



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Football Memo #8

October 3, 2024

Good morning football coaches and athletic directors –

Week 6 is here. We are hoping for another great week of games over the next two days. I just have a few topics to address this week with schools and officials.

1. Athlete Removed for Suspected Concussion

I had a couple of coaches and officials reach out about removing an athlete with a suspected concussion. As we covered in the rules meeting, if an official sends a player to the sidelines with a suspected concussion, the individual cannot return to the game without written clearance from a licensed health care provider. For purposes of this law, a licensed health care provider means a physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer. If the athlete is cleared, the covering official needs to receive written from that health care provider and should keep the note handy afterwards. This is a not a new procedure and has been part of Iowa Code for over ten years.

2. Blocks Below the Waist

Blocking below the waist is legal if the following three conditions are met: all players involved in the block are on the line of scrimmage and the in the free blocking zone at the snap, the contact is in the zone and the block is an immediate, initial action following the snap. Two examples of illegal blocks below the waist would be backs cutting blitzing linebackers and defensive backs going low on a pulling guard. A block below the waist carries a 15-yard penalty.

3. Quarter Limit Correction

In last week's memo, I incorreccted stated that the example shown would count as two of the 14 games as the individual played offense and defense in both games on the given day. The Football Manual clearly states that the five quarters in a day only counts as one game, which caused additional confusion. The two exceptions to the quarter rule are in effect for all levels of high school football and not just for varsity teams.

4. Ninth Regular Season Game – Non-Playoff Teams

As in past years, non-playoff teams in 8-player, Class A, 1A and 2A teams have the opportunity to schedule a ninth regular season game during week nine. Schools are on their own to find an opponent and officiating crew for the contest. We do ask that once plans are finalized that one of the schools completes this online form, so we have an idea as to who is playing during the week. <https://www.iahsaa.org/football/ninth-football-game/>

5. Postseason Manual

The 2024 postseason manual is now posted and can be found here: <https://www.iahsaa.org/manuals/football-postseason/> Do not hesitate to reach out if you have any questions as we continue toward the playoffs.

One last head's up. We will post the initial RPI rankings on Monday along with the second set of IHSAA rankings.

6. 2025/2026 Intentions

Schools will be able to access their district football intention form here in the coming weeks. With that being said, schools should be evaluating their options now, particularly if they believe they will be eligible to play 8-player football or if they are going to need to co-op for the next district cycle.

As always, don't hesitate to reach out if you have any questions.

Jared