




### OTHER METHODS FOR COOLING

**Cold Water Immersion Bag**

- A cold water immersion bag is a method which uses a combination of ice and cold water are added to an athlete once they have been placed in a cold water immersion bag and seal the bag to reduce core body temperature
- Cool for a minimum of 20 minutes (based on the average estimated cooling rate of 1 degree per 3 minutes.
- Continue cooling until an AT or other appropriate medical provider, EMS assumes control of patient & determines transport based on core (rectal) temperature reaches 102 degrees F.

**TACO Method**


- Tarp Assisted Cooling Oscillation (TACO) is a method in which a combination of ice and cold water are added to an athlete once they have been placed on a tarp with the edges held up by personnel to create a physical "taco" for the patient to be encased inside.
- Continue cooling until an AT or other appropriate medical provider, EMS assumes control of patient & determines transport based on core (rectal) temperature reaches 102 degrees F.



7

### MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES


- Mandatory Concussion Course for all 7-12 coaches: ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course "Concussion in Sports" before the beginning of their respective sports season. Information regarding accessing this course has been sent to your school administrator.



8



### CONCUSSIONS

- Iowa Code Section 280.13C** states, in part,
- Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school prior to the student's participation in any interscholastic activity for grades seven – twelve. An electronic signature is now allowed on the information sheet



9


### CONCUSSION RECOGNITION & MANAGEMENT

10

### CONCUSSION

- Coach Removal** – Iowa Law requires a **student's coach who observes** signs, symptoms or behaviors consistent with a concussion or brain injury during any kind of participation (practices, scrimmages, contests, etc) to **remove the student from participation immediately and the student shall not return until the coach, or school's designated representative receives written clearance to return** from a licensed health care provider
- Contest Official Removal** - Iowa Law requires a **contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc to remove the student from participating immediately and that official or a designated contest official at the contest/event, must receive the written clearance to return from a licensed healthcare provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.**




11

### CONCUSSION MANAGEMENT

**Return to Learn Protocol – House File 2442**

- Personnel of a school district or accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity which is a contest in grades seven – twelve shall develop a return-to-learn plan based on guidance developed by the brain injury association of America in cooperation with an extracurricular interscholastic activity and diagnoses with a concussion or brain injury, the student's parent or guardian and the student's licensed health care provider to accommodate the student as the student returns to the classroom.



12

### CONCUSSION RETURN TO PLAY PROTOCOL


- 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 school full time without experiencing 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. No helmet or other equipment, weight training/resistance training (light weight, high reps)
- Step 4 – Non-contact, sport specific training drills (football routes, basketball ball handling drills, batting, fielding, etc). Normal Resistance & Weight training may begin, equipment – partial (helmet only)
- Step 5 – Full Contact practice & participation in normal training activities in full equipment
- Step 6 – Contest participation



13

### EMERGENCY ACTION PLAN (EAP)


- An EAP is necessary for any school and all of the venues within these institutions where athlete's participate & compete.
- An Emergency Action Plan (EAP) is a written document detailing the preparations and on-site emergency response for any type of catastrophic injury in the pre-hospital phase
- An EAP outlines and facilitates the immediate actions that must take place in any emergency, ensuring timely care for patient(s) outcomes
- Given that life-threatening emergencies may occur at any time & place, with or without the athletic trainer on site, it is critical that athletic programs not solely rely on a healthcare team members to develop & execute the EAP.
- The first 10 minutes of an emergency response are critical to the patient's outcome.
- To ensure successful development of the EAP, schools and organization should designate an individual to serve as the EAP coordinator. (responsible for the development, facilitating communication, access to emergency equipment, practice, rehearsal, and documentation.



14

### LIGHTNING GUIDELINES

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- If you can hear thunder, you are in danger.
- After the last thunder is heard or cloud to ground lightning is seen, 30 minutes should expire before the game can restart.
- Schools should have a plan in place on where to safely put teams and spectators in case of a thunderstorm.



15

### LIGHTNING GUIDELINES




16

### JOINT TRACK AND FIELD ADVISORY COMMITTEE

|                        |                   |
|------------------------|-------------------|
| Cody Eichmeier (Chair) | Dike-New Hartford |
| Jared Fletcher         | Carlisle          |
| Darin Arkema           | Lynnville-Sully   |
| Brad Travis            | Spirit Lake       |
| Kenny Wheeler          | Pleasant Valley   |
| Kylie Sandstrom        | MFL MarMac        |
| Rachel Larsen          | Griswold          |
| Erica Douglas          | Ames              |
| Jim Nichols            | Storm Lake        |




17

### ADVISORY COMMITTEE ACTION

Two changes from the advisory for 2025:

Clarifies that a two-way tie for first place does not need to be broken at the state qualifying meet in Class 2A, 3A and 4A as both spots would be automatic qualifiers for the state meet.



Double waterfall seeding at state qualifying and state meet have changed; top 1/3 (top 8 at state meet) placed on front waterfall; remaining 2/3 placed on back waterfall (diagram on web site for reference)



18

## CLASSIFICATIONS

In the sport track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 21, 2025 for track and field.

19

## MEET LIMITATION



- Sixteen (16) Meets
- Does not include Drake Relays, State Qualifying or State Meet.
- Both boys and girls have an exception for the Drake Relays regarding a competitor competing in only one meet per day. The exception is only for the Drake Relays.




20

## STATE QUALIFYING MEET INFORMATION



- State qualifying meets in all classes will be held on Thursday, May 15, 2025
  - Field events will start at 4:00 pm running will start at 4:45 pm
  - Rain date – Friday, May 16, 2025
- All qualifying meet entries will be online
  - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 14
  - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
  - No substitutions will be allowed after that time. Scratches after that time will count as an event.

21

## STATE QUALIFYING MEET INFORMATION



- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 15 will require meet managers to reseed the event.
- All substitutes will receive a “No Time” seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 15
  - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am

22

## STATE QUALIFYING MEET INFORMATION



- All state qualifying meet entries must be verified on Bound
- Boys check dates will be:
  - Tuesday, April 15
  - Tuesday, April 29
  - Tuesday, May 13
- Girls check dates will be each Tuesday of the season starting April 15
- Any time discrepancies (faster or slower than what is posted on Bound) will result in “No Time” seed time. No split times are allowed for individual event seed times

23

## STATE MEET QUALIFYING



- All state qualifying will be based on meet place and state qualifying meet performances
- Class 4A – Top two finishers plus next best twelve (12) performances
- Class 2A and 3A – Top two finishers plus next best eight (8) performances
- Class 1A– Top finisher plus next fourteen (14) performances
- No more than 24 qualifiers in any event
  - State qualifying meet place
  - First alphabetical, as the school name appears in the IHSAA directory
- All races will run to the common finish line

24

## STATE MEET INFORMATION



- Class 2A and 3A will compete in the morning sessions
- Class 1A and 4A will compete in the afternoon sessions
- Continue to honor top three individuals and relay teams following each event
- Tentative state meet schedule can be found online
  - Looking at participation numbers of the ambulatory division to determine when those events will be placed in the schedule

25

## OFFICIALS' INFORMATION

- Registered with both organizations if working meets that involve both boys and girls
  - Pay the appropriate registration fee
  - View the online rules meeting
  - Pass the online open book examination






26

## IATO RECOMMENDED PROCEDURES MANUAL



IOWA ASSOCIATION OF TRACK OFFICIALS  
2025  
RECOMMENDED PROCEDURES MANUAL  
FOR  
IOWA HIGH SCHOOL TRACK & FIELD MEETS  
AND CROSS COUNTRY MEETS  
Co-Editors: Bill Neal & Greg Blank  
Dedicated to:  
John Lounsbury & Corrie Walschke  
Co-Founders of IATO

27



## 2025 RULES CHANGES

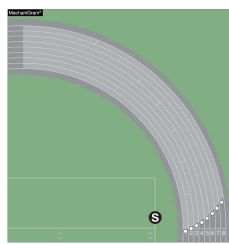


**PLAY. PERFORM. COMPETE.**  
www.nfhs.org

28



Rule Change

## RECALL DISTANCE IN DISTANCE RACES 3-6-3, 5-7-6



If a competitor falls due to contact with another competitor in the first 50 meters of a distance race, the race shall be recalled. Previously, the distance was 100 meters.

This is only for track and field as the cross country recall distance remains at 100 meters.

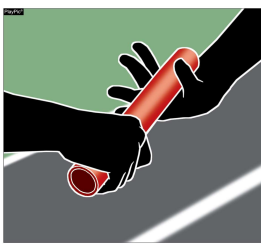



www.nfhs.org



29

Rule Change

## RELAYS 5-10, 5-11



Sections 10 and 11 have concerning relay races and infractions have been reorganized. All infractions are now located in section 11 for ease of use by officials.

www.nfhs.org

30

Rule Change

### INFRACTIONS FOR RACES NOT RUN IN LANES 5-13-1



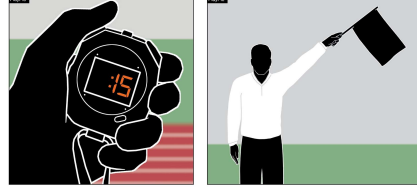
Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain a meaningful advantage including but not limited to improving positioning or shortening the course. This change provides guidance to the meet referee when an athlete leaves the track on a straightaway or whether or not a competitor should be disqualified.

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org

31

Rule Change

### TIME LIMIT TO COMPETE IN FIELD EVENTS 6-2-2f (NEW)



Rule 6-2-2f states that "the competitor shall be warned either verbally or by signal when 15 seconds remain in the time allowed."

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org

32

Rule Change

### GENERAL RULES FOR FIELD EVENTS 6-2-2 CHART

| Athletes remaining in the competition at the start of a round or bar height. | Individual Events |    |          | Combined Events |    |          |
|--|-------------------|----|----------|-----------------|----|----------|
|  | HJ                | PV | OTHER FE | HJ              | PV | OTHER FE |
| First attempt of a competitor in the competition                             | 1                 | 1  | 1        | 1               | 1  | 1        |
| More than 3  | 1                 | 1  | 1        | 1               | 1  | 1        |
| 2 or 3 remaining   | 3                 | 3  | 1        | 3               | 3  | 1        |
| 1 remaining (winner)   | 5                 | 5  | 1        | 5               | 5  | 1        |
| Consecutive Trials   | 2                 | 3  | 2        | 2               | 3  | 2        |

Changes to the table and notes clarify the time limits for all competitors throughout the entire competition in field events.

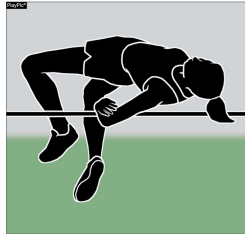
Athletes remaining in the competition at the start of a round or bar height.

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org

33

Rule Change

### BREAKING TIES 6-3-2 NOTES 1



When breaking a tie, the jump-off shall commence at the next height in the original progression, after the tying height.


The language aligns the rulebook with current situations and interpretations.

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org

34

Rule Change

### VERTICAL JUMPS 6-8-2



The definition of active flight (five-alive) and continuing flight (straight through) for vertical jump competitions was clarified.

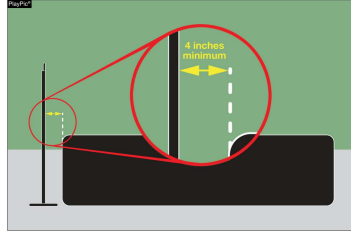
When the number of entries dictates, the games committee may assign competitors to active flights (five alive) of no less than five competitors or may conduct the event in continuing flights (straight through).

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org

35

Rule Change

### VENUE SPECIFICATIONS (HIGH JUMP) 6-9-22



The plane of the cross bar shall not be less than 4 inches from the landing pad.

This change creates a standard distance for the placement of the high jump crossbar and standards.

NFHS PLAY. SCHOOL. COMPETE. TOGETHER. www.nfhs.org


36





37

Editorial Change

### MEET OFFICIALS 3-1-1C



An outdated usage of the term head field judge has been replaced with field referee.

www.nfhs.org

38

Editorial Change

### THE GAMES COMMITTEE 3-2-7

Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet. Use of wireless communication devices by officials is allowed.






www.nfhs.org

39

Editorial Change

### THE GAMES COMMITTEE 3-2-8

Language related to electronic devices was moved to the conduct section of the rules book — new rule 4-6-6 Competitors and Competition Selection Disqualification Conduct.





www.nfhs.org



40

Editorial Change

### REFEREE 3-4-2



The referee retains authority over the contest through competition of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. The word clerical was removed to better reflect the scope and authority of the referee.

www.nfhs.org



41

Editorial Change

### COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY 4-3-1B



The term track top and track bottom were removed as the top and bottom are not required to be a traditional track uniform top or bottom.

www.nfhs.org

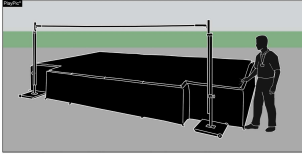
42



43

Points of Emphasis

### MANAGING VERTICAL JUMP LANDING SYSTEMS




The high jump demands attention to their landing systems to ensure athlete safety and event integrity. Officials overseeing these events must be knowledgeable about the setup, maintenance, and management of landing areas.

NFHS PLAY. PERFORM. COMPETE. TOGETHER. www.nfhs.org

44

Points of Emphasis

### EXCUSED ATHLETES



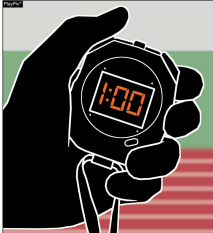
Current NFHS rules allow an athlete to be excused to compete in another event. Time limits for competitors excused to compete in another event shall be determined by the games committee for each meet. Due to the various locations of field event venues across the country, those time limits will vary from site to site.

NFHS PLAY. PERFORM. COMPETE. TOGETHER. www.nfhs.org

45

Points of Emphasis

### TIME LIMITS IN VERTICAL JUMPS



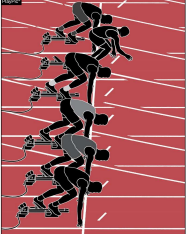
In field events, all competitors must initiate their attempts within a standard time limit. The event time timetable within the rules book has been updated to help officials navigate these different times.

NFHS PLAY. PERFORM. COMPETE. TOGETHER. www.nfhs.org

46

Points of Emphasis

### FALSE STARTS



Fair starts are crucial to the success of any track event. It is the ultimate responsibility of the starter to provide fair starts and enforce the rules governing the start. Inevitably false starts will happen, and the penalty for them is immediate disqualification. Because of this severe penalty, in 2024 the NFHS revised the definition of a false start to eliminate many false start disqualifications that were made because of incidental/extraneous motions that did not result in anyone leaving their marks.

NFHS PLAY. PERFORM. COMPETE. TOGETHER. www.nfhs.org

47

### IHSAA/IGHSAA CONTACT INFORMATION

IHSAA – Jared Chizek  
 jchizek@ihsaa.org  
 515-432-2011x224



IGHSAA – Madison Melchert  
 madison@ighsau.org  
 515-401-1831



NFHS PLAY. PERFORM. COMPETE. TOGETHER. www.nfhs.org

48