

2017-2018
REGULAR SEASON SPORTS

WINTER MANUAL

**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION
BOONE, IOWA**



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INTRODUCTORY INFORMATION – ALL SPORTS

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT

Iowa Code Section 280.13C states, in part,

- 1b. “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 through twelve.
2. If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.
- 3a. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.
- 3b. For the purposes of this section, a **licensed health care provider means a physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer** licensed by a board designated under section 147.13.
- 3c. For the purposes of this section, an extracurricular interscholastic activity means any extracurricular interscholastic activity, contest, or practice, including sports, dance, and cheerleading.”

IHSAA/IGHSAU Recommended Protocol When a Student Has Sustained a Concussion or other Brain Injury as Defined in Iowa Code Section 280.13C

1. **No student should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).**
2. **A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.**
3. **After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.**
4. **Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
5. **Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.**
 - **Coach Removal** - If the student’s coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school’s designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.
 - **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.
 - Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation (*practice and/or competition*), licensed health care providers as defined in Iowa Code 280.13C should follow the return to participation protocol from “Suggested Guidelines for Management of Concussion

in Sports," NFHS Sports Medicine Advisory Committee 2013 and "Consensus Statement on Concussion in Sport 4th International Conference in Sport Held in Zurich, November 2012," British Journal of Sports Medicine, 2013; 47:250-258..

6. **At events where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have provided licensed health care providers as defined in Iowa Code 280.13C, those licensed health care providers have final authority regarding RTP when a student has exhibited signs, symptoms, and behaviors consistent with a concussion.**

Adopted 122012
References update 0514

RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION (GUIDELINES FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet **ALL** of the following criteria in order to progress to return to participation. However, these criteria are **GUIDELINES ONLY** and not required by Iowa Code Section 280.13C when licensed health care providers determine a student's return to participation.

- **Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance** from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer . ****Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!***
- Once the criteria above are met, **the student should progress back to full activity following the stepwise process** detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.
- **Progression to return is individualized and should be determined on a case-by-case basis.** Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

- Step 1. Complete physical and cognitive rest.** No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.
- Step 2. Return to school full-time /normal cognitive daily activities, or normal cognitive functions.**
- Step 3. Low impact, light aerobic exercise.** This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.
- Step 4. Basic exercise,** such as running in the gym or on the field. No helmet or other equipment.
- Step 5. Non-contact, sport-specific training drills** (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.
- Step 6. Following medical clearance*, full contact practice or training.**
- Step 7. Normal competition in a contest.**

NOTE: Generally, **each step should take a minimum of 24 hours.** If post concussion symptoms occur at **ANY** step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2009; "Consensus Statement on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.

Updated 05/22/12

APPLICATION OF IOWA CODE SECTION 280.13C (CONCUSSION LEGISLATION) BY SPORT

A. COACH REMOVAL

When a student's coach removes a student from any kind of participation due to observing signs, symptoms, or behaviors consistent with a concussion or brain injury the student shall not return until designated school personnel have received written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

B. CONTEST OFFICIAL REMOVAL

(Information below is only listed for sports where contest officials have jurisdiction; therefore, not all sports are listed.)

When an official removes a student from participation, the following procedures are used.

WINTER SPORTS

Basketball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.
3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Swimming:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.
3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.
4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Wrestling:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the head contest referee, or his/her designee, must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.
2. For dual meets, clearance to return shall be presented to the head contest referee before the match resumes. Injury time is NOT extended for a student with signs, symptoms, or behaviors consistent with a concussion or brain injury.
3. For one-day events when the head contest referee may change during the event (multi-dual meets & tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to head contest referee, or his/her designee. The head contest referee, or designee, will then notify the other contest officials that written clearance to return has been received.
4. For multiple day events when the head contest referee may change during the event, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Record Keeping:

- A. Health records, such as written clearance to return to participation, should become part of a student's cumulative file kept by the school. *Iowa Administrative Code 281.12.3(4)*

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - “**Extracurricular interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's Grade

Student's School

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SWIMMING

Each member swimming school receives one copy of the National Federation of State High School Associations Swimming, Diving & Water Polo Rules Book. **Unless other rules are adopted by the Board of Control, member schools will follow the rules published in the National Federation's Rules Book.** Schools were sent a 2016-17 NFHS Swimming and Diving Rules Book last fall and were instructed to keep that rules book through the 2017-18 season as no rule books were sent out for the 2017-18 school year. A new rules book will be sent out prior to the beginning of the 2018-19 season. All rule updates will be sent by the IHSAA to each school.

REGULATIONS PERTAINING TO SWIMMING MEETS AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2017-18	Week 19/November 6	Week 21/November 20
2018-19	Week 19/November 5	Week 21/November 19
2019-20	Week 19/November 11	Week 21/November 25
2020-21	Week 19/November 9	Week 21/November 23

1. **Schools may not start swimming practice before Week 19/November 6, 2017**, and no practice may be conducted after the state meet is concluded.
2. **No interscholastic swimming contest may be held by member schools of the IHSAA prior to Week 21/November 20, 2017.**
3. **Each school is allowed a maximum of 12 competition meets prior to district competition.** The 12 meet limitation pertains to individual swimmers as well as a school's team. *EXAMPLE: You may have 12 freshmen meets, 12 junior varsity meets, and 12 varsity meets. Each individual swimmer may compete a maximum of 12 meets during the regular season, not including district and state competition.*

If a school is competing in a multiple level meet (EXAMPLE: junior varsity/varsity, sophomore/varsity, freshmen/junior varsity), or a double dual, on the same day, at the same site, an individual may compete in both meets as long as he does not violate the NFHS individual participation rule (3-2-1). That rule states, "A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events." Rule 3-2-1 is a daily participation rule and pertains to the number of events an individual swimmer may enter on a given day.
4. Scrimmages between schools are allowed in swimming.
5. **Member schools are not permitted to participate in any interscholastic swimming competition from December 24 through January 1.** This does not exclude a school from practicing or scrimmaging during this time.
6. **During all regular season competition (dual, double dual, triple dual, triangular, and tournaments), a mandatory 10 minute break will be taken immediately following Event #4, the 50 yard freestyle, and Event #8, the 200 yard freestyle relay.**

MANDATORY REPORTING OF STATS

Based on a recommendation from the Swim Coaches Advisory Committee, head varsity swim coaches are required to enter meet results on the IHSAA's statistical web site, www.quickstatsiowa.com. Meet results need to be entered by 3:00 PM on Tuesday, December 5th, Tuesday, January 9th, and Tuesday, January 30th. All meets completed through the previous Saturday of each reporting date need to be included in the statistical data. Meet results must be also entered by the Tuesday after both the District Meet and State Swim Meet. The penalty for failure to report on time is:

First Offense: a letter/e-mail to the head coach and athletic director for the IHSAA sport administrator giving 3 days to comply with the mandate.

Second Offense: a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.

Third Offense: IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

STATE QUALIFYING TIE-BREAKING PROCEDURE

The fastest twenty-four (24) individual swimmers and relay teams from district competition will qualify for state competition. There will be a maximum of twenty-four (24) qualifiers to the State Meet in each event. In the event of a tie for the 24th position, the following tie-break procedure will be used: **1st criteria – grade** (senior swimmers have precedence over juniors, etc. (Example: Joe Jones, senior would qualify rather than John Smith, junior as John Smith has another opportunity to qualify). The relay team with the most seniors will have precedence over the team(s) with fewer total upperclassmen, etc. If each relay team has the same number of seniors, the team with the most juniors would have precedence, followed by the most sophomores.) [Example 1: Relay Team A with 1 senior, 2 juniors, and 1 sophomore would qualify before Relay Team B with 4 juniors. Example 2: Relay Team A with 2 seniors, 1 junior, and 1 sophomore would qualify before Relay Team B with 1 senior and 3 juniors.] **2nd criteria – if a tie still exists – the individual or relay team with the fastest district meet seed time would be the qualifier.** **3rd criteria – if a tie still exists an alphabetical system will be used to break the tie.** In **2018**, the individual or relay team from the school listed **last** in the IHSAA Directory will advance to

the state meet. In **2019**, the individual or relay team from the school listed **first** in the IHSAA Directory will advance to the state meet. If a tie exists between competitors from the same school, the last name of the competitor as it appears on the official district meet roster will be used to determine the qualifier using the same even and odd numbered year system. In **2018**, the individual whose last name comes alphabetically **last** relative to his tied teammate will advance to the state meet. For **2019**, the individual whose last name comes alphabetically **first** relative to his tied teammate will advance to the state meet. If a tie still exists, the competitors' first names will be used. Any ties among qualifiers will be broken using the same procedure to determine heat and lane assignments.

RECOMMENDED WATER DEPTH

The Board of Control of the Iowa High School Athletic Association's policy regarding water depth in the starting end of swimming pools is as follows: "In pools with water depth of 5' or more, the staffing platform may be used in accordance with Rule 2, Section 7, Article 2 of the Swimming, Diving, and Water Polo Rules Book published by the National Federation of State High School Associations. **IF THE DEPTH OF THE WATER IS LESS THAN 4', THE START FOR ALL SWIMMING EVENTS SHALL BEGIN IN THE WATER.**"

PROPER SUPERVISION AT SWIMMING PRACTICES & MEETS

Administrators and coaches need to be aware of the following section of the Iowa Code. Rule (641-15.4(4)"d"(4) of the Iowa Administrative Code states, "**For a structured swimming program, such as lap swim, competitive swimming, water exercise classes, swim lessons, and physical education classes, a life guard is not required provided the program is supervised by an instructor, teacher, or coach who is a lifeguard or has current certification from the American Red Cross in basic water rescue, first aid, and infant, child and adult CPR; or equivalent training approved by the Department of Health. An instructor, teacher, or coach may be responsible for a maximum of 30 persons within a structured activity. If more than 30 persons are involved in a structured activity, a second qualified supervisor must be present.**"

WARMUP GUIDELINES

Each swimming school should have warm-up guidelines established to help prevent injuries. The Swimming Advisory Committee recommended many years ago the following guidelines for meet warm-ups. Suggested meet warm-up procedures also appear in the NFHS Swimming & Diving Rules Book.

1. A supervisor should be on deck during the entire warm-up period. *(Any personnel supervising warm-ups should meet the Iowa Administrative Code requirements of being certified in emergency water safety or being a lifeguard.)*
2. Swimmers should enter the water feet-first, except for starts which are limited to specific lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone or similar sign on the starting platforms of the lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push off position from the starting end of the pool).
7. May specify lanes for relay starts during the last 15 minutes of warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for starts and pace work.
9. Swimmers should not be allowed on a starting platform when a backstroke is executing a start in the same sprint lane.

REGULATIONS PERTAINING TO SCRIMMAGES

A member school may have a maximum of one interscholastic scrimmage against other high schools after the first legal practice date provided:

- a) The scrimmage is a bona fide scrimmage where no public announcement has been made, no admission charged, and no score is kept or recorded.
- b) Schools engaged in a practice scrimmage may not travel further than 100 miles, one way, to engage in such a scrimmage.
- c) No school time may be used for traveling and participating in a scrimmage session.
- d) Up to four schools may be involved in a scrimmage. There can be four schools at a site and each school will be charged with only one scrimmage date.
- e) Scrimmages must take place at one of the school's regular practice facilities.

USE OF TOBACCO PROHIBITED

No team personnel or official shall use any form of tobacco while at or in the vicinity of the contest site. The use of any tobacco by team personnel is considered unsportsmanlike conduct. The penalty for tobacco use by team personnel is disqualification from further participation. (The IHSAA ejection policy is not invoked in this situation as the conduct is not construed as flagrant, violent, or verbal misconduct.) Situations involving officials' use of tobacco at the contest site should be reported to the Athletic Association.

NFHS RULE ADOPTIONS AND EXCEPTIONS

The following rule adoptions and exceptions, as noted in the NFHS Swimming Rules Book, have been adopted by the Iowa High School Athletic Association: **Rule 3-1-2(d)** Unlimited team entries for invitational and non-varsity meets; **Rule 3-2-1 (a; b)** Exhibition competitors allowed, as per rule; unlimited individual entries in pentathlon-type meets; **Rule 5-1 (1) (note)** Swimming events may be modified for junior varsity and invitational competition; **Rule 7-2-4** Suspended meets may be resumed from the point of the suspension.

Rule 3-2-2(note) ENTRY OF RELAY TEAMS WITHOUT INDIVIDUAL NAMES HAS NOT BEEN ADOPTED. Relay teams are to be entered with individual names, including alternates, on the entry form. The relay shall count as an event only for the four swimmers who actually compete.

SWIMMING MEET CHECKLIST

For many years, the Iowa High School Athletic Association, through the Swimming Coaches Advisory Committee, provided a swimming meet checklist to be used when planning major swim meets. The National Federation now prints a similar checklist in the Swimming and Diving Rule Book. **Please refer to the NFHS Web site for suggestions and guidelines for planning major swim meets.**

COACH EJECTIONS

Any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport be required to take the NFHS Fundamentals of Coaching elective course "Teaching and Modeling Behavior." The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. This mandate is in addition to missing the next playing date at the level of competition he/she was ejected from and all games/meets in the interim.

STUDENT-ATHLETE EJECTION

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Coach Education/Certification Program elective course — Sportsmanship — It's Up to You. The course must be viewed prior to being able to return and participate in an interscholastic contest at any level and the certificate of course completion must be sent to the IHSAA office. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date. There is no cost for this course.

GAME PROTESTS NOT UPHOLD

The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.