



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Football Memo #1

August 4, 2025

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 2025 football rules meeting is now live and available 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 “2025 Football Rules Meeting”
- Click on the IHSAA logo on the left menu, then under Forms select “2025 Football Rules Meeting”

Coaches have until Friday, August 29 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 2025-26. 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

Nothing has changed in the acclimatization period for 2025. 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, 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. Weight training activities specific to your team do not count as part of the practice time.

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 10 for schools starting Week 0, and no practice is allowed on Sunday, August 17 for schools starting Week 1. Schools playing Week 0 can either practice on Saturday, August 16 or Sunday, August 17 but not both. Schools playing Week 1 can either practice on Saturday, August 23 or Sunday, August 24 but not both. Schools may scrimmage once with another school after ten days of practice (Friday, August 15 for Week 0; Friday, August 22 for Week 1). Other than this one scrimmage, schools cannot hold joint practices with other schools throughout the season. As the scrimmage is considered a practice, students who are currently ineligible for a failing grade, transfer or open enrollment may participate in the scrimmage.

3. Eligibility Reminders

With the 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. Please remember that those students who have transferred are ineligible for 90 school days and not calendar days. 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> Schools with eligibility questions should contact Andy Umthun (aumthun@iahsaa.org) or Tyler Lown (tlown@iahsaa.org) for the fall season.

Students who failed a course during the 2024-25 school year that have not yet served their 20-day penalty will need to sit at the beginning of the football season, August 21. Students will regain their eligibility on September 10.

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.

The IHSAA has adopted the Wet Bulb Globe Temperature (WBGT) as our metric to measure heat stress during the weather. Guidance on WBGT is covered in the rules meeting. Links to those resources can be found here: <https://www.iahsaa.org/wp-content/uploads/2024/08/WBGT-Guidance8.5.24.pdf>

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. Additional health and safety resources for your school to consider are

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>.

NFHS "Preventing Exertional Heat Stroke in Football: Time for a Paradigm Shift"

<https://www.iahsaa.org/wp-content/uploads/2024/08/2024-preventing-exertional-heat-stroke-in-football-time-for-a-paradigm-shift.pdf>

IHSA "7 Key to Help Minimize Risk in the Sport of Football"

https://www.iahsaa.org/wp-content/uploads/2025/07/2025_Preseason_FB_Guide_7.15.2025.pdf

IHSA "Football Helmet Tags"

https://www.iahsaa.org/wp-content/uploads/2024/08/FB_Helmet_tags.pdf

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

Jared