

Junior High

SPORTS MANUAL



2023-2025

TABLE OF CONTENTS

Iowa Code.....	Concussion Management 1
Concussion Management Protocol.....	Concussion Management 1
Return to Participation Protocol.....	Concussion Management 2
Fact Sheet for Parents and Students	Concussion Management 3
Application of Iowa Code Section 280.13C by sport	Concussion Management 4
I. History and Purpose	1
II. Philosophy of Junior High School Athletics	1
III. Membership	2
IV. Cooperative Sharing Agreements Between Member Junior High Schools	2
V. Cooperative Sharing Agreements Between private, non-member schools & public, member schools.....	2
VI. Eligibility Rules for Junior High	3
VII. Junior High Regulations Pertaining to All Sports.....	4
VIII. Coaching Regulations	5
IX. Junior High Coaching Rule	6
X. Coaches Involvement in Summer Camps & Clinics	6
XI. Student Conduct.....	6
Student-Athlete Ejection Rule and Penalty	7
Ineligibility for Use of Anabolic Steroids	7
XII. Sportsmanship of School Personnel	7
Coach Ejection Rule and Penalty	8
XIII. Registered Officials	9
XIV. Girls Participating in Boys' Sports Programs.....	9
XV. Awards Rule	9
XVI. Physical Examination	11
XVII. Football Regulations.....	12
XVIII. Cross Country Regulations.....	14
XIX. Basketball Regulations	14
XX. Wrestling Regulations.....	16
XXI. Swimming Regulations	17
XXII. Bowling Regulations	17
XXIII. Track and Field Regulations.....	17
XXIV. Tennis Regulations	19
XXV. Golf Regulations	19
XXVI. Soccer Regulations	19
XXVII. Baseball Regulations	19
Summary of Junior High Regulations	20

Junior High Advisory Committee

John Vanderloo, AD, North Middle School, Sioux City

Scott Kriegel, AD, Center Point-Urbana

Zac Sinram, Assistant Principal/AD, Indian Hills Middle School

CONCUSSION MANAGEMENT PROTOCOL

Iowa Code Section 280.13C states, in part,

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

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

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

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

5a. If a student's coach, contest official, or licensed health care provider, or an emergency medical provider observes signs, symptoms or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.

5b. A student who has been removed from participation shall not recommence such participation in any dance or cheerleading activity, or activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to or commence participation from the licensed health care provider.

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

- 1. No student shall return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury.**
 - 2. A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.**
 - 3. After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP shall follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.**
 - 4. Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
- 5. Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.**

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.

Coach Removal - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

Contest Official Removal - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.

Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (*practice and/or competition*), licensed health care providers as defined in Iowa Code 280.13C shall follow the return to participation protocol as provided in Chapter 54 of the Iowa Administrative Code.

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

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

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

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

"Contest" means an interscholastic athletic game or competition.

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

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

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

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

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

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

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

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

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

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

54.3(2) Return-to-play steps.

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

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

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

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

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

Step 6: Contest participation.

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

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

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

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

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

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

(4) Definitions:

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

“Licensed health care provider” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.

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

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

What is a concussion?

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

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

1. Teach your child that it's not smart to play with a concussion.

2. **OBEY THE LAW.**

- a. Seek medical attention right away.
- b. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.

3. Tell all of your child's coaches, teachers, and school nurse about ANY concussion.

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

Signs Observed by Parents or Coaches:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Student-Athlete:

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

STUDENTS, If you think you have a concussion:

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

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

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

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

WINTER SPORTS

Basketball:

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

Swimming:

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

Wrestling:

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

receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

SPRING/SUMMER SPORTS

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/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)*

MISSION STATEMENT

“The Iowa High School Athletic Association serves its member schools and students by providing leadership and support for education based interscholastic athletics that enrich the educational experience of the student athlete.”

JUNIOR HIGH SPORTS MANUAL GRADES 7 & 8

I. HISTORY AND PURPOSE

The purpose of this Junior High Sports Manual is to clarify the rules and regulations for the junior members (grades 7 and 8) of the Iowa High School Athletic Association. In addition to the rules and regulations, questions and answers regarding boys' junior high school athletics, in addition to many clarifications, appear in this publication.

The following several paragraphs provide a review of the background regarding the rules and regulations of boys' junior high interscholastic athletics in Iowa.

In 1958 the Iowa Department of Education informed the schools of Iowa that interscholastic athletics would no longer be continued in grades 7 and 8. Naturally, there were many people who strongly believed the interscholastic athletic programs in grades 7 and 8 were an integral part of the educational experience. This resulted in many school people voicing their disapproval to this announced change. Special meetings were held and were attended by consultants from several of the state universities, and members of the Department of Education and Board of Control of the IHSAA. After a thorough review of the junior high interscholastic program, rules and regulations were established. The Board of Control was asked to assist in the enforcement of these rules and regulations for boys' junior high athletics. These rules remained basically the same from 1958 until May 1968.

In May 1967, a junior high school committee consisting of members of the Board of Control, the Representative Council and the Constitution Evaluation Committee, which included junior high school representatives, was appointed to review and recommend changes to the junior high interscholastic program. Most of the recommendations from this committee were incorporated into the proposed rules and regulations. The proposed rules and regulations were explained to the Department of Education, and Superintendent Paul Johnston and his State Board of Education subsequently approved them. The member schools voted to approve the proposals and they became effective May 23, 1968.

It is the hope of the Athletic Association that junior high personnel will be better able to understand the reasons for the current rules and regulations by understanding this background. There is currently a Junior High School Advisory Committee, comprised of junior high school principals and athletic directors, that reviews the current junior high rules and regulations on an annual basis. The recommendations from this committee are forwarded to the Board of Control for their consideration.

Junior high school administrators should become familiar with the complete Constitution of the Iowa High School Athletic Association. All rules and regulations of the Athletic Association are applicable to all junior members. Article III, Sections 4 and 5 of the Constitution and Bylaws of the Iowa High School Athletic Association are basically the two areas that govern junior high athletics.

II. PHILOSOPHY OF JUNIOR HIGH SCHOOL ATHLETICS

The primary purpose of the junior high school athletic program is participation, with emphasis on the development of skills, sportsmanship, and citizenship of all students. Interscholastic athletic programs must fit into a school's total educational program. Athletics provide educational experiences that teach positive lifelong lessons, but only if all sport programs are designed to do so. Interscholastic athletic programs should be evaluated on the educational goals that benefit all participants.

For junior high school athletics to have a positive impact on students, administrators must be cognizant of the amount of time required of student-athletes each week. The IHSAA has set maximum game limitations in all sports. The Junior High Advisory Committee recommends participation in only one competition per week. Each school must determine how many practices and competitions per week are ideal for its student-athletes.

Junior high school students should be encouraged to become involved in a variety of interscholastic sports, and other activities, in order to provide a complete learning experience. Participation in interscholastic athletics, and other activities, has been proven to be very beneficial to young students. Academic success, and success later in life, are only two of the many benefits of such participation. Research indicates students involved in high school athletics, and other activity programs, have better attendance records, higher grade point averages, fewer discipline problems, use drugs less, and display better sportsmanship/citizenship than nonparticipants.

Every student should be taught the importance of striving to win, but they should also be taught losing does not make them, or others associated with a team, failures. The values of teamwork, sportsmanship, citizenship, dedication, commitment, responsibility, fairness, and respect for self and others must be part of the lessons students

learn at an early age. In surveys of Iowa high school student-athletes conducted by the IHSAA since 1984, FUN has always been the number one reason for participation. Student-athletes have also identified being with friends, developing physical fitness, learning skills of the sport, developing self-confidence, learning teamwork and cooperation, and learning to win and lose as benefits of interscholastic athletic participation.

The Athletic Association believes a young person's total well-being is positively affected by well organized junior high school athletic programs. When making decisions about junior high athletic programs, junior high school administrators are encouraged to remember the primary purpose of those programs is participation, with emphasis on developing skills, sportsmanship, and citizenship of all students.

III. MEMBERSHIP

Article VII, Sections 3 & 4 of the Iowa High School Athletic Association Articles of Incorporation

Section 3: Whenever a school system has a high school which becomes a member of the Iowa High School Athletic Association, all interscholastic athletic contests involving pupils enrolled in grades above 6 are automatically covered and controlled by the rules of the Iowa High School Athletic Association.

a. Any other school system operating any single grade or combination of grades 7 and 8 may apply for junior membership under the condition that, if accepted, it shall comply with all regulations of the Constitution of this Association.

b. No member, or associate member, junior high school may participate against a non-member junior high school in any interscholastic competition.

Section 4: Junior high school membership (hereafter referred to as junior membership) shall apply to, and include, grades 7 and 8 only. Such junior membership may be acquired upon proper application and subscriptions to the rules, with the understanding that junior members shall not acquire any voting rights nor any vested interest in the assets of this Association.

VERY IMPORTANT: Member junior high schools may not participate against non-member junior high schools.

IV. COOPERATIVE SHARING AGREEMENTS BETWEEN MEMBER JUNIOR HIGH SCHOOLS

If a member junior high school does not offer a particular athletic program, it is permissible for them to enter into a cooperative sharing agreement with another member junior high school that does offer the program. The schools involved in the agreement must share attendance boundaries unless schools that do share attendance boundaries do not offer the program or refuse to enter into a sharing agreement. A school may have a cooperative sharing agreement with only one other school district for a particular sport. The procedure to be followed is that the Board of Education of each member junior high school must formally agree to the combining of teams. Each school should keep a copy of the agreement on file for reference. There is no need to file these agreements with the Athletic Association. If the high school cooperative sharing agreement, which is signed by chairpersons of Boards of Education involved in the agreement, stipulates it is effective for grades 7-12, that may act as the formal agreement.

V. COOPERATIVE SHARING AGREEMENTS BETWEEN PRIVATE, NON-MEMBER SCHOOLS & PUBLIC, MEMBER SCHOOLS

The Board of Control policy grants permission for a private, non-member junior high school in the state to enter into a cooperative sharing agreement with a public, member junior high school within the same school district to combine sports programs for their 7th and/or 8th grade students, provided there is no private high school within that school district and the private junior high school within the district does not offer that particular sports program. Teams may also combine in a specific sport, if the private high school within the district does not offer that particular sports program. A private, non-member junior high school may have a cooperative sharing agreement with only one public, member junior high school. A school may have a cooperative sharing agreement with only one other school district for a particular sport. The procedure to be followed is that the Board of Education of the private, non-member school and the Board of Education of the public, member school must formally agree to the combining of teams. Each school should keep a copy of the agreement on file for reference. There is no need to file these agreements with the Athletic Association.

Note: If there are extenuating circumstances, an in-state, private, non-member junior high school and a public, or private, member, junior high school may choose to combine a sport program(s) even if there is a private high school within the school district, providing both Boards of Education from the private and public member junior high schools formally agree. The IHSAA should be notified before schools enter into such an agreement. Rationale:

Rather than create undue hardships (due to travel, etc.) for junior high students who want to participate, if both school districts can agree to a sharing agreement, students should be allowed and encouraged to participate.

VERY IMPORTANT: *Member junior high schools and their contestants must observe the regulations and limitations applicable to member high schools and their contestants, except for those regulations and limitations which follow hereafter.*

VI. ELIGIBILITY RULES FOR JUNIOR HIGH (Grades 7 & 8)

1. When a boy enters 7th grade for the first time, he is automatically eligible academically. A boy may have eligibility in grades 7 and 8 during only his first four semesters of attendance and before his sixteenth (16th) birthday. **EXCEPTION:** *A junior high school boy may be permitted more than four semesters of eligibility (unless he has already turned 16) if the junior high principal makes a request to the Board of Control explaining the circumstances why the boy is repeating 7th and/or 8th grade.* The Board of Control will rule on all requests individually.

2. No 7th- or 8th-grade boy shall be permitted to compete in an interscholastic athletic contest involving any boy below 7th grade or above 8th grade. Whether or not junior high school athletes are allowed to practice with high school athletes is left to the discretion of the local school district.

3. Students below the 7th grade shall not participate in interscholastic practices with, or against, students in the 7th grade or above

4. The status of eligibility at the 7th- and 8th-grade level with regard to sportsmanship will be handled in the same manner as is prescribed in the IHSAA Articles of Incorporation for grades 9 through 12 [280.36.14(2)].

5. The principal shall determine when a boy is eligible academically and also rule on all transfer cases at the junior high level.

6. Any student who desires to participate in interscholastic athletics **MUST HAVE A MEDICAL EXAMINATION** before their first practice and participation. The certificate of medical examination is valid for one calendar year. *A grace period not to exceed 30 days is allowed for an expired pre-participation physical examination.*

7. The student and their parent/guardian must also receive and sign the concussion and brain injury information sheet entitled *HEADS UP: Concussion in High School Sports* before their practice and participation. The signed information form is valid for one calendar year. Unlike the physical examination, there is no grace period and the signed concussion and brain injury information form is only valid for one calendar year.

8. Eighth graders are eligible to practice high school baseball on the first legal day of practice and may compete in high school baseball on the first legal high school playing date, even if school is still in session.

9. A student who participates in the name of a member school during the summer following eighth grade is **INELIGIBLE** to participate in VARSITY ATHLETICS in the name of another member school for the first ninety schools days of ninth grade unless an exception to the General Transfer Rule occurs [281.36.15(3)].

Eligibility Questions & Answers

Q-1: How many years of eligibility does a junior high boy have?

A: *The student is eligible for the first four semesters of attendance in junior high school. However a boy may be permitted more than four semesters of eligibility if the junior high principal makes a written request to the Board of Control explaining circumstances why the boy is repeating 7th and/or 8th grade. The Board will rule on all requests individually.*

Q-2: We have a boy in the 8th grade whose parents desire to have him repeat the 8th grade. He passed all of his courses but he is very small and they feel that he should be retained. Will he be eligible for junior high athletics?

A: *The junior high principal may submit a written request to the Board of Control regarding additional eligibility stating the reasons and circumstances involving said case. The Board will rule on all eligibility requests individually.*

Q-3: We have a boy in the 7th grade and the doctor would not give him permission to participate in athletics. At the end of the first semester, the boy was permitted to compete in athletics. Was he charged with attendance?

A: *Yes, he is charged with a semester of attendance. However, the principal may, in writing, request a Board of Control ruling relative to additional eligibility stating circumstances of the individual's inability to participate. The Board will rule on all eligibility requests individually.*

Q-4: A boy who attended 6th grade last year has moved with his parents to our school and is entering 7th grade this fall. Is he academically eligible?

A: *Yes, a boy is automatically eligible when he enters 7th grade for the first time whether or not he passed all his work in the 6th grade.*

Q-5: We circulate an eligibility card every two weeks for our teachers to sign to determine if boys are passing, whereas other schools circulate these cards every week. Are we violating the rules and regulations of the Association?

A: *No, the principal, or local school, has the prerogative to determine the eligibility of 7th- and 8th-grade athletes giving consideration to maturity and academic achievement.*

Q-6: We have a boy who entered the 7th grade and after the first month of school we returned him to the 6th grade. Will this count as a semester of attendance?

A: *Yes, he is charged with a semester of attendance. However, the principal may, in writing, request a Board of Control ruling relative to additional eligibility stating circumstances of the individual's inability to participate. The Board will rule on all eligibility requests individually.*

Q-7: We have a boy who is older than 16 and is quite small. We realize he cannot play in interscholastic competition. Is it permissible for him to practice with our squad?

A: *The Athletic Association has no rules and regulations governing how you conduct practice. The Iowa Department of Education rules DO NOT ALLOW 7th & 8th grade students to compete against high school students (grades 9-12), and Athletic Association rules do not allow students 16 years old, or older, to compete at the junior high level.*

Q-8: Our school has a policy where all junior high athletes must pass all their subjects before they play interscholastic competition. Can we have such a policy?

A: *Yes, any member school may have a rule more restrictive than those provided by the Athletic Association and Iowa Department of Education. Academic eligibility is determined by the local school administration at the junior high level.*

Q-9: We have a boy who failed 6th grade last year, but when a boy attains a certain age we promote him to 7th grade. Is he eligible for 7th-grade athletics?

A: *Yes, a boy is automatically eligible when he enters 7th grade for the first time whether or not he passed all his work in the 6th grade. He is subject to academic eligibility as determined by the principal.*

Q-10: We have a boy who is passing three of his four subjects. Is he eligible for interscholastic competition?

A: *Academic eligibility is determined by the junior high principal.*

Q-11: We have a boy who, because of illness, was unable to attend school in the 4th grade for two years. He is now in 8th grade and is 17 years old. Can he compete in junior high athletics?

A: *No, he lost his eligibility to compete when he became 16 years of age.*

Q-12: We have a boy who will be 16 years old Wednesday and we have a game that day. Is this boy eligible to play in this game?

A: *No, the boy may not play on his 16th birthday.*

Q-13: May our 8th-grade boys practice against our 9th-grade boys?

A: *The Athletic Association has no rule about how you conduct your practices. The Iowa Department of Education rules DO NOT ALLOW 7th & 8th grade students to compete against high school students (grades 9-12) due to maturity differences.*

VII. JUNIOR HIGH REGULATIONS PERTAINING TO ALL SPORTS

1. No junior high interscholastic activities shall be permitted to start before 4:00 P.M. or later than 5:30 P.M. (When multiple contests are held on a school day, the first contest must begin by 5:30 P.M., but it is understood subsequent contests are permitted to begin after this time.) *EXCEPTION: If schools are close enough to each other and there is no loss of academic school time by the competing schools in traveling to the activity, competition may begin before 4:00 P.M.* The departure time for athletic contests away from home will be left to the discretion of the local school administration.

2. In all junior high interscholastic contests, AT LEAST ONE OF THE CONTEST OFFICIALS MUST BE REGISTERED WITH THE IHSAA and it is recommended that all officials be registered.

3. There is a limitation in the number of contests, per sport, in which a junior high school team, and student, may compete. The Junior High School Advisory Committee recommends schools attempt to schedule no more than one junior high contest per week, however, a school may schedule contests at their discretion. If more than one contest is held during a week, it is suggested schools be selective in determining when multiple contests will be held in one week and that Saturday be used as one of the possible dates.

4. Number of interscholastic contests shall not exceed the following:

Basketball: 12	Cross Country: 7	Football: 6	Golf: 5	
Soccer: 7	Swimming: 5	Tennis: 9	Track: 7	Wrestling: 9

5. When weather conditions warrant, schools may postpone contests and reschedule them when convenient for both schools. There is NO need to notify the Athletic Association when rescheduling contests.

6. Multiple team meets involving more than two teams are permitted only in basketball, track, cross country, golf, swimming, and wrestling. Tournaments are not permitted in basketball, soccer, tennis and wrestling. (*See wrestling exception in the Wrestling Regulations.*) (*See basketball exceptions in the Basketball Regulations*)

7. Member schools are required to complete game contracts with other member junior high schools.

8. IHSAA MEMBER JUNIOR HIGH SCHOOLS ARE NOT PERMITTED TO PLAY CONTESTS WITH NON-MEMBER JUNIOR HIGH SCHOOLS.

9. No interscholastic scrimmages are allowed in any junior high athletic program.

10. No sport practice may begin BEFORE the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first. With this stipulation, starting practice dates for all sports are left to the discretion of the local school.

11. The IHSAA does NOT require the NFHS authenticating mark be present on balls used at the junior the school level.

12. Due to the fact some junior high schools may use “hand-me-down” uniforms, or practice jerseys, to allow more players to participate in competition, **SOME FLEXIBILITY IS PERMITTED FOR JUNIOR HIGH UNIFORMS THAT DO NOT CONFORM TO ALL REQUIREMENTS OF THE NFHS RULE CODES.** Uniforms that are of the same basic color may vary in other aspects (i.e., style, trim, minor color variance, duplicate or illegal numbers, etc.). If there is a need to use duplicate numbers, or in football to use linemen numbers on receivers or vice versa, every effort should be made to keep this to a minimum. It is the coach’s responsibility to notify the contest officials and coach of the visiting team if these circumstances exist. No other adaptations to NFHS uniform rules, including the jewelry rule, are permitted.

Basic Regulations Questions & Answers

Q-14: Our high school is a member of the IHSAA and we have four junior high schools in our school district. Do we need to apply to become junior members of the IHSAA?

A: *No, when a school district has a member high school, the junior high schools in that district are automatically junior members of the Athletic Association.*

Q-15: Last week we had a junior high game scheduled on Wednesday but postponed it until this week because of a severe rain storm. We now have two games scheduled this week. May we play both of these games?

A: *Yes, you are permitted more than one contest in a week. (Please refer to items 3 & 5 under Basic Junior High Regulations.)*

Q-16: Are the rules and regulations for junior high school more restrictive than for the high school?

A: *No, they are generally less restrictive than the high school rules.*

Q-17: How may administrators of member schools initiate revision and adoption of rules and regulations?

A: *They may request the Junior High Advisory Committee discuss their proposals. Their proposals could then be forwarded to the Board of Control as recommendations from the Junior High Advisory Committee. The Board of Control has the authority to make changes which it deems proper for administering the junior high interscholastic program, such as game limitation rules, or the Board can decide to poll the member schools.*

VIII. COACHING REGULATIONS (ARTICLE VII, SECTION 2 OF THE IHSAA ARTICLES OF INCORPORATION)

To qualify for membership in the Association, a school must employ coaches who meet the minimum requirements for licensure as approved and as established and determined by the State Department of Education. All 7-12 coaches (head/assistant/volunteer) must annually view the NFHS course entitled *Concussion in Sports – What you Need to Know*. Please work with your high school athletic administrator in entering the required information in the IHSAA member school link regarding this requirement.

Coaching Regulations Questions and Answers

Q-18: We have a parent who would like to volunteer as a coach. Does he need to meet Iowa Department of Education requirements?

A: Yes. All coaches, whether compensated or volunteer, must meet minimum DOE requirements (*coaching endorsement or authorization*).

IX. JUNIOR HIGH COACHING RULE

Grades 7 & 8

The Board of Control, at their June 12, 2016, meeting, adopted a policy that would permit school personnel to coach or instruct 7th and/or 8th grade students in non-school participation during the school year, AFTER THE START OF THE JUNIOR HIGH SPORTS SEASON DETERMINED BY THE INDIVIDUAL SCHOOL DISTRICT OR THE FIRST HIGH SCHOOL PRACTICE DATE ESTABLISHED BY THE IHSAA, WHICHEVER DATE COMES FIRST. SCHOOL PERSONNEL MAY NOT COACH THEIR SCHOOL'S 7th AND/OR 8th GRADE ATHLETES IN NON-SCHOOL COMPETITION BEFORE THE JUNIOR HIGH SCHOOL SPORT SEASON. This policy is much more lenient than the Department of Education rule pertaining to 9-12 coaches & athletes. It was adopted after the Board of Control reviewed the status of the non-school team participation by 7th and 8th graders and the status of non-staff coaches involved in the coaching and instruction of these students. In summary, once the junior high or high school sport season has started (whichever comes first), a member school's personnel may coach or instruct any of the 7th and 8th grade student-athletes for the remainder of the school year in non-school competition.

Junior High Coaching Rule Questions and Answers

Q-19: Our swimming coach would like to work with boys interested in swimming, during the month of December. Our swimming season begins in January. Does the junior high coaching rule allow this?

A: *Yes. The rule allows coaches to work with student-athletes in non-school competition after the junior high school's sport season or high school season has started. As high school swimming began in November, the coach may work with these junior high students.*

Q-20: Our school offers a split season in the winter, with wrestling being offered before the holiday break and basketball being offered after the break. Our basketball coach would like to coach some of our players in a town league during the month of December. Is this a violation?

A: *No. The rule allows coaches to work with student-athletes in non-school competition after the junior high school's sport season or high school season has started. As high school basketball began in November, the coach may work with these junior high students.*

Q-21: One of our volunteer coaches would like to take some of our wrestlers to non-school tournaments during the fall. Is this permissible?

A: *No. The junior high coaching rule pertains to compensated and volunteer coaches. Coaches, compensated or volunteer, may take wrestlers to tournaments after the school season begins, but not before the season begins.*

X. COACHES INVOLVEMENT IN SUMMER CAMPS AND CLINICS

From June 1 to the beginning of the first day of practice in the fall, school personnel may coach that school's student-athletes. Schools cannot offer, or run, summer camps and clinics. Coaches, as individuals, may offer summer camps and clinics at school facilities provided they have made appropriate arrangements with the school. Summer camps and clinics held at a school facility, or run by school personnel, shall not conflict with school-sponsored sports which are in season.

Camps & Clinics Questions and Answers

Q-22: Our school would like to have a summer physical fitness/strength training program supervised by our coaches. Is this permissible?

A: *Yes. Schools may offer fitness programs that do not teach specific sports skills, but schools cannot offer sport programs during the summer.*

Q-23: Our basketball coach would like to have a recreation program 3 nights a week during the summer. Boys from all over the town gather and have organized teams playing a 10-game schedule during July. Is this permissible?

A: *Yes, as long the coach is doing this as an individual. The school cannot have summer basketball, therefore, cannot be involved in the program in any way. The school may rent facilities for summer recreation programs, but cannot be involved in running the program.*

XI. STUDENT CONDUCT

The local Boards of Education can make rules and regulations on good conduct. They can make rules and regulations with regard to alcoholic beverages and dangerous drugs. Most school boards across the state have adopted a Good Conduct Rule. These rules apply to those students involved in extracurricular activities, most typically athletics. They set up the disciplinary procedures which will be applied with regard to the student's extracurricular activity in the event of poor conduct. In order for a Good Conduct Rule to be in force and effect, an individual school board must adopt its own Good Conduct Rule.

STUDENT ATHLETE EJECTION RULE & PENALTY

Penalty: Any student disqualified from an interscholastic contest by game officials for flagrant, violent or verbal misconduct will be ineligible for the next *regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level in addition to any other penalties the IHSAA or the school may assess. The second violation carries a four (4) *regularly scheduled game/meet ineligibility. Subsequent violations will result in penalties determined by the local school district and the Iowa High School Athletic Association. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in next sport the student participates in.

This policy is in effect in all interscholastic contests, grades 7-12.

**The "next regularly scheduled game/meet" is defined as the next scheduled, rescheduled, or contracted date. Example: "A1 is ejected from the "B" game of an "A", "B", "C" squad basketball game. What is the penalty for A1?" Ruling: A1 must sit out the rest of competition that day and is suspended from the next scheduled date at that level of competition and all games in the interim at any level.*

Any time a student/athlete is ejected from a game/meet, he/she does not participate the remainder of that day. If a student athlete is ejected and the next game/meet is not scheduled within 10 days, contact the IHSAA for a ruling regarding the length of suspension.

A player ejected from a contest must remain under the supervision of a coaching staff member for the remainder of the contest from which he was ejected. This would permit the ejected player to stay in the team bench area if no school personnel is available to supervise the player outside the contest area.

The local school district shall determine if the ineligible player shall travel to and/or from the contest, sit on the team bench or enter the locker room while suspended. The ineligible player is not to dress for the contest nor participate in pregame warmups.

Reporting procedures: It will be the responsibility of the game/meet official to report any disqualifications to the IHSAA the day following the game/meet. If the game/meet is held Friday or Saturday, the report should be made the Monday following the game/meet.

It is the coach's responsibility to inform his/her administrator of any disqualifications. The administrator will file an official report form with the IHSAA. Junior high athletic directors will need to contact the high school athletic director for the most up to date online form.

STUDENT-ATHLETE EJECTION POLICY

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Coach Education/Certification Program elective course "Sportsmanship-" The course must be viewed prior to being able to return and participate in an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date.

Q-24: An 8th grader is ejected from the last football game of the year, when does he serve his penalty?

A: He would miss the next competition date in the next IHSAA sponsored activity in which he participates in.

INELIGIBILITY FOR USE OF ANABOLIC STEROIDS

- A. Steroid use is unsportsmanlike conduct in that it can give an unfair athletic advantage to the user.
- B. As of September 1, 1990, any athlete who uses anabolic steroids is subject to a ONE CALENDAR YEAR period of ineligibility from ALL athletics.
- C. The only exception to an athlete who uses anabolic steroids being declared ineligible for one calendar year will be if a medical doctor signs an affidavit that they have prescribed anabolic steroids for the student-athlete. Information regarding such usage must be filed with the high school principal or athletic director prior to the athlete taking part in high school athletics.

XII. SPORTSMANSHIP OF SCHOOL PERSONNEL

Any person affiliated with a school involved in a contest is responsible for conducting their actions in such a manner as to represent the high ideals and principles of their school. The same is expected of the athletes, to demonstrate only the finest sportsmanship. The adherence to good sportsmanship and good conduct by all personnel is the responsibility of each member school. The coach has the responsibility of having the team appear for and complete

the contest, and then return the team to its home school. Any coach who cannot assume these responsibilities should not have the privilege and honor of coaching boys in interscholastic athletics.

Q-25: Our coach was very disturbed with the officiating of a basketball game and, therefore, took the team to the locker room and refused to play. Is this a violation of the Athletic Association rule?

A: Yes, this is a serious violation and the Board of Control will not tolerate such action. If a coach is guilty of removing the team from the contest prior to the contest's completion, the school's athletic schedule for that sport will be automatically terminated at the end of the calendar week following the incident. This violation will be reported immediately to the Association by the school administrator. The school's administrative staff (superintendent, principal, or athletic director) may request a hearing on the matter at the Association Office, Boone, Iowa, within 5 days of the incident. The purpose of the hearing is to provide the school with an opportunity to explain the circumstances involved and to satisfy the Association's administrative staff that the problem has been taken care of at the school level. If the school is dissatisfied with the penalty provisions prescribed by the administrative staff of the IHSAA, they may appeal the decision to the Board of Control of the IHSAA in writing within 10 days of the written decision of the administrative staff. The appeal decision of the Board of Control will be final.

Q-26: One member of our Board of Education is a rabid basketball fan. On occasion, he becomes rather abusive to our basketball officials and the coaches from other schools. What can be done to impress upon him the necessity of exercising better principles of sportsmanship?

A: You should inform him that he is subject to being ejected from the facility by the game officials and potentially suspended from future events by the local school board or the IHSAA Board of Control.

COACH EJECTION RULE & PENALTY

Penalty: Any coach disqualified from an interscholastic contest by game officials for flagrant, violent or verbal misconduct will be ineligible for the next *regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level in addition to any other penalties the IHSAA or the school may assess. The second violation carries a four (4) *regularly scheduled game/meet ineligibility. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. The penalty is not imposed from one sport program to the next sport program.

This policy is in effect in all interscholastic contests, grades 7-12.

Any school that does not enforce this policy will be placed on probation and will not be permitted to participate in any IHSAA-sponsored events for one calendar year.

**The "next regularly scheduled game/meet" is defined as the next scheduled, rescheduled, or contracted date.*

Example: A coach is ejected from the "A" game of an "A", "B", "C" squad basketball game. What is the penalty for the coach? Ruling: The coach must sit out the "B" and "C" game that day and is suspended from the next scheduled date at that level of competition and all games in the interim at any level.

Any time a coach is ejected from a game/meet, he/she does not coach the remainder of that day. The coach is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition. If a coach is ejected from a contest and the next game/meet is not scheduled within 10 days, contact the IHSAA for a ruling regarding the length of suspension. The coach is NOT to be at the competition site while suspended.

At the conclusion of each season, a list of the coaches ejected will be sent to all member schools. This list will be published in the next official IHSAA Bulletin. The name of the coach and his/her school will be reported.

Reporting procedures. It will be the responsibility of the game/meet officials to report any coach ejections to the IHSAA the day following the game/meet. If the game/meet is held Friday or Saturday, the report should be made the Monday following the game/meet. It is the coach's responsibility to inform his/her administrator of any ejection. The administrator will file an official report form with the IHSAA. Junior high athletic directors will need to contact the high school athletic director for the school's password to enter the ejection report. You will need to use the name of your high school to enter the appropriate data as we have not included a list of junior highs in our ejection report database.

COACH EJECTION POLICY

Any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Fundamentals of Coaching elective course "Teaching and Modeling Behavior." The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. The

approximate cost of the course is \$25. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date.

XIII. REGISTERED OFFICIALS

WHEN MEMBER SCHOOLS PARTICIPATE IN A CONTEST, MEET OR TOURNAMENT, REGISTERED OFFICIALS MUST BE USED. EXCEPTION: AT THE JUNIOR HIGH SCHOOL LEVEL (GRADES 7-8), ONLY ONE REGISTERED OFFICIAL IS REQUIRED. Under no condition will the Association permit a contest to be played using only officials who are not registered by the IHSAA. The use of non-licensed (registered) IHSAA officials may result in sanctions by the IHSAA, which could include forfeiture of the contest. It is not the prerogative of any member school to agree to set aside this rule. Such schools would be in violation of the Constitution if they decided by mutual agreement to use officials not registered with the IHSAA. Administrators should realize the liability a school must assume if non-registered officials are contracted. You cannot afford to be subjected and charged with negligence – don't take this risk. Schools may use school personnel to officiate second-team games and junior high contests, by having such personnel pass an open-book examination and view an online rules meeting to qualify as a registered official. It is very important for each school administrator and coach to read the game contract signed between member schools. In this contract is stated the method by which both schools agree to the selection of registered officials. After two schools mutually agree to hire officials, the schools both have equal responsibility to use these officials. If there is dissatisfaction with the officials, both schools must share the responsibility of having agreed upon the selection of them. The officials retain clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the officials had jurisdiction. State associations may intercede in the event of unusual incidents after the officials' jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

XIV. GIRLS PARTICIPATING IN BOYS SPORTS PROGRAMS

The Iowa High School Athletic Association's position on girls participating in boys sports programs is as follows:

1. If a like sport program is not offered for girls in a school district, the IHSAA recommends that the school district give consideration for girls to participate on the boys' team if they request participation.
2. When a girl participates on a boys' team, the following guidelines are recommended:
 - a. A meeting with the principal, athletic director, coach of the sport involved, the girl, and her parent(s).
 - b. The girl and her parent(s) should be informed that once she becomes a member of the team, she will be treated like all other team members.
 - c. The coach should explain to the girl and her parent(s) exactly what will be expected in practice and games so the girl and her parent(s) will have an understanding of a typical practice/game situation as it pertains to that sport.
 - d. The girl and her parent(s) should be informed that she will be provided with proper supervision and she will have supervised dressing facilities.
3. If the student is planning on participating in football, she should be informed that football is an aggressive contact sport. She should be informed of the risk of injury while playing football. She should be informed football pads were not made to protect young ladies, as there is a great deal of contact on the front part of the body.
4. If the student is going to participate in wrestling, she should be informed of the various holds and maneuvers used in wrestling, notably:
 - a. Wrestling is a sport which teaches techniques that involve grasping to restrain a wrestler through the crotch and across the chest.
 - b. Competition and practice are often aggressive and physically demanding.
5. The principal should have a prepared statement that indicates a meeting took place, the date, who was in attendance, a meeting outline, and have all parties sign the statement. This will serve as a record that a meeting did take place and what transpired.

XV. AWARDS RULE 281 IAC 36.14(3)

1. Awards from a junior high school or registered organization.
 - a. A student will be permitted to receive from the student's school, another junior high school, a registered organization, or the host of an event sanctioned by a registered organization, for participation in an interscholastic athletic contest or program, an award whose value cannot exceed \$50.

2. Awards for participation in school programs from an individual or organization other than a junior high school or registered organization.
 - a. An outside school group or individual may give the entire team a free dinner provided the local school administrator approves of the banquet.
 - b. An outside school organization (civic club, booster club, a local business, etc.) is only allowed to give an individual an inexpensive, unmounted, unframed certificate of recognition.
 - 1) The outside group or individual may give money to the local school to buy a plaque or trophy on which the outstanding athlete's name is inscribed, and the trophy or plaque shall become the property of the school.
3. Participation in an outside school activity during the school year.
 - a. If the activity is a sport sponsored by the IHSAA, the following applies:
 - 1) At no time may any student accept an award of money or in the form thereof.
 - 2) A student may not receive any award for which the value exceeds \$50.
 - 3) A student may accept a statuette trophy, plaque, or cup as long as this award does not exceed \$50 in value.
 - b. If the activity is a sport not sponsored by the IHSAA, the following applies:
 - 1) The student may accept any award that is not in violation of the amateur rule for that particular organization sponsoring the sport.
 - c. IF A CASH PRIZE IS ACCEPTED IN A SPORT SPONSORED BY THE IHSAA, THE INDIVIDUAL WILL BE INELIGIBLE IN THE SPORT IN WHICH HE RECEIVED THE MONEY.
 - d. EXAMPLES:
 - 1) A group of students enter a basketball tournament after the season has been completed which has cash prizes for the winning teams.
Ruling: First, they could not receive any award of more than \$50 in value. The award might be a statuette trophy, cup, or plaque. Second, if they accepted the cash prize, it would make each of them ineligible to compete in interscholastic basketball.
4. Participation in an outside school activity during the summer months.
 - a. A student may enter an event in any sport as an individual or as a member of a team not representing his school.
 - b. If such a student wins an award, he may accept the award provided it does not violate the amateur award rule of the sponsoring organization of the sport.
 - c. At no time may a student accept an award of money or in the form thereof.
 - d. Whenever a student violates the award provisions as outlined, he becomes ineligible in the sport in which he violated.
 - e. EXAMPLE: A student enters an amateur golf tournament and wins merchandise or merchandise gift certificate valued at \$150. *Ruling:* If this is not in violation of the amateur award rule for golf, he could accept the award if:
 - 1) In golf, from the first day of school to the last day of school, a student may accept an award of no more than **\$50** in value.
 - 2) During the summer months, after the last day of school to the first day of school, any student can enter a golf tournament, accept any prize any other amateur golfer can accept according to the Amateur Golf Association rules.
 - 3) **Money can never be accepted.**

Awards Rule Questions & Answers

Q-27: Our Booster Club is very anxious to award jackets to the students on our junior high basketball team. Is this a violation?

A: Yes, this is a direct violation. The superintendent is held responsible to make certain that no organization or group outside the school makes an award to a member of your team, and that no member of the team accepts any award for his participation except the unattached letter or insignia of his school.

Q-28: Our school desires to give each member of our basketball team a gold basketball. Is this a violation?

A: No, this is not a violation, provided the award does not exceed **\$50** in value.

Q-29: Our Booster Club desires to award a large plaque to the school in recognition of our basketball team's outstanding performance this year. Is this a violation?

A: No, this is not a violation. The award is being given to the school and not the individual. It remains the property of the school.

Q-30: A former coach of our school desires to give the school a large cup and each year have engraved upon the cup the name of the student who has the best record for free throws during the basketball season. Is this a violation?

A: No, it would not be a violation for your school to accept the cup. The cup would remain the property of the school.

Q-31: Our local bank wants to send our football team to a college football game this fall. We have hesitated to accept this generous offer because it is our opinion that this is a violation. Are we correct?

A: Yes, you are correct. The offer of the local bank is a violation; however, your school could accept money from the service club and sponsor and supervise such a project.

Q-32: Can a local businessman, on behalf of his business or as an individual, give an Outstanding Wrestler Award or Outstanding Player Award?

A: Yes. However, the award would be limited to an inexpensive, unframed, unmounted paper certificate.

Q-33: Can a host school award an outstanding wrestler award or an outstanding player award?

A: Yes. The host school may name an outstanding wrestler or outstanding player award, but the award must be in the form of an inexpensive, unmounted, unframed paper certificate of recognition.

XVI. PHYSICAL EXAMINATION

Any student wishing to participate in interscholastic junior high school athletics MUST have a pre-participation examination by a licensed physician and surgeon, physician assistant, osteopathic physician and surgeon, osteopath, doctor of chiropractic, or advanced registered nurse practitioner prior to the student's participation. The certificate of medical examination is valid for the purpose of this rule for one calendar year. A grace period, not to exceed 30 days, is allowed for expired medical certifications. The Board of Control provides pre-participation physical examination blanks which may be used for this examination.

Additionally, the Committee on Sports Medicine of the Iowa Medical Society recommended to the Board of Control that member schools adopt a health and injury information card system for information pertinent to the athlete's physical condition. The cards could be taken to the site of competition in the event medical treatment is necessary from medical personnel other than the medical professional who originally gave the pre-participation physical examination. A sample of the card, which also contains a consent for treatment statement, has been mailed to each member junior high school. The use of these cards is voluntary on the part of all schools.

Physical Examination Questions & Answers

Q-34: Is it necessary for athletes to have a pre-participation physical before their first practice, or just before we allow them to compete?

A: Every athlete must have a pre-participation physical exam before he participates in interscholastic junior high school athletics. This includes practice and competition.

Q-35: Who may perform a pre-participation physical exam?

A: Iowa law allows licensed physicians and surgeons, physician assistants, osteopathic physicians and surgeons, or osteopaths, doctors of chiropractic, or advanced registered nurse practitioners to perform pre-participation physical examinations.

HEALTH AND INJURY INFORMATION CARD and
CONSENT FOR MEDICAL TREATMENT FORM
*This form is to be completed and kept available for reference wherever competition takes place.
Update medical information as necessary.*

Student's Name (Last, First, MI) _____
Age _____ Grade _____ Date of Birth _____ Today's Date _____
Student ID# _____
Parent/Guardian Name(s) _____
Student Address _____
Parent/Guardian Home Ph. Number(s) _____ Cell: _____
Parent/Guardian Place(s) of Work _____
Parent/Guardian Work Phone Number(s) _____
In an emergency, when parent/guardian cannot be notified, please contact:
_____ Relationship _____ Phone _____
_____ Relationship _____ Phone _____
Family Physician _____ Phone _____
Preferred Hospital _____ Phone _____
Family Dentist _____ Phone _____
Insurance Provider _____ Policy # _____
Date of last tetanus booster: _____ (month/year)
Do you wear: Glasses ___yes___ ___no___ / Contacts ___yes___ ___no___ / Dentures ___yes___ ___no___
- OVER PLEASE - 0614

List any known allergies, drug reactions, or other pertinent medical information. (Diabetes, seizures, history of head injury with unconsciousness or confusion, medications, etc.)

Please note and date any new injury information here: _____

CONSENT FOR MEDICAL TREATMENT
Iowa law requires a parent's, or legal guardian's, written consent before their son or daughter can receive emergency treatment, unless, in the opinion of a physician, the treatment is necessary to prevent death or serious injury.
As the parent(s), or legal guardian(s), of the child named on the front of this card, I (we) authorize emergency medical treatment or hospitalization that is necessary in the event of an accident or illness of my (our) child. I (we) understand that this written consent is given in advance of any specific diagnosis or hospital care. *This written authorization is granted only after a reasonable effort has been made to contact me (us).*

Date _____ Parent's/Guardian's signature _____
Consent for Treatment endorsed by
the Iowa Chapter of the American Academy of Emergency Physicians
Cards provided by
THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION, BOONE, IA

XVII. FOOTBALL REGULATIONS

1. A maximum number of six (6) interscholastic junior high football contests shall be scheduled.
2. Junior high school football practice shall NOT start before the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first. The first interscholastic football contest may not be played before the opportunity for 10 weekdays of practice.
3. The following preseason practice guidelines are in effect for the sport of football at the junior high level.
 - (a) There shall be no more than one practice per day.
 - (b) A practice is defined as a period of time in which a student participates in physical activity.
 - (c) A practice cannot exceed three (3) hours in length. Warm-up, stretching, speed and agility drills, strength training, and cool down are all considered part of a practice. Optional weight training activities that are available to all students are not considered part of the practice.
 - (d) On the first two (2) days of practice helmets and mouth guards may be worn and no activities that require protective equipment shall be done.
 - (e) During days three through five (3-5), helmets, mouth guards, and shoulder pads may be worn and contact with blocking sleds, tackling dummies and technique drills for blocking and tackling may begin, but no full contact. Above the waist contact between players focusing on proper tackling and blocking techniques may occur.
 - (f) Starting on day six (6), all protective equipment may be worn and full contact drills may begin.
 - (g) The first two Sundays of the football season shall be days of complete rest (no practice, stretching, conditioning, speed and agility drills, strength training, etc.)
4. Schools are permitted to issue football equipment before the opening date of practice. This football equipment checkout date will be determined by the junior high school administrator.
5. Uniforms - For the only exceptions allowed to NFHS uniform rules see #12 under the heading Junior High Regulations for All Sports.
6. No football game shall be played, nor any practices conducted, on or after November 1.
7. Junior high teams may use a smaller football. The official NFHS football rule book now permits for the use of a smaller size football at the 8th grade level, and below. The IHSAA Board of Control has authorized junior high schools to use the smaller size football since October 19, 1972.
8. Junior high football players may participate in five quarters per day and eight quarters a week. Exception: A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 6-game player limitation rule nor do these free kick or scrimmage kick downs count toward the five-quarter daily/eight quarters weekly rule.
9. Participation in one quarter or any subsequent number of quarters up to a total of 5 in one day will constitute one game being charged against the individual's season limitation of six (6) games.
10. The 35-point differential rule is in effect for all junior high games. If there is a 35-point differential at the end of the first quarter, or anytime thereafter, the game will be played with a running clock using the same rules as in high school football as long as the point differential remains 35 points, or more.
11. NO overtime will be played in junior high football games.
12. Football games involving students in seventh and eighth grade shall be played using 8-minute quarters, unless mutually agreed upon by the two opposing coaches to play LESS than 8-minute quarters. SCHOOLS ARE NOT PERMITTED TO PLAY MORE THAN 8-MINUTE QUARTERS IN FOOTBALL.
13. When a single Junior High Football Contest at a specific grade level is played, a non-scoring 5th quarter or a 20-play showcase, with each team getting 10 offensive and defensive plays (no kicking game), may be played at each grade level for participation purposes.

Football Questions & Answers

Q-36: We have a coach in our junior high who would like to play 9 football games a year and he has asked if it is possible for our junior high to refuse to abide by the rules and regulations of the Association. What can I do as superintendent?

A: *If you desire to belong to the Athletic Association you will inform the coach that he will follow the rules and regulations of the Association, otherwise your school is subject to a severe penalty. The junior high rules are no different from any other rules in the Constitution. Your school agreed to abide by them when it requested membership.*

Q-37: What constitutes a weekday of practice opportunity?

A: *Any day Monday through Saturday after the first actual practice constitutes a weekday of practice opportunity. You cannot begin counting days of practice opportunity until you actually start the season (first scheduled practice).*

Q-38: We have our junior high football schedule set so our first game is not scheduled until after 10 days of practice opportunity, however, due to severe heat and humidity conditions, we sent our students home

early one day and did not have practice that day due to the fact it was not in the best interest of the students' health. Do we have to reschedule our game to get an additional practice in?

A: *Your school had the opportunity for 10 weekdays of practice before the first game. Due to heat and weather conditions, and your judgment as an Administrator, it was in the best interest of the individual student athletes not to practice for their own health and well being. If you actually had school but decided it was more harmful to practice than not practice, this would count in your 10 weekdays of practice opportunities, therefore you would not have to reschedule your game.*

Q-39: Our school district has a policy that establishes Wednesday night as Church/Family Night. As a result, our junior high is not allowed to hold practice or participate in any contests on Wednesdays. Do these days count as a day of practice during the 5 days of preseason practice and as one of my 10 days of practice opportunity that is required prior to our school's first playing date?

A: *Yes, even though your school chose not to practice, you still had the opportunity to hold practice, so it would count as one of your practice opportunity dates.*

Q-40: My coach insists on playing 6 football games and I, as his principal, feel that 5 games are sufficient. What is the philosophy of the Athletic Association?

A: *The maximum number of games a school may play is 6. However, the Athletic Association would certainly support a school's administration choosing to play fewer than six games. Regardless of the number of games played, a well-organized program will allow all players an opportunity to participate.*

Q-41: We have only 5 football games scheduled. Must we play a sixth game?

A: *It is not intended that each school must play 6 games. Six is simply the maximum number of games that may be played. If a school's administration feels 6 games are too many, they may schedule accordingly.*

Q-42: We have an opportunity to schedule our sixth football game on a Thursday, but we already have a game on Monday night of the same week. Is it permissible to play both games?

A: *Yes, however the IHSA strongly recommends that junior high students play in no more than one football game per week. The major argument in support of an additional junior high football game was the fact that school coaches would have the opportunity to work with student-athletes for one additional week. It was not the intention to schedule the sixth contest during the same week a game had already been scheduled. Item #3 under "Basic Junior High Regulations," states, "The Junior High School Advisory Committee recommends schools attempt to schedule no more than one junior high contest per week, however, a school may schedule contests at their discretion. If more than one contest is held during a week, it is suggested schools be selective in determining when multiple contests will be held in one week and that Saturday is used as one of the possible dates." A junior high football player may participate in a maximum of eight quarters a week.*

Q-43: We normally play our football games on Wednesday afternoons. The first scheduled game would permit us to have only 9 days of practice. May we play this game?

A: *No, you must provide the opportunity for 10 weekdays of practice before your first game.*

Q-44: We have a very large junior high football squad. May we play more than 6 football contests?

A: *No, you are only permitted 6 junior high football games and no player may participate in more than 6 games. However, you may divide your squad into more than one team and each team may play 6 games. (Participation in one quarter or any subsequent number of quarters up to a total of 5 in one day will constitute one game being charged against the individual's season limitation rule.)*

Q-45: We have an excellent football team and have one extra date. Is it permissible to play our sixth game on November 2?

A: *No, all games and practices must be concluded by November 1.*

Q-46: Our school year does not begin until the third day of September and we have a school policy where football practice for junior high students will not start until after one week of school has been in session. Is this a violation?

A: *No, the regulation is that football practice in junior high school shall not start before the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 23, 2021 and August 22, 2022, whichever comes first). However, any member school may have a rule more restrictive than those provided by the Athletic Association as long as your team has the opportunity for 10 weekdays of practice before the first game.*

Q-47: We are starting school on September 5 and we have an enthusiastic young coach who would like to start football practice on September 1. Is this permissible?

A: *Yes, junior high football may begin practice on the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first).*

Q-48: We have an adequately lighted football field. May we play one game under the lights to permit the public to attend?

A: Yes, provided the game starts by 5.30 P.M. (When multiple contests are held on a school day, the first contest must begin by 5:30 P.M., but it is understood subsequent contests may begin after this time.)

Q-49: When is a boy charged with playing in a football game?

A: Any time a boy plays in any part of one quarter he is considered to have played in a game, unless his first entry is after the 35 point differential is in effect.

Q-50: We have a good freshman football team in our high school and they would like to have our 8th-grade boys practice with them the first week of November after our junior high season is concluded. Is this permissible?

A: No, there may be no junior high practice on or after November 1.

Q-51: We have a rugged squad of 8th-graders and a neighboring school wants a game with their freshman team. May our 8th-grade team play their 9th-grade in a football game?

A: No, your 8th-grade may not play any team above the 8th-grade or below the 7th-grade.

Q-52: We have a single 7th grade game scheduled, to be followed by a single 8th grade game. Can we play an additional quarter for each game?

A: Yes, as long as only a single game at each grade level is played, an additional quarter may be played for participation purposes.

Q-53: We have a 7th grade "A" game scheduled, followed by a 7th grade "B" game. Can we play an additional quarter for each game?

A: No, you may not play an additional quarter if more than one game at a specific grade level is being played.

Q-54: We have a single combined 7th/8th grade football scheduled, can we play an additional quarter for participation purposes.

A: Yes, as long as only a single game is being played, an additional quarter for participation is allowed.

XVIII. CROSS COUNTRY REGULATIONS

1. Junior high cross country teams are permitted the maximum of seven (7) meets.
2. The distance for 7th- and 8th-grade cross country participants shall be a maximum of 2 miles.
3. Junior high school cross country practice shall not start before the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first and the season ends with the completion of the State High School Cross Country Meet.
4. JUNIOR HIGH CROSS COUNTRY PARTICIPANTS ARE NOT PERMITTED TO RUN IN RACES IN WHICH HIGH SCHOOL PARTICIPANTS ARE COMPETING (GRADES 9-12).
5. Uniform Rule: Coaches are responsible for making sure their competitors are wearing the proper uniform. Competitors must wear school-issued uniforms. Contestants are permitted to wear a hat and/or gloves if weather conditions necessitate. An athlete running without the proper and legal uniform will be disqualified. A legal uniform is well defined in Rule 4, Section 3, Articles 1-3 of the National Federation Track and Field & Cross Country Rule Book.
6. Jewelry is permitted during cross country competition.

Cross Country Questions and Answers

Q-55: We would like to take our junior high and high school cross country runners to the same meet. Is this permissible?

A: Yes, as long as the junior high athletes do not run in any races in which high school runners are running at the same time. Junior high and high school runners can be at the same meet, **but they cannot participate in the same races.**

XIX. BASKETBALL REGULATIONS

1. Number of interscholastic junior high basketball contests shall not exceed twelve (12).
2. Scrimmages are not allowed in any junior high athletic programs.
3. The IHSAA Board of Control has MANDATED the use of the intermediate size basketball for junior high basketball. The circumference shall be within the maximum of 29" and a minimum of 28½"; the weight shall not be less than 18 ounces or more than 20 ounces.
4. The basketball season ends for all schools with the completion of the Boys' State Basketball Tournament, or if your school has a split season winter sports program, upon the completion of your last regularly scheduled game.
5. Uniforms - For the only exceptions allowed to NFHS uniform rules see #12 under the heading Junior High Regulations for All Sports. No technical fouls are to be called in junior high basketball games for illegal numbers on a uniform due to the number of participants at this level.
6. A junior high basketball player may participate in six quarters per day.
7. Participation in one quarter or any subsequent number of quarters up to a total of 6 in one day will constitute one game being charged against the individual's season limitation rule.

8. Tournaments are NOT permitted in junior high basketball.
9. The 3-point goal is allowed in 7th and 8th grade interscholastic contests in gyms that are properly marked.
10. The length of quarters for 7th- and 8th-grade basketball games is 6 minutes, unless mutually agreed by the two opposing coaches to play less than 6-minute quarters. Schools are NOT permitted to play more than 6-minute quarters.
11. If a game ends in a tie, the length of each extra overtime period shall be three minutes.
12. With the written approval of the Iowa High School Athletic Association, junior high basketball teams would be allowed to bring in a maximum of two other junior high basketball teams and play a "round robin" format in which each team would be allowed to play a maximum of 2 contests in one day. The Iowa High School Athletic Association would waive the 6 quarter limitation requirement and allow 8 quarters of participation in this format.
13. **MERCY RULE-** Based on a recommendation from the Iowa Basketball Coaches Association and approval from the IHSAA Board of Control, a 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential at the end of the first half or anytime after, the game will be continued with a running clock. Beginning with the ensuing possession when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

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

- (1) Anytime a time-out is charged to a team;
- (2) Intermission between third and fourth quarter;
- (3) Extended injury time-out;
- (4) Anytime officials determine it is necessary for safety reasons.
- (5) The administration of free throws

Please keep in mind we play the first half to completion with regular timing. If the differential is 35 points or more at half-time or anytime there is a 35-point differential during the second half, the running clock procedures will be used.

If the score margin drops below 25 points, then normal timing will resume for the remainder of the game, or until the 35 point plateau is again reached.

Basketball Questions & Answers

Q-56: We would like to schedule 13 basketball games this year and only 11 games next year. Is this permissible?

A: *No, you may only schedule a maximum of 12 games per season.*

Q-57: We have only 7 basketball games. May we sponsor a junior high basketball tournament?

A: *No, tournaments may not be held in basketball, wrestling, soccer or tennis.*

Q-58: We have an A-game and a B-game for our 7th-grade junior high basketball program. May a reserve who played two quarters in the A-game also compete in the B-game?

A: *Yes, the young man may participate in six quarters per day and this will count as one game toward his 12-game limitation in basketball. (Participation in one quarter, or any subsequent number of quarters up to a total of 6 in one day, will constitute one game being charged against the individual's season limitation rule.)*

Q-59: We want to bring in an additional school and play both schools in 7th grade basketball on a Thursday night. Is that possible?

A: *Yes it is. The first step is have all three schools submit a letter on school letterhead signed by a school administrator requesting the contest(s) to the Iowa High School Athletic Association. The IHSAA will send back a letter approving of the contests. This contest can take place any day of the week approved by the local school administration. Each team will be allowed to play a maximum of two games on that day, with the order to be determined by the host school. **It is recommended that the school traveling the farthest distance from the host school be scheduled to play the first two games.** Each game played will count as one game toward the 12 game limitation. Each player will be allowed 8 quarters of participation on the contracted day only.*

Q-60: Our school has two gyms in the middle school. Can I bring an additional 7th grade team and an additional 8th grade team and play one grade in one gym and one grade in the other gym, providing each grade only plays a maximum of two games?

A: *This is permissible. The first step is have all three schools submit a letter on school letterhead signed by a school administrator requesting the contest(s) to the Iowa High School Athletic Association. The IHSAA will send back a letter approving of the contests. Each team will be allowed to play a maximum of two games on that day, with the order to be determined by the host school. **It is recommended that the school traveling the farthest distance from the host school be scheduled to play the first two games.***

Each game played will count as one game toward the 12 game limitation. Each player will be allowed 8 quarters of participation on the contracted day only.

Q-61: Our school has two gyms in the middle school. Can I bring in an additional 7th grade team and play multiple levels ("A", "B", and "C") on the same night?

A: This is permissible as long as a schedule can be created that would not keep teams there too long at night and would make sure that all teams are properly supervised during the contests. The first step is have all three schools submit a letter on school letterhead signed by a school administrator requesting the contest(s) to the Iowa High School Athletic Association. The IHSAA will send back a letter approving of the contests. Each team will be allowed to play a maximum of two games on that day, with the order to be determined by the host school. **It is recommended that the school traveling the farthest distance from the host school be scheduled to play the first two games.** Each game played will count as one game toward the 12 game limitation. Each player will be allowed 8 quarters of participation on this contracted day only.

XX. WRESTLING REGULATIONS

1. Number of interscholastic junior high wrestling contests shall not exceed nine (9).
2. No 7th- or 8th-grader may participate in more than 3 wrestling matches per day.
3. Junior high wrestlers are required to have a minimum of 30-minutes rest between matches.
4. It is permissible for a junior high wrestler to compete wearing clothing other than a traditional singlet or the two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt, if the school cannot provide singlets or the two-piece uniform for all wrestlers. This is NOT permission for all wrestlers from a school to compete wearing clothing other than a singlet or the two-piece uniform. A tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color and unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet without the approval of the meet referee. When a singlet is worn, all other NFHS rules regarding undergarments apply. It is also permissible for junior high wrestlers to compete wearing a non-traditional wrestling shoe, however, we strongly recommend wrestling shoes be worn, if possible. HEADGEAR SHALL ALWAYS BE WORN during competition AND IN PRACTICE WHENEVER WRESTLING IS TAKING PLACE. (For additional information on uniform rules see #12 under the heading Junior High Regulations for All Sports.)
5. There are NO WEIGHT CLASSES in junior high wrestling competition. It is recommended that schools weigh their wrestlers at home a day before the meet. When they arrive at the site of the meet, the two coaches can compare weights and match individuals up according to *size and ability*.
WRESTLERS WEIGHING 175 POUNDS OR MORE MAY NOT COMPETE AGAINST AN OPPONENT WHO WEIGHS LESS THAN 10% OF THE HEAVIER WRESTLER'S WEIGHT. For example: A 175# wrestler may NOT compete against an opponent weighing less than 157.5# and a 250# wrestler could not compete against anyone weighing less than 225#.
6. In all interscholastic wrestling competition for 7th- and 8th-grade athletes, there are to be three periods. The first period shall be two minutes in length, and the 2nd & 3rd periods shall each be one minute in length (2-1-1). The overtime period in junior high wrestling shall be one period of one minute in length, with a 30-second tie breaker, if necessary. The wrestler who scores first during the overtime or tie breaker will be declared the winner. All other overtime procedures as per the national high school wrestling rule book will be followed.
7. Tournaments are NOT permitted in wrestling. However, it is permissible for more than two junior high schools (7th and 8th grades only) to compete provided no team points are scored and there is no entry fee. This type of meet would count as one of a school's 9 meets, and no participant will wrestle more than three times. This policy was approved to accommodate the participation of as many junior high wrestlers as possible in dual situations, large and small squads alike. The basic intent of the above regulation is to permit the schools with small squads the opportunity to match up wrestlers of similar weight.
8. The wrestling season ends for all schools with the completion of the State Individual Tournament, or if your school has a split winter sports season, upon completion of your last regularly scheduled meet.

Wrestling Questions and Answers

Q-62: Is it permissible to weigh junior high wrestlers in at the meet?

A: Yes, but remember no weight classes are used in junior high wrestling. Wrestlers are paired on the basis of weight range and ability level. It will help with the administration of the meet if both schools have weighed their wrestlers a day or two prior to the meet.

XXI. SWIMMING REGULATIONS

1. Number of interscholastic junior high swimming contests will not exceed five (5), of which no more than three may be multiple team meets.
2. A contestant is permitted to enter four events and only three events may be relays.

Swimming Questions & Answers

Q-63: We have a good swimmer entered in the 50-yard open event and he wants to swim in a leg of two different relays. Is this permissible?

A: Yes, he is permitted participation in 4 events, no more than 3 of which may be relays.

Q-64: May an exceptional junior high swimmer compete against athletes in 9th grade?

A: No, junior high athletes may only compete against athletes in grades 7 and 8.

XXII. BOWLING REGULATIONS

The Iowa High School Athletic Association does NOT sanction bowling as a junior high sport program.

XXIII. TRACK AND FIELD REGULATIONS

The Athletic Association, Junior High Advisory Committee and Track & Field Advisory Committee have expressed concerns about the late hour at which some junior high track meets get over on a school night. While most schools do an excellent job of running meets and having their meets completed at a reasonable hour, the hour at which some meets conclude is unacceptable. The junior high committee believes junior high meets should be concluded by 9 pm. The Junior High Advisory Committee and Track & Field Advisory Committee have developed the following guidelines to provide assistance in administering invitational junior high track meets. Both Committees feel it is important for school's to implement these, or similar, guidelines to expedite junior high school track meets so the students get home at a reasonable time. Schools attending track meets that run excessively long on a school night (Monday - Thursday) should contact the Athletic Association.

GUIDELINES TO EXPEDITE JUNIOR HIGH SCHOOL TRACK MEETS

1. Start the field events before the running events. If a coed meet is being held, have the girl's field events while the boys are running their events and have the boy's field events while the girls are running their events.
2. If the meet is multi-grade, have the 8th grade shot put at the same time as the 7th grade discus and vice versa. This will tie up fewer athletes for the running events.
3. Provide adequate copies of the entry sheets so the announcer, clerk of course, and head timer all have copies.
4. Provide labels with each athlete's name and school printed. Have a blank for the finish time. Rather than writing each competitor's name down at the finish line simply pull the label off their shirt and write in the finish time. This can also be accomplished by having each athlete's name written down before the race starts.
5. If it is a multiple grade meet, provide a clerk of course and assistant clerk of course for each grade. The assistant clerk of course brings the runners to the starting line or a bench near the starting line and makes sure they understand which lane they will be in.
6. Have an adequate number of people in key positions who are experienced at the position. Inexperienced timers should be instructed on how to time before the meet starts.

REGULATIONS

1. Number of interscholastic junior high track contests shall not exceed seven (7).
2. Schools may invite any number of teams to their invitational track meets. The junior high committee believes all meets should be concluded by 9 pm.
3. **Uniform Rule:** Coaches are responsible for making sure their competitors are wearing the proper uniform. Competitors must wear a school-issued/approved uniform. No contestant will be permitted to wear a hat or other apparel which is not part of his track uniform. An athlete running without the proper and legal uniform will be disqualified. A legal uniform is well defined in Rule 4, Section 3, Articles 1-3 of the National Federation Track and Field & Cross Country Rule Book. *The Athletic Association does allow some flexibility in the NFHS uniform rule as per #12, under section VIII of this manual.*
4. The maximum number of events a 7th- and 8th-grade boy may compete in is 4, of which no more than 3 may be running events, of any distance.
5. There will be no preliminaries in any event.
6. **MANDATORY ORDER OF EVENTS:** The Junior High Advisory Committee recommended, and the Board of Control adopted, for dual, triangular and invitational track meets schools run the standardized order of events

approved for junior high schools. This eliminates confusion regarding what events are going to be run at different meets. The Athletic Association does have the prerogative to grant permission to *conferences*, when all teams agree, to have an event eliminated for their conference meet. No events may be added.

(This is the MANDATORY ORDER OF RUNNING EVENTS for boys' junior high track meets.)

- 1) 4 x 800 Meter Relay
- 2) Shuttle Hurdle Relay - Same as the girls shuttle hurdle relay with the exception of 30 inch hurdles
- 3) 100-Meter Dash
- 4) 1600-Meter Medley Relay (200-200-400-800)
- 5) 400-Meter Dash
- 6) 4 x 200-Meter Relay
- 7) 1600-Meter Run
- 8) 100-Meter Hurdles Same as the girls 100-meter hurdle with the exception of 30 inch hurdles
- 9) 200-Meter Dash
- 10) 800-Meter Medley Relay (100-100-200-400)
- *11) 200-Meter Hurdles
- 12) 800-Meter Run
- 13) 4 x 100-Meter Relay
- 14) 4 x 400-Meter Relay

The height of the hurdles is 30". Odd-numbered lanes should be assigned to the 1st and 3rd runners, and even-numbered lanes to the 2nd and 4th runners.

***200-Meter Hurdles:** The distance from the starting line to the first hurdle shall be 60 yards 22" (55 meters). The distance between hurdles shall be 38 yards 10" (35 meters). The distance from the last hurdle to the finish line shall be 46 yards 10" (40 meters). If you have a common finish line for all events you will be able to start your runners at the 200-meter start if you run the 200-meter around the curve; however, if you do not have a common finish line, you will have to put 200-meter start lines in which will be 55 meters from the first hurdle. There will be 4 hurdles and you will be able to use the same hurdle marks for setting up the hurdles as you use in your 400-meter hurdle for high school.

Field Events

High Jump Long Jump Discus (1 Kilo) Shot Put (4 Kilo)

Scoring

(It is suggested that NFHS scoring be used for all junior high track & field meets. Below is the current NFHS scoring system.)

<i>No. Teams Competing</i>	<i>Ind. Events</i>	<i>Relay Events & Scoring</i>
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2-1
6	10-8-6-4-2-1	10-8-6-4-2
7 or more (6-place scoring)	10-8-6-4-2-1	10-8-6-4-2-1
7 or more (7-place scoring)	10-8-6-4-3-2-1	10-8-6-4-3-2-1
7 or more (8-place scoring)	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

Track & Field Questions & Answers

Q-65: We have a 6th-grade boy who runs the 100-meter dash in 11.5 seconds and who is 15 years old. May we use him in our 7th-grade program as he will be too old to compete when he is in the 8th-grade?

A: No, your 7th-grade program may not include boys below the 7th grade.

Q-66: We have a boy who is running in the 400-meter dash on Monday and is scheduled to run in the same event on Thursday. May he participate twice in the same week?

A: Yes, you are permitted to participate twice in the same week. (Please refer to Item No. 3 under Basic Junior High Regulations.)

Q-67: May we hold seven, 7th-grade and seven 8th-grade track meets to provide participation for more boys?

A: Yes, as long as no individual boy participates in more than 7 meets.

XXIV. TENNIS REGULATIONS

1. Number of interscholastic junior high tennis contests shall not exceed nine (9).
2. Tournaments are NOT permitted in tennis.

XXV. GOLF REGULATIONS

1. Number of interscholastic junior high golf contests shall not exceed five (5).
2. Golf meets are limited to **NO more than 18 holes of play in any one tournament or contest.**

Golf Questions & Answers

Q-68: Is it permissible to play only 9 holes at a junior high golf meet?

A: *Yes, there is no rule against playing less than the maximum number of 18 holes.*

XXVI. SOCCER REGULATIONS

1. The number of interscholastic junior high soccer contests shall not exceed seven (7).
2. No junior high soccer practice shall start before the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first. **THE FIRST INTERSCHOLASTIC SOCCER CONTEST MAY NOT BE PLAYED BEFORE THE COMPLETION OF 10 WEEKDAYS OF PRACTICE OPPORTUNITY.**
3. A junior high soccer athlete may participate in only TWO halves per day.
4. Participation in part of one half or up to a total of two halves in one day will constitute one game being charged against the individual's season limitation of six contests.
5. Uniforms - For the only exceptions allowed to NFHS uniform rules see #12 under the heading Junior High Regulations for All Sports.
6. NO tournaments are permitted in junior high soccer.

XXVII. BASEBALL REGULATIONS

The Iowa High School Athletic Association does NOT sanction baseball as a junior high sport program.

SUMMARY OF JUNIOR HIGH REGULATIONS

1. **ANY STUDENT WHO WANTS TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS MUST HAVE A PHYSICAL EXAMINATION.** This examination is valid for one calendar year and must be completed prior to any participation (practice or competition). A 30 day grace period is granted for expired physicals.
2. **THE STUDENT & THEIR PARENT/GUARDIAN MUST ALSO RECEIVE AND SIGN THE CONCUSSION AND BRAIN INJURY INFORMATION SHEET, HEADS UP: CONCUSSION IN HIGH SCHOOL SPORTS.** This signed form is valid for one calendar year and must be completed prior to any participation (practice or competition). Unlike the physical examination, there is no grace period and the signed concussion information form is valid for only one calendar year.
3. **IHSAA MEMBER SCHOOLS ARE NOT PERMITTED TO PLAY CONTESTS WITH NON-MEMBER JUNIOR HIGH SCHOOLS.**
4. **NO JUNIOR HIGH INTERSCHOLASTIC ATHLETIC CONTEST SHALL BE PERMITTED TO START BEFORE 4:00 P.M. AND NOT LATER THAN 5:30 P.M.** *Exception: If schools are close enough to each other and there is no loss of academic school time by the competing schools in traveling to the activity, competition may begin prior to 4:00 P.M.* Departure time for junior high athletic contests is left to the discretion of the school administration.
5. **MULTIPLE TEAM CONTESTS** involving more than two teams are permitted only in basketball, cross country, golf, swimming, track and wrestling.
6. **TOURNAMENTS ARE NOT PERMITTED IN BASKETBALL, SOCCER, TENNIS and WRESTLING.**
7. **NO INTERSCHOLASTIC SCRIMMAGES ARE ALLOWED** in any junior high athletic program.
8. **JUNIOR HIGH INTERSCHOLASTIC CONTEST LIMITATIONS ARE:**

Cross Country	7	Golf	5	Tennis	9
Basketball	12	Soccer	7	Track	7
Football	6	Swimming	5	Wrestling	9
9. **A junior high football player may compete in no more than 5 quarters per day and 8 quarters per week.**
10. **A junior high basketball player may compete in no more than 6 quarters per day.**
11. **A junior high wrestler may compete in no more than three matches per day.** (Wrestlers must have a minimum of 30-minutes rest between matches.)
12. **WRESTLERS WEIGHING 175# OR MORE may NOT compete against wrestlers weighing more than 10% of the lighter wrestler's weight.**
13. **A junior high soccer player may compete in no more than two halves per day.**
14. **The maximum number of track and field events a junior high athlete may compete in is four (4). No more than 3 of the 4 events may be running events of any distance.**
15. **JUNIOR HIGH STUDENTS (GRADES 7 & 8) MAY NOT PARTICIPATE IN INTERSCHOLASTIC COMPETITION WITH STUDENTS ABOVE THE 8TH GRADE OR BELOW THE 7TH GRADE.**
16. **No fall sport may begin practice before the first day of school or the Monday of Week 8 of the NFHS Standardized Calendar (August 21, 2023 and August 26, 2024), whichever comes first.** The starting date for all other sports is left to the discretion of the junior high principal.
17. **SCHOOLS MUST ALLOW FOR 10 DAYS OF FOOTBALL & SOCCER PRACTICE PRIOR TO THE FIRST GAME.** In football, the first five days of practice must be used for preconditioning, with no contact drills being conducted until after the first five days of practice.
18. **In all interscholastic junior high contests, AT LEAST ONE OF THE CONTEST OFFICIALS MUST BE REGISTERED WITH THE IHSAA and it is recommended that all officials be registered.**
19. The IHSAA does not sanction Bowling and Baseball at the junior high level.