



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Football Memo #1

July 31, 2023

Good morning –

Football season is here. We hope everyone has a great first day of camp or for those playing Week 0, a great day of practice. As this memo was sent to all athletic directors and head football coaches currently listed in our directory through Bound, we ask that athletic directors verify with your head coach that he did in fact receive this email as we will be using the mailing list through Bound throughout the season.

1. Online Rules Meetings

The 2023 football rules meeting is now live and available online. All IHSAA rules meetings are now hosted through Bound.

As Bound has previously been used for entering statistics and schedules, all coaches should have accounts and access. If you are new to the system, please have your AD create and assign an account for you.

After logging into Bound, you can find the rules meeting in two ways:

- Click on the “Activity” feed on your dashboard and select “2023 Football Rules Meeting”
- Click on the IHSAA logo on the left menu, then under Forms select “2023 Football Rules Meeting”

Coaches have until Friday, August 25 to view and receive credit for completing this rules meeting.

If you cannot find the meeting, double check the school year at the top left of the page as it should be 2023-24. Having any other Bound issues? Please use the green chat box in the lower right-hand side of your screen to communicate directly with the Bound staff at: <https://www.gobound.com/ia/>

2. Start of Season Acclimatization Period

The acclimatization period has not changed from past years. Football teams are allowed four (4) hours of coach-athlete contact per day, in which no more than three (3) hours may consist of physical activity per day. Two-a-day practices are prohibited. Warm-up, stretching, speed and agility rules, strength training, and cool down are all considered part of a practice. Football teams have the option of separating the three hours of physical activity with a brief, supervised period of education, re-energizing, or rehydrating. Optional weight training activities that are available to all students are not considered part of the practice.

The first two days of practice will consist of no person to person contact work of any kind. However, during the first two days of practice, it is permitted to use blocking dummies, hand shields, blocking sleds, and tackling rings. Helmets and mouth pieces may be worn during the first two days of practice. The IHSAA recommends that during these two days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. During days three, four and five of practice, helmets, mouth pieces, and shoulder pads are allowed. Contact above the waist is permitted, but players should not be brought to the ground. Contact with sleds, dummies, shields, and pads are allowed during days three, four, and five. Beginning on day six, full person-to-person contact is allowed.

No practice is allowed on Sunday, August 6 and Sunday, August 13 for schools starting Week 0. No practice is allowed on Sunday, August 13 and Sunday, August 20 for schools starting Week 1. Schools may scrimmage once with another school after ten days of practice (Friday, August 11 for Week 0; Friday, August 18 for Week 1). Other than this one scrimmage, schools should not be holding joint practices with other schools throughout the season.

3. Eligibility Reminders

With a start of a new school year, coaches and administrators are reminded to check the eligibility of each of their athletes prior to any contests being played. Coaches, if you have someone new on your roster this fall, please communicate with your athletic director to verify the student's eligibility. Athletic directors are asked to complete the Transfer Eligibility Checklist prior to our office issuing any ruling on the student's eligibility. The form can be found here: <https://www.iahsaa.org/wp-content/uploads/2022/09/Transfer-Checklist-8.25.22.pdf>

Two quick eligibility notes. First, students who failed a course during the 2022-23 school year that have not yet served their 30-day penalty will need to sit at the beginning of the football season, August 17. Students will regain their eligibility on September 16. Second, there was not a change to the General Transfer Rule pertaining to Education Savings Accounts. Students who transferred from a public school to a non-public school are not immediately eligible unless one of the stated exceptions is met (no different than years past).

4. Heat Precautions

As we begin the season, we all need to be aware of high temperatures and humidity. Not all of your athletes may be able to handle the heat at this stage of the season. Please take the necessary precautions to avoid heat illness, such as moving practice/camp to cooler parts of the day. We did stress emergency action planning in this year's rules meeting as a reminder that all schools need to have a plan in place for both practice and games. We would encourage coaches and administrators to view the Heat Illness Prevention and the Collapsed Student courses on NFHSlearn.com for further information on the topic. Two additional resources from the NFHS for your school to consider are found below.

NFHS "Heat Acclimatization and Heat Illness Prevention Position Statement"

<https://www.nfhs.org/media/5919613/nfhs-heat-acclimatization-april-2022-final.pdf>

NFHS "Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness"

<https://www.nfhs.org/media/5919614/nfhs-hydration-position-statement-april-2022-final.pdf>

More information will follow throughout the season. Do not hesitate to reach out if you have any questions.

Jared