

CONCUSSION MANAGEMENT PROTOCOL

Iowa Code Section 280.13C states, in part,

2c. Emergency medical care provider means the same as defined in section 147A.1.

2d. Extracurricular interscholastic activity means any dance or cheerleading activity or extracurricular interscholastic activity, contest or practice governed by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union...

2e. Licensed health care provider means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

4b. For school years beginning on or after July 1, 2018, each school district and nonpublic school shall provide to the parent or guardian of each student in grades seven through twelve, a concussion and brain information sheet as provided by the Department of Public Health, Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student's parent or guardian shall sign and return a copy of the concussion and brain injury information sheet to the student's school prior to the student's participation in any extracurricular interscholastic activity.

5a. If a student's coach, contest official, or licensed health care provider, or an emergency medical provider 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.

5b. A student who has been removed from participation shall not recommence such participation in any dance or cheerleading activity, or activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union 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 or commence participation from the licensed health care provider.

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 shall return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury.**
- 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 shall 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 shall follow the return to participation protocol as provided in Chapter 54 of the Iowa Administrative Code.

CHAPTER 54
CONCUSSION OR OTHER BRAIN INJURY RETURN-TO-PLAY PROTOCOL

The Public Health Department hereby adopts new Chapter 54, "Concussion or Other Brain Injury Return-to-Play Protocol," Iowa Administrative Code. These rules are intended to implement Iowa Code section 280.13C.

641—54.2(280) Definitions. For the purpose of these rules, the following definitions shall apply.

"Asymptomatic" means the student is no longer showing signs, symptoms, or behaviors consistent with a concussion or other brain injury.

"Contest" means an interscholastic athletic game or competition.

"Extracurricular interscholastic activity" means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union that is a contact or limited contact activity as identified by the American Academy of Pediatrics.

"Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board designated under Iowa Code section 147.13.

"Medical clearance" means written clearance from a licensed health care provider releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.

"Rest" means a recovery state at which physical and cognitive activities are reduced or removed with the intent to eliminate the signs, symptoms, or behaviors of brain injury.

"Return-to-learn plan" means the plan developed by personnel of a school district or accredited nonpublic school based on guidance developed as required under Iowa Code section 280.13C(6)"b" to provide adjustments or accommodations as the student returns to the classroom.

"Return-to-play" means the gradual, step-wise approach to returning a student to participation in any extracurricular interscholastic activity following a concussion or other brain injury.

641—54.3(280) Return-to-play protocol. The following return-to-play step-wise process shall begin when the student who has been removed from participation in any extracurricular interscholastic activity governed by the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union is **no longer showing signs, symptoms, or behaviors consistent with a concussion or other brain injury for a minimum of 24 hours and has received written medical clearance from a licensed health care provider** to return to or commence such participation.

54.3(1) Return-to-play process. Each step shall take a minimum of 24 hours.

a. If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury at any step of the return-to-play protocol, the student must stop the activity and the student's licensed health care provider and parent or guardian shall be contacted.

b. If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury during this process, an additional 24-hour period of rest shall take place. After the 24-hour period of rest, the student shall drop back to the previous level when the student showed no signs, symptoms, or behaviors consistent with a concussion or other brain injury and begin the progression again.

54.3(2) Return-to-play steps.

Step 1: Athlete has received written medical clearance from a licensed health care provider to begin the return-to-play process, **AND** the athlete is back to regular activities, including school, without experiencing any concussion signs, symptoms, or behaviors for a minimum of 24 hours.

Step 2: Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training.

Step 3: Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 4: Noncontact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills) in full equipment. Resistance/weight training may begin.

Step 5: Full contact practice and participation in normal training activities.

Step 6: Contest participation.

This chapter describes the return-to-play protocol for concussion or other brain injury to be adopted by July 1, 2019, by the board of directors of each school district and the authorities in charge of each accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity in grades seven through twelve.

A FACT SHEET FOR PARENTS AND STUDENTS
HEADS UP: Concussion in High School Sports

Please note this important information based on Iowa Code Section 280.13C, Brain Injury Policies:

(1) A student participating in extracurricular interscholastic activities, in grades seven through twelve, **must be immediately removed from participation** if the coach, contest official, licensed healthcare provider or emergency medical care provide believe the student has a concussion based on observed signs, symptoms, or behaviors.

(2) Once removed from participation for a suspected concussion, the **student cannot return to participation until written medical clearance has been provided** by a licensed health care provider.

(3) A student cannot return to participation until s/he is free from concussion symptoms at home and at school.

(4) Definitions:

“Contest official” means a referee, umpire, judge, or other official in an athletic contest who is registered with the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union.

“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 means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa high school athletic association or the Iowa girls high school athletic union that is a contact or limited contact activity as identified by the American academy of pediatrics.

“Medical clearance” means written clearance from a licensed health care provider releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.

What is a concussion?

Concussions are a type of brain injury that disrupt the way the brain normally works. Concussions can occur in any sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or obstacles. Concussions can occur with or without loss of consciousness, but most concussions occur without loss of consciousness.

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

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

What are the signs and symptoms of concussion?

Signs and symptoms of concussion can show up right after the injury or may not be noticed until days after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be removed from play immediately. The athlete should only return to play with permission from a health care provider and after s/he is symptom free at home and at school.

Signs Observed by Parents or Coaches:

- 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

Symptoms Reported by Student-Athlete:

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

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.

PARENTS/GUARDIANS, You can help your child prevent a concussion:

- 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.

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

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

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

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

_____ Student's Signature	_____ Date	_____ Student's Signature
_____ Parent's/Guardian Signature	_____ Date	_____ Student's School

APPLICATION OF IOWA CODE SECTION 280.13C 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.

Girls Swimming & Diving:

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

Volleyball:

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 dead ball situation.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

WINTER SPORTS**Basketball:**

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

Swimming:

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

Wrestling:

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

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/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)*

2019 FALL GOLF

Postseason Golf Manual: A postseason manual for golf will be published online and notice sent via email to Fall Golf Schools once the regular season has begun. The Postseason Golf Manual will contain information related to district and state tournament play along with tie-breaker procedures, awards, expense allowances, and other pertinent postseason tournament information.

PRACTICE DATES AND PLAYING DATES FOR 2019

First legal practice date is Monday, August 12, 2019, **first legal playing date** is Thursday, August 15, 2019. Each **individual player may participate in 12 dates of competition, excluding IHSAA tournament play.** District tournaments will be held October 7 or 8, 2019. District assignments will be posted at www.iahhsaa.org.

SCHOOLS PLAYING IN RELATION TO ASSIGNED GOLF SEASON

Two options for school(s) that are in a 3A conference, but due to the BEDS document become a Class 4A school. Option number one: Play a full fall golf schedule with class 4A teams with no spring participation permitted. **Option number two:** Play up to ten playing dates in the spring, which includes your one or two-day conference tournament, and two regular season dates in the fall. **Under both options, your school is ineligible to participate in the state sponsored spring golf tournaments.**

Option for a 4A school that plays in a 3A conference, play up to 10 playing dates in the fall and play in your one or two-day conference tournament in the spring. Coach will be allowed to work with the players up to one week prior to the conference tournament. Players may practice on their own anytime in the spring.

COACHES REQUIREMENT: ALL HEAD VARSITY GOLF COACHES MUST VIEW THE ONLINE SPRING GOLF RULES MEETING. Fall golf rules meeting will be online from August 5 until August 29, 2019. **Failure of any Head Golf Coach to view the online rules meeting will make him/her ineligible to coach in the IHSAA state sponsored postseason golf tournaments.**

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. All regular season two-day tournaments count as two competition dates. If part of a scheduled competition is played and you are rained out, you may postpone or reschedule the competition and it is considered as one playing date. A competition date is considered 9 or 18 holes of scheduled play.

LIGHTNING GUIDELINES

If thunder is heard or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter. Once the contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder or seeing lightning before resuming the contest. Complete guidelines regarding lightning safety appear on the IHSAA website. Remember, lightning often strikes as far as 10 miles away from the storm. **Each host school should have a lightning safety plan**, which includes knowing where teams & spectators will go and how long it will take them to get there safely.

STROKE PLAY—THE GAME OF GOLF

For all regular season and IHSAA sanctioned tournament play (district or state meets), USGA playing rules will be followed unless modified by the local committee or IHSAA manual. As noted in USGA Rule 1.1, the ball shall be played as it lies except as otherwise provided in the rules.

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 to the official scorer. 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. Coaches should verify with the tournament manager the scores are correct when posted. If the head coach elects not to attend the posting of scores and verify his team score(s) are posted correctly, then the player(s) scores stand as posted. This will not preclude circling a given hole(s) score for the committee or coaches' jury 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 should remind their 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 the discrepancy before playing the next hole. If the discrepancy can't be resolved, circle the hole/score and seek a ruling from the coaches' jury before turning in scorecards.

At the conclusion of play (each competition day) 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 to verify and agree on what each player shot that competition day. If there is any discrepancy, the group should go to the coaches' jury and/or PGA pro serving as the rules interpreter before signing and turning in the scorecard. Coaches may view a player's scorecard immediately following the round, but coaches should not hold on to scorecards while waiting for other team members to finish.

SCHOOLS WHO MAKE EXCEPTIONS TO USGA RULES DURING THE SEASON (LOCAL RULES)

***NOTE ON LOCAL RULES:** 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 manual.

***During regular season or IHSAA sanctioned tournament play (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.

GENERAL RULES FOR INTERSCHOLASTIC GOLF

The following rules will govern all interscholastic golf in Iowa.

1. 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 record the necessary scores on the official scorecards exchanged prior to the start of play. Coaches may be asked to help monitor certain holes on the course.
2. 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).
3. 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 in accordance with IHSAA rules.**
4. The Golf Rules Committee (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.
5. In the state meet, the Iowa Section Certified PGA and/or Club Pro will make all final decisions regarding USGA Rules.
6. Any player who fails to finish play is considered to have withdrawn from the meet/tournament and his score(s) will not count.
7. 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.
8. 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 and/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.
9. In multi-team tournaments, 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 may not be possible in some cases.
10. All schools are expected to start play as scheduled.
11. At the conclusion of competition, coaches should verify posted scores. When the teams/individuals leave the course and the final standings have been posted, they are considered official and there will be no changing of the results.

12. Any player who plays without a shirt is automatically disqualified.
13. 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.
14. The use of cell phones is prohibited during regular season and tournament play. Penalty will result in disqualification of that player. No cell phones may be used by a player until his round is completed and the scorecard is submitted to 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 round.
15. In response to USGA Rule 4.3a(4), the IHSAA shall expand its local rule banning cell phones to include restrictions on all portable audio/video devices that players might watch or listen to during the course of play. Penalty will result in disqualification of the player.
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.**
18. 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.

IHSAA CODE OF CONDUCT FOR PLAYERS

1. The IHSAA local rule governing code of conduct for players prescribes that a verbal warning shall be issued on the **first offense** for conduct unbecoming high school players. Such conduct shall include, but is not limited to:
 - a.) Club throwing or 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 (coaches' jury).

Second offense, the player shall be assessed a two-stroke penalty. **Third offense**, the player shall be disqualified.

In regular season meets, the code of conduct shall be enforced by the Golf Rules Committee (coaches' jury) which in dual meets is comprised of the two head coaches and/or PGA pro serving as the rules interpreter in that dual meet. In multi-team competitions, the designated three-person coaches' jury and/or PGA pro serving as the rules interpreter shall comprise the Golf Rules Committee.

Players and coaches have the discretion to alert the Golf Rules Committee if they believe a Code of Conduct violation has occurred.

IMPORTANT: The IHSAA Code of Conduct Rule **does not** negate the ability to enforce USGA Rule 1.2a for "serious misconduct" which may result in immediate disqualification. The phrase "serious misconduct" in Rule 1.2a is intended to cover player misconduct that is so far removed from the expected norm in golf that the most severe sanction of removing a player from the competition is justified. The committee must determine if the misconduct is serious considering all the circumstances. Please refer to USGA Rule 1.2a Interpretations for further clarification.

2. Any player who uses **tobacco** (including smokeless and similar devices) or gambles on the course is automatically disqualified per USGA Rule 1.2a for serious misconduct. In the case of gambling between players, the players involved are disqualified in that given meet.

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.

DISQUALIFIED PLAYER

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 coaches' jury at this particular tournament site would make the final ruling pertaining to any unusual circumstances dealing with a disqualification except for unsportsmanlike behavior.

RANGEFINDER DEVICES (Laser & GPS)

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. **Cell phones (including distance apps), iPods, Smartwatches (a touchscreen wearable computer in the form of a wristwatch) and any other unapproved electronic devices (see local rule listed below) 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.

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.

IHSAA RULE ON AUDIO AND/OR VIDEO DEVICES

In response to USGA Rule 4.3a(4), the IHSAA shall expand its local rule banning cell phones to include restrictions on all portable audio/video devices that players might watch or listen to during the course of play. Penalty will result in disqualification of the player.

TWO AUTHORIZED COACHES ALLOWED

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—AN AUTHORIZED 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.

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.

The IHSAA's golf uniform shirt regulation shall be enforced as an IHSAA Golf code of conduct issue. This prescribes that a verbal warning shall be issued when the player/committee/coaches' jury becomes aware of the breach. The player has until the completion of the next hole to comply with the golf uniform shirt regulation to avoid a penalty. If the player does not comply, then a two-stroke penalty will be applied. If the player still does not comply in a timely manner then a penalty of disqualification will be imposed.

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. The IHSAA appreciates your cooperation pertaining to this regulation. **Please notify your spectators of this regulation.**

SPECTATOR INFORMATION

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. It is understandable that coaches want to assist in making rulings, but there are times when a incorrect ruling is provided and there is no recourse.

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. If a school desires to practice during school time, this practice round policy is now a local school administration decision.

GUIDANCE FOR BREAKING OF TEAM TIES IN REGULAR SEASON EVENTS

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.

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, August 27 for meets through August 24

Tuesday, September 10 for meets through September 7

Tuesday, September 24 for meets through September 21

In addition, final stats need to be entered at the conclusion of your regular season and after the 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.

UTILIZING MAXIMUM SCORE FORMAT IN REGULAR SEASON EVENTS

As per USGA local rules, the practice of utilizing a maximum score format is available for Iowa interscholastic competitions during the regular season. In particular, maximum score format is sometimes utilized with sub-varsity competition. The IHSAA Golf Advisory Committee suggests a maximum score of 10 strokes should competing teams desire to implement that local rule in a regular season event. **Postseason tournaments under IHSAA supervision will not implement a maximum score format.**

"Maximum Score" is a new, additional form of stroke play: A player's score for each hole is capped at a maximum, which the IHSAA recommends be 10 strokes. A player who does not complete a hole (often referred to informally as "picking up") is not disqualified, but simply gets the maximum score for the hole. To help pace of play, players are encouraged to stop playing a hole when their score has reached the maximum. The hole is completed when the player holes out, chooses not to do so or when his score has reached the maximum.

For a complete overview of maximum score format, please see USGA Rule 21.2 in the full version of the 2019 USGA Rules of Golf.

SPECIAL NOTE: POSTSEASON INDIVIDUAL QUALIFIERS

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 District to State remains the same as in the past. Further information and an explanation of tiebreakers will be part of the postseason manual.**

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: For fall golf schools, this policy starts with the first legal day of fall golf competition on August 15, 2019.

CROSS COUNTRY

RULES GOVERNING CROSS COUNTRY

The Iowa High School Athletic Association abides by the Cross Country Rules found in Rule 8 of the 2019 Track and Field and Cross Country Rules, as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Each member school received two copies of the 2019 Track and Field and Cross Country Rules during spring 2019 and were instructed to keep the rules books through the 2020 cross country season.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

1. Cross country practice begins August 12, 2019.
2. Cross country competition begins August 26, 2019.
3. Each school will be allowed to compete in 10 meets, excluding state qualifying and state competition.
4. Each individual will be allowed to compete in 10 meets, excluding state qualifying and state competition.
5. *Varsity runners must run 5000 meters (3 miles, 188 yards, 2 inches) in all competitions. **Exception:*** In cases of inclement weather, meet managers may shorten the race distance to a minimum of two miles in the interest of the health and safety of competitors. Meet managers may shorten the race distance for wheelchair competitors.
6. Prior to the fifth Monday of the competition season (September 23), meet managers have the option of running a 4000 meter course for competitors below the varsity level as long as all varsity and sub-varsity races run to a common finish line. Beginning the fifth Monday of the competition season (September 23), all competitors must run 5000 meters. (See exception in Item 5).
7. The host school will determine the starting time for regular season meets.
8. All cross country meets shall be started by a registered track & field official. Violation by any school of regulations in Items 1 through 8 could result in that school not being allowed to participate in state qualifying competition.

RULE CLARIFICATIONS AND MODIFICATIONS

1. Rule 8, Section 2 of the National Federation Track and Field and Cross Country Rules will be used for scoring. "All competitors who finish the race shall be ranked and tallied in accordance with the table below. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner."

<i>PLACE:</i>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	
<i>POINTS:</i>	1	2	3	4	5	6	7	8	etc.

Rule 8, Section 2, Article 3 will be used for team scoring. Upon the recommendation of the Cross Country Advisory Committee, the Board of Control has adopted a scoring system method that will disregard the runners if a team has fewer than five participants. There will be a re-ranking of the runners for team scoring.

2. **TIES:** Ties shall be broken according to National Federation Rule 8, Section 2, Articles, 4 & 5. "Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers."
3. **PARTICIPANTS:** The number of participants is defined in Rule 8, Section 5. In order for a school to qualify for a team championship, five runners must finish. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual placing. **UNIFORM:** Coaches are responsible for seeing that their competitors are wearing the proper uniform. The athlete should always wear the uniform of his school. Contestants will be permitted to wear hats and gloves only if weather conditions necessitate such items. If hats or gloves are worn, they must be an unadorned, single, solid color and shall be worn only for the athlete's health and safety and not to draw attention to the athlete. A single manufacturer's logo/trademark or school name/emblem, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the hat and gloves. A legal uniform is well defined in Rule 4, Section 3, Articles 1 and 2 of the National Federation Rules. **The penalty states: "For the wearing of illegal equipment, when a violation is observed and noted by a meet official,**

the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

4. **Iowa Adaptation to NFHS Rules 4,3,1b.7; 4,3,2a**

Rule 4, Section 3, Article 1, b, 7. The rule is revised to read: "Any visible garment(s) worn underneath the uniform top and/or bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 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 foundation garments** is deleted.

Rule 4, Section 3, Article 2, a. 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.

5. **JEWELRY:** Jewelry may be worn by competitors.

6. **GAME PROTESTS NOT UPHELD:** The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

CLASSIFICATION AND STATE QUALIFYING MEET INFORMATION

1. **CLASSIFICATION:** There will be four classes in cross country and one wheelchair division. Enrollment figures for the 2018-19 school year grades 9-11 will be used for the cross country classes. Class 4-A will be comprised of the schools within the 48 largest; Class 3-A will be comprised of the schools within the next 64; Class 2-A will be comprised of the schools within the next 72 and Class 1-A will be the remainder of the schools. Wheelchair competitors will compete in one division. **In the sports of cross country, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cross country cooperative programs will be accepted, nor will any existing cross country cooperative programs be allowed to dissolve after 5:00 pm on Friday, August 16, 2019.**

2. **STATE QUALIFYING MEET:** There will be five state qualifying meets for all classes. State qualifying meets will be held on Thursday, October 24, 2019. The length of the course will be 5000 meters. State qualifying meets will start at 4:00 pm for a single class meet and 3:00 pm for a two class meet. Schools wanting to practice on the state qualifying course need to contact the meet manager to see if the venue's management will allow competitors to practice on the course. State qualifying meet cross country information will be posted on the IHSAA website the week of October 14.

3. **STATE QUALIFYING MEET ENTRIES:** Each school is permitted a maximum of seven entrants. All competitors will be counted as they finish the race. In order to qualify on a team basis, five runners must finish. Only the first five runners will be used in computing the team score. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual places.

4. **STATE MEET QUALIFIERS:** From each of the class 4-A, 3-A, 2-A and 1-A state qualifying meets, the first three teams, plus the first 15 individual place winners will qualify for the state meet. The same competitors, other than individual place winners, who qualify from the state qualifying meet, need not represent the school at the state meet. Substitutions are allowed.

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

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

STATE MEET INFORMATION

1. **STATE MEET:** The state championship meet will be held on November 2, 2019, in conjunction with the girls' meet. Competition will begin at 11:00 AM. Competition will begin with Class 4A, followed by 3A, 2A and 1A. The girls will run first, followed by the boys. An awards ceremony for Class 4A will follow the 3A girls' race. An awards ceremony for Class 3A will follow the 2A girls' race. An awards ceremony for Class 2A will follow the 1A girls' race. An awards ceremony for Class 1A will follow the completion of competition. The 2019 state championship meet will be held at the Lakeside Municipal Golf Course in Fort Dodge. The course is located north of Fort Dodge on Highway P59, approximately two miles north of the Fort Dodge airport and Harlan Rogers Park.
2. **STATE MEET COURSE CLOSED TO PRACTICE:** Only schools that use the state meet course for their practice and meets during the season may practice on the course. The course is closed to all other schools for practice at any time. *Contestants or team representatives appearing on Friday to walk or run the course will face individual and/or team disqualification from participation in the state meet.*
3. **NUMBERS:** All competitors will be assigned numbers for the state meet. Numbers shall be worn on the front of the uniform. All substitutions must be reported to the clubhouse prior to the start of a race.
4. **BIB TRANSPONDERS:** All competitors will have a transponder chip included in their number. The official order of finish for the race will be that recorded by the transponder. A Lynx system will also be used to verify the order of finish. If the finish order determined by transponder chip is reversed through the use of the video system, the times shall also change.
5. **STATE MEET AWARDS:** The winning, runner up and third place teams will receive trophies. The champion and runner up will receive banners. Medals will be furnished for the first three teams in each class plus medals for the first 15 individual place winners.
6. **PICTURES:** Teams and individuals who qualify for the state meet will have their pictures taken which will later be mounted on a plaque to be presented to each team member or individual and coach, compliments of the IHSAA. This picture may be taken at the clubhouse beginning at 9:30 AM. Pictures will be allowed for each class up to 1 hour before the beginning of the boys' scheduled race for that class. Schools with a qualified team will be given eight plaques, one for each of the seven runners and one for the coach. Schools with individual qualifiers will receive a plaque for each individual(s) and for the coach. Additional plaques may be purchased. Schools will be asked to identify their picture and order additional plaques by an electronic method using the member school login.
7. **STATE CROSS COUNTRY MEET EXPENSE ALLOWANCE:** A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for the meet participation. For state cross country participation, the IHSAA will reimburse each school with a qualified team at the rate of \$1.25 per mile one way, one car from its school to the site of the state meet. Schools with individual qualifiers will be reimbursed at \$.44 per mile one way, one car. Each school's travel allowance check will be mailed from the IHSAA Office after the meet. No expense card is necessary.

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 receive a 2019 NFHS Football Rules Book.**

REGULATIONS PERTAINING TO FOOTBALL GAMES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2019-20	Week 6/ August 12 th	Week 9/August 29 th
2020-21	Week 6/August 10 th	Week 9/August 27 th
2021-22	Week 6/August 9 th	Week 9/August 26 th
2022-23	Week 6/August 8 th	Week 9/August 25 th

2019 NFHS Football Rules

CHANGES BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POSTSEASON CONTESTS [1-3-7 NOTE (NEW), TABLE 1-7 – 1-3-7 NOTE (NEW)] By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.

IMPROVED VISIBILITY OF NUMBERS [1-5-1c, 1-5-1c(6) (NEW)] The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION (2-14-1, 7-2-5a) A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.

40-SECOND PLAY CLOCK (2-35-1, 3-6-1, 3-6-2a, 7-2-1) To have a more consistent time period between downs, the rules committee approved situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.

PROHIBITION ON TRIPPING THE RUNNER [2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)] In an effort to decrease risk, tripping the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.

ILLEGAL KICKING AND BATTING PENALTY REDUCED (6-2-1 PENALTY, 9-7 PENALTY) The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.

HORSE-COLLAR TACKLE ADDITION (9-4-3k) Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.

Classification Of Schools

Class 4-A: Largest 42 schools by enrollment.

Class 3-A: Next 54 largest schools by enrollment.

Class 2-A: Next 54 largest schools by enrollment.

Class 1-A: Next 54 largest schools by enrollment.

Class A: The remaining 11-player football schools. (61)

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: 63 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 120 or less. The following exception was recommended by the Football Play-Off Committee and approved by the IHSA Board of Control.

EXCEPTION: An 8-player football school whose current enrollment is 115 or less, and whose enrollment increases above 115 following the 2017 season, will be allowed 8-player football status for an additional 2 years.

11-player enrollments:

If the 9-11 enrollment is larger than 120, schools must play 11-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 22nd. The 30 day ineligibility period begins on Thursday, August 22nd and ends on Friday, September 20th. All student-athletes in football are eligible at 12:01 AM on Saturday, September 21st.

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, and no school time may be used for travel or participation in such a scrimmage.* See "Penalty For Violation".

Football Regular Season

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

1. Football teams are allowed four (4) hours of coach-athlete contact per day, in which no more than three (3) hours may consist of physical activity per day. Two-a-day practices are now prohibited. Warm-up, stretching, speed and agility rules, strength training, and cool down are all considered part of a practice. Football teams have the option of separating the three hours of physical activity with a brief, supervised period of education, re-energizing, or rehydrating. **Optional weight training activities that are available to all students are not considered part of the practice.**
2. The first two days of practice will consist of **no contact work of any kind**. Sleds, dummies, shields, and ropes will be permitted during the first two days of preconditioning practice. Helmets and mouth pieces may be worn during the first two days of practice. The IHSAA recommends that during these two days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. This policy is made for the safety of the players.
3. During days three, four and five of practice, helmets, mouth pieces, and shoulder pads are allowed. Contact above the waist is permitted, but players should not be brought to the ground. Contact with sleds, dummies, shields, and pads are allowed during days three, four, and five.
4. Beginning on day six, full person-to-person contact is allowed.
5. Beginning with practice on Monday, August 19th each **individual player** is limited to 30 minutes of contact per day using the USA Football definitions of levels of contact. In addition, each player is limited to 90 minutes of contact per week using the USA Football definitions of levels of contact. For those schools playing Week 0 contests, the beginning date is Monday, August 12th.

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

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

6. No practice is allowed on Sunday, August 11th, August 18th for Week 0 playing schools and no practice on Sunday, August 18th and Sunday, August 25th for Week 1 playing schools.

7. District Alignments-

Classes 4A through Class 1A will each play 5 district games and 4 non-district games. The first four games will be non-district games.

Class A will consist of 6 districts playing 2 non-district and 7 district games and 2 districts playing 3 non-district and 6 district games. The two 7 team districts will be placed close in proximity to allow potential cross over non-district games.

Class 8 Player will consist of 5 districts playing 2 non-district and 7 district games and 3 districts playing 3 non-district and 6 district games.

8. Post Season Qualification:

- a. All 9 games will count toward post season qualification.
- b. The +/- 17 point tie breaker will be eliminated and will not factor into post season qualification
- c. Only the district champion will receive an automatic qualification into the post season.

If a tie exists between **two** teams with the fewest district losses, the tie will be broken by:

1. Head to Head competition, winner is district champion.

Loser enters into the at-large field of potential qualifiers.

If a tie exists between **three or more teams** with the fewest district losses, the tie will be broken by:

2. Head to Head Competition will be used, loser(s) out.
3. If all teams have defeated each other, the team with the highest RPI will be determined to be the district champion and have the opportunity to host.
4. The remaining teams enter into the at-large field of potential qualifiers. (These teams do not automatically qualify for the post season.)

- d. The remaining at-large qualifiers will be determined by a RPI (Rankings Performance Index). The RPI will use three criteria to determine post season qualification:
 1. Team's overall win/loss percentage (37 ½ %)
 2. Team's opponent's win/loss percentage (37 ½%)
 3. Team's opponent's opponent's win/loss percentage (25%)
- e. Do road wins count differently than home wins in the RPI? There is no advantage in the formula for winning on the road or at home. All wins and losses are factored in equally.
- f. Does the score of the contest matter in the RPI formula? Only in that it provides a winner and a loser. There is currently no factor for score differential in the RPI formula. A 14-13 win counts the same as 70-0 win.
- g. What happens if a game is cancelled and can't be rescheduled? Because the RPI system works off averages, it will not matter to the final formula if a game cannot be rescheduled. It would not penalize, nor benefit, any team involved in that scenario.
- h. How do schools that drop programs affect the RPI? If a school drops a program prior to the start of the competitive season, no forfeits will be involved. Instead, their opponents now have open dates in the spots where they were scheduled to play the teams who dropped their program, and they are free to try and find another game, if possible. If a school drops a program after the competitive season has started, that team shall forfeit their remaining games to their opponents. In this instance, the competitive season is defined as week 5 of the NFHS Standardized Calendar.

9. Out of State Competition:

The IHSAA recommends allowing schools to play varsity contests with schools bordering Iowa along with playing schools in the state of Kansas.

Week 0 Contests

Monday, August 5th – First Legal Day of Practice for any schools playing Week 0

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

Tuesday, August 6th – Second Legal Day of Practice for any schools playing Week 0

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

Wednesday, August 7th – Third Legal Day of Practice for any schools playing Week 0

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

Thursday, August 8th – Fourth Legal Day of Practice for any schools playing Week 0

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

Friday, August 9th – Fifth Legal Day of Practice for any schools playing Week 0

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

Saturday, August 10th -Sixth Legal Day of Practice for any schools playing Week 0

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

Sunday, August 11th

- No practice allowed

Monday, August 12th – Seventh Legal Day of Practice for any schools playing Week 0

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

Tuesday, August 13th – Eighth Legal Day of Practice for any schools playing Week 0

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

Wednesday, August 14th – Ninth Legal Day of Practice for any schools playing Week 0

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

Thursday, August 15th – Tenth Legal Day of Practice for any schools playing Week 0

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

Friday, August 16th – Eleventh Legal Day of Practice for any schools playing Week 0

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

Saturday, August 17th – Twelfth Legal Day of Practice for any schools playing Week 0

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

Sunday, August 18th –

- No practice allowed

Monday, August 19th -Thirteenth Legal Day of Practice for any schools playing Week 0

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

Tuesday, August 20th – Fourteenth Legal Day of Practice for any schools playing Week 0

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

Wednesday, August 21st - Fifteenth Legal Day of Practice for any schools playing Week 0

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

Thursday, August 22nd -

- First Legal Playing Date for any schools playing Week 0-
- Implementation of Scholarship Rule begins

Week 1 Contests

Monday, August 12th – 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 13th – 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 14th – 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 15th – 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 16th – 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 17th-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 18th-

- No practice allowed

Monday, August 19th – 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 20th – 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 21st – 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 22nd – 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
- Implementation of Scholarship Rule begins for all football playing schools

Friday, August 23rd – 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 24th – 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 25th –

- No practice allowed

Monday, August 26th -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 27th – 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 28th - 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 29th -

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

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

GENERAL INFORMATION

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

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

Cancellation vs. Forfeiture of Football Season

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

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

Per Board of Control Policy, January, 2017, any school that forfeits a district football contest will be ineligible for the post season.

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 five quarters in the two games. A reminder that a player may only participate in 8 quarters per week. A week is defined as Sunday through Saturday. This would count as one game toward the player's game limitation. A player's participation in one or more quarters of a game constitutes a game with the following two exceptions. One play equals one quarter.

Exception One: Once a game has reached a 35-point differential, a substitute who enters the game for the first time at that point is not required to count that game toward the 14-game limitation rule, if the game differential falls below 35 points, it still does not count toward the 14-game limitation rule; however, participation in this game does count toward the five-quarter limitation rule in which a player may not play in any part of more than five quarters in one day or a total of 8 quarters per week.

Exception Two: A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 14-game player limitation rule; however, participation in free kicks and scrimmage kicks does count toward the five-quarter limitation rule in which a player may not play in any part of more than five quarters in one day or a total of 8 quarters per week.

Hypothetical situation: Last Friday night Team A played Team C in a varsity only game on Friday night. Todd Tharp held the ball for the place kicker in all 4 quarters of that game with Team C. Todd Tharp is not charged with a game for playing only on free kick downs and scrimmage downs, according to exception two.

Now, this week in the Friday night sophomore curtain-raiser game against Team B, Todd Tharp will be playing quarterback all 4 quarters against Team B. The question: Can Todd Tharp be the place-kick holder in the varsity game to be played afterwards?

The answer: Yes, but Todd Tharp can play in one quarter and one quarter only of the varsity contest. Playing in more than one quarter regardless of the score of the contest or playing on specialty teams only will result in Todd Tharp being an ineligible athlete, due to playing in more than 5 quarters in a day and the contest in which he played as an ineligible athlete being forfeited.

If Todd Tharp plays in two quarters of the sophomore game, he is allowed to play in three quarters of the varsity game. Yes, and it counts as one game out of the 14 he is allowed. Just a reminder, if you have a curtain raiser game and a player plays in all 4 quarters of that game, he can play in one quarter and one quarter only of the varsity contest.

Todd Tharp plays in all 4 quarters of the sophomore game prior to the varsity game for Team A. After half-time of the varsity game, Team A is ahead by 35 points and the continuous clock is in affect. Can Todd Tharp play in the varsity contest?

The answer: Yes, Todd Tharp can play in either the third quarter or the fourth quarter, but cannot play in both quarters as that would put him over the 5 quarter daily limitation.

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 varsity 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 22, 2019) 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.

Drones

IHSAA TOURNAMENT EVENTS OR VENUES:

The use or possession of unmanned aircraft or aerial systems (UAS), also known as drones, is prohibited for any purpose by any person or entity at any IHSAA post-season tournament events or venues. An exception to this policy may be granted in writing by the IHSAA executive director to law enforcement, public safety agencies, IHSAA media partners, or other entities or individuals.

This prohibition applies to the area above and upon all spectator areas, fields of play, courts, arenas, stadiums, mats, gym floor or pool, practice facilities, parking areas, and includes a ban on the entire facility or property being used as part of the IHSAA event.

For purposes of this policy, a UAS is any unmanned airborne device or aircraft. The IHSAA reserves the right to refuse admission to anyone possessing, operating, or attempting to operate a UAS or to request the immediate removal of any person using or attempting to use a UAS in violation of this policy.

For regular season contests, the use of drones at practices and competitions is a local school district decision.

8 Player Field Dimension Requirements

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

35 Point Rule- 8 Player Football Only

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

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

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

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

35 Point Rule- 11 Player Football

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

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

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

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

Sub-Varsity Overtime Procedures

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

Football Field Markings/Collegiate Field Use

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

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

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

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

Protocols Regarding Marching Bands Playing During The Game

The pep/marching band may play during pre-game, half-time, quarter breaks, and time-outs. Once the ball has been marked ready for play by the referee (white hat) and the 25 second clock has begun, there is to be no music played by the pep/marching band, nor any artificial noise over the public address system.

Immediately after a down has finished and before the ready for play has been signaled for the next play, the band may play during that very quick interval. Pep/marching bands that violate this protocol may subject their team to penalties which could include 5 yard delay of game penalties, all the way to 15 yard unsportsmanlike penalties.

Referee Microphone and 25/40 Second Play Clocks

Microphones on referees and 25-second clocks are both permitted. IHSA 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 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 25/40-second play clocks are not mandatory for high school football.

Use of 25/40-second clocks is a home team management decision. Following are general guidelines for the usage of these clocks.

- (1) Placement: A visible 25/40-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 25/40 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 25/40-second play clocks shall be turned off or not started. The 2/405-second play clocks shall operate by rule for PAT, kick-off and over-time plays.
- (3) Officials: If a school has the 25/40-second play clock, use them. The Referee may correct a timing error on the 25/40-second play clock and a new 25/40-second timing started. If any timing error occurs, the game clock and 25/40-second play clocks shall be reset and re-started by rule. If the officials cannot determine the game clock

elapsed time, a new 25/40-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 25/40 seconds. The Back Judge remains the primary official for timing/operation/enforcement of the play clock.

Event*	Play Clock Starts at	Game Clock Starts at	Covering Officials' Signal	Referee's Signal
Dead Ball Inbounds	40	Running	Hand above Head	None
Dead Ball Out of Bound	40	Snap	Waves hands above head	None
Incomplete Pass	40	Snap	Waves hands in front of body	None
Team A awarded 1 st Down	40	Signal of 1 st Down	Waves hands above head	Wind the clock
Double change of Possession-Team A snaps	40	Ready for Play	Hand above head	Wind the clock

Event*	Play Clock Starts at	Game Clock Starts at	Covering Officials' Signal	Referee's Signal
Penalty Administration	25	Ready for Play	Waves hands above head	Wind the clock
Charged Team Timeout	25	Snap	Waves hands above head	Ready for Play
Injury/Helmet Off	25	Ready for Play	Waves hands above head	Wind the clock
Measurement	25	Ready for Play	Waves hands above head	Wind the clock
Change of Possession- Team B Snaps the ball	25	Snap	Waves hands above head	Ready for Play
Touchdown	25	N/A	Touchdown	Ready for Play
Try, Field Goal, Safety	25	Varies**	Varies**	Ready for Play
Start of Each Period	25	Snap	N/A	Wind the clock
Legal Kick	25	Snap	Waves hands above head	Ready for Play
Start of Overtime	25	N/A	N/A	Ready for Play
Other Administrative Stoppages ***	25	Ready	Waves hands above head	Wind the clock

*If the event does not occur in conjunction with any other event that stops the clock

**The game clock will start on the free kick by rule.

***Includes inadvertent whistle and period extension.

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 during both scrimmages and regular/post season contests. It is a common courtesy that the host school shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended. Patrons are allowed to videotape contests with paid admission to a contest. Tripods are not recommended to be used from spectator seating.

Game Official Jurisdiction

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

Spring Football Meeting

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

Coach-Athlete Contact Outside the Football Season

There may not be any mandatory football practice after the championship series and until the starting date the following August. Football coaches are allowed contact with their players beginning on June 1st.

IHSAA Post Season Football

The 2019 Playoff football will be the Spalding J5V- Advance Horween Leather #628998-performance lace (Rubberized Lace).

Game Protests Not Upheld

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

Team Box Area Restriction Rule

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

Coach Ejection Policy

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

Student-Athlete Ejection Policy

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

Video Guidelines For Regular Season Exchange

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

General Points:

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

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

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

Scrimmage Plays:

1. Start to record as the offensive team breaks the huddle. Show the defensive front seven and the offensive line. Then zoom back to show the formation and any motion.
2. Running Plays- Follow the runner to include the blockers and defenders in the area as you close in on the action.

3. Passing Plays- Zoom out to include all players on the screen. The quarterback should be on one side of the screen with defenders and pass patterns on the other side of the screen. Once the ball is thrown, treat like a kick. Do not film the ball in the air, but instead follow the action on the field.
4. After the play ends, zoom in so the runner/receiver, blockers and tacklers can be seen as they unpile.
5. Film referee's preliminary signal after each penalty.
6. Film the scoreboard after each score and at the start of each quarter.

Checklist:

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

Coach-Athlete Contact ("Camps & Clinics Rule")

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

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

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

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

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

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

Mandatory Reporting Of Stats

Based on a recommendation from the Executive Board of the Iowa Football Coaches Association, head varsity football coaches are mandated to enter required statistical data at the quik stats website, www.quikstatsiowa.com. 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:

- | | |
|--|---|
| 1. Rushing- Attempts-Yards-TDs | 8. Punt Returns-Number-Yards-TDs |
| 2. Receptions- Number-Yards-TDs | 9. PAT-Rush/Receiving |
| 3. Passing- Attempts-Completions-Int-Yards-TDs | 10. Scoring-Rush Pts.-Rec. Pts- FG Pts.-PAT-Kick-PAT-2 pt-Return Pts. |
| 4. Punting-Attempts-Yards | 11. Tackles |
| 5. Field Goals-Made-Attempts-Long | 12. Interceptions & Return Yards |
| 6. Kicking-PAT-Attempts-Made | 13. Fumble Recoveries & Return Yards |
| 7. KO Returns-Number-Yards-TDs | 14. Touchbacks (Kickoffs) |

The penalty for failure to report on time is: **First offense**, a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate; **Second offense**, a letter to the athletic director with a copy to the principal from the IHSAA executive director, giving 3 days to comply with the mandate. **Third offense**, IHSAA member 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 cloud-to-ground lightning is seen, immediately suspend the event and instruct everyone to take shelter in a safe structure.

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

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

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

Precautions To Take In Hazardous Weather

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

Hazardous Weather Guidelines **(Approved, September, 2007)**

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

Suspension Or Postponement Of Contests

- I. Prior to the contest officials' assuming authority.
 - A. The home school's management shall determine whether a contest should be suspended or postponed due to severe weather.
 1. In making the decision whether or not to suspend or postpone a contest, the host management should first take into consideration the safety of the participants and spectators.
 2. Playing surface conditions should be considered and what continued use may do to the surface.
 3. If the decision is made by the host management to postpone the contest, administrators from both schools should mutually agree if, and when, to reschedule.
- II. Once the contest officials' authority begins.
 - A. Refer to NFHS playing rules, or IHSAA post-season rules, for the exact rules in each sport regarding contest officials authority to suspend the contest.
- III. Postponing the contest.
 - A. Wait a sufficient amount of time to see if the severe weather will subside.
 - B. Home management and/or contest officials shall decide whether to postpone or resume the contest.
 - C. Playing surface conditions should be considered when making this decision.
- IV. If the contest resumes.
 - A. Adequate time should be given for contestants to warm up prior to continuing play.
- V. If the contest cannot be resumed after a severe weather delay.
 - A. Administrators from both schools need to come to an agreement. The contest may be considered complete with the existing score becoming the final score, or the contest may be postponed and continued from the point of interruption, at a time mutually agreed to by both schools.
 - B. If a regular season game that has been suspended cannot be completed by the ninth Friday of the football season, that game will be considered final at the point of suspension. All necessary points will be awarded at that time.