

2015
REGULAR SEASON SPORTS

SPRING

MANUAL

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



TABLE OF CONTENTS

INTRODUCTORY INFORMATION

Concussion Management Protocol; Iowa Code	Concussion Management 1
Return to Participation Protocol.....	Concussion Management 3
Heads Up: Fact Sheet Concussion in High School Sports.....	Concussion Management 5

TRACK & FIELD

Team Participation Rules;	
Individual Participation Rules; Coaches' Responsibilities.....	Track & Field 1
Mandatory Reporting of Performances; Relay Rules; Track Classifications.....	Track & Field 2
State Qualifying Meet—All Classes Coaches' Info; Order of Events; State Qualifying Meet Information.....	Track & Field 3
State Meet Qualification; State Meet Information.....	Track & Field 4

SPRING GOLF

Practice & Playing Dates; Approved Rangefinder Proposal; Coaching Rule	Spring Golf 1
Varsity Golf Shirt Regulation; Disqualified Player for Unsporting Like Act; Coaches Cell Phone;	
Food and Drinks at Golf Sites; Spectators; Coaches Making Rulings; Practice Departure Time;	
Schools Making Exceptions to USGA Rules	Spring Golf 2
Hole by Hole Score; Medal Play; Coaches Playing at an IHSAA Tournament Site; Golf Entry Form;	
Substitutions for Individual District or State Qualifiers; Rules for Players/Coaches.....	Spring Golf 3
Code of Conduct for Players	Spring Golf 4
Breaking of Ties; State Competition; Team Qualifications;	
Rules Personnel at State Competition; Number of Players for Sectional Competition	Spring Golf 5
Practice Rounds; Walking the Course; Sectional & District Tournament Green Fees; Tournament Tee Times;	
Starting method; Weather Issues; Spring Golf Expenses.....	Spring Golf 6
Awards; State Meet Picture Plaque; State Meet Pin Placement; Scoring for the State Meet, Awards Rule.....	Spring Golf 7

TENNIS

Regulations Pertaining to Tennis Practice & Scrimmages; Meet Format Information; Reporting Team Scores.....	Tennis 1
Competition Information	Tennis 2
Medical Timeouts	Tennis 3
Timeout Procedure for Muscle Cramps; Sportsmanship Code; Guidelines for Handling Controversy on the Court	Tennis 4
Rain Delays & Postponements.....	Tennis 5

SOCCER

National Federation Rules;	
Regulations Pertaining to Soccer Games & Practices; Reporting of Stats; Rule Clarification & Modifications	Soccer 1
Classification & Substate Tournament Information; State Tournament Information	Soccer 2

BASEBALL

Regulations Pertaining to Baseball Games and Practice; Tournament Pairings; Coach-Player Contact;	
Pitchers & Catchers.....	Baseball 1
Spring or Fall League; 8 th Grade Students; Scrimmages; Game Limitation; Pitching Exceptions;	
Seven Inning Games; Assistant Coach/Player Coach.....	Baseball 2
Lightning and Inclement Weather; Lightning Delay/Suspension; Videotaping; Coach's Box;	
Squad Limitation in IHSAA Tournament Play.....	Baseball 3
Pitching Limitation Rule.....	Baseball 4
Designated Hitter Rule; Courtesy Runner; Safe-Base Mandatory; Suspended Games	Baseball 5
2015 Tournament Play; Awards	Baseball 6

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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/IGSAU 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 3^d 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.

SPRING/SUMMER SPORTS

Baseball/Softball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the umpire-in-chief 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 umpire-in-chief during an opportunity for a legal substitution.
3. For one-day events when the umpire-in-chief may change during the event (local high school tournaments), written clearance to return shall be presented to the umpire-in-chief, or his/her designee, before the student participates again that day. The designee may be the host administrator, 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 the umpire-in-chief, or his/her designee. The umpire-in-chief, or his/her designee, will then notify the other contest umpires that written clearance to return has been received.
4. For multiple day events when the umpire-in-chief may change during the event, for example the state tournament, the umpire-in-chief 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 umpire-in-chief(s) of the contest(s) in which the student may participate on the subsequent days of the event. The umpire-in-chief(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.

Soccer:

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 an opportunity for a legal substitution. For those contests using a three-person crew, the center official shall be designated as the head referee. The center official will need to receive the written clearance for return to play. For those contests using a two-person crew, one official shall be required to be the head referee. The head referee in the two-person crew shall be responsible for receiving the written clearance.
3. For one day events when the head contest referee may change during the event (local high school Saturday 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 the head contest referee, or his/her designee. The head contest referee, or his/her 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, for example the state tournament, 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 the 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.

Track and Field:

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 the meet.

2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student's return to competition.
3. For multiple day events when the contest referee may not be the same throughout the entire meet, 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 meet. The referee(s) of future contests during this meet 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)*

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.”

Student’s Signature

Date

Student’s Printed Name

Parent’s/Guardian’s Signature

Date

Student’s Grade

Student’s School

10/2015

TRACK & FIELD

TEAM PARTICIPATION RULES

1. The first day of practice will be February 16, 2015.
2. Meet Limitation: Teams will be allowed to compete in 12 meets.
Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays.
3. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after a school's outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation.
4. On occasion, a school will have an athlete who is very talented and the school believes he should have better competition than the rest of the team; therefore, they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the team's meet limitation if the outdoor season has begun. This does not include the Drake Relays.
5. A two-day meet shall be considered a one-day meet insofar as the limitation rule is concerned.
6. If you sign a contract to participate in a track and field meet, you cannot break that contract to attend a different meet. IHSAA rules require you to honor your first contract.

INDIVIDUAL PARTICIPATION RULES

1. Individual Meet Limitation: Individuals will be allowed to compete in 12 meets. Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation.
2. **A competitor may compete in only one meet per day, excluding the Drake Relays.** The only exception would be if you have a junior varsity /varsity meet or a sophomore/varsity meet held on the same day at the same site. An individual can participate in both meets as long as he does not violate the one-day individual event participation rule. In this instance, the competitor will be charged with only one meet.
3. Individual Event Limitation: Each contestant is limited to **four** events.
4. Preliminary events count as an event.
5. If there are no preliminaries, individuals entered will be charged with an event unless he scratches prior to reporting to the clerk of course or event judge.
6. The Board of Control of the IHSAA has adopted the National Federation rule with regard to a participant competing in too many events. Rule 4, Section 2, Article 2 requires the forfeiture of all individual points, team points, and places earned by a competitor exceeding the participation limit. This forfeiture applies to both individual and relay points and places.
7. **Concussion:** National Federation rules and the Code of Iowa require that a competitor displaying the signs or symptoms of a concussion shall be immediately removed from the meet and not allowed to return until cleared by an appropriate health-care professional. Please refer to Rule 4, Section 4, Article 2, in the National Federation Rules.
8. **Personal conduct:** Disqualification will be invoked for unsportsmanlike conduct. The referee has sole authority in this area however any official may request the referee to take such action. Please refer to the IHSAA Handbook for the current IHSAA disqualification rule. The use of tobacco products by coaches or participants is prohibited by IHSAA rule.

COACHES' RESPONSIBILITIES

1. Review Rule 4, Section 6, in the National Federation Rules concerning disqualification. At the same time, review the IHSAA disqualification rule.
2. Coaching should be done from the stands or other designated coaching areas. Only contestants and meet officials will be permitted on the track or in the competition areas.
3. If field events are held outside of the track area, coaches will be permitted in those areas.
4. Contestants shall not be assisted at the start, during the race, or following the finish by anyone other than meet officials. Coaches, teammates of participants, team managers, or anyone else, officially or unofficially connected to the team, shall not position themselves in the finish area to assist a teammate at the conclusion of a race.
5. **Uniform Rule:** Coaches are responsible for seeing their competitors are wearing the proper uniform. A legal uniform is well defined in Rule 4, Section 3, Articles 1-3 of the National Federation Rules, however, there is an Iowa adaptation which is found below. The athlete should always wear the uniform of his school. No contestant will be permitted to wear any head covering. **Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacture's logo or school name or logo, and can be no more than 2 inches wide. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches.** An illegal uniform can be removed or corrected prior to the start of a race or event if done without delay. If a competitor is discovered wearing an illegal uniform during competition, the competitor will receive a warning and all subsequent violations of the rule by a warned competitor will result in disqualification from the event. In relay races each team member shall wear the same color and design school uniform (top and bottom).

Iowa Adaptation to NFHS Rules 4,3,1c.7; 4,3,1c7 Notes; 4,3,2b

Rule 4, Section 3, Article 1, b, 8. Unchanged

Rule 4, Section 3, Article 1, c, 7. The rule is revised to read: "Any visible garment(s) worn underneath the uniform bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color." **Reference to extending below the knees** is deleted.

Rule 4, Section 3, Article 1, c, 7 Notes 1. "If more than one visible garment is worn under the uniform bottom, all must be the same color. **Reference to which extends below the knees is deleted.**

Rule 4, Section 3, Article 2, b. Additional restrictions for relay races. "Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom shall be unadorned and a single solid color, but not necessarily the same length. Reference to **extending below the knee** is deleted. Reference to **same** color is deleted.

6. Watches with GPS capabilities are illegal.

MANDATORY REPORTING OF PERFORMANCES

Based on a recommendation of the Joint Track and Field Advisory Committee and action of the Board of Control, head varsity track and field coaches are mandated to enter track and field performances at the Quik Stats Iowa website, www.quikstatsiowa.com. Performances need to be entered by 3:00 PM on Tuesday, April 14; Tuesday, April 28; and Tuesday, May 12. All meets competed in through the previous Saturday of each reporting date need to be included in the statistical data. **Relay names are required to be entered for every relay posted on QuikStats.** The penalty for failure to enter performances on time is:

First Offense – A letter/e-mail to the head coach from 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 – The IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

RELAY RULES

1. **Order of Events:** All meets shall use the qualifying meet order of events for all regular season meets.
2. **Restricted Events:** As a result of action by the IHSAA Board of Control, the following rule is in effect regarding relay and individual events at track and field meets: *Participation in track and field shall be limited to state meet events, with additional events being allowed that comply with National Federation rules and the rules of the IHSAA. No events will be allowed that are demeaning to the sport of track and field. If additional events, other than state meet events, are held, results from those events may not be used to determine the team score of the meet.*
3. **Relay Cards:** Coaches are to complete information on the relay cards. After the completed card is given to the clerk of the course, there can be no change made in the personnel. Six individuals may be listed on the relay card. Only those who participate will be charged with an event. Any substitutions must come from the six names listed on the relay card.
4. In relays, it is permissible for the order of running to be changed between heats and succeeding rounds of competition, including individual legs of the medley relay, where all runners do not run the same distance. (Rule 5-10-3)
5. **Relay Entry Rules:** Any runner reporting to the clerk of course will be charged with an event.
6. **State Meet Relays:** In the 4x100 and 4x200 meter relays, lanes shall be used all the way around the track. The 4x400 and the medley relay will be run on a three-turn stagger. The 4x800 relay will be run on a double waterfall.
7. In relays having preliminaries, final heat drawings will be by preliminary performance using lane 4 as the fastest lane then using lanes 5-3-6-2-7-1-8. In relay events at the state meet where preliminaries are not held, the team will be assigned lanes according to their qualifying meet performance. All state meet seeding will be done according to Rule 5, Section 6, "Forming Heats."

TRACK CLASSIFICATIONS

The 48 largest track schools are 4-A, next 64 largest 3-A, next 96 largest 2-A and the balance 1-A. In the co-educational sport of 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 on Friday, March 20, 2015.

STATE QUALIFYING MEET - ALL CLASSES COACHES' INFORMATION

1. All state qualifying meets will be co-educational meets.
2. The 2015 qualifying meets will be held for all classes on Thursday, May 14, 2015. The rain date for all qualifying meets will be the following day, excluding Sunday. All qualifying meets will start at 4 PM with field events. Running events will begin at 4:30 PM. There will be a 45 minute break between the boys' 3200 and the boys' shuttle hurdle relay and a 10 minute break between the girls' 800 meter run and the girls' 200 meter dash for Class 4A and Class 3A. There will be no 10 minute break for Class 2A and Class 1A. If the rain date is used, meet manager determines starting time.
3. **The Board of Control of the IHSAA has determined that races at the State Qualifying meets will run to the common finish. Races will not be reversed to gain a wind advantage even in fully automatic timing is available for the reversed race.**
4. **Qualifying Meet Assignment:** Your school will be assigned to a qualifying meet based on geographic location. This assignment cannot be changed.
5. Only two contestants may compete in an individual event from a member school. One relay from each school may compete.
6. **Scoring: Eight places will score at the qualifying meet.** Qualifying meet scoring shall be 10, 8, 6, 5, 4, 3, 2, 1 for relay events and individual events.
7. **Awards:** Medals for the first eight places in all events. Qualifying meet team champions will be sent or presented with a qualifying champion banner.
8. Order of events for all qualifying meets is listed for your convenience. This is the running order for all qualifying meets.

ORDER OF EVENTS

All Field Events

High Jump G/B
Discus B/G
Shot G/B/WC (B & G)
Long Jump B/G

Running Events

3000 meter run G
4 X 800 meter relay B/G
3200 meter run B
45 minute break

Running Events:

Shuttle Hurdle Relay B/G
100 meter dash G
100 meter dash B
100 meter wheelchair G/B
Distance medley relay G
400 meter dash G
400 meter dash B
400 meter wheelchair G/B
4 X 200 meter relay G
4 X 200 meter relay B
100 meter hurdles G
110 meter hurdles B
1600 meter run B
800 meter run G
10 minute break (Class 4A & 3A Only)
200 meter dash G
200 meter dash B
200 meter wheelchair G/B
400 meter hurdles G
400 meter hurdles B
1600 meter medley relay B
Sprint medley relay G
1500 meter run G
800 meter run B
4 X 100 meter relay G
4 X 100 meter relay B
4 X 400 meter relay G
4 X 400 meter relay B

STATE QUALIFYING MEET INFORMATION

1. Information will be mailed to your school. A **Qualifying Meet Manual will be posted on the website.** Qualifying meet entries will be submitted online. Information for submitting qualifying meet entries will be emailed to member schools on Monday, April 27, 2015. **The deadline for Qualifying Meet entries and declarations will be 10:00 a.m. Wednesday, May 13, 2015. All scratches or substitutions must be sent by email to the Qualifying Meet host no later than 10:00 a.m. on the day of the meet, Thursday, May 14, 2015. No substitutions will be allowed after that time. Scratches after that time will count as an event. Emergency situations will be considered and can only be approved by the IHSAA.** All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. All entries shall be submitted as *FAT times*.
2. Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information. The IHSAA will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights. State qualifying meet managers may reseed an event if pre-meet scratches occur.
 - a.) Field events will be in flights. Throwing order will be as stated in the Track and Field Rules Book.
 - b.) **GIRLS:** The starting height in the high jump is four feet, eight inches. The bar is raised two inches each time to five feet, and then one inch at a time. All measurements shall be to the lesser inch.
BOYS: The starting height in the high jump for Class 4A/3A is 5'8" and 5'6" for Classes 1A/2A. The bar is raised two inches each time to six feet and then one inch after six feet.
Starting heights may be adjusted by Meet Manager in cases of inclement weather/poor jumping conditions.

- c.) In events run in sections against time, the last section will contain the best performers, the prior sections the next best contestants, etc.
 - d.) Since all events are finals, sections will be filled by entry performances. The final section of each event will have the best entry performances.
 - e.) The highest ranked contestant will be placed in the lane in the center of the track. Lanes will be filled by alternating either side of the number-one ranked athlete. This will be (4-5-3-6-2-7-1-8) according to the number of individuals or teams in the heat and the lanes available.
3. Relay personnel may be changed after the meet has begun. Substitutes must come from the names on the original relay entry.
 4. Each school will be given copies of the heat and lane assignments before the meet begins. Each school will also be given a copy of results prior to leaving the meet site.
 5. **Track Complimentary Admissions:**
 - 1) Any superintendent, principal, or athletic director, and their respective spouses, who present their current IHSAA identification card will be admitted free. It shall be understood that no members of the families of an administrator or coach shall be admitted free unless they qualify in one of the other categories.
 - 2) Any bona fide member of the press, radio, and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or year book.)
 - 3) One team bus driver.

Qualifying Meet Expense Reimbursement – There is no reimbursement for the track and field qualifying meet.

STATE MEET QUALIFICATION

In Class 4A, the top two place winners in each event plus the next twelve (12) best performances statewide from qualifying meet place winners will advance to the state meet. Class 3A and Class 2A, the top two place winners in each event plus the next eight (8) performances statewide from qualifying meet place winners will advance to the state meet. In Class 1A, the top place winner in each event plus the next twelve (12) best performances statewide from qualifying meet place winners will advance to the state meet. If there are ties, the highest qualifying meet place winner will be the qualifier. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The first school name alphabetically will become the qualifier. There will be no more than 24 qualifiers in any event.

*****STATE MEET INFORMATION*****

The 2015 State Track and Field Meet will be a coeducational event held in cooperation with the Iowa Girls High School Athletic Union. The meet will be held at Drake Stadium in Des Moines. The meet will be held May 21, 22 and 23. The format for the meet will be different than the format used for the 2014 meet. Classes 2A & 3A will compete in the morning. Classes 1A & 4A will compete in the afternoon. There are still pending details regarding the administration and organization of the meet. Specific details will be made available when the determinations have been made.

State Meet Expense Reimbursement – Schools with 1-6 qualifiers receive \$.38 per mile. Schools with 7-14 qualifiers receive \$.75 per mile. Schools with 15-22 qualifiers receive \$1.14 per mile. Schools with greater than 22 qualifiers receive \$1.38 per mile. Mileage is paid for one trip to Des Moines.

SPRING GOLF

FIRST PRACTICE DATE AND PLAYING DATES FOR 2015

First legal practice date is Monday, March 16, 2015, **first legal playing date** is Monday March 30, 2015.

Each **individual player may participate in 12 dates of competition, excluding IHSAA tournament play.**

Sectional tournaments: Class 1A, 2A & 3A will be held May 14 or 15, 2015, District tournaments will be held May 21 or 22, 2015.

Sectional and District assignments are posted on-line under golf, (IHSAA home page, www.iahsaa.org, sport/golf)

State Tournament will be held May 29 & 30 @ the following sites: **Class 1A**, American Legion Golf Course, Marshalltown;

Class 2A Ames Golf & Country Club, Ames Spring Valley Course, Livermore; **Class 3A** Spring Valley Course, Livermore.

Future Spring Golf Practice and Starting Dates:

2016 First legal practice date is March 14, 2016, first legal playing date is March 28, 2016

2017 First legal practice date is March 13, 2017, first legal playing date is March 27, 2017

2018 First legal practice date is March 12, 2018, first legal playing date is March 26, 2018

Please note the following IHSAA Spring Golf Rule Manual Changes and Reminders:

Approved Range Finder Proposal: Permit Range Finders but no cell phones allowed. Range finders that are stand alone devices (laser & GPS devices) are permitted for use during regular season and IHSAA tournament competition to measure distance only. Devices capable of measuring conditions other than distance, that might assist the player is not permitted. This would include but not limited to wind/slope or club selection.

Players and designated head coaches (same designated coach who can coach from tee to green) are encouraged to share distance information upon request. Players will not go out of their way to hold up play, but can shoot distance from their position on the course and relay that information to another player upon request. **Spectators will not be allowed to provide this information or assist golfers in any way pertaining to this rule.**

Due to the fact all players in the group do not always hear what each player in the group shot following each hole, we need every player to provide **everyone in the group** their previous hole score on the next tee box, before anyone puts their ball in play. All participants are entitled to know what each individual player shot on the previous hole, in case there is any uncertainty. It is the player(s) responsibility to request the previous hole's score if they did not hear one of the group members score from the previous hole.

COACHING RULE

Here is the coaching regulation: Permit the designated golf coach to coach a player up until the player and the player's ball are on the green. **If any part of the player's ball is on the actual green, the ball is considered on the green.** Once the player arrives at the green (no delay by the player) the team or individual designated coach can have no more communication with competing player(s) until all players in the group have holed out. If a player hits a shot from 100 yards out and the ball lands on the green, the designated coach can communicate with this young man up until they reach the green (providing no delay walking to the green) once the player is on the green, coach player communication must cease. Keep in mind each team and or individual(s), are only allowed **one designated coach** to communicate with players while competition is in progress. **Assistant Coaches** are **NOT** allowed to communicate with competing player(s) while competition is in progress.

WHEN PROVIDING ADVICE, THE DESIGNATED COACH MUST NOT ENTER A BUNKER.

Designated Coaches are not to assist or instruct a player regarding any putting on the green. If no part of the player's ball is on the actual green, coach instruction is permitted. Coaches must understand that there is to be no **delaying of play** anywhere anytime when providing instruction during the prescribed coaching time frame. Designated Coach must understand this is additional time to coach player(s), but when visiting with players the **pace of play must NOT be delayed!** In fact, this also allows the designated head coach an opportunity to address **speed of play** to players who have fallen behind more than a hole and a half to two holes from the group in front of them, unless there is a valid reason.

Coaches, this is an opportunity you have been looking for, don't force the committee and the Board of Control to have to set penalties in place for violations of the rule. **Respect the rule in place for the opportunity to coach,** and I believe it will serve all of you very well. Designate head coaches are permitted to have the same range finder as any player and are permitted to provide distance to a player or players if requested to do so while competition is in progress. If a coach has a range finder on the course it must meet the same range finder regulations as the student athlete.

REMINDER: GOLF SHIRT REGULATION

ALL VARSITY participants in regular season and tournament competition must wear the same (color and style) school issued or school approved **golf uniform shirt** (collared or non-collared), during competition.

Due to adverse weather conditions, if an individual VARSITY player desires to wear clothing (jacket/sweatshirt) over the top of his shirt, this jacket/sweatshirt does not need to be the same as his teammates.

All attire worn at all levels must all be school approved and have no alcohol, tobacco or any inappropriate logo signage on the clothing. Please remember the only attire that needs to be the same is the collard or non-collared shirt on each **Varsity** participant.

DISQUALIFIED PLAYER FOR UNSPORTING LIKE ACT

If a player is disqualified for any unsporting like act, he is ejected from the entire one or two day tournament. If a player is deemed disqualified from any two day tournament on day one, for a misapplication of a rule, illness/injury after he has put his ball in play/started competition (not unsportsmanlike conduct), the player is disqualified and his score will not count the day he is disqualified. This individual would be able to compete and his score would count on the second day only of a two day event. The three coaches' golf rules jury at this particular tournament site would make the final ruling pertaining to any unusual circumstances dealing with a disqualification except for unsportsmanlike behavior.

COACHES CELL PHONE

If a coach/spectator cell phone rings while a player's swing is in progress, the player may take his original shot or hit a second ball. If the player elects to hit a second shot, the player must take the second shot regardless of the outcome. Understand, if a **player's cell phone** rings during competition the player is disqualified.

FOOD AND DRINKS AT GOLF SITES

Coaches may provide water, or sport drink for the players throughout the one or two day event. Coaches will be permitted to provide a sandwich or energy bar for the players. Golf courses are hosting this event for a minimal green fee and we need to respect these people and their opportunity to sell food and drink at their snack shop. **Coaches are not to place coolers out on the course**, they are to keep them in their car or on their cart and provide food to their players only as they see fit. Coaches are not to provide food for spectators nor will spectators be allowed to bring food or drink on the premises. We appreciate your cooperation pertaining to this regulation. **Please notify your spectators in advance of this regulation.**

SPECTATORS

Spectators are not to interfere in any way, should not communicate with players, should keep their distance from the players, and have no influence on the results. If any interference occurs, spectators may be asked to leave.

COACHES MAKING RULINGS

Coaches must understand that they are **not** rules consultants. **Coaches are not to rule on something they see, even if you feel it may have been a rules infraction.** Let the players play and if any questions arise, players should notify a member in their group and resolve the problem or hit a second ball and get a ruling when competition is completed, before any member in the group signs off on his scorecard. We appreciate coaches wanting to assist in making rulings, but there are times when a wrong ruling is provided and there is no recourse. Once all scores are posted and approved at the end of that days' competition by coaches/players, all scores for that day are final.

PRACTICE DEPARTURE TIME

TEAM OR INDIVIDUAL PRACTICE ROUND DEPARTURE TIME RULE: When a golf team or individual desires to go to an IHSAA tournament site for a practice round during school time, the coach needs to have **local school administrations approval**, in accordance with the IHSAA Handbook Practice Regulation (page 11). If you desire to practice during school time, this practice round policy is now a local school administration decision.

SCHOOLS WHO MAKE EXCEPTIONS TO USGA RULES DURING THE SEASON

***NOTE:** Prior to the event, schools that make **exceptions to USGA rules** during the regular season must have them in writing and agreed upon by all the schools involved, otherwise USGA rules apply except for IHSAA manual differences during the regular season and tournament play. All IHSAA sanctioned tournaments will follow USGA playing rules unless otherwise specified in the IHSAA spring golf manual.

***During regular season or IHSAA sanctioned tournament play (sectional, district or state meet), players are not allowed to chip or putt on any hole on the course (before competition begins), this also applies once competition play begins regardless if you have completed the hole in tournament competition, excluding the practice green(s). In regular season, check with meet management pertaining to the opportunity for a player to chip or putt on a completed competition green.**

HOLE BY HOLE SCORE

Coaches, individual hole by hole score is what counts on a player's scorecard. Even if the score is added incorrectly, the hole by hole score is the player's score for that round. Most scoring computer programs total the score once all the hole by hole scores have been entered.

MEDAL PLAY

COACH AND PLAYERS INFORMATION

For all regular season and post-season tournament play, USGA playing rules will be followed unless modified by the local course management or IHSAA manual. All golf matches shall be played in accordance with the USGA Rules of Golf in accordance with rule 13-1 of the USGA Rules of Golf Book: The ball shall be played as it lies, except as otherwise provided in the rules.

USGA does allow for areas of the golf course to be marked and defined as Ground under Repair (rule 25-1). If it is determined that areas of the golf course are unsuitable for play, the committee shall define these areas as Ground under Repair. The ground under repair shall be marked and defined accordingly so no questions will arise as to the boundaries of said areas. Poor turf conditions do not necessarily equate to ground under repair. Ground under repair is defined as abnormal ground conditions. If an area is abnormal in relation to the entire golf course, then it should be defined as ground under repair.

Any errors or **discrepancies** that take place during medal play are to be corrected **PRIOR to signing the scorecard** and turning it in. **The round begins with the first tee of the competition and ends when the scorecard has been attested to, signed, and turned in**, then it is too late to make corrections and all scores stand as turned in. Coaches should verify with the tournament manager the scores are correct when posted, by verifying this individually following the posting of the scores. If the head coach elects not to attend the posting of the scores and verifying his team score(s) are posted correctly, player(s) scores stand as posted. This will not preclude circling a given hole(s) score for the committee or jury of coaches to review at the conclusion of play, but it would permit a correctable situation at the completion of play, prior to signing the scorecard and turning it in for recording. **Coaches**, remind your golfers to record the score after completion of each hole (all players involved). **If there is any discrepancy, players should make every effort to resolve this discrepancy before playing the next hole. If the discrepancy can't be resolved, circle the hole/score and when you finish the round the player involved should not sign his card, nor turn it in, until the jury has made a ruling. At the completion of his round, the player should inform the scorer he has a ruling that needs to be resolved before all members in his group, including the player with the rule question, signs and turns in his scorecard.**

At the conclusion of play (each day, one or two day tournament) every player in the group needs to verify that all scores are correct, attested to, and **signed by each member in that group**. This procedure will allow all members in your group at the conclusion of play that day, to verify and agree on what each individual shot that day. If there is any discrepancy, it should go to the rules jury (appointed by the tournament manager) to rule on before any group member signs or turns in a scorecard.

The competitor is responsible for the correctness of the score recorded for each hole on his scorecard. If the participant returns a score for any hole lower than actually taken, he is disqualified. If the participant turns a score for any hole higher than actually taken, the score turned in stands.

Coaches, **scorecards** are to be turned into the official scorer immediately following the round, once signed and attested to.

Coaches may view a player's scorecard immediately following that player's round, but are not to hold on to this team members scorecards while waiting for other team members to finish.

COACHES PLAYING AT AN IHSAA TOURNAMENT SITE

It is against the rules for coaches to play golf on the course the day of the sectional, district or state meet. If this takes place, the team will be **disqualified** due to the coaches' actions, even if the tournament manager has given permission for the coach to play. Coaches are not to leave the premises while his/her player(s) are competing. Coaches may be asked to assist the host school with regular season, sectional or district competition, please do your best to honor that request.

IHSAA TOURNAMENT GOLF ENTRY FORM

Make sure you fill out the on-line sectional, district & state team golf entry form (www.iahsaa.org under sport/golf, top of home page) and fax/email the form to the designated host school at least four days before the scheduled sectional, district or state meet. This will permit the meet manager to set up tee times according to your player ranking, via your entry form. A coach may substitute a **team** player(s) before teeing off in the sectional, district or state meet. In the sectional, district or state meet, no substitution will be allowed once a player has teed off on his first hole, regardless of injury, illness or DQ. You will eliminate that individual and count only the four best scores of the remaining four or five players. Sectional & District green fees, must be paid the day of the tournament. **Golf Courses are providing very inexpensive green fees and we need to make sure we uphold our end and make payment to the course the day of the sectional/district meet.**

SUBSTITUTION FOR INDIVIDUAL DISTRICT OR STATE QUALIFIERS

Individual qualifiers for the district or state meet may NOT be substituted for, nor will another non qualifying golfer from that district be allowed to take this individuals place, regardless of the circumstance.

RULES FOR PLAYERS/COACHES

The following rules will govern all interscholastic golf in Iowa.

1. In case of gambling during matches, the players involved are disqualified in that particular meet.
2. **Cheating** would be reason for disqualification.

3. The players will keep score; **no player keeping his own score. All players are required to provide their previous hole score to the entire group on the next tee box, before anyone puts their ball in play.** Players in group are responsible to secure each other's score. Coaches may be asked to help monitor certain holes on the course. **Coaches are not to make rulings on the course**, let all players in the threesome or foursome decide and if they can't agree and have the player involved play a second ball and let the rules committee make a ruling when he finishes the round (before any member in the group signs the scorecard. We now have Iowa Section Certified PGA staff members on hand at our state sites to assist in rulings on the course.
 4. Any player who uses tobacco (including smokeless) on the course is disqualified.
 5. Disputes on rules at the sectional or district meets: The coaches' jury selected from the assembled coach's will decide on all disputes.
 6. In the state meet, the Iowa Section Certified PGA and or Club Pro will make all final USGA golf rule decisions.
 7. Any player who fails to finish play in the sectional, district or state tournament competition is considered to have withdrawn from the tournament and his score(s) will not count (see above exceptions). **If this should occur during the state tournament on day one, he will not be able to participate on day two.** His scores, either day, would not count if he fails to finish play on day two.
- NOTE: See additional information under substitutions earlier in the handbook.
8. In regular season, sectional, district and state competition, **no caddies are allowed. No motorized golf carts will be allowed except for disability reasons and must be pre-approved in writing by the IHSAA. Non motorized pull carts** are permitted, individuals desiring to use pull carts must supply their own non motorized pull cart at each meet. This rule applies to regular season or tournament play.
 9. There shall be no coaching of golfers by parents, or spectators. Spectators are to remain a reasonable distance behind the golfers while watching so as not to hinder play. Should there be any interference by spectators with play in any way, shape or form the spectator(s) are subject to being asked to leave the premises by the management. Spectators should remain approximately 30 yards behind the golfers on the course or on the cart path when observing play other than to cross fairways without interfering with players. No spectator may instruct or advise a player about any shot selection a player is going to make. Once the players reach the green area, spectators should move over to the cart path, even with the green, to allow the next group of players to continue play.
 10. In the state meet, second day pairings are to be based on first-round team scores. No players from the same school should be assigned to the same group, threesomes or foursomes.
 11. In the sectional & district meets the tournament manager should make every effort to avoid the necessity of having players from the same town, even though from different schools, play in the same threesomes and foursomes. This is impossible in some cases, but wherever it is possible to avoid this, it should be done.
 12. All schools are expected to start play as scheduled.
 13. At the conclusion of the sectional, district, & state meets, coaches should verify the scores posted. When the Teams/individual leave the course and the team standings have been posted there will be no changing the results of play.
 14. All golf coaches will be notified on-line where their meets and tournaments will be held.
 15. Any player who plays without a shirt is automatically disqualified.
 16. In the state meet, if a player is injured or becomes ill, there can be no **substitute** for him.
 17. The use of **cell phones is prohibited during regular season and all tournament play.** Penalty will result in disqualification of that player. Coach, I would encourage you to collect the cell phones before the competition begins and once all competition is completed give the phones back to your players. This may save you a disqualification.
 18. A player disqualified from a tournament for unsportsmanlike conduct is disqualified for the entire event (rest of the tournament or multiple day event), whether it is a one day or two day event.
 19. Coaches, during regular season and tournament play, players are required to walk or be transported from green to tee with no more than **two players riding in the cart (plus a driver).** If carts are used as a means of transportation from green to tee, players must be **seated inside the cart. Players may be transported to their starting holes by car, van or golf carts.**

CODE OF CONDUCT FOR PLAYERS

1. In meets or tournaments sponsored by the IHSAA, a **two-stroke penalty** shall be assessed for conduct unbecoming high school players. Such conduct shall include, but not be limited to:
 - a.) **Club throwing**, defined as releasing the club in a manner to cause harm to any person or the course. **Ball throwing** defined as could cause harm to another participant, spectator, course or means of releasing frustration.
 - b.) **Use of abusive language.**
 - c.) **Willful acts which damage property or equipment on the course.**
 - d.) Other **unbecoming conduct as determined by the Golf Rules Committee.** This rule will be strictly enforced by the rules committee. **Second offense, the player is automatically disqualified.**
2. Any player who uses **tobacco** (to include smokeless) or gambles on the course is automatically disqualified.
3. **Eligibility Rule 36.14(2) Penalties.** Any student disqualified from an interscholastic contest by game officials for flagrant, violent, or verbal misconduct will be ineligible for the next regular scheduled game/meet at the level of competition and all other games/meets in the interim at any level in addition to any other penalties the IHSAA or school may assess. The second violation carries a four games/meets automatic ineligibility. It will be the responsibility of the host school meet manager to report any disqualification(s) to the IHSAA the day following the meet, if the meet is held on a Friday or Saturday, then on the Monday following the meet. It is the coach's responsibility to inform his/her administrator of any disqualification(s). The administrator will file an official report form with the IHSAA on-line.

4. The IHSAA and the Golf Coaches Advisory Committee feel the code of conduct rules are appropriate, but a concern remains when the players themselves are unwilling to enforce the rule against another player in the group. **If a code of conduct violation is observed (not heard about later) by a HEAD GOLF COACH and the group involved does not enforce the rule, the HEAD GOLF Coach observing this inappropriate action should get the players together at the conclusion of play at that particular hole, and have the players discuss the situation and enforce the proper ruling.** If a code of conduct rule has been violated, a two stroke penalty should be assessed the individual(s) responsible. **If a HEAD GOLF COACH observes any behavior that could lead up to a code of conduct violation, the coach should professionally warn the player of his inappropriate action and inform the players coach and notify a rules jury member.** Coaches make sure your players are aware of this rule, so your team is not penalized by one of your player's inappropriate actions.

BREAKING OF TIES

TEAM TIEBREAKER, SECTIONAL, DISTRICT AND STATE COMPETITION: Breaking of all **team ties** will be decided by using the **fifth player's score of that day**, and if the tie is not broken with the fifth player's score, use the **sixth player's score**. In the event a given team has only four players and the team they are tied with has five players, the team with five players would break the tie and be declared the winner. If a team has only five players and a team tie still exists after using each team's fifth players' score, the team with six players would break the tie and be declared the winner. This makes the fifth and sixth player's score more meaningful in the team concept. If the team tie remains after using the fifth and sixth players score, a three-hole play-off will take place, using only the players' scores who counted that day. If the three-hole play-off does not break the team tie, we will go to sudden death.

INDIVIDUAL SECTIONAL & DISTRICT TIEBREAKER SYSTEM: If ties take place to determine the four individual qualifiers (qualifying or non qualifying teams), a SUDDEN DEATH playoff will take place with only players involved in the tie to determine the individual medal winners. **All fourth place ties will qualify for district and state competition and remain as ties.** The pro and/or rules jury, if no golf pro available, will determine before the tournament starts, what play-off hole(s) will be used for any team or individual play-offs required. **Reminder, for individual qualifiers (regardless if they're on a qualifying team or not) we must determine a medalist, runner-up medalist and third place individual.** All fourth place individual ties stand and duplicate medals will be provided the fourth place individuals who did not receive a medal the day of sectional or district competition.

STATE COMPETITION

Individual ties in state competition for **first place only (medalist)**, will be broken using the Sudden-death play-off. If the tie is not broken after the first sudden death play-off hole, play will continue on a sudden death schedule until the tie is resolved. **In state tournament competition only, all individual ties pertaining to second place through seventh place will result in duplicate medals being awarded.**

TEAM QUALIFICATIONS FOR DISTRICT OR STATE COMPETITION

The sectional/district team champion and runner-up will advance to the district/state competition. If a host school (sectional/district **HOST TEAM ONLY**, play the majority of their regular season matches or regularly practice on this course) finish first or second, the third-place team will also advance to the district or state tournament. There are times when multiple schools use the same golf course and we have a sectional or district tournament at this particular golf course, **the designated HOST SCHOOL by the Iowa High School Athletic Association must finish first or second in order for a third place team to advance.** The maximum number of teams that could possibly advance from sectional to district competition would be three. At no time would a fourth team advance to district competition.

The lowest four individual scores (regardless if they are on qualifying or non-qualifying team), qualify for the state tournament, **including all fourth place ties.** The medalist and medalist runner-up are included in the four low scores. If your school has qualified a team four or more members for the state meet, they need **not** be the same contestants who comprised your team in the sectional/district meet. If your school has qualified a team, up to six contestants in your school who are eligible to represent your school in interscholastic athletics may compete in the district/state meet as a member of your team.

In the event your school has qualified individual(s) and not a team, then only that individual(s) would be eligible to compete in the state meet. You can't substitute for individual qualifier(s).

RULES PERSONNEL AT STATE COMPETITION

The Iowa High School Athletic Association will be using certified Iowa Golf Association personnel as rules personnel at our state tournament. Proper golf etiquette and professionalism will be a priority.

The state meet will begin at NOON on Friday and 8:00 AM on Saturday, weather permitting.

NUMBER OF PLAYERS FOR SECTIONAL COMPETITION

Each member school is entitled to enter six players in the sectional meet. The four best scores will count to determine the total score for the school. If a **team tie** exists, we will use the 5th players score and if the **team tie** remains we will use the 6th player scores, **NOTE:** See team tiebreaker for all team and individual tiebreaker information. **A school entering less than four players in the sectional meet may compete for individual honors, but not team honors.**

PRACTICE ROUNDS & GREEN FEES

Please keep in mind anyone who wants to play a practice round (player/coach) at a sectional, district or state site must pay green fees, and coaches, if the parents take a senior athlete to a practice site, explain to them they are guests at the golf course and will pay green fees, and not attempt to evaluate the golf course or complain about paying green fees.

Prior to the sectional or district tournaments, teams/individuals may play/practice at a sectional or district site

The course on which the STATE TOURNAMENT is to be played is closed for any practice rounds to all teams and individual(s) once sectional tournament play starts for classes 1A, 2A and 3A. Exception: If a team is hosting the state meet and this is their home course, practice is permitted throughout the sectional and district play on this course by the host school only.

WALKING THE COURSE

There is no rule against a team/individual arriving at the sectional or district site to walk the course provided they do not cause any confusion with regard to people who may be playing the course.

Players who walk the course are not to have any clubs with them while they are walking the course, nor are they permitted to role balls on the course playing greens. Any violation of this rule will result in player disqualification of the entire one or two day tournament.

Players may use the practice driving range, chipping green and putting green at the sectional, district or state site, if available. Teams traveling to the state site the night before the state meet, may use the practice driving range and chip or putt on the practice greens only, if available, with host/course permission. Coaches/players who walk the course the night before or the morning of the sectional, district or state tournament are permitted to use rangefinders/electronic devices.

SECTIONAL AND DISTRICT & STATE TOURNAMENT GREEN FEES

A **\$10** per boy green fee is assessed for participation in all sectional & district tournaments, paid directly to the course management by the participating schools up to a total of **\$60** green fees per school per tournament. Please have a **check made out directly to the course** where you will be participating in the sectional or district tournament in advance of your participation and present it to the host school management upon arrival. The host school management will present the green fees check for all participating teams to the course management.

State tournament green fees will be paid directly to the host golf course by the IHSAA.

TOURNAMENT TEE TIMES

SECTIONAL, DISTRICT & STATE TOURNAMENT TEE OFF TIMES

Sectional and District tournaments will be determined by the host school within reason.

The sectional or district hosts should notify all participating school Athletic Directors.

The State Tournament will start at 10:30 on Friday and 8:00AM on Saturday, weather permitting.

STARTING METHOD

A "Shotgun start" is the best method to start tournament play. Match up the number one golfers with other schools number one golfers. Individual qualifying golfers should play with the other individual qualifiers in district and state competition.

WEATHER ISSUES/POSTPONEMENTS DURING COMPETITION

If sectional or district tournaments are postponed once competition has started, play will continue from the last completed hole by every player in their group. If three of the four players have holed out and the players are called off the course, all players will be required to play the hole over.

In districts, if you are required to return the second day because of postponement, and you are postponed the second time, if you have finished nine holes that will determine the district champion. Individual qualifiers will be determined from these 9 hole scores. Remember, this is only true on the second time you return. **Example 1:** Districts were scheduled for Friday and you are postponed. You come back on Saturday and you are postponed, but everyone gets at least nine holes played. Those nine holes on the second day will determine the teams and individuals that advance to the next level of competition.

Example 2: District play has begun, groups finish at least nine holes and are postponed, everyone returns the next day and begins play from the last completed hole by everyone in your group. If postponement again forces competition to end for that day and everyone has not completed competition (nine holes), the first days nine holes will determine the teams and individuals that advance to the next level of competition.

In **state tournament competition**, if eighteen holes are played on Friday and it is impossible to play Saturday due to weather, **the first eighteen holes will determine the champion.** Likewise, if Friday competition is postponed and you are able to play 18 holes on Saturday, those eighteen holes on Saturday will determine a winner. Under no conditions will competition be held on Sunday. If both Friday and Saturday are postponed, then the tournament will be reset by the tournament manager and each school will be notified accordingly. When the tournament is rescheduled, competition will be eighteen holes.

If play is halted and players are called off the course, players should mark their ball and if play continues that day, players would resume play at their marked spot.

SPRING GOLF EXPENSES

The IHSAA will pay \$.48 per mile for every school in Sectional & District Golf.

The IHSAA will pay \$.48 per mile for schools who qualify individual(s) for **State Golf**.

The IHSAA will pay \$1.20 per mile for schools who qualify a team for **State Golf**.

AWARDS

Sectional Meet: There will be a total of 16 medals awarded; six medals for the team winning first place, six medals for the team winning second place; one medal for the medalist and runner up, and third and fourth place individuals and all fourth place ties.

District Meet: There will be a total of 16 medals awarded: six medals for the team winning first; six medals for the team winning second place; one medal for the medalist; one medal for the runner-up medalist, and third and fourth place individuals & all fourth place ties. State team qualifiers will receive an IHSAA state golf tournament qualifier banner.

State Meet: Medals will be awarded to the first four teams, six medals per team. There will also be a medalist and runner-up; plus medals for the third-, fourth-, fifth-, sixth-, and seventh-place players. In all individual ties, other than for medalist, duplicate medals will be presented as the individual ties will remain ties. If a tie should occur for medalist honors, a sudden death play-off will take place.

In the state meet, a championship, runner-up and third place trophy will be presented and an IHSAA banner will be presented to the state champion and runner-up. The coach of the championship team will receive a plaque.

STATE TOURNAMENT PARTICIPANTS PICTURE PLAQUE

Teams and individuals who qualify for the state meet will have their pictures taken with their coach when they arrive at the State Golf Meet site. Individuals in the picture will be identified after the meet by each school and then made into a picture plaque to be presented to each of the participating team member(s) and head coach, compliments of the IHSAA. An online picture identification and order form will be sent to each school/A.D. following the state meet. **Please make sure your Athletic Director verifies the player(s)/coach in a timely manner and purchases any additional plaques needed.**

STATE MEET PIN PLACEMENT

No practice is permitted by a host school on the state golf meet site, once pin placements have been made for the first day's competition. Meet management should, in coordination with greens superintendent, make the determination as to how late they might wait prior to making pin placements for the first day's competition.

SCORING FOR THE STATE MEET

In determining the winner at the state meet, the first-day scores will be the four best scores recorded for the **team**. The next day will be a new day and the four best scores on that day will be recorded. The total of the two days will determine team winners. If a team tie exists at the end of the second day, and **the team tiebreaker rule does not resolve the tie**, the four members whose scores counted the last 18 holes will be the four players involved in the play-off. Please review the team tiebreaker procedure elsewhere in this manual.

HIGH SCHOOL GOLFERS MAY NEVER ACCEPT MONEY AS A PRIZE: NON-SCHOOL TEAM/INDIVIDUAL PARTICIPATION/AWARDS RULES

DURING THE SCHOOL YEAR:

From the first day of school through the last day of school, you may *not* accept any award or prize which has a value in excess of \$50.00, **NEVER MONEY**. Golfers may participate in non-school events during the year, **if allowed by local school policy**. Check with your Athletic Director.

EXAMPLE: *Ben Jones is allowed by his school to play in a four team best ball tournament in late March. Ben is playing with three individuals who are out of school, Ben being the only High School student. Ben's team wins \$400.00. Each of the three out-of-school individuals could accept \$100.00 cash. Ben could receive a gift certificate for \$50.00. Ben should ask the golf course to document what Ben received and have the course sign that document stating he only received a \$50.00 gift certificate and provide a copy of the document to his Athletic Director, stating what Ben accepted. That way if someone reads/hears about his tournament success, the school has proof that Ben accepted only a \$50.00 in a gift certificate. An individual could receive up to \$50.00 in gift certificates, per tournament.*

SUMMER MONTHS:

During the summer months, you may accept any award or prize any amateur golfer is permitted under USGA rules, \$750.00--- **NEVER CASH/MONEY**.

EXAMPLE: *Same scenario as above, but since school is no longer in session Ben could receive \$100.00 gift certificate, but should again document his winnings and provide a copy for the Athletic Director.*

A player could receive up to \$750.00 in gift certificates per tournament.

REMINDER: Summer ends the day after Labor Day, as it pertains to non-school competition.

TENNIS

Unless the IHSAA Board of Control adopts other rules, U.S.T.A. rules will govern high school tennis. All coaches have the responsibility of being knowledgeable of U.S.T.A. rules and all policies concerning tennis as established by the IHSAA. In addition, the following rules will be followed for interscholastic boys' tennis competition, unless the Board of Control adopts other rules. The individuals listed below are the current members of the IHSAA Tennis Advisory Committee. Craig Ihnen, Des Moines (Ex-officio member); Jared Feddersen, Fort Dodge; Chad Bruns, Harlan; Tony Witt, Oskaloosa High School, Eric Modracek, Prairie High School, Cedar Rapids, Joe Steele, Spencer;. Feel free to contact any of the Advisory Committee members, or Alan Beste or Kylie Swanson, at the IHSAA office, with concerns or questions.

PRACTICE AND SCRIMMAGE INFORMATION

<u>Year</u>	<u>First Practice</u>	<u>First Contest</u>
2015	Week 37/March 16	Week 39/March 30
2016	Week 37/March 14	Week 39/March 28
2017	Week 37/March 13	Week 39/March 27
2018	Week 37/March 11	Week 39/March 25

1. **Tennis practice begins Week 37/March 16, 2015.**

2. **PRACTICE FACILITY RULE**

IHSAA member schools may use practice facilities, other than their regular school facilities, with no prior approval from the IHSAA as long as the following criteria are met:

- Member schools holding practice at a practice facility, other than their regular school practice facility, one time per week, or more, must have a written agreement between the member school and the member school where the practice will be held or the organization operating the practice facility.
- Member schools holding practice at a practice facility, other than their regular school practice facility, on an occasional or emergency basis, must have local school administration approval before each practice session.
- Only a school's bona-fide coaches may provide instruction during practice regardless of where practice takes place.
- Member schools may **not** practice with another member school except in scrimmage situations. [Note the scrimmage rules for each sport as posted in the regular season handbooks.]
- No school practice shall take place at an IHSAA state tournament venue, unless otherwise indicated in that sport's specific post-season manual.

Schools traveling to a state tournament or not returning home between rounds of the tournament may **not** practice at the site where the state tournament is being held, unless the IHSAA has arranged for practice times for all schools involved. (*Please refer to the fall and spring post-season manuals for information on golf as it pertains to practice rounds at the sectional, district and state meet sites.*)

3. **ONE scrimmage date** is allowed per school. It must take place after the completion of district play and before the State Team Tournament.

MEET FORMAT INFORMATION

1. **Multiple duals played on ANY day of the week count as only one date/competition** toward the team and individual maximum.

2. **Non-Conference Meets** - All **non-conference dual meets** will be played with a format of six singles and three doubles; five singles and four doubles; or six singles and five doubles.

3. **Conference formats are determined by each individual conference.**

4. **Host schools or conferences will determine the set tiebreak procedure.** The procedure should be communicated to all schools participating in a meet as part of the contract. The IHSAA Tennis Advisory Committee suggests using the standard 7-point set tiebreak, when time and weather permit.

REPORTING OF TEAM SCORES

The use of QuikStats will be used to report scores for all dual meet played during the regular season. Specific information about using Quik Stats and reporting regular season dual meet scores will be sent to head tennis coaches and athletic directors at tennis schools.

COMPETITION INFORMATION

1. **Interscholastic competition begins Monday, March 30, 2015.**
2. **Each team is allowed a maximum of 12 dates/competitions** for regular season competition. *Example: A school may have 12 freshmen meets, 12 junior varsity meets and 12 varsity meets.*
3. **Each player is allowed a maximum of 12 dates/competitions** for regular season competition, regardless of the level at which he competes. If a player competes in varsity and junior varsity competitions during the season, he may only participate in a total of 12 competitions. *(For example: 5 JV & 7 varsity meets).*
4. **If a school does not have enough players to field a team and compete in regular season dual meet team competition, the players from that school must compete in at least four regular season interscholastic matches before the district tournament in order to enter district competition.**
5. **There should be a pre-meet meeting with coaches and players before each meet.** The school-approved coaches from each school should introduce themselves at this meeting so there is no confusion as to who will be representing each school.
6. **Regular Season Dual Meet Line-up Cards**
 - A. **Singles Line-up Cards** - When teams are to play, **coaches will exchange the list of their singles players at the same time so there will be no rearranging of players. Ethics for coaches dictate that their best player competes against the best player from the other school; the second-best players compete against each other, etc.** If there is an injury or illness to a player(s) on a given day, the team will adjust their singles line up so the best player that day is at #1, the second best player at is #2 singles, etc.
 - B. **Doubles Line-ups** - At the conclusion of the singles matches, the coaches will exchange lineup cards, or line up sheets, for their doubles teams and exchange their cards/sheets at the same time so there is no confusion. The official doubles line up in team play is the one submitted, or reaffirmed, immediately before the first doubles teams take the court for warm up. It is **MANDATORY** during all doubles play that: (a) **The #1 player in singles must play in either the first or second doubles team;** (b) **Either the #1 or #2 singles player must play in the first doubles team unless both are being held out of doubles matches;** (c) **If the #1 singles player plays on the #1 doubles team, the #2 singles player may play on any doubles team,** (d) **Doubles teams are to be listed in position of strength with the best of the doubles teams submitted that day playing #1; the second best doubles team that day playing #2, etc.**
7. **The standard size tennis ball is the only legal ball** for high school boys' tennis. **The Wilson T1071 will be used for all post-season tournament play.**
8. **On Court Equipment** - **No additional equipment may be brought onto the court during play.** *Examples: chairs, oversized coolers, folding benches, etc.*
9. **No Cell Phones**, or other electronic communication devices, may be used by players during a match from the time they begin warm-ups until the conclusion of play. USTA rules do allow players to bring to the court written notes that were prepared before the start of the match, which may be referred to during any changeover or set break.
10. **Uniforms**

Tennis players shall wear school-issued/approved uniforms in tennis competition. Football jerseys and tank tops are not legal. **In the event the school does not have a uniform for competition, the players will wear a plain T-shirt of a single color with no design, exclusive of the manufacturer's logo, or a high school tennis tournament T-shirt.** Turning shirts inside out is not permissible to meet uniform requirements. Each team should take additional school issued/approved shirts or a plain one-color shirt to wear if an additional shirt is needed due to playing or weather conditions. **Tennis shorts shall be worn. Players shall not wear an undergarment, or tights, which extend below the tennis shorts, except through a medically authorized waiver.** A copy of a doctor's statement must be shown to the meet manager and, in such cases, the undergarment or tights must be similar in color to the tennis shorts or the predominant color of the tennis shorts.

Garments that do **NOT** meet the definition of the legal uniform include, but are not limited to, biking shorts, thigh huggers, multicolored beachwear, night wear or underwear, cutoff jeans or sweats, sweat pants or anything else that is objectionable to the meet manager. **Note:** *The meet manager may allow the wearing of cold weather clothing, if conditions warrant.* **Penalty:** If a player is not in proper uniform, he may not participate. Any violations of the uniform rule should be reported to the Iowa High School Athletic Association.
11. **When a player refuses to play, or continue playing, for any reason he disqualifies himself from further competition in that dual meet or tournament.** The player's school, or the Athletic Association, may impose further penalties if they deem such penalties appropriate.

12. **Changeovers** - When players change ends after the first game of each set, or the tie-break, there will be no rest period. The first 90-second rest period will be when players change ends after the 3rd game of a set.

13. **Players Must Stay on the Court** - Once play has started, players may not leave the court unless they have split the first two sets in two out of three set competitions. Players may NOT leave the court during the 2-minute set break in Pro-Set competition.

14. **Warm-Up** - No player shall be permitted longer than ten minutes to warm up, which includes practice serves. This ten-minute warm-up will be applicable for regular season and post-season tournament competition.

15. **Time Allotment Between Sets and Matches** - A maximum of 2 minutes is allowed between 1st and 2nd sets and a maximum of 10 minutes is allowed between 2nd and 3rd sets. *If a 10-Point Match Tie-Break will be played in lieu of a 3rd set, the break between the 2nd set and 10-point match tie-break is 3 minutes. If Pro-Sets are being played, the 2-minute set break occurs when one player has won half of the games being played in the set. Thirty minutes is allowed between a player's singles and doubles matches, unless the coaches mutually agree to shorten the break.*

PENALTY FOR NON-COMPLIANCE: Once the match time has been determined / posted, and the player and/or his coach notified and a player is not ready to play, it is a default.

16. **Coaching Opportunities** - School coaches have an opportunity to coach their players during each 90-second changeover and during set breaks. **When players change ends after the first game of each set, or the tie-break, there will be no rest period and no opportunity for coaching.** Breaks between sets one and two are limited to 2 minutes and breaks between sets two and three are limited to 10 minutes. **(THERE WILL BE NO TIMEOUTS TAKEN DURING PLAY.) School coaches, and or players competing that day who are in uniform, are the only ones permitted to speak to their players from the time they take the court to warm up for their match until the match is over. It is NOT PERMISSIBLE for club pros, parents, or others, to speak with players during this time.**

Note #1: Coaches do NOT need to wait for the opposing coach to be present to use a coaching opportunity.

Note #2: The duration of the 90-second changeovers and set breaks are NOT lengthened for coaching opportunities. Players are expected to pick up their drinks and towels at the net post, if they wish to have them, and go immediately to the fence to visit with their coaches. Coaches are not to go on the courts, unless court configuration requires it and it has been discussed at the coach's pre-meet meeting.

Note #3: When players change ends at the conclusion of game #1 and during the tie-break there is no delay and no coaching opportunities exist during those times.

17. **7-Point Set Tie-break**

Singles: If it is Player A's turn to serve the 13th game, he serves the first point from the right court. Player B serves points two and three - left court, then right court; Player A serves points four and five - left court, then right court. B serves point six from the left court and the players change sides of the net. B serves point seven starting from the right court. A serves points eight and nine - left court, then right court; B serves points ten and 11, left court then right court. Player A serves point 12 from the left court.

If the points reach 6-All, players change sides of the net again and continue serving in the same pattern as above beginning with point seven, until one player leads by two points in the tie break whereupon he wins the set, 7-6.

After the tie break is completed, the players again change sides of the net for the first game of the next set with Player B as the first server. **Note ... the player who serves first in the tie break will receive in the first game of the next set played, if needed.** You must win the tie break by two points and you must win at least seven points in the tie break.

Doubles: (AB on one team vs. CD) If it is A's turn to serve the 13th game, you will follow the same pattern as in singles with partners continuing to serve in the same sequence they used during the entire set as the service alternates from team-to-team. A serves the first point from the right court, C serves points two and three, left court and then right court. B serves points four and five, left court and right court. D serves point six from the left court and the teams change sides of the net and D serves point seven from the right court. A serves points eight and nine, left court and right court. C serves points ten and 11, left court and right court. B serves point 12, from the left court.

If the points reach 6-All, teams again change sides of the net and continue serving in the same pattern as above beginning with point seven until one team gets a two-point lead. The winning team wins the set, 7-6. The teams then change sides of the net and play the first game of the next set with team CD as the first-serving team. **Note ... the team who serves first in the tie break will receive in the first game of the next set played, if needed.**

MEDICAL TIMEOUTS

Medical time-outs, including those for bleeding, injury, or a treatable medical condition, may be of a reasonable length to evaluate and treat the condition and clean blood from players or any surface. Anytime a player defaults due to bleeding, injury, or a medical condition, he may not play the remainder of the meet/tournament. A maximum of one medical time out is permitted per match. *For muscle cramps refer to 'Time Out Procedure for Muscle Cramps'.*

TIME OUT PROCEDURE FOR MUSCLE CRAMPS

The Tennis Advisory Committee has developed, and the Board of Control has approved, the following procedure for dealing with muscle cramps that occur. ***The Committee feels very strongly that coaches need to do what is prudent and in the best interests of the health of the athlete. There are certainly situations where a coach will choose to injury default a player before this procedure requires an injury default.***

1) **The first time during a match a player, or doubles team, must stop playing due to muscle cramps a medical time-out may be taken. This medical time-out shall be of a reasonable length of time to evaluate and treat the injury.**

2) **Subsequent occurrences of cramping during the match, even if the cramping is in different areas of the body, are subject the point penalty system according to USTA rules.**

- The second time a player, or doubles team, must stop playing due to muscle cramps a match point is awarded to the opponent.
- The third time a player, or double team, must stop playing due to muscle cramps one game is awarded to the opponent.
- The fourth time a player, or doubles team, must stop play due to muscle cramps the player, or doubles team, must **INJURY DEFAULT**, for the entire meet or tournament.

Note 1: After each individual cramping occurrence, play must continue or the player, or doubles team, must injury default.

Note 2: **ONLY ONE** medical time-out may be taken in a match for the same injury or condition, i.e. cramping - even if the cramping is in different areas of the body.

Note 3: The cramping penalty system is sequential and does not start over with each set. It carries over throughout the entire match. **Example:** If a player, or doubles team, has already been assessed a one match point cramping penalty in the second set any muscle cramps occurring again in the 3rd set, to an individual player or either member of the doubles team, shall result in a one-game cramping penalty being assessed.

Note 4: Singles and doubles competition are considered separate matches when applying the time out procedure for cramping. However, anytime a player defaults due to injury, he may not play the remainder of the meet/tournament.

SPORTSMANSHIP CODE

The IHSAA Sportsmanship Code requires unsportsmanlike acts to be penalized. **Profanity (including four-letter words), racket throwing, or other unsportsmanlike acts cannot be tolerated. Coaches are responsible for ensuring their players comply with the sportsmanship code.** An opposing coach has equal responsibility, and authority, for enforcing the sportsmanship code for any players. **A contestant may be given a warning, or ejected and disqualified, on the first violation depending upon the severity of the act(s) as determined by the player's coach, host school, or meet manager. A SECOND WARNING TO THE SAME INDIVIDUAL IS AN AUTOMATIC EJECTION AND DISQUALIFICATION FROM THE COMPETITION.** As per IHSAA policy, any student ejected and disqualified from an interscholastic contest for flagrant, violent, or verbal misconduct will be ineligible for the next regularly scheduled game/meet/date at that level of competition and all other games/meets/dates in the interim at any level, including IHSAA postseason tournaments, in addition to any other penalties the IHSAA or the school may assess. Sportsmanship warnings should be reported to the meet manager and the coach of the player who committed the violation. In a tournament, when a tournament committee is appointed, any coach can bring conduct violations to the attention of the tournament committee. **If a student is ejected from a singles match, the ejection rule is enforced for that particular player in both singles and doubles.** However, that player's doubles partner will not be penalized and a substitute may replace the ejected player in doubles play. This substitute player must be one who was not originally in the doubles line-up, and the doubles team positions cannot be realigned. If either partner of a doubles team is ejected and disqualified for unsportsmanlike conduct during doubles competition, the doubles team is disqualified from the competition.

GUIDELINES FOR HANDLING CONTROVERSY ON THE COURT (Line calls, foot faults, scorekeeping, etc.)

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS NOT AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: **The players will have a conference at the net to discuss the issue in question.**

Step 3: **The coaches and players will have a conference at the net to discuss the issue in question.**

Step 4: **The coaches will meet and agree on an appeal judge to rule on appeals made by a player.**

(The Athletic Association should be notified if step #4 of these guidelines is implemented during a meet.)

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: **The players will have a conference at the net to discuss the issue in question.**

Step 3: **The coaches and players will have a conference at the net to discuss the issue in question.**

Step 4: The *meet manager, or his/her designee, will have a conference at the net with the players and both head coaches to discuss the issue in question.*

Step 5: The *meet manager, or his/her designee, will appoint an appeal judge to rule on appeals made by a player. (The Athletic Association should be notified if step #5 of these guidelines is implemented during a meet.)*

RAIN DELAYS & POSTPONEMENTS

If dual meets are postponed due to rain, the players on the court should report to the meet manager, or their coach, information important to their match such as score, who was serving and from which court, etc. The meet manager or coaches will determine how long to delay the meet before making a decision to postpone to a different date, if necessary. If there is no meet manager available, the head coach of the host school shall have final authority on postponing the meet. It is recommended that postponed meets be continued from the point of interruption, unless determined otherwise the administrators at the schools involved. If a dual meet is postponed the same players must be used when play resumes as no substitution can be made once play has begun. If a player is unavailable on the makeup date, the team will forfeit that match. If doubles play had not started, the doubles line up could be adjusted.

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2014-2015 Soccer Rules Book as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Member schools will be receiving a 2014-2015 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on March 16, 2015.
2. **First Competition:** Schools will not be permitted to compete until April 2, 2015.
3. **Game Limitation:** Each school will be permitted 15 regular season playing dates. Two of these 15 playing dates may be multiple team tournaments involving no more than 8 teams. *These multiple team tournament must be scheduled and all participating schools contracted 60 days prior to the tournament date. Per IHSAA Soccer Advisory Committee- A maximum of three games per day is permitted.*
4. **Scrimmages:** Each team will be allowed two interscholastic scrimmages. These scrimmages may occur anytime after the beginning of practice until each team plays their first post season tournament game.
5. **Jamborees:** Each school will be allowed to participate in one jamboree. The following are the guidelines for that jamboree:
 - a) The first legal playing date for a jamboree is April 2, 2015.
 - b) No jamboree shall be permitted involving schools in more than one county or conference.
 - c) If all the teams in a county or conference are invited to participate, and there should be less than 8 teams involved, and it is the desire of the host to have 8 teams participate; or in the event the number of county or conference schools is less than 8, the Association would sanction a jamboree to include no more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the jamboree site.
 - d) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - e) A soccer jamboree will not allow any school to participate more than one half of play.
 - f) A jamboree does not count as one of the two scrimmages that are allowed.
6. **Individual Limitation:** An individual may compete in 19 regular season games. Two of these 19 games may be a multiple team tournament involving no more than 8 teams. Participation is limited to four halves per day. The four half limitation will be waived for a one or two day multiple team tournament.
7. **Officials:** The National Federation "Dual Officiating System" or "Diagonal Officiating System" as outlined in the 2014-15 High School Soccer Rules Book shall be used for all games involving high school players. The "three whistle system" may also be used. The "Diagonal Officiating System" will be used in all IHSAA tournaments. All officials must be registered officials with the IHSAA.
8. The IHSAA will be using in a Spalding TF-5000 ball for IHSAA tournaments in the 2014-15 school year.

MANDATORY REPORTING OF STATS

Based on action of the Board of Control, head varsity soccer coaches are mandated to enter game statistics at the quik stats website, www.quikstatsiowa.com. Statistics need to be entered by 3 PM on Tuesday, April 21; Tuesday, May 5; and Tuesday, May 19. All games played through the prior Saturday needed to be entered by each respective deadline. Each school has 24 hours to update their stats during the post season. The penalty for failure to enter statistics on time is:

First Offense – A letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate;

Second Offense – A letter to the athletic director and high school principal from the IHSAA executive director, giving 3 days to comply with the mandate;

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

NEW FOR 2015: Coaches will be required to enter the number of corner kicks per game. A new entry will be included in the QUIKStats for this new statistic.

RULE CLARIFICATION AND MODIFICATIONS

1. **Game Length:** Varsity soccer games shall be played in two equal halves of 40 minutes each. The length of halves for junior varsity competition may be shortened by mutual agreement.
2. **Goal Differential:** The IHSAA has not adopted a goal differential causing the termination of a game.
3. **Tied Regular Season Games:** Regular season games which are tied at the end of 80 minutes of play will be resolved by not exceeding two full overtime periods not exceeding 10 minutes each. Follow all procedures outlined in Rule 7, Section 3, Articles 1 and 2. Each overtime period is sudden victory. The first team to score wins the game. If a tie still remains at the end of the second ten-minute overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 86, Section A, "Tie Game Procedure," items 1(exception in Iowa is sudden victory), 3, and 4 as printed in the 2014-2015 Soccer Rules Book. It is not necessary to take all five kicks if a winner has been determined. Invitational or conference tournaments may use other advancement plans pre-announced to participating schools.

4. Suspended Games: In accordance with IHSAA policy, whenever a game is suspended and no winner can be determined according to Rule 7, Section 1, Article 3, the game shall be restarted from the suspension of play.
5. **Conduct Modifications – The following are rules modifications dealing with the conduct of players, coaches and teams.**
 1. Any player receiving a caution (yellow card) for any reason must leave the contest for a period of ten (10) consecutive minutes. This time period carries over from the first half to the second half; from the second half to the first overtime period and from the first overtime period to the second overtime period. Players cautioned (yellow card) in the second overtime period are no longer eligible to participate in the game including tie breaker penalty kicks.
 2. Any team receiving four varsity red cards, players or coach, will not be permitted to participate in the substate tournament. If the fourth red card is received in a substate tournament game or a state tournament game, the game will be halted and the team receiving the card will forfeit the contest.
 3. If a coach receives two (2) red cards over a three (3) year period, he/she will not be allowed to coach his/her team in the substate or state tournament for two years.

CLASSIFICATION AND SUBSTATE TOURNAMENT INFORMATION

1. Classifications: By Board of Control action, there will be three classes in spring soccer.
 - a) Class 3A- 48 schools
 - b) Class 2A- 48 schools
 - c) Class 1A- remaining schools
2. Substate Tournaments: Each school submitting an online soccer entry will be entered in the substate tournament. Substate tournaments will be held Tuesday, May 26; Thursday, May 28; and Saturday, May 30. Substate tournaments will use the following format:
 - a) Schools will be assigned to a substate site based on geographic location and rankings of the IHSSCA.
 - b) Schools will be notified of their substate assignment and pairings the week of May 11, 2015.
 - c) Substate teams will be paired using a seeding method of pairing involving the IHSSCA rankings and the IHSAA draw.
 - d) Substate competition will be single elimination play. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute overtime period, penalty kicks will be used to determine the winner of the game. Use the procedure outlined on page 87, Section A, "Tie Game Procedure," items 1(exception in Iowa is sudden victory), 3 and 4 as printed in the 2014-2015 Soccer Rules Book.
3. Team Representatives: The official soccer team for substate tournament competition shall consist of no more than 22 players and 6 other personnel (including coaches, trainers, managers, etc).
4. Substate Tournament Awards: The winning school will receive a banner upon winning the substate championship. Members of the winning team will receive medals.
5. Substate Tournament Expense Allowance: A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for tournament participation. For substate soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. No expense card will be required.

STATE TOURNAMENT INFORMATION

1. State Tournament: The spring state soccer tournament will be held on Thursday, June 4; Friday, June 5; and Saturday, June 6, 2015. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament.
 2. Tournament Format: State tournament competition will be single elimination. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute sudden victory overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 86, Section A, "Tie Game Procedure," items 1(exception in Iowa is sudden victory), 3 and 4 as printed in the 2014-2015 Soccer Rules Book.
- The state tournament will use the following format:
- a) State tournament pairings will be determined using a seeding method of pairing. Teams will be seeded using a point system. A victory over a 3A team would result in 3 points, a 2A team, two points and a 1A team 1 point. The point total would be divided by the number of games played. The first tiebreaker will be head-to-head competition. The second tiebreaker will be the average goals scored per game. The final tiebreaker will be the **LAST** school alphabetically.
 - b) A state tournament time schedule will be released with the substate pairings.
3. Team Representatives: The official soccer team for state tournament competition shall consist of no more than 22 players and 5 other personnel.
 4. Locker Room Availability: Information regarding locker facilities will be communicated to state meet qualifiers.
 5. State Meet Awards: Each school competing in the state tournament will receive a trophy. Each member of the teams participating in the state tournament will receive medals. The champion and runner-up will receive a banner.
 6. Pictures: Teams who qualify for the state tournament will have their pictures taken; these will later be mounted on a plaque to be presented to each team member and coach, compliments of the IHSAA. This picture will be taken one hour before the time you are scheduled to play your quarterfinal game. Each school will receive one plaque for each team member present for the state tournament and one plaque for the coach. Additional plaques may be purchased for \$20.15 each.

7. State Soccer Tournament Expense Allowance:

Mileage for all rounds will be \$1.20 per mile. Teams traveling less than 150 miles will also receive \$8.50 per allotted traveling party. Teams traveling greater than 149 miles and not using lodging will also receive \$16.00 per allotted traveling party. Teams traveling greater than 149 miles and using lodging will also receive \$32.00 per allotted traveling party. The maximum number allotted per traveling party is 27.

BASEBALL

Rules and regulations regarding Iowa baseball can be found in the NFHS Baseball Rule Book regarding the rules of playing the game, except for any differentials approved by the IHSAA Board of Control.

REGULATIONS PERTAINING TO BASEBALL GAMES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2014-15	Week 44/May 4	Week 47/May 25
2015-16	Week 44/May 2	Week 47/May 23
2016-17	Week 44 May 1	Week 47 May 22
2017-18	Week 44/April 30	Week 47/May 21

The IHSAA baseball classifications will be the following: Class 4A will be the top 48 schools, Class 3A will be the next 64 schools, Class 2A will be the next 96 schools and Class 1A will make up the remaining schools. Exception: schools that elect to play up a class.

TOURNAMENT PAIRINGS AND SITE INFORMATION

Based on a recommendation from the Iowa Baseball Coaches Advisory Committee and the approval of the IHSAA Board of Control, all district and sub-state pairings will not be finalized or announced until approximately one month prior to the opening of the state tournament series.

Tournament dates for all classes may be found on page eight of this manual.

IHSAA BASEBALL TOURNAMENT MANUAL

The IHSAA Baseball Tournament Manual will be placed on the IHSAA website in June stating all the rules and regulations which govern tournament play. No baseball manuals will be sent out to member schools.

NOTE: Schools are no longer permitted to play against non school programs (Legion/AAU teams).

COACH ATHLETE CONTACT

Please understand, "**OPEN GYM**" no longer exists. School personnel, whether employed or volunteers, of a member or associate member school (9-12) shall not coach that school's student athletes during the school year in a sport for which the school personnel are currently under contract or are volunteers **outside the period** from the official first day of practice through the finals of tournament play in that sport.

A coach or volunteer coach may coach a senior from their school, in an all-star contest once the senior student's interscholastic athletic season for that particular sport has concluded.

Coaches, **just be sure you are not interfering with another sport in progress.**

Coaches are permitted, **per administrations approval**, to open up their school facilities and supervise workouts by student athletes, even if you coach that sport. This opportunity is not provided off of your school premises, meaning your middle school or elementary building, but not someone's garage or a vacant building or a current hitting facility in town. **IF athletes participating are in a sport that you coach 8-12 one must understand you are there as a supervisor only. You can in no way coach or provide advise to any players you coach at the 8-12 level until the first legal practice date May 5, 2014, exception pitchers and catchers.**

EXAMPLE:

- A. I coach varsity/JV/freshman baseball and we have an indoor hitting facility in one of our schools and we have school permission from our Administration to open our facility up for high school baseball players to hit in the cages and field ground balls hit by players (NOT COACHES) in the morning before school, at night at 7:00 PM or on Saturday afternoon. Can I open up this facility and supervise this open facility?

Answer: Yes you can, but no instruction is permitted. Each local school district is responsible for monitoring the supervisor to be sure he/she is performing their duty as specified.

PITCHERS & CATCHERS

Pitchers and catchers may voluntarily practice on your own facility under a coach's supervision during the year using equipment required for these two positions only. **No batting practice, no hitting of ground balls, no position coverage and no drills** may be performed by pitchers or catchers. Pitchers and catchers may stretch, run and play catch (short and long distance). Catchers are there for the sole purpose of catching your pitcher(s).

No other players can be in the facility hitting or playing catch except for pitchers and catchers as this is the only time a coach can provide instruction until the first legal practice date. The new contact rule specifies **no instruction** can be provided when players are on your school facility and hitting. When a coach is working with pitchers it must be in a **separate room** if hitting is also taking place at the same time in your school facility. **Rationale:** No instruction can be provided when players are hitting, but a coach can instruct his pitchers, therefore these hitting and pitching opportunities must take place at separate room, but could take place at the same time frame.

SPRING OR FALL LEAGUE

If your players participate in some type of spring or fall league during the school year, you can not involve yourself with these players. You may watch a game, but you or any on staff baseball coach 9-12 are not allowed to coach any of your players' grades 8-12.

8th Grade Students

Eighth grader students in your school district are eligible to practice the first legal day of practice and may play the first legal playing (game) date.

SCRIMMAGES

No scrimmages with other schools are allowed.

GAME LIMITATION

Member schools are permitted a **40 game** limitation, exclusive of the tournament series. **The limitation rule applies to individual teams representing the school and an individual player participating on those teams. No individual player may play in more than 40 games during the season, exclusive of the tournament series.**

Exceptions: Courtesy Runner Exception: An individual's game limitation rule would not be affected if the player is used only as a courtesy runner: The player limitation rule for any individual who serves in the capacity of a **courtesy runner only** and is not used in any other capacity during the game, does not count as one of his 40 games.

PITCHING EXCEPTION FOR EIGHTH THRU TENTH GRADERS

The Board of Control has approved a policy that any 8th, 9th or 10th grade **varsity player** may pitch/bat on the freshman, sophomore or junior varsity level of competition and not have to count that game participation against his individual game limitation rule. If this player plays another position besides pitcher during the contest, you must count this contest against his 40 game participation limit.

NEW: EFFECTIVE WITH THE 2014 TOURNAMENT SERIES

Effective 2014, all post season tournament contests, including the State Baseball Tournament, **the highest seeded team will have the choice to be the home or visitor (previously decided by a flip of a coin).**

ALL VARSITY CONTESTS MUST BE SCHEDULED AS 7 INNING CONTESTS

All **VARSDITY** regular season and tournament contests shall be contracted as 7 inning games. This includes any varsity weekend tournament game(s) that may have been played in previous years less than 7 innings or had a time limit in order to keep games on schedule. Please understand these 7 inning games only apply to **varsity level competition**. **Exception:** Any varsity game involving the 15 or more run rule after 3 ½ innings if the home team is ahead, or 4 innings if the visiting team is ahead, or the National Federation 10 run rule if the home team is ahead by 10 or more runs after 4 ½ innings or after 5 complete innings with the visiting team leading by 10 or more runs. All other Iowa **Varsity** High School contests must be 6 ½ innings if the home team is ahead or complete a full 7 innings if the visiting team is ahead. Obviously if the game is tied, extra innings will be played until a winner is determined by NF rule. If a game is called at any time for mechanical failure (i.e. artificial light, water system, etc), but a winner can be determined, the game is considered official. If we can't determine a winner the game becomes suspended (under the IHSAA suspended rule) and must be completed at another set date, completing 7 innings or any of the above exceptions apply.

ASSISTANT COACH/PLAYER COACH

NOTE: NFHS ASSISTANT COACH OR PLAYER COACH RULE: Coaches are viewed by their players as teachers and positive role models. **Assistant coaches or a player (occupying one of the coaches boxes) are not permitted to leave the coaching box or the dugout to dispute, question or challenge the authority of the umpire(s). If this should take place, the assistant coach/player coach is either restricted to the dugout or ejected, umpires jurisdiction, on the severity of the assistant coach's action, and the head coach is restricted to the dugout for the remainder of that game.** If the restriction to the dugout takes place in the first game of a double-header, both coach and player (occupying one of the coaches boxes) would be able to resume their normal coaching duties the second game. **If the assistant coach is ejected, he would need to leave the confines of the playing field for the remainder of the day and not attend any contests until the next playing date has been completed at the level of competition he was ejected from. If a player was a base coach and he is restricted to the dugout he is eligible to play or base coach the second game of a double header.** If the **player** occupying the coach's box is ejected he stays in the dugout under the supervision of the head coach, and then falls under the ejection rule. Understand if the assistant coach is restricted or ejected, the head coach is restricted to the dugout for the remainder of that game. Other assistant coaches (in uniform) would have to take over the coaching box duties or players in uniform would assume those duties.

The NFHS indicated there are too many incidents involving assistant coach confrontations with umpires around the country. When their behavior jeopardizes the constructive "teachable moments" of athletic contests, serious attention should be given to the issue.

LIGHTNING AND INCLEMENT WEATHER

The primary concern when signs of hazardous weather are present is to remove the players, coaches and fans from the field and the stands to a safer area. When lightning is seen in the vicinity, players, coaches and spectators should be directed to shelter. The time immediately preceding and following a thunderstorm may be the most dangerous in terms of lightning strikes. **UNDER NO CIRCUMSTANCES SHOULD PLAY CONTINUE WHEN LIGHTNING IS IN THE AREA. REMEMBER NO BASEBALL GAME IS IMPORTANT ENOUGH TO PLACE INDIVIDUALS' SAFETY IN JEOPARDY.**

Every school needs to develop some type of plan when and if severe weather should arise.

LIGHTNING, DELAY/SUSPENSION

Anytime a game is delayed due to lightning or rain, umpires and coaches should wait a minimum of 30 minutes from the last lightning strike or if thunder is heard, before resuming or suspending a game. If enough innings are **not** played in order to determine a winner and the game becomes a suspended game, and the IHSAA suspended game policy goes into effect. Schools may purchase lightning detectors from the IHSAA. Please contact Elisa in our office regarding price and ordering; ekahler@ihsaa.org

VIDEOTAPING

Videotaping or filming is permissible in scouting your opponent. Your opponent should be notified. Space for videotaping or filming for scouting is not required of host school. Videotaping is **NOT** permissible from beyond first or third base. Hand held cameras are recommended. **A coach, player, substitute attendant or other bench personnel are permitted to video from the dugout during the game and they may also watch it for coaching purposes. A coach may not use video replay and show it to the umpire, if a coach attempts to do this, he/she is subject to being ejected from the contest.**

COACH'S BOX

A coach shall not have any object in his possession in the coach's box other than a stop watch, rule book (hard copy), scorebook and a cell phone in pocket, on silent, for emergency reasons only.

GENERAL INFORMATION FOR THE COACH

- A. Be sure to arrive at your game site so you have adequate warm-up time. Infield will be taken 30 minutes before scheduled game time. **Each team is allowed 10 minute infields, no matter how many players you put in each position.** Please abide by this rule.
- B. If you are the host school, make sure to paint or chalk your foul lines to the foul pole.
- C. Be sure media areas are marked or designated, and **full batter's boxes** and coaching boxes are chalked by rule.
- D. How to layout a field may be found in Rule 1, section 2. (If you need help on lighting, go to IHSAA home page).
- E. Take pride in your facility, have it well groomed. **Make every effort to make your pitchers mounds legal per NFHS rule, and safe for all involved.**
- F. Have a first aid kit on hand.
- G. Have baseballs for the umpires and host team have foul ball chasers lined up in advance.
- H. Make sure you have a lineup card for umpires; starters listed with their numbers & position, subs and numbers on the back of the line-up card.
- I. Start the game on time!!
- J. Each pitcher will receive no more than eight warm-up pitches the first inning or anytime the pitcher is replaced, exception injury or ejection. Each inning after that, the pitcher gets five warm-up pitches or one minute, whichever occurs first with the exception of injury or inclement weather.
- K. Be sure to supply a rosin bag for the pitchers.
- L. A coach must be in his team's uniform in order to coach first or third base.
- M. **Schools will no longer be permitted to play against non school programs (Legion/AAU teams).**
- N. **In-between games teams are allowed 30 minutes** before the second game is to begin. That means any maintenance on the field should be done immediately following the first game.
- O. **Coaches are required to verify their equipment is all legal at the pre-game conference, this includes bats and helmets. Umpires will no longer inspect bats and helmets prior to the game.**
Coaches, it is your responsibility to make sure bats and helmets don't have cracks in them and that the padding is in place and secure in the helmets. Umpires are instructed **NOT** to allow players to use equipment which does not meet regulations.
- P. You need to **fill out the on-line baseball roster form** and fax/email it to the host tournament manager at least three days in advance of district/sub-state tournament competition.

BOARD POLICY REGARDING SQUAD LIMITATION IN IHSAA TOURNAMENT PLAY

The policy adopted by the Board of Control is as follows: The maximum of 24-player squad limitation will be enforced and any school in violation of same will lose by **forfeiture. Host administrator, simply do not allow more than 24 players in uniform to enter through the pass gate. A school that brings more than 24 players may have additional players in their dugout, but are not allowed to be in uniform, but each player over 24 must purchase a ticket.** The head coach is responsible for any additional players in street clothes in the dugout.

PITCHING LIMITATION RULE (VERY IMPORTANT)

- A. Sixteen innings will be the maximum total number of innings a pitcher may pitch in a given week. (For purpose of reference, Sunday through Saturday is a week.)
- B. A pitcher may not pitch more than a total of nine innings in any one day or on two consecutive calendar days. The ninth inning must be followed by two calendar days of rest. A game started on one calendar day, but is not completed until the next day, and is not a suspended game is to be considered played on the original calendar date the game started.
- C. If a pitcher pitches on any two consecutive days with the combined total greater than four innings, must follow with two calendar days off for rest.

The penalty for violation of the pitching limitation rule will be forfeiture of the contest.

The pitching limitation rule and the penalty for violation is a recommendation of your Baseball Coaches Advisory Committee.

Coaches, it is your responsibility to make certain that your pitchers are complying with the pitching limitation rule. Obviously, umpires are aware of the rule in that the rule is outlined on the back of your line-up card, however, **you (the coach) are the responsible party to make certain that a young man does not violate the pitching limitation rule as it pertains to the number of innings he may pitch in a given week.** Keep good records. Keeping good records of number of innings pitched is certainly the key to alleviate any difficulties with reference to violating the pitching limitation rule. It is not a difficult rule as outlined below and, of course, your line-up cards provide space for probable pitchers, uniform number, number of eligible innings remaining in the weeks, etc. Most of you have individuals who keep your book for you anyway, so it would not be difficult to have your official scorer or yourself maintain these records as you move through the week as it pertains to the pitching limitation rule. There is a number of pitching limitation examples below. Your review of these examples would be advantageous for your thorough knowledge of the pitching limitation rule.

In summary, the pitching limitation rule is nine innings on any given day, followed with two calendar days rest. If a pitcher pitches more than four innings, up to a maximum of nine innings, on any two consecutive calendar days, he will follow with two calendar days rest. The maximum number of innings a pitcher may pitch in a week is 16.

NOTE: As part of the pitching limitation rule, **one pitch constitutes an inning having been pitched.**

EXAMPLES:

- a) A pitcher pitches nine innings on Monday. How many days rest are required? Two calendar days rest, meaning Tuesday and Wednesday; he may next pitch on Thursday.
- b) A pitcher pitches four innings Monday. How many innings can he pitch on Tuesday? He may pitch the maximum of five innings on Tuesday followed by two calendar days rest, meaning Wednesday and Thursday. He may next pitch on Friday.
- c) A pitcher pitches three innings Tuesday, two innings Wednesday. He must now follow with two calendar days rest (Thursday and Friday). He can next pitch on Saturday.
- d) A pitcher pitches nine innings on Saturday. He must now follow with two calendar days rest (Sunday and Monday). He can next pitch on Tuesday.
- e) A pitcher pitches seven innings on Tuesday. When can he pitch again? He can pitch on Wednesday for the maximum of two innings. He must then follow with two calendar days rest, meaning Thursday and Friday. He may next pitch on Saturday.
- f) A pitcher pitches two innings Thursday and five innings on Friday. He will now follow with two calendar days of rest (Saturday and Sunday). He can next pitch on Monday. Remember, pitching in any combination of innings greater than four innings up to the maximum of nine innings on any two consecutive days will result in two calendar days rest; OR pitching the maximum of nine innings in any one day requires two calendar days rest.
- g) A pitcher pitches two innings Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. Legal: He has pitched 12 of his allowable 16 innings for that week.
- h) A pitcher pitches one inning Tuesday and eight innings Wednesday. Legal and he will follow with two calendar days of rest, meaning Thursday and Friday. He can next pitch on Saturday.
- i) A pitcher pitches eight innings on Monday; does not pitch on Tuesday, however, does pitch on Wednesday. How many can he pitch on Wednesday? He can pitch the maximum of eight innings on Wednesday because those eight innings, added to the eight innings he pitched Monday, give him his maximum of 16 innings for the week. Had he only pitched seven innings on Monday, he could have pitched the maximum nine innings on Wednesday and reached his maximum 16 for the week.
- j) A pitcher pitches six innings Wednesday; does not pitch Thursday, but does pitch on Friday. How many innings can he pitch on Friday? He can pitch a maximum of nine innings, which would give him a total of 15 innings for the week.
- k) A game begins Tuesday, July 25, at 10:45 p.m. and is completed at 12:35 a.m. the following morning. The starting pitcher pitches; (a) 7 innings; (b) 9 innings. Under the IHSAA pitching rule, the game would be considered played July 25th, even though the game did not end until early the following morning. In (a) the pitcher would be able to pitch 2 innings on Wednesday, those 2 innings combined with the 7 innings pitched on Tuesday make 9 innings pitched on two consecutive days. The pitcher would now have to take two consecutive calendar days off, Thursday and Friday. He may pitch again on Saturday. In (b), the pitcher would have to take two consecutive calendar days off, meaning Wednesday and Thursday. He could pitch Friday. This is all providing he does not exceed 16 innings in a week and stays within the prescribed guidelines (Sunday through Saturday).
- l) A pitcher pitches 7 innings on Friday and 2 innings on Saturday, the pitcher must follow with two calendar days of rest, meaning Sunday and Monday. He may next pitch on Tuesday. The confusion with a few coaches was that Saturday

ended the week by reference, and with that in mind they thought this individual could pitch again on Monday. The rule is for the safety of the individual and when two calendar days of rest are required, the pitcher is unable to pitch again until day three when category B of the pitching rule applies.

DESIGNATED HITTER RULE

The use of the DH is not mandatory. If used the DH must be selected **prior to the start of the game** and his name must be included on the official line-up cards presented to the umpire in chief and official scorer.

The DH is locked into any selected position in the batting order and may never be moved to any other batting order position. If a pinch hitter or pinch runner is used for the DH, that player becomes the new DH. The player who was the DH may reenter as any other player under the reentry rule. If the player for whom the DH is batting for runs or bats for the DH, that terminates the DH role, but does not constitute them ever being out of the lineup.

Two ways you lose the designated hitter: The DH assumes a defensive position, or the player for whom the DH is batting, pinch hits or pinch runs for the DH.

If the DH is ejected, another player may become the new DH.

COURTESY RUNNER

The Iowa High School Athletic Association has adopted the following suggested speed-up rules found in the National Federation Rule Book.

RUNNERS: The team at bat may use a courtesy runner for the pitcher and/or catcher as soon as they get on base or anytime while on base. **The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances. NOTE: The courtesy runner is running for the position, not the player.**

Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners. A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in the same half inning.

An individual's game limitation rule would not be affected if the player is used only as a courtesy runner: The player limitation rule for any individual who serves in the capacity of a **courtesy runner only** and is not used in any other capacity during the game, does not count as one of his 40 games. **NEW:** At any time, the team at bat may use a courtesy runner for the pitcher and/or the catcher. If a coach uses a courtesy runner he must always run for the same position when used, either pitcher or catcher. If Jimmy Jones courtesy runs for the pitchers position, that's the only position he can run for in that game. In the event that the offensive team bats around, the pitcher and/or catcher who had a courtesy runner inserted on their behalf may bat in their normal position in the batting order. Per NFHS rules, the pitcher or catcher have never left the lineup. Always remember the courtesy runner is running for the position, not the player.

SAFE-BASE (DOUBLE FIRST BASE) MANDATORY

The batter-runner should use the orange base on initial plays at first base, unless the fielder is drawn to the orange base (**because of a dropped third strike**) in which case the batter runner would go to the white base. Only on a dropped third strike may the fielder touch the orange or white base to retire a batter runner. Any other plays at first base other than a dropped third strike, the fielder must touch the white base or the runner in order to retire a batter/runner. The runner may touch the white or orange base on a dropped third strike, depending on the fielder's coverage of first base. The fielder must use the white base to retire a batter runner, **except on a dropped third strike**. A batter runner is never out for touching the white base rather than the orange base, when touching first base the first time. Once the batter runner reaches first base, the batter runner must always return to the white base.

SUSPENDED GAMES

- A. If a game is called prior to the completion of a full inning after the fifth inning; the game becomes a suspended game in the following situation. "The visiting team has scored one or more runs to tie the score or take the lead, and the home team has not retaken the lead."
- B. If a game is called for any reason where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) where a winner cannot be determined, the game will be treated as a suspended game. If the game is to be completed, it will be continued from the point of suspension with:
 - *Lineup and batting order the same as at the moment of suspension subject to rules of game.
 - *If a team, while on defense, has been charged two conferences, it is allowed only one more charged conference when the suspended game is continued.
 - *The Pitcher is restricted as per pitcher limitation rule.
 - *If a player entered as a substitute and has been removed from the game, he cannot re-enter when the game is continued -- even though played on two different days.
 - *All playing regulations apply as if the game was continuous and being played during one day.

EXAMPLES:

1. End of the 6th inning, Home - 6, Visitors - 4. Visitor scores three runs in the top of the 7th inning, to take the lead 7-6, when rain comes.
RULING: Suspended game rather than reverting back to the last completed inning.

2. End of the 5th inning, Home - 7, Visitors - 2. Visitor score four runs in the top of the 6th inning to make the score 7-6, bases loaded, when rain come and game cannot be completed.
RULING: Score reverts back to the 5th inning, Home - 7, Visitors - 2.
3. Game is called (ended) in the 3rd inning due to rain, darkness, lightning, or a combination of any.
RULING: It shall be considered a suspended game and continued from that point to a later time agreed upon by both schools involved.
4. Game is called (ended) in the top of the 7th inning due to a malfunction of lights or watering system with the score Home - 5, Visitors - 2. The visitors score two runs in the top of the 7th inning to make the score, Home - 5, Visitors - 4, prior to calling the game.
RULING: Revert back to the 6th inning, Home - 5, Visitors - 2.
5. In the middle of the 5th inning, Home - 6, Visitors - 4, when rain causes for a called game.
RULING: Completed game. Home team wins. The required numbers of innings have been played to meet the completed game requirement.

2015 TOURNAMENT PLAY

<u>JULY</u>	11, 14, 16, 18	Boys District Baseball Tournament Class 1A
	11, 14, 18	Boys District Baseball Tournament Class 2A
	17, 20	Boys District Baseball Tournament Class 3A
	17, 20	Boys Sub-State Baseball Tournament Class 4A
	21	Boys Sub-State Final Baseball Tournament Class 1A & 2A
	22	Boys Sub-State Final Baseball Tournament Class 3A & 4A
	NOTE: Doubleheaders scheduled for Daytime play will be 3:00 p.m. & 5:00 p.m.	
	Doubleheaders scheduled for Nighttime play will be 5:00 p.m. & 7:00 p.m.	
	Twenty Minutes Between Games For Infield, Ten Minutes Each.	

2015 STATE TOURNAMENT CHAMPIONSHIPS

SITE: PRINCIPAL PARK, DES MOINES, IOWA

<u>JULY</u>	24 Class 1A First Round—Session 1, 5:00 p.m. & 7:30 p.m.
	25 Class 1A First Round—Session 2, 5:00 p.m. & 7:30 p.m.
	27 Class 2A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	28 Class 3A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	29 Class 4A First Round—Session 1, 11:00 a.m., 1:30 p.m., Session 2, 5:00 p.m. & 7:30 p.m.
	30 Class 1A Semifinal Rounds — Session 1, 11:00 a.m., 1:30 p.m.; Class 2A — Session 2, 5:00 p.m. & 7:30 p.m.
July 31	Class 3A Semifinal Round — Session 1, 11:00 a.m., 1:30 p.m.; Class 4A — Session 2, 5:00 p.m. & 7:30 p.m.
August 1	Class 1A, 2A Championship Games—Session 1, 1A-11:00 a.m., & 2A-1:30 p.m.
	3A, 4A Championship Games—Session 2, 3A- 5:00 p.m. & 7:30 p.m.

AWARDS

District: District team champions will receive medals that will be presented by the tournament manager to the team champion, total 24.

Sub-state: Team champions will receive medals and will be presented by the tournament manager to the team champion, total 24. Team champions will also receive a state qualifier banner.

State: All participating schools will receive a trophy and 24 medals for participants. Teams eliminated in first-round, quarterfinal and semifinal games will receive their awards following the contests. The teams participating in the championship game will receive their awards following the championship game. Teams advancing in first-round, quarterfinal and semifinal games are to line up on dugout base paths going toward home plate and give recognition to their opponents when they receive their awards.

Picture plaques will be awarded to each participating team in the state tournament by the IHSA. Pictures will be taken approximately one hour and twenty minutes prior to the first-round game in which your team will be participating. The plaques will be made up and sent directly to the school, two to four weeks following the state tournament series.

Autograph Baseball: Each team that qualifies for the state baseball tournament will receive up to 26 autograph baseballs on behalf of the Iowa High School Athletic Association and Iowa Farm Bureau, as part of the corporate sponsorship agreement between the organizations.

Each baseball player and head coach who qualifies for the state tournament will receive an autograph baseball the week prior to the tournament. Each player will sign each other's ball so that upon returning from the state tournament, every player will have a ball with the signature of every player on their team to keep in commemoration of the State Baseball Tournament.

Each school will also receive one baseball that may be placed in their trophy case. If schools have more than 24 players, they may purchase additional autographed baseballs. These may be ordered through the Iowa High School Athletic Association within one week following the tournament.

State Tournament teams will be contacted by their district Farm Bureau Representative to make arrangements for the presentation at a pep assembly, awards banquet, or prior to or following a practice.

We ask each school to please acknowledge and give credit to the Iowa Farm Bureau for their interest in the youth of the state of Iowa, the activities programs and in this case, baseball. We suggest an article be placed in your local paper and a thank you letter be sent to the Farm Bureau Representative in your area who makes the presentation.

This autographed ball will serve as a lifetime memory for your athletes who participated in the State Baseball Tournament from their school, the Iowa High School Athletic Association and Iowa Farm Bureau.

IHSAA MISSION STATEMENT

The Iowa High School Athletic Association serves its member schools and students by providing leadership and support for education based interscholastic athletics that enrich the educational experience of the student athlete.

IHSAA Core Beliefs:

- Extracurricular, interscholastic athletic programs enrich each student's total educational experience and positively impacts academic achievement.
- The IHSAA is the recognized authority in Iowa regarding boys' interscholastic athletic programs, and developing and interpreting rules that promote fair play and minimize risks for participating students.
- Extracurricular, interscholastic athletic participation develops ethical behavior, character development and good sportsmanship.
- Participation in extracurricular, interscholastic athletic programs promotes student academic achievement.
- Participation in extracurricular, interscholastic athletic programs helps students develop healthy lifestyles.
- Extracurricular, interscholastic athletic programs contribute to positive school and community relationships.
- Conduct counts in all aspects of extracurricular, interscholastic athletics for participants, coaches, administrators, parents, and spectators.
- Properly trained administrators, coaches, and athletic directors promote the educational mission of extracurricular, interscholastic athletic programs.
- The IHSAA is committed to working cooperatively with other professional, education-based organizations.
- Extracurricular, interscholastic athletic programs foster involvement of a diverse population.
- Properly trained officials enhance extracurricular, interscholastic athletic programs.

BEING A STUDENT ATHLETE MEANS...

KEEPING ACADEMICS FIRST



A message from the Iowa High School Athletic Association

INTRODUCE A FRIEND TO THE WORLD OF OFFICIATING

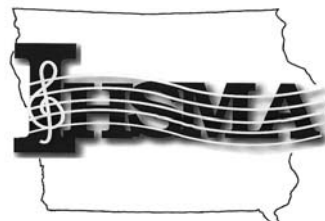
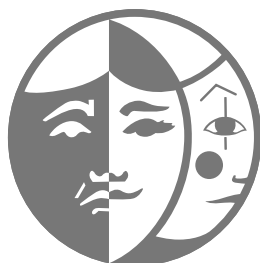
Learn more about
Officiating and the IHSAA at
www.iahsaa.org



CONDUCT COUNTS

In this **EDUCATIONAL INSTITUTION** these behaviors are **NOT acceptable:**

- **Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event.**
Penalty - EJECTION
- **Throwing articles onto the contest area.**
Penalty - EJECTION
- **Entering the contest area in protest or celebration.**
Penalty - EJECTION
- **Physical confrontation involving contest officials, coaches/directors, contestants or spectators.**
Penalty - EJECTION
- **Spectator interference with the event.**
Penalty - EJECTION
- **Jumping up and down on the bleachers.**
Penalty - Warning/EJECTION
- **Use of artificial noisemakers, signs or banners.**
Penalty - Warning/EJECTION
- **Chants or cheers directed at opponents.**
Penalty - Warning/EJECTION



IHSAA SPORTS SEASONS -- 2014-15 SCHOOL YEAR (APPROVED)

	Practice Begins	First Legal Playing Date	Number of Contests or Playing Dates	Number of Scrimmages	IHSAA-Sponsored Tournament Dates	State Championship
FALL GOLF	Week 6/Aug 11	Week 6/Aug 14	12 meets	None	District: Oct 6&7	Oct 10, 11
CROSS COUNTRY	Week 6/Aug 11	Week 8/Aug 25	10 meets	None	District: Oct 23	Nov 1
FOOTBALL	**Week 6/Aug 11	Week 8/Aug 28	9 games None later than October 24	1 after 10 practice dates	1st Rnd: Oct 29 - All Classes 2nd Rnd: Nov 3 - All Classes 3rd Rnd: Nov 7 - All Classes	All Classes: Nov 20, 21
SWIMMING	Week 19/Nov 10	Week 21/Nov 25	12 meets	1 after first legal contest	Semifinal: Nov 13, 14, 15	Feb 14
BOWLING	Week 19/Nov 10	Week 21/Nov 24	12 playing dates***	None	District: Feb 7	1A Feb 23; 2A Feb 24; 3A Feb 25
WRESTLING	Week 20/Nov 17	Week 22/Dec 1	15 meets	3/Only 1 prior to first legal contest date Tournament qualifiers may have additional scrimmages	Regional: Feb 17 1A, 2A Sect: Feb 7 1A, 2A, 3A District: Feb 14 1A, 2A Reg Dual: Feb 10 3A Regional Dual: Feb 11	Feb 19-21 Dual Team: Feb 18
BASKETBALL	Week 20/Nov 17	Week 22/Dec 1	21 games: Each Game Played Counts Toward 21-Game Limit	3--Anytime during Season	1A Dist: Feb 16, 19, 24, 26 2A Dist: Feb 16, 19, 24 3A Dist: Feb 23, 26 4A Subst: Feb 23, 27 1A, 2A, 3A, 4A Sub: Feb 28; Mar 1, 3	1A: Mar 9, 12, 13 2A: Mar 9, 10, 12, 13 3A: Mar 10, 12, 14 4A: Mar 11, 13, 14
TRACK	Week 33/Feb 16	*Week 33/Feb 16	12 meets	None	Dist: All Classes May 14	May 21-23
SPRING GOLF	Week 37/March 16	Week 39/March 30	12 meets	None	Sectional: May 15 District: May 22	May 29, 30 Coed: June 9
TENNIS	Week 37/March 16	Week 39/March 30	12 meets	1 -- before dist/state	District: May 14 Pre Subst: May 16; Subst: May 23	May 29, 30 Team: June 2 Coed: June 9
SOCCER	Week 37/March 16	Week 39/April 2	15 dates; 2 may be mult Tim Tourn	2 -- anytime during the season	May 26, 28, 30	June 4, 5, 6
BASEBALL	Week 44/May 4	Week 47/May 25	40 games	None	1A Dist: July 11, 14, 16, 18 2A Dist: July 11, 14, 18 3A Dist: July 17, 20 1A Subst: July 21 2A Subst: July 21 3A Subst: July 22 4A Subst: July 17, 20, 22	1A - July 27, 30 2A - July 24, 25, 30 3A - July 28, 31 4A - July 29, 31 Championship Games All Classes: Aug 1

*Any indoor meets must be run prior to your first outdoor competition. Any indoor competition after your first outdoor meet would count toward your meet limitations of 12 meets.

**Football practice begins Mon, Aug 11. Helmets & Mouthpieces August 11, 12. Helmets, Mouthpieces & Shoulder Pads August 13, 14, 15. August 16 Full Contact. No Practice August 17 & August 24.

***Two team matches per day. Six individual games per day.