

2014
REGULAR SEASON SPORTS

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

1. **No student should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).**
2. **A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.**
3. **After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.**
4. **Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
5. **Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.**
 - **Coach Removal** - If the student’s coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school’s designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.
 - **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.
 - Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (*practice and/or competition*), licensed health care providers as defined in Iowa Code

280.13C should follow the return to participation protocol from "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2013 and "Consensus Statement on Concussion in Sport 4th International Conference in Sport Held in Zurich, November 2012," British Journal of Sports Medicine, 2013; 47:250-258..

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

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.

FALL SPORTS

Cross Country:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.
2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student's return to competition.

Football:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

Record Keeping:

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

HEADS UP: Concussion in High School Sports

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

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

What is a concussion?

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

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it’s not smart to play with a concussion.
3. Tell all of your child’s coaches and the student’s school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

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

STUDENTS:

If you think you have a concussion:

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

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

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.”

Student’s Signature Date

Student’s Printed Name

Parent’s/Guardian’s Signature Date

Student’s Grade Student’s School

FOOTBALL

All the rules and regulations governing football can be found in the NFHS Football Rule Book which all member schools have received from the Association Office with regard to the rules of playing the game, except any experiment approved by the Board of Control. All football playing schools (host school) WILL NOT receive a 2014 NFHS Football Rules Book.

REGULATIONS PERTAINING TO FOOTBALL GAMES AND PRACTICE

| <u>Year</u> | <u>First Practice: Week/Date</u> | <u>First Contest: Week/Date</u> |
|-------------|----------------------------------|---------------------------------|
| 2014-15 | Week 6/ August 11 th | Week 9/ August 28 th |
| 2015-16 | Week 6/ August 10 th | Week 9/ August 27 th |
| 2016-17 | Week 6/ August 8 th | Week 9/ August 25 th |
| 2017-18 | Week 6/August 7 th | Week 9/ August 24 th |
| 2018-19 | Week 6/August 6 th | Week 9/August 23 rd |
| 2019-20 | Week 6/ August 5 th | Week 9/August 22 nd |

CLASSIFICATION OF SCHOOLS

Class 4-A: Enrollment of 700 or more

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

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

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

Class A: The remaining 11-player football schools.

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

Eight-Player: 64 schools

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

8-player enrollments:

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

FIRST EXCEPTION: An 8-player football school whose current enrollment is 115 or less, and whose enrollment increases above 115 following the 2013 season, will be allowed 8-player football status for an additional 2 years.

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

11-player enrollments:

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

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

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

FOOTBALL PLAY-OFF POLICY

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

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

SCHOLARSHIP RULE IMPLEMENTATION DATE

The implementation date for the scholarship rule for all football playing schools is Thursday, August 28th. The 30 day ineligibility period begins on Thursday, August 28th and ends on Friday, September 26th. All student-athletes in football are eligible at 12:01 AM on Saturday, September 27th.

REGULATIONS PERTAINING TO SCRIMMAGES

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

FOOTBALL REGULAR SEASON

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

1. Football teams are allowed four (4) hours of coach-athlete contact per day, in which no more than three (3) hours may consist of physical activity per day. Two-a-day practices are now prohibited. Warm-up, stretching, speed and agility rules, strength training, and cool down are all considered part of a practice. Football teams have the option of separating the three hours of physical activity with a brief, supervised period of education, re-energizing, or rehydrating. **Optional weight training activities that are available to all students are not considered part of the practice.**
2. The first two days of practice will consist of **no contact work of any kind**. Sleds, dummies, shields, and ropes will be permitted during the first two days of preconditioning practice. Helmets and mouth pieces may be worn during the first two days of practice. The IHSAA recommends that during these two days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. This policy is made for the safety of the players.
3. During days three, four and five of practice, helmets, mouth pieces, and shoulder pads are allowed. Contact above the waist is permitted, but players should not be brought to the ground. Contact with sleds, dummies, shields, and pads are allowed during days three, four, and five.
4. Beginning on day six, full person-to-person contact is allowed.
5. No practice is allowed on Sunday, August 17th and Sunday, August 24th.

All Football Playing Schools

Monday, August 11th – First Legal Day of Practice for any schools playing Week 1

No Contact

Helmets and mouth guards are permitted

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

Tuesday, August 12th – Second Legal Day of Practice for any schools playing Week 1

No Contact

Helmets and mouth guards are permitted

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

Wednesday, August 13th – Third Legal Day of Practice for any schools playing Week 1

Contact above the waist is permitted (form tackling)

Helmets, mouth guards and shoulder pads are permitted

Contact with blocking sleds and tackling dummies may begin

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

Thursday, August 14th – Fourth Legal Day of Practice for any schools playing Week 1

Contact above the waist is permitted (form tackling)

Helmets, mouth guards and shoulder pads are permitted

Contact with blocking sleds and tackling dummies may begin

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

Friday, August 15th – Fifth Legal Day of Practice for any schools playing Week 1

Contact above the waist is permitted (form tackling)

Helmets, mouth guards and shoulder pads are permitted

Contact with blocking sleds and tackling dummies may begin

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

Saturday, August 16th -Sixth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact may begin

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

Sunday, August 17th -

No practice allowed

Monday, August 18th – Seventh Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Tuesday, August 19th – Eighth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Wednesday, August 20th – Ninth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Thursday, August 21st – Tenth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Friday, August 22nd – Eleventh Legal Day of Practice for any schools playing Week 1

Scrimmage against another school is permissible on this date.

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

Saturday, August 23rd – Twelfth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Sunday, August 24th –

No practice allowed

Monday, August 25th Thirteenth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Tuesday, August 26th – Fourteenth Legal Day of Practice for any schools playing Week 1

Full person-to-person contact is allowed

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

Wednesday, August 27th - Fifteenth Legal Day of Practice for any schools playing Week 1

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

Full person-to-person contact is allowed

Thursday, August 28th -

First Legal Playing Date for any schools playing Week 1

Thursday, August 28th –

Scholarship Rule- 30 day consequence begins for all football schools regardless of when their first competition is.

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

GENERAL INFORMATION

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

Beginning with the current school year, all coaches, grades 7-12 will be required to view the NFHS course, "Concussion in Sports," prior to the first legal practice date.

Cancellation vs. Forfeiture of Football Season

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

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

Individual Football Game Limitations-Season

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

Individual Football Game Limitations-Daily

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

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

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

Team Football Game Limitations- Season

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

Suspended Games

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

Scheduling of Games

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

No Week 9 football game may be moved to an earlier date after the beginning of the football season (August 28, 2014) unless written permission is granted by the Iowa High School Athletic Association.

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

35 Point Rule- 8 Player Football Only

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

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

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

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

35 Point Rule- 11 Player Football

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

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

- (1) Anytime a time-out is charged to a team;
- (2) After a score;
- (3) Intermission between third and fourth quarter;

- (4) Administration of a penalty;
- (5) Extended injury time-out;
- (6) Anytime officials determine it is necessary for safety reasons.

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

Sub-Varsity Overtime Procedures

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

Football Field Markings/Collegiate Field Use

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

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

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

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

Referee Microphone and 25 Second Play Clocks

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

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

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

Issuing Football Equipment

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

Videotaping of Opponents

Videotaping or filming is permissible in scouting your opponent. It is a common courtesy that the host school shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended. Patrons are allowed to videotape contests with paid admission to a contest. Tripods are not recommended to be used from spectator seating.

Game Official Jurisdiction

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

Spring Football Meeting

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

Coach-Athlete Contact Outside the Football Season

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

IHSAA Post Season Football

The 2014 Playoff football will be the Spalding J5V- Advance Horween Leather #628998-performance lace (Rubberized Lace).

GAME PROTESTS NOT UPHELD

The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials. This includes appeals regarding the ejection of any student-athletes.

TEAM BOX AREA RESTRICTION RULE

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

COACH EJECTION POLICY

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

STUDENT-ATHLETE EJECTION POLICY

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

VIDEO GUIDELINES FOR REGULAR SEASON EXCHANGE

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

General Points:

1. Close up shots are not often necessary. Zoom in on the players as the play ends to see how both teams are moving, blocking, and tackling.
2. Do not zoom out too much. The idea is to see the players, not empty grass. There is no need to see things off the football field.
3. Focus on the action. When the play starts, try to have all of the players on the screen. You should have the entire offensive backfield on one side and the entire defensive backfield on the other side.
4. Hold the camera as steady as possible and mute the sound if at all possible. Be sure that you are on "Record" or "Pause". Check this before each play.

- Remember, more is better. It is better to stop later than too soon. The coaches can edit time, but cannot regain a play.

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

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

Scrimmage Plays:

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

Checklist:

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

COACH-ATHLETE CONTACT ("Camps & Clinics Rule")

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

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

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

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

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

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

MANDATORY REPORTING OF STATS

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

The following data is required to be reported:

- Rushing- Attempts-Yards-TDs
- Receptions- Number-Yards-TDs
- Passing- Attempts-Completions-Int-Yards-TDs
- Punting-Attempts-Yards
- Field Goals-Made-Attempts-Long
- Kicking-PAT-Attempts-Made
- KO Returns-Number-Yards-TDs
- Punt Returns-Number-Yards-TDs
- PAT-Rush/Receiving
- Scoring-Rush Pts.-Rec. Pts- FG Pts.-PAT-Kick-PAT-2 pt-Return Pts.
- Tackles
- Interceptions & Return Yards
- Fumble Recoveries & Return Yards
- Touchbacks (Kickoffs)

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

FOOTBALL POST SEASON

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

LIGHTNING SAFETY

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

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

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

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

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

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

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

PRECAUTIONS TO TAKE IN HAZARDOUS WEATHER

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

HAZARDOUS WEATHER GUIDELINES (Approved, September, 2007)

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

SUSPENSION OR POSTPONEMENT OF CONTESTS

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

- V. If the contest cannot be resumed after a severe weather delay.
 - A. Administrators from both schools need to come to an agreement. The contest may be considered complete with the existing score becoming the final score, or the contest may be postponed and continued from the point of interruption, at a time mutually agreed to by both schools.
 - B. If a regular season game that has been suspended cannot be completed by the ninth Friday of the football season, that game will be considered final at the point of suspension. All necessary points will be awarded at that time.

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



IHSAA SPORTS SEASONS -- 2014-15 SCHOOL YEAR (APPROVED)

| | Practice Begins | First Legal Playing Date | Number of Contests or Playing Dates | Number of Scrimmages | IHSAA-Sponsored Tournament Dates | State Championship |
|----------------------|------------------------|---------------------------------|--|--|--|--|
| FALL GOLF | Week 6/Aug 11 | Week 6/Aug 14 | 12 meets | None | District: Oct 7 | Oct 10, 11 |
| CROSS COUNTRY | Week 6/Aug 11 | Week 8/Aug 25 | 10 meets | None | District: Oct 23 1st Rnd: Oct 29 - All Classes 2nd Rnd: Nov 3 - All Classes Quarterfinal: Nov 7 - All Classes | Nov 1 |
| FOOTBALL | **Week 6/Aug 11 | Week 8/Aug 28 | 9 games None later than October 24 | 1 after 10 practice dates | Semifinal: Nov 13, 14, 15 | All Classes: Nov 20, 21 |
| SWIMMING | Week 19/Nov 10 | Week 21/Nov 25 | 12 meets | 1 after first legal contest | District: Feb 7 | Feb 14 |
| BOWLING | Week 19/Nov 10 | Week 21/Nov 24 | 12 playing dates*** | None | Regional: Feb 17 | 1A: Feb 23 / 2A: Feb 24 |
| WRESTLING | Week 20/Nov 17 | Week 22/Dec 1 | 15 meets | 3/Only 1 prior to first legal contest date Tournament qualifiers may have additional scrimmages | 1A, 2A Sect: Feb 7 1A, 2A, 3A District: Feb 14 1A, 2A Reg Dual: Feb 10 3A Regional Dual: Feb 11 | Feb 19-21 Dual Team: Feb 18 |
| BASKETBALL | Week 20/Nov 17 | Week 22/Dec 1 | 21 games: Each Game Played Counts Toward 21-Game Limit | 3--Anytime during Season | 1A Dist: Feb 16, 19, 24, 26 2A Dist: Feb 16, 19, 24 3A Dist: Feb 23, 26 4A Subst: Feb 23, 27 1A, 2A, 3A, 4A Sub: Feb 28, Mar 1, 3 | 1A: Mar 9, 12, 13 2A: Mar 9, 10, 12, 13 3A: Mar 10, 12, 14 4A: Mar 11, 13, 14 |
| TRACK | Week 33/Feb 16 | *Week 33/Feb 16 | 12 meets | None | Dist: All Classes May 14 | May 21-23 |
| SPRING GOLF | Week 37/March 16 | Week 39/March 30 | 12 meets | None | Sectional: May 15 District: May 22 | May 29, 30 Coed: June 9 |
| TENNIS | Week 37/March 16 | Week 39/March 30 | 12 meets | 1 -- before dist/state | District: May 14 Pre Subst Tr: May 16; Subst team: May 23 | May 29, 30 Team: June 2 Coed: June 9 |
| SOCCER | Week 37/March 16 | Week 39/April 2 | 15 dates; 2 may be mult Tr Tourn | 2 -- anytime during the season | May 26, 28, 30 | June 4, 5, 6 |
| BASEBALL | Week 44/May 4 | Week 47/May 25 | 40 games | None | 1A Dist: July 11, 14, 16, 18 2A Dist: July 11, 14, 18 3A Dist: July 17, 20 1A Subst: July 21 2A Subst: July 21 3A Subst: July 22 4A Subst: July 17, 20, 22 | 1A - July 27, 30 2A - July 24, 25, 30 3A - July 28, 31 4A - July 29, 31 Championship Games All Classes: Aug 1 |

*Any indoor meets must be run prior to your first outdoor competition. Any indoor competition after your first outdoor meet would count toward your meet limitations of 12 meets.
 **Football practice begins Mon, Aug 11. Helmets & Mouthpieces August 11, 12. Helmets, Mouthpieces & Shoulder Pads August 13, 14, 15. August 16 Full Contact. No Practice August 17 & August 24.
 ***Two team matches per day. Six individual games per day.