



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

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 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 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 should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).**
2. **A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.**
3. **After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.**
4. **Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
5. **Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.**
 - **Coach Removal** - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.
 - **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.
 - Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (*practice and/or competition*), licensed health care providers as defined in Iowa Code 280.13C should follow the return to participation protocol from "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2017 and "Consensus Statement on Concussion in Sport 5th International Conference in Sport Held in Zurich, October 2016," British Journal of Sports Medicine, 2017; doi:10.1136/ bjsports-2017-097699.
6. **At events where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have provided licensed health care providers as defined in Iowa Code 280.13C, those licensed health care providers have final authority regarding RTP when a student has exhibited signs, symptoms, and behaviors consistent with a concussion.**

Adopted 122012
Amended 071118
References update 0718

RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION (GUIDELINES FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet **ALL** of the following criteria in order to progress to return to participation. However, these criteria are **GUIDELINES ONLY** and not required by Iowa Code Section 280.13C when licensed health care providers determine a student's return to participation.

- **Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance** from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer . ****Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!***
- Once the criteria above are met, **the student should progress back to full activity following the stepwise process** detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.
- **Progression to return is individualized and should be determined on a case-by-case basis.** Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities, or normal cognitive functions.

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance*, full contact practice or training.

Step 7. Normal competition in a contest.

NOTE: Generally, **each step should take a minimum of 24 hours.** If post concussion symptoms occur at **ANY** step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2017; "Consensus Statement on Concussion in Sport 5th International Conference in Sport Held in Zurich, October 2016," British Journal of Sports Medicine, 2017; doi:10.1136/bjsports2017-097699.

Updated 0718

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.

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 (multidual 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 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)*

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2018-2019 Soccer Rules Book as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Member schools will be receiving a 2018-2019 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER MATCHES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2018-19	Week 37/March 11 th	Week 39/ March 28 th
2019-20	Week 37/ March 16 th	Week 39/ April 2 nd
2020-21	Week 37/ March 15 th	Week 39/ April 1 st
2021-22	Week 37/March 14 th	Week 39/March 31 st
2022-23	Week 37/March 13 th	Week 39/March 30 th

CLASSIFICATION OF SCHOOLS

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

2018-2019 NFHS SOCCER RULES CHANGES

- 4-1-1a, b a. The home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white), and the visiting team shall wear solid white jerseys and solid white socks. Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside. b. Both socks shall be the same color, with the home team wearing socks of a single dominant color, but not necessarily the color of the jersey and the visiting team wearing solid white sock. If tape or a similar material (stays/ straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it is applied. Rationale: This change allows home teams to wear the school-colored jerseys at home. The change would provide the opportunity for teams to use an alternative color uniform for "special" events, if approved by the state association.
- 4-1-1d, e d. If visible apparel is worn under the jersey and/or shorts, it shall be of similar length for an individual and a solid liked-color for the team. Rationale: The previous rule caused financial hardships for some players and schools. The rule allows for the purchase of one set of cold-weather undergarments per player.
- 4-2-10 In addition to the above permitted uses, state associations may on an individual basis (NEW) permit a player to participate while wearing a head covering if it meets the following criteria: 1. For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play. 2. For religious reasons – In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play. Rationale: The addition of this exception allows for the participation of students who for religious reasons must maintain a covered head in all situations. The same is true for the student who for medical or cosmetic reasons needs to cover the head.
- 8-1-2 At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked. Rationale: This 2017 rule change allowing the kickoff to be taken in any direction has created difficulty for the player taking the kick to easily kickoff into his/her own half of the field without physically being in the opponent's half of the field. This addition to the rule would permit only the player taking the kickoff to be in the opponent's half of the field, in order to take the kickoff.
- 11-1-4 A Player is offside and penalized if, at the time the ball touches or is played by a teammate, the player, in an offside position, becomes involved in active play by: a. interfering with play or with an opponent or; b. seeks to gain an advantage by being in that position. A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained an advantage. Indirect free kick at the spot of the infraction (even in own half), subject to the provisions in P 13.1.3 Rationale: This change better articulates the difference between being in an offside position and an offside violation. It also places the penalty language in a more logical place within the rule.

- 12-8-1f, 15 1. A player, coach or bench personnel shall be cautioned (yellow card) for: (NEW) f. unsporting conduct, including, but not limited to: 15. A player who commits an offense against an opponent within his/her team penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, if the offense was an attempt to play the ball.
- 12-8-2d3, 4 2. A player, coach or bench personnel shall be disqualified (red card) for: (NEW) d. committing serious foul play: 3. a player commits a foul, outside the penalty area, attempting to deny an obvious goal-scoring opportunity, and the goal is not scored; or 4. a player commits a foul, inside the penalty area, while not attempting to play the ball, and the goal is not scored. Rationale: This change addresses the issues of denying an obvious goal-scoring opportunity (DOGSO) that occur in the game that places a player and team in double jeopardy when applying a penalty.
- 13-2-1j ART. 1 . . . Direct free kicks are awarded and taken from the point of the infraction (NEW) (Except as in 13-1-3 and 14-1-1): j. if a player, coach, or bench personnel enters or leaves the field of play without permission of an official and interferes with play or an official (12-8-1). Rationale: This change emphasizes the importance of proper decorum and behavior from the benches.
- 13-2-3 ART. 3 . . . The following indirect free kicks are taken from where the ball was when the referee stopped play: (Subject to restrictions in 13-1-3 and 13-1-4.) a. if a player, coach or bench personnel enters or leaves the field of play without permission of an official and does not interfere with play or an official (12-8-1); Rationale: This change maintains a focus on the proper decorum and behavior of the benches.
- 18-1-g A deliberate act is one in which a player chooses to act, regardless of the outcome of (NEW) that action. This deliberate act is neither reaction nor reflex. A deliberate action may result in the opponent benefiting from the action (e.g., a deliberate, but misplayed ball that goes directly to an opponent). A reaction or reflex may result in that player benefiting from the action (e.g., a ball inadvertently contacting the arm and falling directly to the player's feet). Rationale: This definition provides guidance for interpretation of rules that contain the word deliberate or phrase deliberate act.

2018-19 POINTS OF EMPHASIS

1. Denying an Obvious Goal Scoring Opportunity: The penalty associated with a player who denies an obvious goal scoring opportunity has been amended. In an effort to make the penalty better fit the infraction, now when a player commits an offense against an opponent within their own penalty area which denies an obvious goal scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball. Formerly, this player was disqualified and penalty kick was awarded. In circumstances where there was no attempt to play the ball, the player is still disqualified. In evaluating whether there has been an obvious goal scoring opportunity, officials are encouraged to consider the following:
 - Distance between the offense and the goal (the offense must be near the goal)
 - General direction of play (the attacking players are generally headed towards the goal)
 - Likelihood of keeping or gaining control of the ball (the player must have or be able to get control of the ball in order to score)
 - Location and number of defenders (not more than one defender between the attacking player and the goal, not counting the player that committed the foul and the defenders must be able to challenge the attacking player)
 If any of the above considerations are missing, it is not an obvious goal scoring opportunity.
2. Excessive Player Substitutions: Concern has been expressed in situations where teams make excessive substitutions towards the end of a game in an effort to waste time. According to Rule 3-6, a referee has the discretion to stop the clock during the substitution so that this time is not lost. Further, the referee may consider this unsporting conduct and a caution may be issued to the coach of the offending team.
3. Referee Mechanics for Indirect Free Kicks: When a team is awarded a free kick, it is important that the referee correctly utilize the NFHS Official Soccer Signals and properly signal so the teams know whether the kick is direct or indirect. This is especially important if the free kick is near the opponent's goal. For an indirect free kick, the referee must raise one arm vertically and maintain that position until the ball is touched by a second player. It is critical players know what type of free kick is occurring so the team taking the kick can properly execute the kick and the team defending know whether a goal may be scored directly from the kick. For indirect free kicks, if the ball enters the goal directly from the kick, the restart is a goalkick.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on the Monday of Week 37, which is March 11, 2019.
2. **First Competition:** Schools will not be permitted to compete until the Thursday of Week 39, which is March 28, 2019.

3. **Game Limitation:** Each school will be permitted 15 regular season playing dates. Two of these 15 playing dates may be multiple team tournaments involving no more than 8 teams. Per IHSAA Soccer Advisory Committee- A maximum of three games per day is permitted.
4. **Scrimmages:** Each team will be allowed two interscholastic scrimmages. This is per soccer program, not two at each level of competition. If the varsity team is scrimmaging at one location and the junior varsity at another location on the same day, this is considered two separate scrimmages. If the varsity team is scrimmaging at home and the junior varsity is scrimmaging at home on the same day, this would be considered one scrimmage. These scrimmages may occur any time after the beginning of practice until each team plays their first post season tournament game.
5. **Jamborees:** Each school will be allowed to participate in one jamboree. The following are the guidelines for that jamboree:
 - a) The first legal playing date for a jamboree is the Monday of Week 38, which is March 18, 2019. A jamboree can be held from March 18th, 2019 through March 27th, 2019.
 - b) A school may not participate in more than one half of play (maximum 40 minutes) during a jamboree.
 - c) A jamboree shall consist of no more than 8 teams participating.
 - d) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - e) A jamboree does not count as one of the two scrimmages that are allowed.
6. **Individual Limitation:**
 - a) An individual may compete in 19 regular season games.
 - b) An individual may not dress in more than three games per day.
 - c) Participation in one half only in one day does not constitute a contest.
 - d) Participation in more than one game in one day will constitute two or more contests.
 - e) Participation in two halves constitutes one game toward their 19 regular season games.
 - f) Two of these 19 games may be a multiple team tournament involving no more than 8 teams.
 - g) Participation is limited to six halves per day.
 - h) Overtime is considered an extension of the second half and does not count toward additional halves being played.
7. **Officials:** The National Federation "Dual Officiating System" or "Diagonal Officiating System" as outlined in the 2018-19 High School Soccer Rules Book shall be used for all games involving high school players. The "three whistle system" may also be used. The "Diagonal Officiating System" will be used in all IHSAA tournaments. All officials must be registered officials with the IHSAA.
8. The IHSAA will be using the Spalding TF-5000 ball for IHSAA tournaments in the 2018-19 school year. The IHSAA will supply tournament hosts with the Spalding TF-5000 ball.

MANDATORY REPORTING OF STATS

Based on action of the Board of Control, head varsity soccer coaches are mandated to enter game statistics at the quik stats website, www.quikstatsiowa.com. Statistics need to be entered by 3 PM on Tuesday, April 16th; Tuesday, April 30th; and Tuesday, May 14th. All games played through the prior Saturday needed to be entered by each respective deadline. Each school has 24 hours to update their stats during the post season. The penalty for failure to enter statistics on time is:

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

Second Offense – A letter to the athletic director and high school principal from the IHSAA executive director or designee, giving 3 days to comply with the mandate;

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

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

RULE CLARIFICATION AND MODIFICATIONS

1. **Game Length:** Varsity soccer games shall be played in two equal halves of 40 minutes each. The length of halves for junior varsity competition may be shortened by mutual agreement.
2. **Goal Differential:** The IHSAA has adopted a 10-goal differential causing the termination of a game. Any game that reaches half-time or anytime in the second half with a 10-goal differential shall be immediately terminated. The first half is to be played to completion.
3. **Tied Regular Season Games:** A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second

overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken.

4. Tied Invitational or Conference Tournaments: Tournament games are required to have an overtime, which may go directly to penalty kicks. Preapproved criteria that does not involve overtime or penalty kicks is not permissible to determine a winner if the match is tied at the end of regulation.
4. Suspended Games: In accordance with IHSA policy, whenever a game is suspended and no winner can be determined according to Rule 7, Section 1, Article 3, the game shall be restarted from the suspension of play.
5. **Conduct Modifications – The following are rules modifications dealing with the conduct of players, coaches and teams.**
 1. Any player receiving a caution (yellow card) for any reason must leave the contest for a period of five (5) consecutive minutes. This time period carries over from the first half to the second half; from the second half to the first overtime period and from the first overtime period to the second overtime period. Players cautioned (yellow card) in the second overtime period after the 5 minute mark are no longer eligible to participate in the game including tie breaker penalty kicks.
 2. Any team receiving four varsity red cards, players or coach, will not be permitted to participate in the substate tournament. If the fourth red card is received in a substate tournament game or a state tournament game, the game will be halted and the team receiving the card will forfeit the contest.
 3. If a coach receives two (2) red cards over a three (3) year period, he/she will not be allowed to coach his/her team in the substate or state tournament for two years.

SUBSTATE TOURNAMENT INFORMATION

1. Substate tournaments will be held Monday, May 20th; Wednesday, May 22nd; and Saturday, May 25th . Substate tournaments will use the following format:
 - a) There will be eight (8) substates with six, seven or eight teams in each substate.
 - b) The substate winner will qualify for the Boys' State Soccer Tournament.
 - c) Substate assignments will be posted the week of April 22nd, 2019.
 - d) Substate pairings will be posted the week of May 6th, 2019.
 - e) IHSSCA rankings will be used to determine the top one (1) or two (2) seeds in each substate.
 - f) Remaining seeding will be based on the regular season point average of games played through Saturday, May 4th, 2019.
 - g) After using IHSSCA rankings, remaining team's seed will be determined on their regular season point average of games played through Saturday, May 4th, 2019.
 - 3 Points for a win over a Class 3A School
 - 2 Points for a win over a Class 2A School
 - 1 Point for a win over a Class 1A School
 - 0 Points for a loss to Class 3A, 2A, or 1A School
 - h) Substate Tournament Format will be single elimination play. In case of a tie at the end of regulation play the following format is to be used. A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken.
2. Team Representatives: The official soccer team for substate tournament competition shall consist of no more than 22 players and 5 other personnel (including coaches, trainers, managers, etc).

3. Substate Tournament Awards: The winning school will receive a banner upon winning the substate championship. Members of the winning team will receive medals.
4. Substate Tournament Expense Allowance: A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for tournament participation. For substate soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. No expense card will be required.

STATE TOURNAMENT INFORMATION

1. State Tournament: The spring state soccer tournament will be held on Thursday, May 30th; Friday, May 31st; and Saturday, June 1st, 2019. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament.
2. Tournament Format: State tournament competition will be single elimination. In case of a tie at the end of regulation play the following format will be used. A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken. The state tournament will use the following format:
 - a) State tournament pairings will be determined using a seeding method of pairing. Teams will be seeded using a point system. A victory over a 3A team would result in 3 points, a 2A team, two points and a 1A team 1 point. The point total would be divided by the number of regular season games played. If two teams have the same overall point average, the following criteria will be used to determine the higher seed:
 - 1) The first tiebreaker is head to head competition; if no head to head competition; go to next tiebreaker.
 - 2) The second tiebreaker will be the average goals against per game.
 - 3) The third tiebreaker will be the average goals scored per game with the maximum margin being +5 goals. Example: Team A defeats Team B 13-0, the goal margin would be +5, or 5-0. Team A defeats Team B 9-1, the goal margin would be a maximum of +5, or 6-1.
 - 4) The fourth and final tiebreaker would be using the alphabet. For 2019, LAST alphabetical will receive the higher seed.
3. Team Representatives: The official soccer team for state tournament competition shall consist of no more than 22 players and 5 other personnel (including coaches, trainers, managers, etc.).
4. State Meet Awards: Each school competing in the state tournament will receive a trophy. Each member of the teams participating in the state tournament will receive medals. The champion and runner-up will receive a banner.
5. Pictures: Teams who qualify for the state tournament will have their pictures taken; these will later be mounted on a plaque to be presented to each team member and coach, compliments of the IHSAA. This picture will be taken one hour before the time you are scheduled to play your quarterfinal game. Each school will receive one plaque for each team member present for the state tournament and one plaque for the coach. At the time of the original order to our office additional plaques will cost \$24.45. After the time of the original order to our office, additional plaques will cost \$37.
6. State Soccer Tournament Expense Allowance:

For state soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. Teams traveling less than 100 miles will also receive \$10.00 per allotted traveling party. Teams traveling greater than 99 miles and not using lodging will receive \$20.00 per allotted traveling party. Teams traveling greater than 99 miles and using lodging will receive \$40.00 per allotted traveling party.

The maximum number allotted per traveling party is 27.