



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Basketball Memo #4

November 25, 2025

Good afternoon basketball coaches and AD's. As we prepare for the beginning of the basketball season, here are a few items to begin focusing on.

Many of you are involved in jamborees, Achieve scrimmages and other scrimmages this week as you prepare for the first week of competition beginning next Monday, December 1<sup>st</sup>.

IF YOU HAVE NOT, YOU HAVE UNTIL 11:59 PM ON MONDAY, DECEMBER 1st TO VIEW THE ON-LINE RULES MEETING. FAILURE TO DO SO WILL RESULT IN YOU AS THE HEAD COACH BEING UNABLE TO COACH YOUR TEAM DURING THE ENTIRE POSTSEASON. Whitney should have been in contact with you this week if you had not viewed the meeting.

1) POST GRADUATES PRACTICING WITH YOUR TEAM- As we approach Thanksgiving and Christmas break, administrators and coaches are reminded that high school graduates cannot practice with or against a high school team, or a student representing his/her high school team, during the given sports season. Only coaches, students in good standing at the school, or students from another school participating through an enrollment option provided for within the rules can participate in a school's practice sessions.

2) SCORESHEETS- Just a reminder that the updated scoresheet for the 2025-2026 boys' basketball season is available for download on our website under the "Basketball" tab. You will need to download it to your computer in order to make sure that the names line up correctly in the boxes.

Here is the link: [https://www.iahhsaa.org/wp-content/uploads/2024/11/BasketBall\\_scoresheet\\_8.5x14-REV\\_11.2024\\_FILLABLE.pdf](https://www.iahhsaa.org/wp-content/uploads/2024/11/BasketBall_scoresheet_8.5x14-REV_11.2024_FILLABLE.pdf)

3) SCORESHEET BINDERS- Scoresheet binders are \$25 each and either need to be paid for in advance if purchasing them on your own or we ask that you as the athletic director contact our office via email to have one charged to your school. Contact Elisa Kahler (ekahler@iahhsaa.org) if you would like to place an order.

4) HOME & AWAY JERSEY- The IHSAA does not accept exceptions regarding NFHS Rule 3-4-1(c). "The torso color shall be white for the home team and a contrasting dark color for the visiting team." It is the understanding that the home team shall wear their white jersey and the visiting team shall wear their contrasting dark color. Rule 10-6-4 states failure to comply with

this rule results in a direct technical foul against the coach in violation of rule 3-4-1c which results in loss of the ability to stand while coaching. Additionally, the opposing team will shoot two free throws prior to the start of the contest plus the ball for the division-line-throw-in.

5) **PLAYER LIMITATIONS-** During the regular season, there is no limit to the amount of players that may dress for a contest, only that they must all have a legal jersey and legal number. No two players may wear the same number. Additionally, the number "0" and "00" are legal numbers, however, you may not have both number listed. You can only wear one or the other. During the postseason, the player limitation is 18.

6) **COACHING BOX-** Coaches are permitted to stand and coach while in the 28 foot long coaching box unless they have received a direct or indirect technical foul. Coaches are not permitted to kneel with one or both knees on the ground, nor are they permitted to be in a "catcher's position stance" while in the coaching box. These positions can lead to potential serious injury to both the coach and the official as by being in those positions, it is difficult to be seen.

7) **ADDITIONAL ADORNMENTS-**

- a) Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants.
- b) Arm sleeves/tights and compression shorts shall be white, black, beige or the predominant color of the jersey and the same color sleeves/tights shall be worn by teammates. They shall be the same color as any headbands or wristbands.
- c) Undershirts shall be a single solid color similar to the torso of the jersey or be solid back (under visiting team jerseys only) and shall be hemmed and not have frayed or ragged edges. Visiting team members may wear either a single solid color similar to the torso of the jersey or black, but not both. If the undershirt has sleeves, they shall the same length for that individual. It is permissible for one player to wear a short sleeved undershirt and his teammate to wear a long sleeved undershirt.
- d) One visible manufacturer's logo/trademark/reference or school logo/mascot is permitted on the wristband, headbands, compression shorts, undershirts and arm or leg compression sleeves.

8) **RULE OF THE WEEK- TRAVELING RULE 4-44**

**Situation: Moving Player**

If a player has one foot on the floor...

**Limitation**

that foot becomes the pivot foot as soon as the other foot contacts the floor.

If a player has one foot on the floor, the player may execute a jump stop by jumping off that foot and landing on both feet simultaneously, but then...

neither foot can be the pivot foot.

If a player has both feet off the floor and lands on both feet simultaneously... either foot can be the pivot foot.

If the player has both feet off the floor and lands on one foot, and then on the other... first foot that contacted the floor is the pivot foot.

If a player has both feet off the floor and lands on one foot, and then jumps off that foot and lands on both feet simultaneously...neither foot can be the pivot foot.

**Situation: Stationary Player**

**Limitation**

When releasing the ball to start a dribble... the pivot foot may not be lifted before ball is released.

When releasing the ball on a pass or try for goal... the pivot foot may be lifted, but may not be returned to the floor before the ball is released.

If the player jumps off the pivot foot to pass or try for goal... neither foot may contact the floor before the ball is released.

**Situation: Player comes to a stop and neither foot can be a pivot foot**

**Limitation**

If the player passes or tries for goal... either or both feet may be lifted, but may not contact the floor before the ball is released.

If the player dribbles... neither foot can be lifted before the ball is released.

**Situation: Player holding the ball**

**Limitation**

When a player is holding the ball... no part of their body may contact the floor, other than their hands and/or feet.

When a player gains control of the ball while any part of their body other than a hand or foot is in contact with the floor... they may not attempt to get up or intentionally roll over.

Happy Thanksgiving to all of you and enjoy the precious time with family and friends as we all know how long the season can be. Hope to see several of you as I travel to games throughout the season.

Todd