hole by hole scores have been entered.

STROKE PLAY -- COACH AND PLAYER INFORMATION

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

Ground under repair: USGA rules allow for areas of the golf course to be marked and defined as Ground under Repair (rule 25-1). If it is determined that areas of the golf course are unsuitable for play, the committee shall define these areas as Ground under Repair. The ground under repair shall be marked and defined accordingly so no questions will arise as to the boundaries of said areas. Poor turf conditions do not necessarily equate to ground under repair. Ground under repair is defined as abnormal ground conditions. If an area is abnormal in relation to the entire golf course, then it should be defined as ground under repair.

Errors or Discrepancies: Any errors or **discrepancies** that take place during stroke play are to be corrected **PRIOR to signing the scorecard** and turning it in. **The round begins with the first tee of the competition and ends when the scorecard has been attested to, signed, and turned in**, then it is too late to make corrections and all scores stand as turned in. Coaches should verify with the tournament manager the scores are correct when posted, by verifying this individually following the posting of the scores. If the head coach elects not to attend the posting of the scores and verifying his team score(s) are posted correctly, player(s) scores stand as posted. This will not preclude circling a given hole(s) score for the committee or jury of coaches to review at the conclusion of play, but it would permit a correctable situation at the completion of play, prior to signing the scorecard and turning it in for recording. **Coaches**, remind your golfers to record the score after completion of each hole (all players involved). **If there is any discrepancy, players should make every effort to resolve this discrepancy before playing the next hole. If the discrepancy can't be resolved, circle the hole/score and when you finish the round the player involved should not sign his card, nor turn it in, until the jury has made a ruling. At the completion of his round, the player should inform the scorer he has a ruling that needs to be resolved before all members in his group, including the player with the rule question, signs and turns in his scorecard.**

At the conclusion of play (each day, one or two-day tournament) every player in the group needs to verify that all scores are correct, attested to, and **signed by each member in that group**. This procedure will allow all members in your group at the conclusion of play that day to verify and agree on what each individual shot that day. If there is any discrepancy, it should go to the rules jury (appointed by the tournament manager) to rule on before any group member signs or turns in a scorecard.

The competitor is responsible for the correctness of the score recorded for each hole on his scorecard. If the participant returns a score for any hole lower than actually taken, he is disqualified. If the participant turns a score for any hole higher than actually taken, the score turned in stands.

Coaches, **scorecards** are to be turned into the official scorer immediately following the round, once signed and attested to. **Coaches may view a player's scorecard immediately following that player's round, but are not to hold on to this team members scorecards while waiting for other team members to finish.**

RULES FOR PLAYERS/COACHES

The following rules will govern all interscholastic golf in Iowa.

1. In the case of gambling between players during matches, the players involved are disqualified in that particular meet.
2. Cheating would be reason for disqualification as well.
3. The players in their groupings will keep score--no player keeping his own score. All players are required to provide their previous hole score to the entire group on the next tee box, before anyone puts a ball in play. Players in the group are responsible to secure each other's score. Coaches may be asked to help monitor certain holes on the course. **Coaches are not to make rulings on the course**, let all players in the threesome or foursome decide. If the players are unable to agree, have the player involved play a second ball and let the rules committee make a ruling when he finishes the round (before any member in the group signs the scorecard). We now have Iowa Section Certified PGA staff members on hand at our state sites to assist in rulings on the course.
4. Any player who uses tobacco (including smokeless) on the course is disqualified.
5. Disputes on rules: The coaches' jury selected from the assembled schools will decide on all disputes. The coaches' jury should follow the USGA Rules of Golf and may seek assistance from an Iowa Section Certified PGA Pro and/or Club Pro when available.
6. In the state meet, the Iowa Section Certified PGA and/or Club Pro will make all final USGA golf rule decisions.
7. Any player who fails to finish play is considered to have withdrawn from the meet/tournament and his score(s) will not count.
8. In regular season, district and state competition, **no caddies are allowed. No motorized golf carts will be allowed except for disability reasons and must be pre-approved in writing by the IHSAA. Non-motorized pull carts** are permitted, individuals desiring to use pull carts must supply their own non-motorized pull cart at each meet. This rule applies to regular season and/or tournament play.
9. There shall be no coaching of golfers by parents or spectators. Spectators are to remain a reasonable distance behind the golfers while watching so as not to hinder play. Should there be any interference by spectators with play in any way, shape or form the spectator(s) are subject to being asked to leave the premises by the management. Spectators should remain approximately 30 yards behind the golfers on the course or on the cart path when observing play other than to cross fairways without interfering with players. No spectator may instruct or advise a player about any shot selection a player is going to make. Once the players reach the green area, spectators should move over to the cart path, even with the green, to allow the next group of players to continue play.
10. In multi-team and district meets, the tournament manager should make every effort to avoid the necessity of having players from the same town, even though from different schools, play in the same threesomes and foursomes. This is impossible in some cases, but wherever it is possible to avoid this, it should be done.
11. All schools are expected to start play as scheduled.
12. At the conclusion of a given competition, coaches should verify the scores posted. When the teams/individuals leave the course and the team standings have been posted there will be no changing the results of play.
13. Any player who plays without a shirt is automatically disqualified.
14. In regular season and all tournament play, if a player is injured or becomes ill, there shall be no substitute for him **during** the round.
15. The use of cell phones is prohibited during regular season and tournament play. Penalty will result in disqualification of that player. Coaches are encouraged to collect the cell phones before the competition begins. No cell phones may be used by a player until his round is completed and the scorecard is turned into the official scorer. Penalty will result in disqualification of the player. One exception to player use of a cell phone is in case of an emergency during the course of play.
16. A player disqualified from a meet/tournament for unsportsmanlike conduct is disqualified for the entire event (rest of the tournament or multiple day event), whether it is a one-day or two-day event.
17. Coaches, during regular season and tournament play, players are required to walk or be transported from green to tee with no more than **two players riding in the cart (plus a driver)**. If carts are used as a means of transportation from green to tee, players must be **seated inside the cart. Players may be transported to their starting holes by car, van, or golf carts.**

CODE OF CONDUCT FOR PLAYERS

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

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

4. The IHSAA and the Golf Coaches Advisory Committee feel the code of conduct rules are appropriate, but a concern remains when the players themselves are unwilling to enforce the rule against another player in the group. **If a code of conduct violation is observed (not heard about later) by a golf coach and the group involved does not enforce the rule, the golf coach observing this inappropriate action should get the players together at the conclusion of play at that particular hole and have the players discuss the situation.** If a code of conduct rule has been violated, a two-stroke penalty should be assessed to the individual(s) responsible.

If a golf coach observes any behavior that could lead up to a code of conduct violation, the coach should professionally warn the player of his inappropriate action and inform the player's coach and notify a rules jury member. Coaches make sure your players are aware of this rule, so your team is not penalized by one of your player's inappropriate actions.

GUIDANCE FOR BREAKING OF TEAM TIES

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

HIGH SCHOOL GOLFERS MAY NEVER ACCEPT MONEY AS A PRIZE: NON-SCHOOL TEAM/INDIVIDUAL PARTICIPATION/AWARDS RULES

DURING THE SCHOOL YEAR:

From the first day of school through the last day of school, you may *not* accept any award or prize which has a value in excess of \$50.00, **NEVER MONEY**. Golfers may participate in non-school events during the year, **if allowed by local school policy**. Check with your Athletic Director.

EXAMPLE: *Ben Jones is allowed by his school to play in a four team best ball tournament in late March. Ben is playing with three individuals who are out of school, Ben being the only High School student. Ben's team wins \$400.00. Each of the three out-of-school individuals could accept \$100.00 cash. Ben could receive a gift certificate for \$50.00. Ben should ask the golf course to document what Ben received and have the course sign that document stating he only received a \$50.00 gift certificate and provide a copy of the document to his Athletic Director, stating what Ben accepted. That way if someone reads/hears about his tournament success, the school has proof that Ben accepted only a \$50.00 in a gift certificate. An individual could receive up to \$50.00 in gift certificates, per tournament.*

SUMMER MONTHS:

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

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

A player could receive up to \$750.00 in gift certificates per tournament.

REMINDER: Summer ends the day after Labor Day, as it pertains to non-school competition.

TENNIS

Unless the IHSAA Board of Control adopts other rules, U.S.T.A. rules will govern high school tennis. All coaches have the responsibility of being knowledgeable of U.S.T.A. rules and all policies concerning tennis as established by the IHSAA. In addition, the following rules will be followed for interscholastic boys' tennis competition, unless the Board of Control adopts other rules.

	First Legal Practice Date	First Legal Competition Date
2018	Week 37/March 12	Week 39/March 26
2019	Week 37/March 11	Week 39/March 25
2020	Week 37/March 16	Week 39/March 30
2021	Week 37/March 15	Week 39/March 29

1. Tennis practice begins Week 37/March 12, 2018.

2. PRACTICE FACILITY RULE

IHSAA member schools may use practice facilities, other than their regular school facilities, with no prior approval from the IHSAA if the following criteria are met:

- Member schools holding practice at a practice facility, other than their regular school practice facility, one time per week, or more, must have a written agreement between the member school and the member school where the practice will be held or the organization operating the practice facility.
- Member schools holding practice at a practice facility, other than their regular school practice facility, on an occasional or emergency basis, must have local school administration approval before each practice session.
- Only a school's bona-fide coaches may provide instruction during practice regardless of where practice takes place.
- Member schools may **not** practice with another member school except in scrimmage situations. [Please note the tennis scrimmage rule below.]
- State tennis singles and doubles qualifiers may hit balls at the State Meet site on the day before the first day of State Meet competition, if the courts are available. *Use of the courts for a school's regular practice, or scheduled community event, shall have precedence.*
- State team qualifiers may hit balls at the State Meet site on the day before the State Meet, if the courts are available. *Use of the courts for the host school's practice, or scheduled community events, shall have precedence.*

Schools traveling to a state tournament or not returning home between rounds of the tournament may **not** practice at the site where the state tournament is being held, unless the IHSAA has arranged for practice times for all schools involved.

3. ONE scrimmage date is allowed per school. It must take place after the completion of district play and before the State Team Tournament.

MEET FORMAT INFORMATION

1. Multiple duals played on ANY day of the week count as only one date/competition toward the team and individual maximum.

2. Non-Conference Meets - All **non-conference dual meets** will be played with a format of six singles and three doubles; five singles and four doubles; or six singles and five doubles.

3. Conference formats are determined by each individual conference.

4. Host schools or conferences will determine the set tiebreak procedure. The procedure should be communicated to all schools participating in a meet as part of the contract. The IHSAA Tennis Advisory Committee suggests using the standard 7-point set tiebreak, when time and weather permit.

REPORTING OF INDIVIDUAL/TEAM SCORES

The use of QuikStats will be used to report individual and team scores for all dual meet played during the regular season. Specific information about using QuikStats and reporting regular season dual meet scores will be sent to head tennis coaches and athletic directors at tennis schools.

COMPETITION INFORMATION

1. **Interscholastic competition begins Monday, March 26, 2018.**
2. **Each team is allowed a maximum of 12 dates/competitions** for regular season competition. *Example: A school may have 12 freshmen meets, 12 junior Varsity meets and 12 Varsity meets.*
3. **Each player is allowed a maximum of 12 dates/competitions** for regular season competition, regardless of the level at which he competes. If a player competes in varsity and junior varsity competitions during the season, he may only participate in a **TOTAL** of 12 competitions. *(For example: 5 JV & 7 Varsity meets).*
4. **If a school does not have enough players to field a team and compete in regular season dual meet team competition, the players from that school must compete in at least four regular season interscholastic matches before the district tournament in order to enter district competition.**
5. **There should be a pre-meet meeting with coaches and players before each meet.** The school-approved coaches from each school should introduce themselves at this meeting so there is no confusion as to who will be representing each school.
6. **Regular Season Dual Meet Line-up Cards**
 - A. **Singles Line-up Cards** - When teams are to play, **coaches will exchange the list of their singles players at the same time so there will be no rearranging of players.** Ethics for coaches dictate that their best player **that day** competes against the best player from the other school; the second-best players compete against each other, etc. If there is an injury or illness to a player(s) on a given day, the team will adjust their singles line up so the best player that day is at #1, the second-best player at is #2 singles, etc.
 - B. **Doubles Line-ups** - The official doubles line up in team play is the one submitted, or reaffirmed, immediately before the first doubles teams take the court for warm up. It is **MANDATORY** during all doubles play that: (a) **The #1 player in singles must play in either the first or second doubles team;** (b) **Either the #1 or #2 singles player must play in the first doubles team unless both are being held out of doubles matches;** (c) **If the #1 singles player plays on the #1 doubles team, the #2 singles player may play on any doubles team,** (d) **Doubles teams are to be listed in position of strength with the best of the doubles teams submitted that day playing #1; the second-best doubles team that day playing #2, etc.**
7. **The standard size tennis ball is the only legal ball** for high school boys' tennis. **The Wilson T1071 will be used for all post-season tournament play.**
8. **On Court Equipment** - **No additional equipment may be brought onto the court during play.** *Examples: chairs, oversized coolers, folding benches, etc.*
9. **No Cell Phones, or other electronic communication devices, may be used by players during a match from the time they begin warm-ups until the conclusion of play.** USTA rules do allow players to bring to the court written notes that were prepared before the start of the match, which may be referred to during any changeover or set break.
10. **Uniforms**

Tennis players shall wear school-issued/approved uniforms in tennis competition. Football jerseys and tank tops are not legal. **In the event the school does not have a uniform for competition, the players will wear a plain T-shirt of a single color with no design, exclusive of the manufacturer's logo, or a high school tennis tournament T-shirt.** Turning shirts inside out is not permissible to meet uniform requirements. Each team should take additional school issued/approved shirts or a plain one-color shirt to wear if an additional shirt is needed due to playing or weather conditions. **Tennis shorts shall be worn. Players shall not wear an undergarment, or tights, which extend below the tennis shorts, except through a medically authorized waiver.** A copy of a doctor's statement must be shown to the meet manager and, in such cases, the undergarment or tights must be similar in color to the tennis shorts or the predominant color of the tennis shorts.

Garments that do **NOT** meet the definition of the legal uniform include, but are not limited to, biking shorts, thigh huggers, multicolored beachwear, night wear or underwear, cutoff jeans or sweats, sweat pants or anything else that is objectionable to the meet manager. **Note:** *The meet manager may allow the wearing of cold weather clothing, if conditions warrant.* **Penalty:** If a player is not in proper uniform, he may not participate. Any violations of the uniform rule should be reported to the Iowa High School Athletic Association.
11. **When a player refuses to play, or continue playing, for any reason he disqualifies himself from further competition in that dual meet or tournament.** The player's school, or the Athletic Association, may impose further penalties if they deem such penalties appropriate.

12. **Changeovers** - When players change ends after the first game of each set, or the tie-break, there will be no rest period. The first 90-second rest period will be when players change ends after the 3rd game of a set.
13. **Players Must Stay on the Court** - Once play has started, players may not leave the court unless they have split the first two sets in two out of three set competitions. Players may NOT leave the court during the 2-minute set break in Pro-Set competition.
14. **Warm-Up** – Players are allowed a maximum of ten minutes to warm up, which includes practice serves. This ten-minute warm-up will be applicable for regular season and post-season tournament competition.
15. **Time Allotment Between Sets and Matches** - A maximum of 2 minutes is allowed between 1st and 2nd sets and a maximum of 10 minutes is allowed between 2nd and 3rd sets. *If a 10-Point Match Tie-Break will be played in lieu of a 3rd set, the break between the 2nd set and 10-point match tie-break is 3 minutes. If Pro-Sets are being played, a 2-minute set break occurs when one player has won half of the games being played in the set.*
16. Thirty minutes are allowed between a player's singles and doubles matches, unless the coaches mutually agree to shorten the break.
PENALTY FOR NON-COMPLIANCE: Once the match time has been determined / posted, and the player and/or his coach notified, and a player is not ready to play, the match is a default.
17. **Coaching Opportunities** - School coaches have an opportunity to coach their players during each 90-second changeover and during set breaks. **When players change ends after the first game of each set, or the tie-break, there will be no rest period and no opportunity for coaching. (THERE ARE NO TIMEOUTS TAKEN DURING PLAY.)** School coaches, and or players competing that day who are in uniform, are the only ones permitted to speak to their players from the time they take the court to warm up for their match until the match is over. It is NOT PERMISSIBLE for club pros, parents, or others, to speak with players during this time.
Note #1: Coaches do NOT need to wait for the opposing coach to be present to use a coaching opportunity.
Note #2: The duration of the 90-second changeovers and set breaks are NOT lengthened for coaching opportunities. Players are expected to pick up their drinks and towels at the net post, if they wish to have them, and go immediately to the fence to visit with their coach. Coaches are not to go on the courts, unless court configuration requires it and it has been discussed at the coach's pre-meet meeting.

18. **7-Point Set Tie-break**

Singles: If it is Player A's turn to serve the 13th game, he serves the first point from the right court. Player B serves points two and three - left court, then right court; Player A serves points four and five - left court, then right court. B serves point six from the left court and the players change sides of the net. B serves point seven starting from the right court. A serves points eight and nine - left court, then right court; B serves points ten and 11, left court then right court. Player A serves point 12 from the left court.

If the points reach 6-All, players change sides of the net again and continue serving in the same pattern as above beginning with point seven, until one player leads by two points in the tie break whereupon he wins the set, 7-6.

After the tie break is completed, the players again change sides of the net for the first game of the next set with Player B as the first server. **Note ... the player who serves first in the tie break will receive in the first game of the next set played, if needed.** You must win the tie break by two points and you must win at least seven points in the tie break.

Doubles: (AB on one team vs. CD) If it is A's turn to serve the 13th game, you will follow the same pattern as in singles with partners continuing to serve in the same sequence they used during the entire set as the service alternates from team-to-team. A serves the first point from the right court, C serves points two and three, left court and then right court. B serves points four and five, left court and right court. D serves point six from the left court and the teams change sides of the net and D serves point seven from the right court. A serves points eight and nine, left court and right court. C serves points ten and 11, left court and right court. B serves point 12, from the left court.

If the points reach 6-All, teams again change sides of the net and continue serving in the same pattern as above with point seven until one team gets a two-point lead. The winning team wins the set, 7-6. The teams then change sides of the net and play the first game of the next set with team CD as the first-serving team. **Note ... the team who serves first in the tie break will receive in the first game of the next set played, if needed.**

MEDICAL TIMEOUTS

Medical time-outs, including those for bleeding, injury, or a treatable medical condition, may be of a reasonable length to evaluate and treat the condition and clean blood from players or any surface. Anytime a player defaults due to bleeding, injury, or a medical condition, he may not play the remainder of the meet/tournament. A maximum of one medical time out is permitted per match. *For muscle cramps refer to 'Time Out Procedure for Muscle Cramps.'*

TIME OUT PROCEDURE FOR MUSCLE CRAMPS

The Tennis Advisory Committee has developed, and the Board of Control has approved, the following procedure for dealing with muscle cramps. ***The Committee feels very strongly that coaches need to do what is prudent and in the best interests of the health of the athlete. There are certainly situations where a coach will choose to injury default a player before this procedure requires an injury default.***

1) The first time during a match a player, or doubles team, must stop playing due to muscle cramps a medical time-out may be taken. This medical time-out shall be of a reasonable length of time to evaluate and treat the injury.

2) Subsequent occurrences of cramping during the match, ***even if the cramping is in different areas of the body***, are subject the point penalty system according to USTA rules. Those rules are as follows:

- The second time a player, or doubles team, must stop playing due to muscle cramping a match point is awarded to the opponent.
- The third time a player, or doubles team, must stop playing due to muscle cramping one game is awarded to the opponent.
- The fourth time a player, or doubles team, must stop play due to muscle cramping the player, or doubles team, must **INJURY DEFAULT**, for the entire meet or tournament.

Note 1: After each individual cramping occurrence, play must continue or the player, or doubles team, must injury default.

Note 2: **ONLY ONE** medical time-out may be taken in a match for the same injury or condition, i.e. **cramping** - *even if the cramping is in different areas of the body.*

Note 3: The cramping penalty system is sequential and does not start over with each set. It carries over throughout the entire match. **Example:** If a player, or doubles team, has already been assessed a one match point cramping penalty in the second set and muscle cramping occurring again in the 3rd set, to an individual player or either member of the doubles team, it shall result in a one-game cramping penalty being assessed.

Note 4: Singles and doubles competition are considered separate matches when applying the time out procedure for cramping. However, anytime a player defaults due to injury, he may not play the remainder of the meet/tournament.

SPORTSMANSHIP CODE

Profanity (including four-letter words), racket throwing, or other unsportsmanlike acts cannot be tolerated. Coaches are responsible for ensuring their players comply with the sportsmanship code. An opposing coach has equal responsibility, and authority, for enforcing the sportsmanship code for any players. **A contestant may be given a warning, or ejected and disqualified, on the first violation depending upon the severity of the act(s) as determined by the player's coach, host school, or meet manager. A SECOND WARNING REGARDING POOR SPORTSMANSHIP TO THE SAME INDIVIDUAL IS AN AUTOMATIC EJECTION AND DISQUALIFICATION FROM THE COMPETITION.**

As per IHSAA policy, any student ejected and disqualified from an interscholastic contest for flagrant, violent, or verbal misconduct is ineligible for the next regularly scheduled game/meet/date at that level of competition and all other games/meets/dates in the interim at any level of competition, including IHSAA postseason tournaments, in addition to any other penalties the IHSAA or the school may assess. Sportsmanship warnings should be reported to the meet manager and the coach of the player who committed the violation. In a tournament, when a tournament committee is appointed, any coach can bring conduct violations to the attention of the tournament committee. **If a student is ejected from a singles match, the ejection rule is enforced for that player in both singles and doubles.** However, that player's doubles partner will not be penalized, and a substitute may replace the ejected player in doubles play. This substitute player must be one listed on the line up sheet, who was not originally in the doubles line-up, and the doubles team positions cannot be realigned. If either partner of a doubles team is ejected and disqualified for unsportsmanlike conduct during doubles competition, the doubles team is disqualified from the competition.

GUIDELINES FOR HANDLING CONTROVERSY ON THE COURT (Line calls, foot faults, scorekeeping, etc.)

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS NOT AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: The players will have a conference at the net to discuss the issue in question.

Step 3: The coaches and players from both schools will have a conference at the net to discuss the issue in question.

Step 4: The coaches will meet and agree on an appeal judge to rule on appeals made by a player.

(The Athletic Association should be notified if step #4 of these guidelines is implemented during a meet.)

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: **The players will have a conference at the net to discuss the issue in question.**

Step 3: **The coaches and players from both schools will have a conference at the net to discuss the issue in question.**

Step 4: **The *meet manager, or his/her designee, will have a conference at the net with the players and both head coaches to discuss the issue in question.***

Step 5: **The *meet manager, or his/her designee, will appoint an appeal judge to rule on appeals made by a player. (The Athletic Association should be notified if step #5 of these guidelines is implemented during a meet.)***

RAIN DELAYS & POSTPONEMENTS

If dual meets are postponed due to rain, the players on the court should report to the meet manager, or their coach, information important to their match such as score, who was serving, from which court, etc. The meet manager or coaches will determine how long to delay the meet before deciding to postpone to a different date, if necessary. If there is no meet manager available, the head coach of the host school shall have final authority on postponing the meet. It is recommended that postponed meets be continued from the point of interruption, unless determined otherwise the administrators at the schools involved. If a dual meet is postponed the same players must be used when play resumes as no substitution can be made once play has begun. If a player is unavailable on the makeup date, the team will forfeit that match. If doubles play had not started, the doubles line up could be adjusted.

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2016-2017 Soccer Rules Book as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Member schools will NOT be receiving a 2017-2018 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER MATCHES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2017-18	Week 37/March 12 th	Week 39/ March 29 th
2018-19	Week 37/March 11 th	Week 39/ March 28 th
2019-20	Week 37/ March 10 th	Week 39/ March 27 th
2020-21	Week 37/ March 15 th	Week 39/ April 1 st
2021-22	Week 37/March 14 th	Week 39/March 31 st

CLASSIFICATION OF SCHOOLS

1. Classifications: By Board of Control action, there will be three classes in spring soccer.
 - a) Class 3A- 48 schools
 - b) Class 2A- 48 schools
 - c) Class 1A- remaining schools

2017-2018 NFHS SOCCER RULES CHANGES

4-1-1d If visible apparel is worn under the jersey and/or shorts, it shall be a solid color matching the predominant color of the respective garment. Visible arm compression sleeves shall be a similar length, all alike and of a solid color matching the predominant color of the jersey. Visible leg compression sleeves shall be of a similar length, all alike and of a solid color matching the predominant color of the shorts

Rationale: Players often wear compression shorts which are longer than the short or jersey. They should be of the same color. This rule addition is needed to maintain consistency with current uniform rule requirements and color restrictions.

4-2-1 Deleted

Exception: 1 Rationale: With the adoption of the change related to the use of headgear as opposed to only headbands, this exception is no longer necessary.

4-2-9 A soft padded headgear that meets the ASTM standard is permitted.

Rationale: This allows for the newer headgear styles that are currently in the market to be used that are not just headbands.

5-1-3f Unless otherwise prohibited by the state association, electronic communication devices may be used to communicate with crew members.

Rationale: This rule allows, but does not require, the use of common communication devices that are currently available and affordable. This will permit officials to utilize such equipment and improve communication allowing for a better officiated game, if permitted by the state association.

8-1-3 The ball shall be kicked while it is stationary on the ground in the center of the field of play and may clearly move in any direction.

Rationale: Requiring that the ball move forward on the kickoff is meaningless in the modern game.

10-1-3f A goal may not be scored directly from a kickoff into the kicking team's own goal.

Rationale: This change retains consistency with the concept that a team cannot score against themselves from a free kick, as provided in 10.1.3 c, d and e.

13-1-2 All free kicks, with the exception of penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for the reasons listed in 13-2-3, which are taken from the location of the ball when the referee stopped play. Free kicks resulting from fouls committed in the goal area are taken as described in 13-1-3 or 13-1-4. Indirect free kicks for offside (13-2-2b) are taken from the spot where the offending

player interfered with play, interfered with an opponent or gained an advantage by being in that position.

Rationale: The current rule also does not clearly identify where indirect free kicks for offside are taken. This change makes it clear.

14-1-4 The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. The player taking the penalty kick is permitted to use a stutter step or a hesitation move provided there is no stopping and there is continuous movement toward the ball. Failure to kick the ball as specified shall be considered a violation by the attacking team and the appropriate penalties shall apply. Stutter-stepping is not an interruption in movement.

Rationale: This addition of these sentences clarifies that the stutter step is allowed.

2018 RULES MODIFICATION (RULE 4-1-1d)

The following rule modification is in effect for the 2018 soccer season regarding visible apparel worn under the jersey and or shorts.

If you are wearing a white, home jersey, you can wear any color undergarment under the jersey, as long as all team members are wearing the same color and the same length. For example, if one team member is wearing red sleeves that are visible, then all teammates that want to wear visible sleeves, must wear red sleeves. If one team member wears red sleeves that go all the way to the wrists, then all must wear red sleeves that go all the way to the wrist.

Likewise, if wearing your purple, away jersey, you can wear any color undergarment under the jersey, as long as all team members are wearing the same color and the same length. If one team member is wearing black sleeves that are visible, then all that want to wear visible sleeves have to wear black. If one team member wears black sleeves that go all the way to the wrist, then all must wear black sleeves that go all the way to the wrist.

Similar for the wearing of tights and compression shorts. If you are wearing white shorts, you can wear any color tights or compression shorts, as long as all team members are wearing the same color and the same length. If one team member is wearing red compression shorts that are visible and stop at the knee, then all that want to wear visible compression shorts must wear red and have them stop at the knee. If one team member wears red tights that go all the way to the ankle, then all must wear red tights that go all the way to the ankle.

Likewise, if wearing purple shorts, you can wear any color undergarment under the shorts, as long as all team members are wearing the same color and the same length. If one team member is wearing black compression shorts that are visible and stop at the knee, then all that want to wear visible compression shorts must wear black and have them stop at the knee. If one team member wear black tights that go all the way to the ankle, then all must wear black tights that go all the way to the ankle.

2018 RULES MODIFICATION (RULE 8-1-2)

Even though this rule does not go into effect until 2019, we will use this rule for the 2018 season.

At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.

Rationale: This 2017 rule change allowing the kickoff to be taken in any direction has created difficulty for the player taking the kick to easily kickoff into his/her own half of the field without physically being in the opponent's half of the field. This addition to the rule would permit only the player taking the kickoff to be in the opponent's half of the field, in order to take the kickoff.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on March 12, 2018.
2. **First Competition:** Schools will not be permitted to compete until March 29, 2018.
3. **Game Limitation:** Each school will be permitted 15 regular season playing dates. Two of these 15 playing dates may be multiple team tournaments involving no more than 8 teams. These multiple team tournaments must be scheduled and all participating schools contracted 60 days prior to the tournament date. Per IHSAA Soccer Advisory Committee- A maximum of three games per day is permitted.
4. **Scrimmages:** Each team will be allowed two interscholastic scrimmages. These scrimmages may occur any time after the beginning of practice until each team plays their first post season tournament game.
5. **Jamborees:** Each school will be allowed to participate in one jamboree. The following are the guidelines for that jamboree:
 - a) The first legal playing date for a jamboree is March 29, 2018.
 - b) A soccer jamboree will not allow any school to participate more than one half of play.
 - c) No jamboree shall be permitted involving schools in more than one county or conference.
 - d) If all the teams in a county or conference are invited to participate, and there should be less than 8 teams involved, and it is the desire of the host to have 8 teams participate; or in the event the number of county or conference schools is less than 8, the Association would sanction a jamboree to include no more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the jamboree site.
 - e) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - f) A jamboree does not count as one of the two scrimmages that are allowed.
6. **Individual Limitation:**
 - a) An individual may compete in 19 regular season games.
 - b) An individual may not dress in more than three games per day.
 - c) Participation in one half only in one day does not constitute a contest.
 - d) Participation in more than one game in one day will constitute two or more contests.
 - e) Participation in two halves constitutes one game toward their 19 regular season games.
 - f) Two of these 19 games may be a multiple team tournament involving no more than 8 teams.
 - g) Participation is limited to six halves per day.
 - h) Overtime is considered an extension of the second half and does not count toward additional halves being played.

7. **Officials:** The National Federation “Dual Officiating System” or “Diagonal Officiating System” as outlined in the 2016-17 High School Soccer Rules Book shall be used for all games involving high school players. The “three whistle system” may also be used. The “Diagonal Officiating System” will be used in all IHSAA tournaments. All officials must be registered officials with the IHSAA.
8. The IHSAA will be using in a Spalding TF-5000 ball for IHSAA tournaments in the 2017-18 school year.

MANDATORY REPORTING OF STATS

Based on action of the Board of Control, head varsity soccer coaches are mandated to enter game statistics at the quik stats website, www.quikstatsiowa.com. Statistics need to be entered by 3 PM on Tuesday, April 17; Tuesday, May 1; and Tuesday, May 15. All games played through the prior Saturday needed to be entered by each respective deadline. Each school has 24 hours to update their stats during the post season. The penalty for failure to enter statistics 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 and high school principal from the IHSAA executive director, giving 3 days to comply with the mandate;

Third Offense – The IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

Reminder: Coaches will be required to enter the number of corner kicks per game.

RULE CLARIFICATION AND MODIFICATIONS

1. **Game Length:** Varsity soccer games shall be played in two equal halves of 40 minutes each. The length of halves for junior varsity competition may be shortened by mutual agreement.
2. **Goal Differential:** The IHSAA has adopted a 10-goal differential causing the termination of a game. Any game that reaches half-time or anytime in the second half with a 10-goal differential shall be immediately terminated. The first half is to be played to completion.
3. **Tied Regular Season Games:** Regular season games which are tied at the end of 80 minutes of play will be resolved by not exceeding two full overtime periods not exceeding 10 minutes each. Follow all procedures outlined in Rule 7, Section 3, Articles 1 and 2. Each overtime period is sudden victory. The first team to score wins the game. If a tie still remains at the end of the second ten-minute overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 88, Section A, “Tie Game Procedure,” items 1 (exception in Iowa is sudden victory), 3, and 4 as printed in the 2016-2017 Soccer Rules Book. It is not necessary to take all five kicks if a winner has been determined. Invitational or conference tournaments may use other advancement plans pre-announced to participating schools.
4. **Suspended Games:** In accordance with IHSAA policy, whenever a game is suspended and no winner can be determined according to Rule 7, Section 1, Article 3, the game shall be restarted from the suspension of play.
5. **Conduct Modifications – The following are rules modifications dealing with the conduct of players, coaches and teams.**
 1. Any player receiving a caution (yellow card) for any reason must leave the contest for a period of five (5) consecutive minutes. This time period carries over from the first half to the second half; from the second half to the first overtime period and from the first overtime period to the second overtime period. Players cautioned (yellow card) in the second overtime period after the 5 minute mark are no longer eligible to participate in the game including tie breaker penalty kicks.
 2. Any team receiving four varsity red cards, players or coach, will not be permitted to participate in the substate tournament. If the fourth red card is received in a substate tournament game or a state tournament game, the game will be halted and the team receiving the card will forfeit the contest.
 3. If a coach receives two (2) red cards over a three (3) year period, he/she will not be allowed to coach his/her team in the substate or state tournament for two years.

SUBSTATE TOURNAMENT INFORMATION

1. Substate tournaments will be held Monday, May 21st; Wednesday, May 23rd; and Saturday, May 26th. Substate tournaments will use the following format:
 - a) There will be eight (8) substates with six or seven teams in each substate.
 - b) The substate winner will qualify for the Boys' State Soccer Tournament.
 - c) Substate assignments will be posted the week of April 23rd, 2018.
 - d) Substate pairings will be posted the week of May 7^h, 2018.
 - e) IHSSCA rankings will be used to determine the top one (1) or two (2) seeds in each substate.
 - f) Remaining seeding will be based on the regular season point average of games played through Saturday, May 5th, 2018.
 - g) After using IHSSCA rankings, remaining team's seed will be determined on their regular season point average of games played through Saturday, May 5th, 2018.
 - 3 Points for a win over a Class 3A School
 - 2 Points for a win over a Class 2A School
 - 1 Point for a win over a Class 1A School
 - 0 Points for a loss to Class 3A, 2A, or 1A School

- h) Substate competition will be single elimination play. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute overtime period, penalty kicks will be used to determine the winner of the game. Use the procedure outlined on page 88, Section A, "Tie Game Procedure," items 1(exception in Iowa is sudden victory), 3 and 4 as printed in the 2016-2017 Soccer Rules Book.
2. Team Representatives: The official soccer team for substate tournament competition shall consist of no more than 22 players and 5 other personnel (including coaches, trainers, managers, etc).
 3. Substate Tournament Awards: The winning school will receive a banner upon winning the substate championship. Members of the winning team will receive medals.
 4. Substate Tournament Expense Allowance: A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for tournament participation. For substate soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. No expense card will be required.

STATE TOURNAMENT INFORMATION

1. State Tournament: The spring state soccer tournament will be held on Thursday, May 31st; Friday, June 1st; and Saturday, June 2nd, 2018. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament.
2. Tournament Format: State tournament competition will be single elimination. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute sudden victory overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 88, Section A, "Tie Game Procedure," items 1(exception in Iowa is sudden victory), 3 and 4 as printed in the 2016-2017 Soccer Rules Book.

The state tournament will use the following format:

- a) State tournament pairings will be determined using a seeding method of pairing. Teams will be seeded using a point system. A victory over a 3A team would result in 3 points, a 2A team, two points and a 1A team 1 point. The point total would be divided by the number of games played. If two teams have the same overall point average, the following criteria will be used to determine the higher seed:
 - 1) The first tiebreaker is head to head competition; if no head to head competition; go to next tiebreaker.
 - 2) The second tiebreaker will be the average goals against per game.
 - 3) The third tiebreaker will be the average goals scored per game with the maximum margin being +5 goals.
Example: Team A defeats Team B 13-0, the goal margin would be +5, or 5-0. Team A defeats Team B 9-1, the goal margin would be a maximum of +5, or 6-1.
 - 4) The fourth and final tiebreaker would be using the alphabet. For 2018, FIRST alphabetical will receive the higher seed.
3. Team Representatives: The official soccer team for state tournament competition shall consist of no more than 22 players and 5 other personnel (including coaches, trainers, managers, etc.).
4. Locker Room Availability: Information regarding locker facilities will be communicated to state meet qualifiers.
5. State Meet Awards: Each school competing in the state tournament will receive a trophy. Each member of the teams participating in the state tournament will receive medals. The champion and runner-up will receive a banner.
6. Pictures: Teams who qualify for the state tournament will have their pictures taken; these will later be mounted on a plaque to be presented to each team member and coach, compliments of the IHSAA. This picture will be taken one hour before the time you are scheduled to play your quarterfinal game. Each school will receive one plaque for each team member present for the state tournament and one plaque for the coach. Additional plaques may be purchased for \$22.15 each.
7. State Soccer Tournament Expense Allowance:

Mileage for all rounds will be \$1.20 per mile. Teams traveling less than 150 miles will also receive \$8.50 per allotted traveling party. Teams traveling greater than 149 miles and not using lodging will also receive \$16.00 per allotted traveling party. Teams traveling greater than 149 miles and using lodging will also receive \$32.00 per allotted traveling party. The maximum number allotted per traveling party is 27.

BASEBALL

Rules and regulations regarding Iowa baseball can be found in the NFHS Baseball Rule Book regarding the rules of playing the game, except for any differentials approved by the IHSAA Board of Control.

REGULATIONS PERTAINING TO BASEBALL GAMES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2017-18	Week 44/April 30	Week 47/May 21
2018-19	Week 44/April 29	Week 47/May 20
2019-20	Week 44/May 4	Week 47/May 25
2020-21	Week 44/May 3	Week 47/May 24
2021-22	Week 44/May 2	Week 47/May 23

CLASSIFICATIONS

The IHSAA baseball classifications will be the following:

Class 4A will be the top 48 schools

Class 3A will be the next 64 schools

Class 2A will be the next 96 schools

Class 1A will make up the remaining schools

2018 NFHS RULE CHANGES

1-3-1

The ball shall be a sphere formed by yarn wound around a small core of cork, rubber or similar material and covered with two strips of white horsehide or two strips of white cowhide tightly stitched together. It shall be 5 to 5 ¼ ounces in weight and have a circumference of 9 to 9 ¼ inches. The Coefficient of Restitution (COR) shall not exceed .555. The ball shall meet the NOCSAE standard at the time of manufacture and the mark is required on all balls. (Effective January 1, 2019) A minimum of three umpire-approved baseballs shall be provided to start the game. Unless otherwise mutually agreed upon, the home team has this responsibility. No less than two baseballs shall be used to complete the game. The NFHS Authenticating Mark is required on all balls that will be used in high school competition. A current list of NFHS authenticated products can be found on the website: www.nfhs.org.

Rationale: To maintain a consistent and uniformed standard for high school baseball competition. To ensure that every baseball manufactured meets the same level of quality and playability. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk.

1-3-2a2

Non-wood bats shall not have exposed rivets, pins, rough or sharp edges or any form of exterior fastener or attachment(s) that would present a potential hazard.

Rationale: Clarification to better delineate what cannot be attached on a bat.

1-5-3

The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard at the time of manufacture (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards.

Rationale: A NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The NOCSAE standard could be included in a product that is either a separate device/apparel or a device constructed into a traditional chest protector. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk.

8-2-7

A batter-runner who reaches first base safely and then over-runs or over-slides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. A player who is awarded first base on a base on balls does not have this right.

Rationale: This is a simple change that is fair for all batters and is more umpire-friendly.

COACH'S BOX

A coach shall not have any object in his possession in the coach's box other than a stop watch, rule book (hard copy), scorebook and a cell phone in pocket, on silent, for emergency reasons only.

COURTESY RUNNER

The Iowa High School Athletic Association has adopted the following suggested speed-up rules found in the National Federation Rule Book.

RUNNERS: The team at bat may use a courtesy runner for the pitcher and/or catcher as soon as they get on base or anytime while on base. **The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances. NOTE: The courtesy runner is running for the position, not the player.**

- a) At any time, the team at bat may use a courtesy runner for the pitcher and/or the catcher.
- b) Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
- c) A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in the same half inning.
- d) If a coach uses a courtesy runner he must always run for the same position when used, either pitcher or catcher.
- e) If Jimmy Jones courtesy runs for the pitcher's position, that's the only position he can run for in that game.
- f) In the event that the offensive team bats around, the pitcher and/or catcher who had a courtesy runner inserted on their behalf may bat in their normal position in the batting order.
- g) Per NFHS rules, the pitcher or catcher have never left the line-up. Always remember the courtesy runner is running for the position, not the player.

h) An individual's game limitation rule would not be affected if the player is used only as a courtesy runner: The player limitation rule for any individual who serves in the capacity of a **courtesy runner only** and is not used in any other capacity during the game, does not count as one of his 40 games.

DESIGNATED HITTER RULE

- a) The use of the DH is not mandatory.
- b) If used, the DH must be selected **prior to the start of the game** and his name must be included on the official line-up cards presented to the umpire in chief and official scorer.
- c) The DH is locked into any selected position in the batting order and may never be moved to any other batting order position.
- d) If a pinch hitter or pinch runner is used for the DH, that player becomes the new DH.
- e) The player who was the DH may reenter as any other player under the reentry rule.
- f) If the player for whom the DH is batting for runs or bats for the DH, that terminates the DH role, but does not constitute them ever being out of the lineup.
- g) Two ways you lose the designated hitter: The DH assumes a defensive position, or the player for whom the DH is batting, pinch hits or pinch runs for the DH.
- h) If the DH is ejected, another player may become the new DH.

GAME LIMITATION

Member schools are permitted a 40 game limitation, exclusive of the tournament series.

The limitation rule applies to individual teams representing the school and an individual player participating on those teams.

No individual player may play in more than 40 games during the season, exclusive of the tournament series.

Courtesy Runner Exception: An individual's game limitation rule would not be affected if the player is used only as a courtesy runner.

GENERAL INFORMATION

- A. Infield will be taken 30 minutes before scheduled game time. Each team is allowed 10 minute infields, no matter how many players you put in each position.
- B. If you are the host school, make sure to paint or chalk your foul lines to the foul pole.
- C. Be sure media areas are marked or designated, and full batter's boxes and coaching boxes are chalked by rule.
- D. How to layout a field may be found in Rule 1, section 2. (If you need help on lighting, go to IHSAA home page).
- E. Make every effort to make your pitchers mounds legal per NFHS rule.
- F. Have baseballs for the umpires and host team have foul ball chasers lined up in advance.
- G. Make sure you have a lineup card for umpires; starters listed with their numbers & position, subs and numbers on the back of the line-up card.
- H. Each pitcher will receive no more than eight warm-up pitches the first inning or anytime the pitcher is replaced, exception injury or ejection. Each inning after that, the pitcher gets five warm-up pitches or one minute, whichever occurs first with the exception of injury or inclement weather.
- I. Be sure to supply a rosin bag for the pitchers.
- J. A coach must be in his team's uniform in order to coach first or third base.
- K. Schools are not permitted to play against non-school programs (Legion/AAU teams).
- L. In-between games, teams are allowed 30 minutes before the second game is to begin. That means any maintenance on the field should be done immediately following the first game.
- M. Coaches are required to verify their equipment is legal at the pre-game conference, this includes bats and helmets. Umpires will no longer inspect bats and helmets prior to the game. **Coaches, it is your responsibility to make sure bats and helmets don't have cracks in them and that the padding is in place and secure in the helmets. Umpires are instructed NOT to allow players to use equipment which does not meet regulations.**
- N. Eighth grader students in your school district are eligible to practice the first legal day of practice and may play the first legal playing (game) date.
- O. All VARSITY regular season and tournament contests shall be contracted as 7 inning games. This includes any varsity weekend tournament game(s) that may have been played in previous years less than 7 innings or had a time limit in order to keep games on schedule. Please understand these 7 inning games only apply to varsity level competition.
- P. No scrimmages with other schools are allowed.

IHSAA GAME ENDING PROCEDURES

All Iowa **Varsity** High School contests must consist of 6 ½ innings if the home team is ahead or complete a full 7 innings if the visiting team is ahead.

The National Federation 10 run rule is in effect when the home team is ahead by 10 or more runs after 4 ½ innings or after 5 complete innings with the visiting team leading by 10 or more runs.

In addition, any varsity game involving a 15 or more run differential after 3 ½ innings if the home team is ahead, or 4 innings if the visiting team is ahead will be terminated.

If the game is tied, extra innings will be played until a winner is determined by National Federation rule.

If a game is called at any time for weather/darkness, but a winner can be determined after either 4 ½ innings (home team ahead) or 5 innings (visiting team ahead) the game is considered official.

If a winner cannot be determined the game becomes suspended (under the IHSAA suspended rule) and must be completed at another set date, completing 7 innings or any of the above exceptions apply.

LIGHTNING AND INCLEMENT WEATHER

The primary concern when signs of hazardous weather are present is to remove the players, coaches and fans from the field and the stands to a safer area. When lightning is seen in the vicinity, players, coaches and spectators should be directed to shelter. The time immediately preceding and following a thunderstorm may be the most dangerous in terms of lightning strikes.

Every school needs to develop an emergency action plan if severe weather should arise.

LIGHTNING, DELAY/SUSPENSION

Anytime a game is delayed due to lightning or rain, umpires and coaches should wait a minimum of 30 minutes from the last lightning strike or if thunder is heard, before resuming or suspending a game. If enough innings are **not** played in order to determine a winner and the game becomes a suspended game, and the IHSAA suspended game policy goes into effect.

PITCHING LIMITATION RULE (REVISED FOR 2018)

Each individual is limited on the number of pitches thrown on a given day. The chart below shows how many pitches an individual can throw on a particular day and the number of days of rest required after throwing a specific number of pitches.

	10th-12th Graders	8th-9th Graders
No Rest	1-25	1-25
1 Day	26-40	26-40
2 Days	41-65	41-65
3 Days	66-90	66-90
4 Days	91-110	

When the pitcher reaches 110 pitches, he may not pitch to another batter. He may only finish pitching to the current batter.

If an individual were to pitch on consecutive days, the two or more-day total would determine how many days of rest would be required before the individual could return to pitch. The consecutive day total cannot exceed 110 pitches.

10th-12th graders may only throw 180 pitches in a week through Saturday, June 9th. Starting with the week of June 10, 10th-12th graders are only restricted with the daily limitation. 8th-9th graders may only throw 150 pitches in a week for the entire season. A week is defined as Sunday-Saturday. An 8th or 9th grader playing varsity baseball is still limited to 90 pitches on a day and 150 pitches in the week.

If an individual were to throw 40 or fewer pitches in game one of a doubleheader, he may return to pitch in game two, up to 110 pitches for the day. If an individual were to throw more than 40 pitches in game one of a doubleheader, he would be ineligible to pitch in game two. An individual can return to pitch in the same game if he had pitched earlier in the contests.

An adult designee from each team approved by the school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be worked out, the home scorebook/count will be considered the official count.

All varsity pitch counts are required to be entered into QuikStats within 24 hours of the completion of the game. All levels of baseball (freshman, JV, varsity, etc.) are required to complete the IHSAA Pitch Count Chart and both schools' recorders are required to verify and sign said chart at the conclusion of the contest.

Pitch Count Scenarios

- 1) A pitcher throws 85 pitches on Monday. How many calendar days of rest are required? Three calendar days of rest are required. He may pitch again on Friday of that week.
- 2) An upperclassmen pitcher throws 106 pitches on Saturday. When is the next day he is eligible to pitch? He is eligible to pitch on Thursday after receiving four (4) days of rest. He is eligible to pitch the maximum of 110 pitches on Thursday.
- 3) An upperclassmen pitcher throws 12 pitches on Tuesday. He does not throw on Wednesday. How many pitches can he throw on Thursday? He is eligible to pitch 110 pitches on Thursday.

- 4)** An upperclassmen pitcher throws 85 pitches on Monday and 85 pitches on Friday. When is the next day he is eligible to pitch? He is eligible to pitch on Tuesday, after receiving three (3) days of rest.
- 5)** During the first week of the season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen can throw a maximum of 150 pitches per week.
- 6)** During the last week of the regular season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen are restricted to 150 pitches per week all season long.
- 7)** During the first week of the season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 95. Upperclassmen can throw a maximum of 180 pitches per week through Saturday, June 9th.
- 8)** During the last week of the regular season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The upperclassmen can throw a maximum of 110 pitches. Upperclassmen are only held to the daily maximum starting with Sunday, June 10.
- 9)** In the bottom of the 6th, an upperclassmen pitcher has reached his 110 pitch limit with a 2-2 count on the batter. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced. The total number of pitches thrown will be the number recorded and not limited to 110.
- 10)** An upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. During the game on Friday, the pitcher reaches 95 pitches (180 weekly maximum) with a 2 ball, 2 strike count. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced.
- 11)** An upperclassmen pitcher has thrown 89 pitches. His coach decides to have him face one more batter. The batter is retired on four (4) pitches. How many days of rest is required for this pitcher? This individual is required to rest four (4) days. The "soft cap" only applies to the 110 pitch limit and not to the lower tier limits.
- 12)** An upperclassmen pitcher throws 12 pitches on Tuesday. How many pitches can he throw on Wednesday? He can throw 98 pitches on Wednesday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Monday.
- 13)** An upperclassmen pitcher throws 12 pitches on Tuesday and throws 12 pitches on Wednesday. How many pitches can he throw on Thursday? He can throw 86 pitches on Thursday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Tuesday.
- 14)** An upperclassmen pitcher throws 12 pitches on Tuesday, throws 12 pitches on Wednesday, and throws 12 pitches on Thursday. How many pitches can he throw on Friday? He cannot throw on Friday due to the fact that his consecutive day pitch total is greater than 25. He is eligible to pitch 110 pitches on Saturday.
- 15)** An upperclassmen pitcher throws 30 pitches in game 1 of same day doubleheader. Can he throw in game 2 of the same day doubleheader? Yes, he may throw 80 pitches in the second game.
- 16)** An upperclassmen pitcher throws 45 pitches in game 1 of the same day doubleheader. Can he throw in game 2 of the same day doubleheader? No, he may not return to throw as his game 1 total was greater than 40. Also, he is required to have two calendar days of rest.
- 17)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. The upperclassmen pitcher throws a complete game with 89 pitches. When is he eligible to pitch again? He is eligible to pitch on Friday after receiving three (3) days rest. The contest is considered to have been played on Monday.
- 18)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. Team A uses two pitchers during the contest, each throwing 45 pitches. When are both eligible to pitch again. Both pitchers are eligible to pitch again on Thursday, after receiving two (2) days rest. The contest is considered to have been played on Monday.
- 19)** A game begins on Monday at 11 PM and is completed at 1 AM on Tuesday. A relief pitcher enters the game in the 5th inning at 12:25 AM on Tuesday and throws 30 pitches. When is he eligible to pitch again? He is eligible to pitch on Wednesday after receiving one (1) day of rest. The contest is considered to have been played on Monday.
- 20)** A game begins on Wednesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played in two weeks. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Sunday, after receiving three (3) days of rest. 2) Is he limited to 40 pitches when the game resumes? No. He can throw as many pitches as the current policy allows.
- 21)** A game begins on Tuesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played on Thursday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Saturday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game later that week? Zero, he has not had the required amount of days or rest to pitch, based on his pitch count.
- 22)** A game begins on the first Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game on Friday? He may throw 91 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 70 pitches on Saturday as he will meet his maximum pitch count of 180.
- 23)** A game begins on the fifth Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during

the completion of the game on Friday? He may throw 110 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 89 pitches on Saturday.

24) An ambidextrous pitcher throws 20 pitches with his right arm and 15 pitches with his left arm during a game on Monday. Is the individual eligible to pitch on Tuesday? No. Even though each arm total is below 25 pitches, his total pitch count is 35, which requires one day of rest.

25) The home team scorebook has the pitcher of Team A with 93 pitches, with the visiting team scorebook has the pitcher of Team A with 90 pitches. How is the issue resolved? An adult designee from both teams approve by each school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be resolved, the home team scorebook/count will be considered the official count. (NOTE: The umpiring crew will not be involved in the determination of appropriate pitch count total(s).)

PITCHERS & CATCHERS

Pitchers and catchers may voluntarily practice on your own facility under a coach's supervision February 1 through October 31 using equipment required for these two positions only. **No batting practice (outside of April 1 through the first day of fall sports practice), no hitting of ground balls, no position coverage and no drills** may be performed by pitchers or catchers. Pitchers and catchers may stretch, run and play catch (short and long distance). Catchers are there for the sole purpose of catching your pitcher(s).

NOTE: Outside of the ten days in April through the first day of fall practice, no other players can be in the facility hitting or playing catch except for pitchers and catchers as this is the only time a coach can provide instruction until the first legal practice date. The new contact rule specifies **no instruction** can be provided when players are on your school facility and hitting. When a coach is working with pitchers it must be in a **separate room** if hitting is also taking place at the same time in your school facility.

APRIL BATTING PRACTICE (NEW FOR 2018)

Each program (9-12) is allowed 10 total days of hitting practice in the month of April prior to the first day of practice. Regardless if one student shows up or 100 students, it is a team limitation and not an individual limitation. Each coach will determine the hitting progression for his program. Each hitting session shall not be longer than one, continuous, 3-hour maximum time-period. These sessions are meant for hitting instruction. No base running or fielding drills are to be done during these sessions. Students can field batted ball and throw balls back to the pitching area; however, throws across the infield are not to occur. Hitting instruction can take place either indoors or outdoors. Students can only throw to batters from a flat surface behind an L-screen in a cage or in a soft-toss hitting drill. Pitchers and catchers can use this time as their contact period, but pitchers cannot throw to batters from the mound during these workout sessions.

PITCHING EXCEPTION FOR 8th THROUGH 10th GRADERS

The Board of Control has approved a policy that any 8th, 9th or 10th grade **varsity player** may pitch/bat on the freshman, sophomore or junior varsity level of competition and not have to count that game participation against his individual game limitation rule. If this player plays another position besides pitcher during the contest, you must count this contest against his 40 game participation limit.

SAFE-BASE (DOUBLE FIRST BASE) MANDATORY

The batter-runner should use the orange base on initial plays at first base, unless the fielder is drawn to the orange base (**because of a dropped third strike**) in which case the batter runner would go to the white base. Only on a dropped third strike may the fielder touch the orange or white base to retire a batter runner. Any other plays at first base other than a dropped third strike, the fielder must touch the white base or the runner in order to retire a batter/runner. The runner may touch the white or orange base on a dropped third strike, depending on the fielder's coverage of first base. The fielder must use the white base to retire a batter runner, **except on a dropped third strike**. A batter runner is never out for touching the white base rather than the orange base, when touching first base the first time. Once the batter runner reaches first base, the batter runner must always return to the white base.

SUSPENDED GAMES

If a game is called prior to the completion of a full inning after the fifth inning; the game becomes a suspended game in the following situation. "The visiting team has scored one or more runs to tie the score or take the lead, and the home team has not retaken the lead."

If a game is called for weather/darkness, where a winner cannot be determined, the game will be treated as a suspended game. **All mechanical failures, regardless of which inning it occurs, will be treated as a suspended game.** If the game is to be completed, it will be continued from the point of suspension with:

*Lineup and batting order the same as at the moment of suspension subject to rules of game.

*If a team, while on defense, has been charged two conferences, it is allowed only one more charged conference when the suspended game is continued.

*If a player entered as a substitute and has been removed from the game, he cannot re-enter when the game is continued -- even though played on two different days.

*All playing regulations apply as if the game was continuous and being played during one day.

EXAMPLES:

1. End of the 6th inning, Home - 6, Visitors - 4. Visitor scores three runs in the top of the 7th inning, to take the lead 7-6, when rain comes.
RULING: Suspended game rather than reverting back to the last completed inning.
2. End of the 5th inning, Home - 7, Visitors - 2. Visitor score four runs in the top of the 6th inning to make the score 7-6, bases loaded, when rain come and game cannot be completed.
RULING: Score reverts back to the 5th inning, Home - 7, Visitors - 2.
3. Game is called (ended) in the 3rd inning due to rain, darkness, lightning, or a combination of any.
RULING: It shall be considered a suspended game and continued from that point to a later time agreed upon by both schools involved.
4. Game is called (ended) in the top of the 7th inning due to a malfunction of lights or watering system with the score Home - 5, Visitors - 2. The visitors score two runs in the top of the 7th inning to make the score, Home - 5, Visitors - 4, prior to calling the game.
RULING: Suspended contest due to the mechanical failure.
5. In the middle of the 5th inning, Home - 6, Visitors - 4, when rain causes for a called game.
RULING: Completed game. Home team wins. The required numbers of innings have been played to meet the completed game requirement.

**SPORTSMANSHIP
ASSISTANT COACH/PLAYER COACH**

NOTE: NFHS ASSISTANT COACH OR PLAYER COACH RULE: Coaches are viewed by their players as teachers and positive role models. **Assistant coaches or a player (occupying one of the coaches boxes) are not permitted to leave the coaching box or the dugout to dispute, question or challenge the authority of the umpire(s). If this should take place, the assistant coach/player coach is either restricted to the dugout or ejected, umpires jurisdiction, on the severity of the assistant coach's action, and the head coach is restricted to the dugout for the remainder of that game.** If the restriction to the dugout takes place in the first game of a double-header, both coach and player (occupying one of the coaches boxes) would be able to resume their normal coaching duties the second game. **If the assistant coach is ejected, he would need to leave the confines of the playing field for the remainder of the day and not attend any contests until the next playing date has been completed at the level of competition he was ejected from. If a player was a base coach and he is restricted to the dugout he is eligible to play or base coach the second game of a double header.** If the player occupying the coach's box is ejected he stays in the dugout under the supervision of the head coach, and then falls under the ejection rule. Understand if the assistant coach is restricted or ejected, the head coach is restricted to the dugout for the remainder of that game. Other assistant coaches (in uniform) would have to take over the coaching box duties or players in uniform would assume those duties.

VIDEOTAPING

Videotaping or filming is permissible in scouting your opponent. Space for videotaping or filming for scouting is not required of host school. Videotaping is **NOT** permissible from beyond first or third base. Hand held cameras are recommended. **A coach, player, substitute attendant or other bench personnel are permitted to video from the dugout during the game and they may also watch it for coaching purposes. A coach may not use video replay and show it to the umpire, if a coach attempts to do this, he/she is subject to being ejected from the contest.**

IHSAA BASEBALL TOURNAMENT MANUAL

More detailed information regarding the post season will be published in the IHSAA Baseball Tournament Manual placed on the IHSAA website in June stating specific rules and regulations which govern tournament play.

BOARD POLICY REGARDING SQUAD LIMITATION IN IHSAA TOURNAMENT PLAY

The policy adopted by the Board of Control is as follows: The maximum of 24-player squad limitation will be enforced and any school in violation of same will lose by **forfeiture. Host administrator, simply do not allow more than 24 players in uniform to enter through the pass gate. A school that brings more than 24 players may have additional players in their dugout, but are not allowed to be in uniform, but each player over 24 must purchase a ticket.** The head coach is responsible for any additional players in street clothes in the dugout.

POSTSEASON HOME/VISITOR SELECTION

In all post season tournament contests, including the State Baseball Tournament, **the highest seeded team will have the choice to be the home or visitor.**

2018 TOURNAMENT PLAY

<u>JULY</u>	7, 10, 12, 14	Boys District Baseball Tournament Class 1A
	7, 10, 14	Boys District Baseball Tournament Class 2A
	13, 16	Boys District Baseball Tournament Class 3A
	13, 16	Boys Sub-State Baseball Tournament Class 4A
	17	Boys Sub-State Final Baseball Tournament Class 1A & 2A
	18	Boys Sub-State Final Baseball Tournament Class 3A & 4A

NOTE: Doubleheaders scheduled for **Nighttime play** will be **5:00 p.m. & 7:00 p.m.**
Twenty Minutes Between Games For Infield, Ten Minutes Each.

2018 STATE TOURNAMENT CHAMPIONSHIPS

SITE: PRINCIPAL PARK, DES MOINES, IOWA

<u>JULY</u>	20 Class 1A First Round—Session 1, 11:00 a.m., 1:30 p.m.
	21 Class 1A First Round—Session 1, 11:00 a.m., 1:30 p.m.
	23 Class 2A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	24 Class 3A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	25 Class 4A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	26 Class 1A Semifinal Rounds — Session 1, 11:00 a.m., 1:30 p.m.; Class 2A — Session 2, 5:00 p.m. & 7:30 p.m.
	27 Class 3A Semifinal Round — Session 1, 11:00 a.m., 1:30 p.m.; Class 4A — Session 2, 5:00 p.m. & 7:30 p.m.
	28 Class 1A, 2A Championship Games—Session 1, 1A-11:00 a.m., & 2A-1:30 p.m.
	Class 3A, 4A Championship Games—Session 2, 3A- 5:00 p.m. & 7:30 p.m.

AWARDS

District: District team champions will receive medals that will be presented by the tournament manager to the team champion, total 24.

Sub-state: Team champions will receive medals and will be presented by the tournament manager to the team champion, total 24. Team champions will also receive a state qualifier banner.

State: All participating schools will receive a trophy and 24 medals for participants. Teams eliminated in first-round, quarterfinal and semifinal games will receive their awards following the contests. The teams participating in the championship game will receive their awards following the championship game.

Picture Plaques: Pictures will be taken approximately one hour and twenty minutes prior to the first-round game in which your team will be participating. The plaques will be sent directly to the school, two to four weeks following the state tournament series.

Autograph Baseball: Each team that qualifies for the state baseball tournament will receive up to 26 autograph baseballs. Each baseball player and head coach who qualifies for the state tournament will receive an autograph baseball (up to 26 baseballs per team) at the state tournament. on behalf of the Iowa High School Athletic Association and Iowa Farm Bureau, as part of the corporate sponsorship agreement between the organizations. The number of autograph baseball given to a school will be dependent on the number of players listed in the state tournament program. Each school will also receive one baseball that may be placed in their trophy case. If schools have more than 24 players, they may purchase additional autographed baseballs. These may be ordered through the Iowa High School Athletic Association within one week following the tournament.

IHSAA MISSION STATEMENT

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

IHSAA Core Beliefs:

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

BEING A STUDENT ATHLETE MEANS...

KEEPING ACADEMICS FIRST



A message from the Iowa High School Athletic Association

INTRODUCE A FRIEND TO THE WORLD OF OFFICIATING

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

