

IHSAA & IGHSAU





National Federation of State
High School Associations

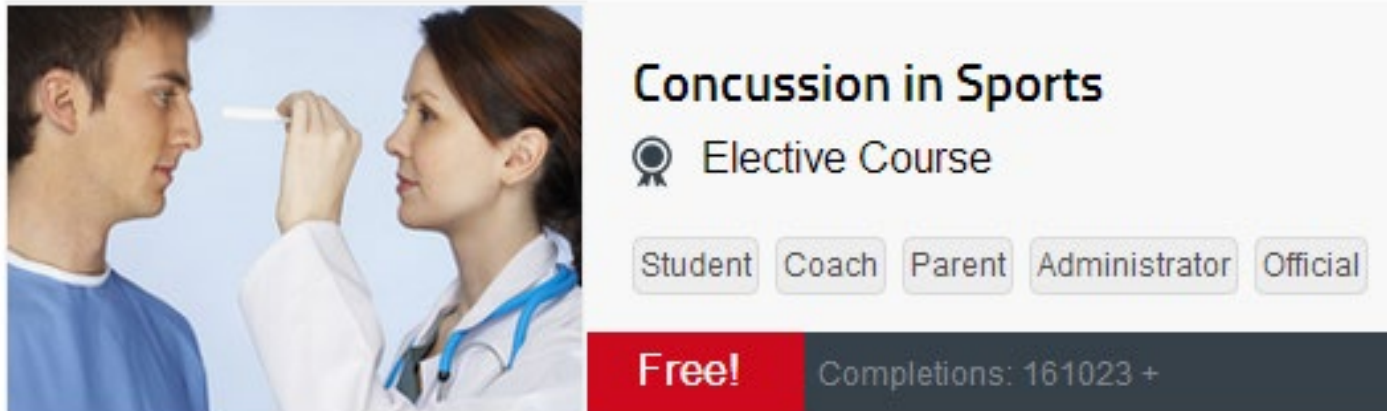


IHSAA & IGHSAU Basketball Rules Meeting

**2020-21
Rules Changes
Points of Emphasis
Reminders**

Take Part. Get Set For Life.™

MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



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

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.

SYMPTOMS REPORTED BY ATHLETE
Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

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.

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

When in doubt, sit them out!

- Complete information on concussions can be found at www.iahsaa.org. Click on "Information on Sports Concussions" on the IHSAA home page.



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.





22ND GAME REQUESTS



- Every year the IGHSAU and the IHSAA receives 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.



2020-21 SEEDING



- 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



- IGHSAU and IHSAA approved supervisors and evaluators ratings will be 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 2019-2021
- 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.





OFFICIALS ANNOUNCEMENTS



- 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 2020-21 IHSAA Officials' Guide on the IHSAA website and on the IGHSAU website.





BENCH DECORUM



- 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 the ejection report to gross@ighsau.org at 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, December 1st for the IGHSAU and Tuesday, December 15th 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**



IGHSAU HAIR DEVICE ADAPTATION



Hair Devices:

- Must be soft, no adornment, no color restrictions.
- Headbands may be no more than 3 inches wide – 1 manufacturer logo permissible
- Headbands must be black, white, beige, or predominant color of the jersey.
- PLAYERS Headbands HAVE TO MATCH





PRACTICE/CONTEST DATES/REMINDERS



- Girls high school basketball practice may start Monday, November 9th
- Boys high school basketball practice may start Monday, November 16th
- First playing date is Friday, November 20th for the girls and Monday, November 30th 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



IGHSAU BASKETBALL OFFICIALS' INFORMATION



- All officials need to please be sure that everything is updated in your refview account and you have your “blocks” up to date.





National Federation of State
High School Associations



NFHS Basketball

2020-21 Rules Changes

Take Part. Get Set For Life.™

2020-21 PROPOSED BASKETBALL RULES CHANGES

10-6-Penalty

- To clarify that officials are not required to issue a warning prior to issuing a technical foul. However, they may issue a warning when the offense is judged not to be major.

Rationale: To clarify the official does not have to give a warning to the coach. The warning is one of the tools used to help improve behavior before a technical foul has to be given.



2020-21 PROPOSED BASKETBALL RULES CHANGES

2-12-5

- The intent of the rule change is to avoid gamesmanship and ensure the time for replacement remains within the rules. This rule change makes 2-12-5 consistent with 2-12-4 “second horn” requirement.

Rationale: The addition of a warning signal at the end of the replacement period admonishes the coach and team to prepare for resumption of the game.



2020-21 PROPOSED BASKETBALL RULES CHANGES

5-4-1, 2

- When a coach has been removed, this rule clarifies that if no other coach or school personnel are available, then the game is forfeited unless state association rules determine otherwise.

Rationale: Rewritten to clarify the forfeiture process and adds language and a new article to give directions when there is no coach or other school personnel, on the bench.





National Federation of State
High School Associations



NFHS Basketball

2020-21

Points of Emphasis

Take Part. Get Set For Life.™

BLOCK/CHARGE

- By definition, “a **block or charge** foul” occurs when a defender impedes his/her opponent to stop him/her from going in that direction. If he/she does not obtain a legal defensive position and contact occurs, it is a blocking foul.
- The obtaining and maintaining of a legal guarding position on a player with and without the ball has been a point of emphasis over the years, but yet, remains one of the most difficult plays to coach and officiate.



A. The basics

To correctly understand the guarding rule, the following points are critical:

1. To obtain initial legal guarding position on a player with the ball, the defender must get to the spot first without contact, have both feet touching the floor and initially face the opponent within six feet.
2. Once the initial legal guarding position has been obtained, the defender may move laterally or at an angle or backwards in order to maintain a legal guarding position. Keep in mind that when a defender obtains an initial position with both feet touching the floor and facing his/her opponent, the defender need not be stationary but may continue to move in order to stay in front of the person with the ball.
3. Once the defender obtains a legal guarding position, the defender may raise his/her hands in a normal stance or may jump vertically within his/her vertical plane.
4. A defender may turn or duck to absorb the shock of imminent contact.
5. A player is never permitted to move into the path of an opponent after the opponent has jumped into the air.
6. A player who extends an arm, shoulder, hip or leg into the path of an opponent and causes contact is not considered to be in a legal guarding position.



. Guarding a player *with* the ball.

Points to remember when a defender is guarding a player with the ball:

- Time and distance are of no consequence. If the defender gets to the spot first and is in a legal guarding position, the onus is on the person with the ball.
- A defender is never permitted to move into an opponent and thus cause contact.
- If a player with the ball gets his/her shoulders past the front of the torso of the defender and contact occurs, the defender has blocked and a foul must be called. In order for the defender to re-obtain a legal guarding position, all “guarding a person with the ball” criteria must be met.
- When an offensive player receives a long pass with his/her back turned and places one foot on the floor and crashes into a legally set defender, it is a player-control foul. It seems many officials are calling this a traveling violation, which is incorrect.





Guarding a player *without* the ball.

- Time and distance are the key factors here. The distance allowed depends on the speed in which the offensive player is moving, with the distance never to exceed two strides, regardless of how fast he or she is moving. Once the defender has met the criteria of both feet touching the court and initially facing the opponent, the defender has obtained a legal guarding position and may move the same as if he/she were guarding a player *with* the ball.





Use of proper signals and the reporting area

- One of the most important tenets of good officiating is good communication. The easiest and quickest way for officials to establish credibility is to effectively communicate with players, coaches, spectators, and the scorer's table during a high school basketball game. When officials properly and effectively communicate with all stakeholders during a contest, their judgement is less questioned, their confidence is heightened, and their over-all game management is improved.



Use of proper signals and the reporting area

- Good communication centers on the use of proper signals and mechanics. Signals are verbal and non-verbal means of communication by officials and are required by rule. Each time the whistle is sounded in a basketball game, there is an accompanying signal. Virtually all NFHS Basketball-related publications contain the approved list of signals officials should use. Meanwhile, mechanics are the methods or procedures used by officials while officiating the game that help put the official in the best possible position to provide proper court coverage and to provide effective communication to the table officials.



Use of proper signals and the reporting area

- Officials shall be professional in the use of approved signals and mechanics and should not attempt to draw attention to themselves by the use of unapproved, emphatic, or theatrical signs. Adherence to prescribed NFHS signals and mechanics presents an environment where the officials are in charge and the game is well-officiated.
- Whether calling a violation or a foul, anytime an official blows his/her whistle, he/she shall also raise his/her hand to stop the clock. If a violation is being called, the official will extend one arm above the head with an open palm/fingers extended, while if a foul is being called, the official will raise one arm high above the head with the fist clenched.





Use of proper signals and the reporting area

When a violation is observed, an official shall complete the following after blowing his/her whistle and stopping the clock:

- Move towards the area of the violation.
- Signal the nature of the violation.
- Signal the direction for the throw-in and the team to make the throw-in by stating the jersey color.
- Indicate the throw-in spot.
- All officials are responsible for contact rulings and all fouls. It is imperative that the following procedure be used in this order after an official blows his/her whistle and raising his/her arm to stop the clock:





Use of proper signals and the reporting area

- (if necessary for player clarification) Delay and extend the other hand, palm down toward the fouling player's hips (i.e., "bird dog").
- While holding the foul signal, move toward the play and fouling player, stop, and verbally inform the player he/she fouled by stating the jersey color and number.
- Lower the foul signal and indicate the nature of the foul by giving a preliminary signal using the approved NFHS signal.
- Indicate what will follow as a result of the foul (throw-in, free throws, made basket, etc.).
- After signaling what will result, wait for players to separate, particularly if they are in close proximity to one another, and then move to the reporting area to announce the foul to the scorer. In general, the reporting area is a rectangular area that runs from the middle of the top of the free throw circle on each end of the floor to an area approximately 10' towards the scorer's table.



Use of proper signals and the reporting area

- Once in the reporting area, the official will come to a complete stop before communicating with the official scorer.
- Slowly state the color of the jersey of the player who fouled. Visually indicate the number of the player who fouled using a two-handed signal (right hand shows the ten's digit and the left hand shows the single's digit) while verbalizing the number to the scorer.
- Indicate the type of foul committed.
- Indicate what activity should follow (throw-in, free throws, etc.)
- For a complete description of all 2-person and 3-person mechanics, please refer to the NFHS Basketball Officials Manual.



Palming/Carrying

- Across the country, more and more players are being allowed to illegally dribble the basketball. Likely, a combination of increased viewing of other players doing this act and poor enforcement of the rules by officials has led to this decline in proper fundamentals.
- The dribble begins by pushing, throwing or batting the ball to the floor before the pivot foot is lifted. (4-15-3) The act of palming/carrying is when the dribbler allows the ball to come to rest in one or both hands and then continues dribbling. (4-15-4b) This causes the dribble to end and is a violation



Clarification of Intentional and Flagrant Fouls

- There is a distinct difference between an Intentional Foul and a Flagrant Foul. A foul should be ruled an Intentional Foul when a player, while playing the ball, causes excessive contact. It should be called away from the ball when it's a non-basketball play. These are considered either personal or technical fouls.
- A Flagrant Foul is violent in nature or a noncontact play demonstrating unacceptable or uncivil behavior. The penalty for a Flagrant Foul is immediate ejection.
- There is a concern that there is lack of enforcement for Intentional Fouls. Fouling has become a strategic part at the end of game and officials need to understand the differences between common fouls, Intentional Fouls, and Flagrant Fouls and have the conviction to make the correct call. Was it a basketball play or simply an attempt to stop the clock? As an official, getting the first foul is critical and will help prevent the game from becoming more physical.



Intentional Foul

- **4-19-ART. 3** 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. Intentional fouls include, but are not limited to:
 - Contact that neutralizes an opponent's obvious advantageous position.
 - Contact away from the ball with an opponent who is clearly not involved with a play.
 - Contact that is not a legitimate attempt to play the ball/player specifically designed to stop the clock or keep it from starting.
 - Excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor.
- Contact with a thrower-in as in 9-2-10 PENALTY 4.



Flagrant Foul

- **4-19-ART.4** A flagrant foul may be a personal or technical foul of a violent, savage or uncivil nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking and kneeing. If technical, it involves dead-ball contact or noncontact at any time which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant act.



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.



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.



Closely guarded rule

- 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





REBOUNDING . . .

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





National Federation of State
High School Associations

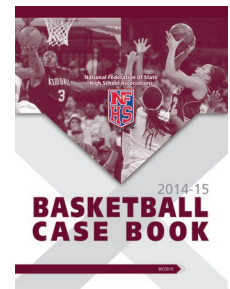


2020-21 NFHS Basketball Information

Take Part. Get Set For Life.™

2020-21 NFHS Basketball Rules and Case Books as E-Books

- 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 for more information.





LEARNING CENTER



Free or Small Fee Courses on [NFHSLearn.com](https://www.nfhslearn.com)

Concussion in Sports

Officiating Basketball

Interscholastic Officiating

Creating a Safe and Respectful Environment

Coaching Unified Sports

Heat Illness Prevention

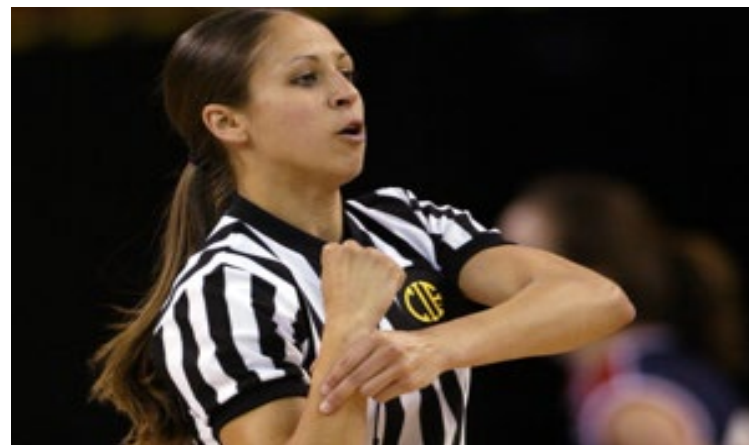
Engaging Effectively with Parents

Positive Sport Parenting

NCAA Eligibility

Sports Nutrition

Sportsmanship



You're Almost Finished!

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:

(IHSA) 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



You may now click on the button to the right of your screen that says:

I'm FINISHED Watching the Rules Meeting Video

You will be directed to the Verification screen followed by the Verification Certificate.



Thank You



- On behalf of the IHSAA and the IGHS AU 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.

