



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Football Memo

April 23, 2024

Good afternoon, football coaches and athletic directors –

As we head towards the end of the school year, I want to make sure all are on the same page for the 2024 season as we do a schedule rollback for the 2024-25 school year.

IMPORTANT DATES

- Family Week is Sunday, July 28 through Sunday, August 4 for all schools and programs.
- The rules meeting goes live on Monday, August 5.
- The first day of practice for all Week 1 playing schools is Monday, August 12 (August 5 for Week 0).
- Schools may scrimmage against other schools on or after Friday, August 23 (August 16 for Week 0). New for 2024: four schools may scrimmage at the same site with all four teams scrimmaging against each other.
- The first competition date is Thursday, August 29 (August 22 for Week 0).

The preseason practice schedule can be [found HERE](#).

Please note two changes from past years. First: Team weightlifting sessions do not count as stand-alone practices or hours allowed during a practice session. Schools may offer a weightlifting session in the morning and bring athletes back in the afternoon for actual practice. That being said, no team weightlifting session can occur on Day 7 (August 18 [Week 0: August 11]) or the day opposite Day 12 of practice (August 24/25 [August 17/18]). Second: Schools now have the choice to either practice on Saturday, August 24 or Sunday, August 25; however, schools cannot practice on both days.

2024 UPDATES

A few more changes are below that were shared through our [Board Briefs in January](#) and other communication methods to the membership to keep in mind as we enter the 2024 season. Four are football specific, two are general.

- The 17-point tiebreaker will now be used in case of three-way ties to determine district champion and/or district runner-up in Class 4A and Class 3A. The RPI will still determine the at-large qualifiers.
- Teams forfeiting any regular season game due to lack of available players will result in ineligibility for the postseason, including Week 9 non-district games permitted for Classes 2A, 1A, A, and Eight-Player.
- A new order for postseason site assignments was agreed upon to better distribute hosting within the IHSAA's new ranking and seeding process for Classes 2A, 1A, A, and Eight-Player. The order for hosting priority, as applicable:
 - Round of 16: 1. District finish; 2. Head-to-head results; 3. IHSAA ranking; 4. Fewest district losses; 5. Alphabet draw.
 - Quarterfinals: 1. Head-to-head result; 2. IHSAA ranking; 3. District finish; 4. Fewest district losses; 5. Alphabet draw.
- The IHSAA will begin assigning seven-person officiating for the state semifinals and finals in all classes.
- The ejection policy is no longer sport specific, meaning the student could miss the football season opener if ejected from the last baseball game/soccer match/etc. of the season if football is the next sport the athlete participates in.
- The penalty for a failing grade has changed from 30 calendar days to 20 calendar days. Looking ahead to football, the 20-calendar day period begins on Thursday, August 22 and the athlete regains eligibility on Wednesday, September 11.

SUMMER CONSIDERATIONS

Coaches can begin having contact with their athletes on June 1. Prior to that day, high school coaches (paid/volunteer/head/assistant) cannot instruct, diagnose, prescribe, evaluate, assist, or direct student learning within the sport of football. Coaches can supervise open gym workouts. They cannot, however, be leading drills or coaching current 9-12 students in 7-on-7 activities. Non-sport specific strength and conditioning is allowed.

Just a reminder that students can wear helmets in out of season activities, but the student should be renting the helmet from the school district on a per use basis. Finally, during the summer, camps/clinics conducted by school personnel, whether employed or volunteers, must be non-contact with no player wearing full protective equipment.

Finally, while we will cover this in the rules meeting, please beware that one of the national points of emphasis for the upcoming season from NFHS is player equipment and enforcement. While there are many different pieces of required equipment, knee pads and pants covering the knee and eye black are the two most common issues related to that point of emphasis. Again, this is more of an FYI at the current as we will be covering this topic extensively in the rules meeting and preseason clinics with officials.

Again, do not hesitate to reach out if you have any questions between now and the start of the season.

Sincerely,

Jared Chizek