



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Football Memo

May 8, 2025

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 2025 season.

IMPORTANT DATES

- Family Week is Sunday, July 27 through Sunday, August 3 for all schools and programs.
- The rules meeting goes live on Monday, August 4.
- The first day of practice for all Week 1 playing schools is Monday, August 11 (August 4 for Week 0).
- Schools may scrimmage against other schools on or after Friday, August 22 (August 15 for Week 0).
- The first competition date is Thursday, August 28 (August 21 for Week 0).
- Junior high practice can begin on Wednesday, August 20.
- Those students who must sit 20 days due to a failing grade regain eligibility on September 10.

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

There are no changes to the preseason schedule from past years. 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. No team weightlifting session can occur on Day 7 (August 17 [Week 0: August 10]) or the day opposite Day 12 of practice (August 23/24 [August 16/17]). Schools now have the choice to either practice on Saturday, August 23 or Sunday, August 24; however, schools cannot practice on both days.

EJECTION POLICY UPDATES

As shared earlier this winter, the athlete ejection policy in the sport of football has changed. Starting this fall, an athlete ejected for the first time during the season will now miss the remainder of the quarter in which the ejection occurred plus four additional quarters at that level and everything in the interim. In essence if an athlete is ejected in the first quarter of a varsity game, the athlete can return to play during the second quarter of the next varsity game.

Just a reminder that 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. Again, just something to keep in mind and to share with your returning athletes as they head toward the spring postseason.

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 more than a helmet and mouthpiece.

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

Sincerely,

Jared Chizek