IHSAA & IGHSAU
IHSAA & IGHSAU Basketball Rules Meeting

2018-19 Rules Changes
Points of Emphasis
Reminders
Beginning with the 2014-2015 school year, ALL 7-12 coaches (paid or volunteer) were required to view the NFHS course, “Concussion in Sports” before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.
Concussion Recognition & Management

Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on “Information on Sports Concussions” on the IHSAA home page.

### Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

<table>
<thead>
<tr>
<th>SYMPTOMS REPORTED BY ATHLETE</th>
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<tbody>
<tr>
<td>Headache</td>
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<tr>
<td>Nausea</td>
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<tr>
<td>Balance problems or dizziness</td>
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<tr>
<td>Double or fuzzy vision</td>
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<tr>
<td>Sensitivity to light or noise</td>
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<tr>
<td>Feeling sluggish</td>
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<tr>
<td>Feeling foggy or groggy</td>
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<tr>
<td>Concentration or memory problems</td>
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<tr>
<td>Confusion</td>
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Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

<table>
<thead>
<tr>
<th>SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES</th>
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<tbody>
<tr>
<td>Appears dazed or stunned</td>
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<tr>
<td>Is confused about what to do</td>
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<tr>
<td>Forgets plays</td>
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<tr>
<td>Is unsure of game, score, or opponent</td>
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<tr>
<td>Moves dizzily</td>
</tr>
<tr>
<td>Answers questions slowly</td>
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<tr>
<td>Loses consciousness</td>
</tr>
<tr>
<td>Shows behavior or personality changes</td>
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<tr>
<td>Can't recall events prior to hit</td>
</tr>
<tr>
<td>Can't recall events after hit</td>
</tr>
</tbody>
</table>

When in doubt, sit them out!
CONCUSSIONS

- Coach Removal – Iowa law requires a student’s coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., to remove the student from participation immediately and the student shall not return until the coach, or school’s designated representative, receives written clearance to return from a licensed health care provider.
CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.
Every year the IGHSAU and the IHSAA receive requests from member schools seeking permission for a school to play a 22nd game due to a scheduling conflict. A majority of the conflicts deal with conference realignment, resulting in schools being short contests due to a school(s) leaving a particular conference. Extenuating circumstances will be considered when granting a 22nd game. A minimal number of the requests are approved for a 22nd contest.
Based on a recommendation from the Basketball Advisory Committee and approval by the IHSAA Board of Control, beginning with the 2016-17 basketball season, ALL games up until the coaches seeding meeting will be used to determine seeding for the district/substate tournament. **Note: 22nd game requests that are approved will not be used for seeding purposes.**
8 Quarters

- An individual may play in **EIGHT quarters** in any one day/night.

- Player participation in three (3) quarters constitutes a game. Participation in three (3), or any subsequent number of quarters up to a total of eight, in one (1) day/night, will constitute one or two game(s) being charged against the individual season limitation rule. Participation in 7 or 8 quarters in one day/night equals two games being charged toward a player’s 21-game season HS limitation or 12-game season JH limitation. (Players may **not** participate in more than two (2) games in one day/night.)
The Ball

- The Spalding TF-1000 LEGACY will be used for all post season tournament games.

- Schools may choose to use another ball during the regular season, but the Spalding Legacy will be the ball used during all post-season tournament games.
OFFICIALS EVALUATIONS

- ONLINE EVALUATION OF OFFICIALS

  Based on a recommendation from the Officials Advisory Committee and approval from the Board of Control, varsity basketball coaches or administrators will be provided the opportunity to evaluate varsity officials in three different areas:

  1. Professionalism
  2. Game Management
  3. Rules Knowledge/Mechanics

  Ideally, the concept is for officials to use the feedback appropriately to help them professionally for the rest of the season. These evaluations will be available to officials 30 days after the first contest playing date.
Criteria for Post season assignments

- Recommendations from Member Schools--Coaches and/or Athletic Directors will be a major factor.
- IGHSAU and IHSAA approved supervisors and evaluators ratings will be heavily considered for all post-season assignments.
- Officials must demonstrate and exhibit the proficient use of approved National Federation Officiating mechanics. ** Source: NFHS Officials Mechanics Manual 2017-2019
- Conference and league assignors will be encouraged to provide a listing of the top officials who work for their conferences.
- Then, ultimately, the eye test by the IGHSAU Coordinator of Officials, IHSAA Director of Officials, Basketball Administrators of both organizations, and the designated supervisors in those areas of the state.
All information regarding the registration process and post season availability for IHSAA and IGHSAU officials was mailed to you in the fall and can be found in the 2018-19 IHSAA Officials’ Guide on the IHSAA website and on the IGHSAU Officials’ Central Hub on Arbiter.
The Head Coach will be allowed to stand and coach during the entirety of the game providing he/she is within the designated coach’s box (which is now 28 feet long).

The first technical foul charged directly or indirectly to the head coach results in the loss of coaching box privileges and the head coach must remain seated for the remainder of the game (with exceptions as outlined in 10-6-1b,c,d,e; 5-8-4; and 10-5-4c,d.)
EJECTIONS

- Officials, be accountable for your ejection. Don’t let your emotions get ahead of your actions. If you do assess a technical foul, DO NOT ask the coach if he/she would like another one. Remove yourself from the bench area and let another official, if necessary, help the coach calm down. *Proximity is vital.

- If you eject a player or coach 7-12 the calling official must submit an on-line ejection report to the (IHSAA) or email or FAX the ejection report to the (IGHSAU).
EJECTIONS

- Any 7-12 coach who is ejected must complete the NFHS online course – “Teaching & Modeling Behavior” and provide a copy of the completion certificate to the IHSAA or IGHSAU in addition to serving the required suspension.

- Any 7-12 player who is ejected must complete the NFHS online course – “Sportsmanship – It’s Up to You” and provide a copy of the completion certificate to the IHSAA or IGHSAU in addition to serving the required suspension.
Ready for a Challenge?

Learn more about this community service initiative!

www.iowahallofpride.com
Why the Pride Challenge?

- Students learn the value of community service—giving back through serving others.
- Highlights students, coaches, and schools at their best.
- Benefits the local community.
- Optional basketball Pride Scrimmage is available for participating schools.
- Assists the Iowa Hall of Pride’s mission of educating the future.

www.iowahallofpride.com
QUIKSTATS DUE DATES

- QuikStats will be checked every Tuesday during the regular season with the 1st check on Tuesday, November 27th for the IGHSAU and Tuesday, December 11th for the IHSAA.

- QuikStats must be updated by noon the following day of every district/substate/regional tournament game

  - Failure to meet these deadlines will result in coach warning/suspension as noted in the basketball section of the IGHSAU and IHSAA websites
Hair Devices:

- Must be soft, no adornment.
- Bobby pins & flat clips 2 inches or less are allowed.
- Headbands may be no more than 2 inches wide – 1 manufacturer logo permissible.
- NO COLOR RESTRICTIONS.
- PLAYERS DO NOT HAVE TO MATCH.
Girls high school basketball practice may start Monday, November 5\textsuperscript{th}.

Boys high school basketball practice may start Monday, November 12\textsuperscript{th}.

First playing date is Friday, November 16\textsuperscript{th} for the girls and Monday, November 26\textsuperscript{th} for the boys.

Varsity head coaches & all officials are required to view online rules meeting.

Varsity officials’ recommendations must be submitted online within 30 days of the conclusion of the basketball season.
All officials need to upload a profile picture into Arbiter and be sure the “Ready to be Assigned” box is checked in your IGHSAU “Official” Account Profile.
If you wish to be considered for regional/state tournament assignment, please be sure you complete your IGHSAU Arbiter “Official” Account Basketball Custom Fields.
Be sure your BLOCKS calendar is up to date and please keep this calendar current throughout the season.
NFHS Basketball

2018-19

Rules Changes
2018-19 PROPOSED BASKETBALL RULES CHANGES

- 1-12-1c It shall have a deeply-pebbled, granulated surface, with horizontally shaped panels bonded tightly to the rubber carcass.

Rationale: The additional words give manufacturers a better sense of what a deeply-pebbled cover should look like.

- 9-9-1 A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the backcourt. EXCEPTION: Any player located in the backcourt may recover a ball deflected from the frontcourt by the defense.

Rationale: To ensure that a team is not unfairly disadvantaged on a deflected pass.
The coaching box shall be outlined outside the court on which the scorer’s and timer’s table and team benches are located. The area shall be bounded by a line drawn 28 feet from the end line toward the division line.
By state association adoption, an optional coaching box may be authorized. If used, the optional coaching box may be a maximum of 28 feet. State associations may alter the length and placement of the 28-foot coaching box. An "X" is required on the floor in front of the official scorer.
Signal to Scorer’s Table

- The official shall verbally inform the offender, then with finger(s) of two hands, indicate to the scorer the number of the offender and the number of the free throws.
- The right hand will give the tens digit and the left will give the ones digit.
Identifying Names on Uniforms

Identifying name(s) shall adhere to the following:

- If used, lettering with school name, school’s nickname, school logo, player’s name and/or abbreviation of the official school name shall be placed horizontally on the jersey.
- The panel in the shoulder area of the jersey on the back may be used for placing an identifying name as well.
A warning to head coach/bench personnel for misconduct is an administrative procedure by an official, which is recorded in the scorebook by the scorer and reported to the head coach.

• For conduct, such as that described in Rule 10-5, Article 1 (a,b,c,d,e,f), 2, 4 the official shall warn the head coach unless the offense is judged to be major, in which case a technical foul shall be assessed.

• Note: A warning is NOT required prior to calling a technical foul.
Warning . . . Continued

- For the first violation of Rule 10-6-1, the official shall warn the head coach unless the offense is judged to be major, in which case a technical foul shall be assessed.

- Note: A warning is NOT required prior to calling a technical foul.
Non-Playing Personnel
(e.g. spirit participants, media)

- Shall remain outside of the playing area during a 30-second or less timeout during a game.
- Non-playing personnel shall stand outside the free throw lane lines extended toward the sidelines throughout the game.
Warning Signal Sounded at 15 Second Mark

- A warning signal will be sounded to begin the 15 seconds permitted for replacing a disqualified or injured player; or for a player directed to leave a game.
Undershirts

- Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length.
Arm sleeves, knee sleeves, leg sleeves, Compression shorts & tights

- **3-5.3b** The sleeves/tights, compression shorts shall be black, white, beige, or the predominant color of the jersey AND the same color sleeves/tights shall be worn by teammates.

- **3-5.3c** All sleeves/tights, compression shorts shall be the same solid color and must be the same color as any headband or wristband worn.
Uniform Waistband

- Must be worn as the manufacturer intended it to be worn
- Should NOT be rolled down
- Needs to be enforced all season—from beginning to end
- Coaches will be alerted to this and it will be in the on-line rules meeting
Equipment Worn on Head

- A player who is required to wear a head covering for medical or religious reasons must provide a physician’s statement or appropriate documented evidence to the state association for approval. The state association can then provide written authorization to the school to be made available to the officials.
Entering the Free Throw Semicircle

- Players occupying marked free-throw lane line spaces may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.
Team Control—Throw In

- Team control is established when a player from either team who has inbound status gains control of the ball.
- During the throw-in, 10-seconds, 3-seconds, frontcourt status, backcourt status, closely guarded, etc. are NOT factors as there has yet to be player control/team control obtained inbounds.
- Backcourt violation—a team may NOT be the last to touch a live ball in the front court and then be the first to touch a live ball in the backcourt.
Intentional Fouls

- An intentional foul is a personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act.
- The foul may be innocent in severity, but without any playing of the ball, it becomes an intentional act—such as a player wrapping his/her arms around an opponent.
- Officials must be aware of game situations and have the courage to enforce the intentional foul rule properly.
Guarding

- Officials must determine if the defense or offense causes—initiates—contact and penalize the player causing the illegal contact that allows him/her to gain an unfair advantage.

- The defense is not required to keep both feet on the floor and may jump vertically or laterally to maintain legal guarding position.

- When is the contact occurring and who is initiating it?
A “closely guarded” situation occurs when a player in control of the ball in his/her team’s frontcourt, is continuously guarded by an opponent who is within 6 FEET of the player who is holding or dribbling the ball. A closely guarded count should be VISIBLE and initiated when the approximate appropriate distance has been determined. The count should be terminated when the offensive player in control of the ball gets his/her head and shoulders past the defensive player. *5 Seconds
POST PLAY (cleaning it up)

- Illegal contact on a post player is any tactic using hands or arms or just generally demonstrating rough physical movements that allow a player on offense or defense to control the movement of an opposing player.

- It is a foul and should be ruled as such when:
  - An opponent is displaced from a legally established or obtained position
  - An arm-bar is extended and displaces an opponent
POST PLAY continued . . .

- A locked and or extended elbow displaces an opponent
- A leg or knee is used in the rear of an opponent to hold or displace
- Holding, hooking, slapping, pinning, or pushing the leg or body of an opponent
- An offensive post player “backs-down” and displaces the defender once that defender has established a legal guarding position
One of the leading causes of injury in high school basketball continues to be the result of illegal contact that takes place during rebounding. Illegal rebounding activities:

• Displacing, charging, or pushing an opponent
• Extending the arms or elbows to impede the movement of an opponent
• Using the hips or knees to hinder the opponent
• Violating the principle of verticality
• Contact between players at the free throw lane spaces prior to the ball being released
Communication is vital to the game of basketball. It is essential for officials to master and use only the NFHS approved mechanics and signals. Study time must be devoted to mechanics and signals. Prescribed mechanics and signals have been adopted for the purpose of uniformity and to convey the needed information to timers, partners, players, scorers, coaches, spectators, media, etc.
2018-19
NFHS
Basketball Information
Electronic Versions of the NFHS Basketball Rules and Case Book are now available for purchase as e-books.

Apple users can visit iTunes for available books.

Apple, Android and Kindle users can buy e-books from Amazon.com and view them through the Kindle app.

Price: $5.99 each

Visit [www.nfhs.org/ebooks](http://www.nfhs.org/ebooks) for more information.
Resources from REFEREE

These publications and more can be found at https://store.referee.com

There is a small purchase fee for each publication.
Free or Small Fee Courses on NFHSLearn.com

Concussion in Sports
Officiating Basketball
Interscholastic Officiating
Creating a Safe and Respectful Environment
Coaching Unified Sports
Heat Illness Prevention
Engaging Effectively with Parents
Positive Sport Parenting
NCAA Eligibility
Sports Nutrition
Sportsmanship
Thank You

- On behalf of the IHSAA and the IGHSAU we would like to thank you for your time and, more importantly, your service to our youth, schools, and communities. We could not experience the success that we all enjoy without your dedication to the coaching and officiating professions.

- Have a great basketball season and remember, you are impacting the lives of kids almost every day/night.

- ONE MORE SLIDE . . .
CAUTION: DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the Verification page, you will be provided with a Certificate of completion.

**COACHES** – please print three (3) copies of the Verification Certificate-
One for your files
One for your Administrator
One for your Coaching Authorization renewal

**OFFICIALS** – please print one (1) copy of the Verification Certificate for your files

If after viewing this video you have questions, please contact:

(IHSAA)  Coaches:  Chelsea Clark  cclark@iahsaa.org
          Officials:  Laura Brooker  officials@iahsaa.org

(IGHSAU)  Coaches:  Gary Ross  gross@ighsau.org
          Officials:  Sherry Tegtmeier  sherry@ighsau.org

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