

**2017-2018
REGULAR SEASON SPORTS**

WINTER MANUAL

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



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INTRODUCTORY INFORMATION – ALL SPORTS

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

Iowa Code Section 280.13C states, in part,

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

IHSAA/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 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.

Updated 05/22/12

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

A. COACH REMOVAL

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

B. CONTEST OFFICIAL REMOVAL

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

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

WINTER SPORTS

Basketball:

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

Swimming:

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

Wrestling:

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

Record Keeping:

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

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

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

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

What is a concussion?

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

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

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

What are the signs and symptoms of a concussion?

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

STUDENTS:

If you think you have a concussion:

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

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

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

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

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's Grade

Student's School

WY2012 02

BASKETBALL

RULES GOVERNING BASKETBALL GAMES

The Iowa High School Athletic Association abides by the Basketball Rules Book published by the (NFHS) National Federation of State High School Associations. Each member school receives one of these rule books. **Unless other rules are adopted by the Board of Control, the member schools are expected to follow the National Federation Rule Book to the letter.**

DATES PERTAINING TO BASKETBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2017-18	Week 20/November 13	Week 22/November 27
2018-19	Week 20/November 12	Week 22/November 26
2019-20	Week 20/November 18	Week 22/December 2
2020-21	Week 20/November 16	Week 22/November 30
2021-22	Week 20/November 15	Week 22/November 29

1. Basketball practice sessions may not be held prior to **November 13, 2017**.
2. No interscholastic basketball contest may be played by member schools of the Association prior to **November 27, 2017**.
3. All scrimmages must take place in or on one of the school's facilities involved in the scrimmage. Penalty for violation, see "Penalty for Violation of Rule Pertaining to Scrimmages". NOTE: Exception for Hall of Pride Scrimmages.
4. All member schools of the Association are permitted to play a maximum of 21 interscholastic basketball games during the season. This does not include district, substate or state tournament games. A member school may elect to play in an invitational tournament or conference tournament. However, each game played is included in the 21 game limitation.
5. The limitation rule applies to individual teams representing the school and individual player participation on those teams. No individual player may play in more than 21 games during the season, exclusive of post-season tournaments.
6. An individual may play in **EIGHT quarters** in any one day/night.
7. Player participation in three to six (3 to 6) quarters in one (1) day/night constitutes one (1) game. Participation in seven to eight (7 to 8) quarters in one (1) day/night, will constitute two (2) game(s) being charged against the individual 21-game season limitation.

EXAMPLE:

- (a) Player A plays in two quarters of the first game of a sophomore/junior varsity doubleheader and three quarters in the second game. EFFECT Charged with one game.
 - (b) Player A plays in one quarter in the first game and two quarters in the second game. EFFECT Charged with one game.
 - (c) Player B plays in one quarter of a Friday game and three quarters of a Saturday game. EFFECT Charged with one game for Saturday and no games for Friday.
 - (d) Player C plays in four (4) quarters of the sophomore/JV game and two (2) quarters in the varsity game. EFFECT Charged with one game.
 - (e) Player C plays in four (4) quarters of the JV game and four (4) quarters of the varsity game. EFFECT Charged with two games.
 - (f) Player B plays in three or more quarters on Friday and three or more on Saturday. EFFECT Charged with two games, one each day.
 - (g) Player A plays in three games on Friday. EFFECT Violation; forfeiture of third game. The important thing to remember is that an individual can play a maximum of eight quarters in one day/night; participation in three or more quarters in a given day constitutes a game. **Exception:** When an invitational tournament is played on a Saturday with each team playing two games, the six-quarter limitation will be waived.
8. A school may elect to play every night of the week if they desire. There is no limitation on the number of days in a week that a school can play games.
 9. A school may participate in **three** non-varsity basketball tournaments involving not more than four schools. This tournament must be held on a Saturday with each game played in the tournament counting toward the player and team 21-game limitation rule. Each school and individual player may play two games in this one-day (Saturday) tournament.
 10. Member schools may not practice or participate in any interscholastic basketball contest later than the date on which the final game of the state tournament is played.
 11. Member schools are not permitted to play any interscholastic basketball game from December 24 through January 1. This does not exclude the school from practicing or using one of its scrimmages if they desire.
 12. Those schools playing in the football championship games are entitled to 10 days of practice, exclusive of Sunday and Thanksgiving Day, before their first basketball game. The Monday following the football championship games starts the 10-day practice period. If the school decides to play sooner, it is their prerogative, but they need not play until after they have had the opportunity for 10 days of practice.
 13. In conference basketball tournaments, there will be no loser's bracket except semifinal losers can play for third and fourth places. **Exception:** Teams not advancing to the semifinals of the conference tournament may schedule additional games (not exceeding 21) at the discretion of the conference without IHSAA approval.
 14. In invitational basketball tournaments, there can be four teams; each team is permitted to play only two games; and the tournaments must be back-to-back dates or the entire tournament may be played on a Saturday with each team and each

individual player playing a maximum of two games. If the tournament is played on Saturday, the six-quarter limitation rule will be waived. A REGULAR SEASON CONFERENCE OR NON-CONFERENCE GAME CANNOT BE SCHEDULED AS PART OF AN INVITATIONAL TOURNAMENT. All conference tournament games played count toward the 21-game limit.

15. The Board of Control adopted a policy that will allow schools changing classifications from one year to the next to be permitted to find an opponent to play one additional game to assist them in having competition during the 7 to 10-day layoff caused by the classification change. **EXAMPLE:** School A has previously been a class 2-A school, their tournament has started one week prior to the 3-A and 4-A classes starting their tournament. Team A becomes a 3-A school. Due to their classification change, they have 7 to 10 days without competition. School A will be permitted one additional game with a Class 3A or Class 4-A school to alleviate the long layoff in their schedule. This school is also permitted one additional game with regard to the limitation rule.
16. The coach may have one meeting with his team prior to the start of the basketball season for the purpose of handing out information and materials to his players. However, the players may not be dressed in uniforms for this meeting. No equipment may be issued prior to the first legal practice. (This does not prohibit the taking of shoe sizes to order basketball shoes.)
17. Videotaping or filming is permissible in scouting your opponent--your opponent shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended.
18. The basketball the IHSAA will be using in IHSAA tournaments for the **2017-2018** season will be the **Spalding LEGACY**.
19. Overtime: Overtime games in grades 9-12 will be ½ the regular quarter time (ex. 8 minute periods, 4 minute overtime; 7 minute periods, 3 ½ minute periods.)

22ND GAMES REQUESTS

We have three basic criteria in determining whether or not a 22nd game is approved. A majority of requests deal with conference alignment in which teams have left a conference leaving schools in that conference short of contests. All 22nd games need to be approved by our office. The school requesting a 22nd game for their opponent needs to write a letter to our office requesting that 22nd game along with providing the date and site of the contest. 22nd game requests are only done on a one-year basis, and only for extenuating circumstances.

While the IHSAA will grant permission for schools to play a 22nd game if it meets the appropriate criteria, those 22nd games WILL NOT be used toward seeding for the district tournaments in Classes 1A, 2A, and 3A, and the substate tournament in Class 4A. In addition, that 22nd game will not be used in determining seeding for the state tournament.

2017-2018 TOURNAMENT SEEDING

Based on a recommendation from the Basketball Advisory Committee and the approval of the Board of Control, beginning with the 2016-2017 basketball season, ALL games (up to the seeding date) will be used to seed the district tournaments in Classes 1A, 2A, and 3A, and the substate tournaments in Class 4A. **District/Substate pods will be released the 3rd Friday in January for Classes 1A and 2A and the 4th Friday of January for Classes 3A and 4A.** At this time, coaches will know what teams are in their respective district/substate. A site and host school for each seeding meeting will be designated by the IHSAA. All regular season games—to that point—will be used for the seeding discussion/process, but the point system for wins/losses will no longer be used for seeding purposes. **Seeding meetings will occur on the 1st Wednesday in February for Classes 1A and 2A; and on the 2nd Wednesday in February for Classes 3A and 4A.**

State seeding will include an electronic submission to the IHSAA (by coaches in each class of the state tournament) that yields a ranking of the teams in their respective class from 1 to 7 (not including their own team). Based upon this information, the IHSAA will then determine the seeding of the State Tournament Field. These brackets will then be revealed during a State Tournament Bracket Show produced by the IHSSN (Date TBA).

START OF PRACTICE FOR NINTH-GRADE BASKETBALL

If the 9th grade is part of the high school basketball program, their practice may not start prior to **November 13, 2017**. However, there are 9th-grade students who are not in the high school building and, therefore, are not permitted to practice with sophomores, juniors and seniors. For 9th graders who are truly in a junior high building there is no starting time for the junior high basketball program. PLEASE KEEP ONE THING IN MIND: THOSE STUDENTS WHO FALL INTO THAT CATEGORY DO NOT PLAY OR PRACTICE WITH SOPHOMORES, JUNIORS OR SENIORS. It is strictly a freshman team and their season doesn't go nearly as long as the high school season due to split seasons or facility reasons.

IHSAA PRACTICE POLICY

1. Iowa High School Athletic Association 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:
 - a. 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
 - b. Member schools holding practice at a practice facility other than their regular practice facility, on an occasional or emergency basis, must have local school administration approval before each practice session.
 - c. Only a school's bona-fide coaches may provide instruction during practice regardless of where the practice takes place.
 - d. Member schools may not practice with another member school except in scrimmage situations.
 - e. No school practice shall take place at an IHSAA state tournament venue.

REGULATIONS GOVERNING BASKETBALL JAMBOREES

1. The first legal playing date for a jamboree is Week 20 (**November 13, 2017**) and thereafter.
2. Jamborees shall be permitted for varsity teams only.
3. The IHSAA will permit a regular county jamboree or a regular conference jamboree. If all the teams in the county or all the teams in the conference are invited to participate and there should be less than eight teams involved, the IHSAA would sanction a county or conference jamboree to include not more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the site of the jamboree.
4. No member schools shall participate in more than one jamboree during a season.
5. Schools and/or individuals participating in a basketball jamboree will not be charged with a game participation under the basketball limitation rule.
6. A basketball jamboree will not allow any school to participate in more than two 8-minute quarters.
7. A jamboree is not considered one of the high school's three allowable scrimmages.

PRE-GAME MEETING

Per the request of the Iowa Basketball Coaches, the pre-game meeting with the captains and head coach of the level of competition being played, should be held off the playing floor at an open spot on bench side or wherever the least amount of noise and open space presents itself. The head coach at the level of competition being played is responsible for taking part in this pre-game.

SECONDARY/AUXILIARY GYM

The Iowa Basketball Coaches Association recommends that if a host school has second or auxiliary gym available for warm-up during the regular season, in the name of good sportsmanship, it should be offered to both teams, with the requirement that a coach from each team is present. **Please be mindful of extending this courtesy.

REGULATIONS PERTAINING TO SCRIMMAGES

A member school may have a maximum of three practice scrimmages against other high schools provided:

- a) The scrimmage is a bona fide scrimmage where no public announcement has been made, no admission charged, and no score is to be kept or recorded.
- b) Schools engaged in a practice scrimmage may not travel further than 100 miles to engage in such a scrimmage.
- c) Member schools are permitted three scrimmages during the season. These scrimmages may be used anytime during the season. This is not three scrimmages per level, but three high school scrimmages.
- d) No school time may be used for traveling and participating in a scrimmage session.
- e) Up to four schools may be involved in a scrimmage. There can be four schools at a site and each team may scrimmage each other. This counts as one scrimmage.
- f) Scrimmages must take place at one of the school's regular practice facilities.

PENALTY FOR VIOLATION OF RULE PERTAINING TO SCRIMMAGES

By Board action, violators of the scrimmage rule will be automatically eliminated from the tournament series. If the violation occurs during the tournament series, the team they last defeated in the tournament will advance. If the championship games have been played prior to knowledge of the violation, then all trophies, medals, and certificates will be collected and returned to the Association. If it is the championship team that violated the rule, the runner-up becomes the champion. If it is the runner-up team that committed the violation, the third-place team will become the runner-up. If it is the third-place team who committed the violation, the fourth-place team will become third-place. If it is the consolation runner-up team that committed the violation, there will be no consolation runner-up team for that year.

HIGH SCHOOL GRADUATES NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES

The question is often asked, "Can graduates practice or participate with or against the high school team or a member of that team?" Simply stated: High school graduates cannot practice or participate with or against a team or a member of a high school team during the given sport season. NOTE: This does not prohibit a student from participating under Student Eligibility Rule 36.15(7) "Non-school Team Participation Rule."

Rationale: Student eligibility rules pertain to high school athletes and not graduates. The liability concerns for local boards of education and school districts are multiplied should an accident occur involving high school graduates practicing or participating with or against the high school team or a member of that team. Rules and regulations do not prohibit the local school district, should they desire, to permit high school graduates to use their facilities for practicing and/or participating, but not for the purpose of practicing and/or participating with or against a team member of a team representing the school.

UNIFORM ADAPTATIONS (IHSAA ONLY)

Reminder, headbands and wristbands can be white, black, beige or a single solid school color.

ALL team members must wear the same color for each wrist or sweatband worn by each individual participant.

PRE-GAME WARM-UP

There have been a few cases where schools are having their varsity basketball players warm up at the halftime of the JV game or before the JV game. This is against the rules and regulations of the Association. **IT IS NOT TO TAKE PLACE.**

MERCY RULE

Based on a recommendation from the Iowa Basketball Coaches Association and approval from the IHSAA Board of Control, a 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential at the end of the first half or any time after, the game will be continued with a running clock. Beginning with the ensuing possession when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

The clock will run continuously except for the following situations when it will be stopped:

- (1) Anytime a time-out is charged to a team;
- (2) Stoppage to administer free-throws;
- (3) Intermission between third and fourth quarter;
- (4) Extended injury time-out;
- (5) Anytime officials determine it is necessary for safety reasons.

Please keep in mind we play the first half to completion with regular timing. If the differential is 35 points or more at half-time or anytime there is a 35-point differential during the second half, the running clock procedures will be used.

If the score margin drops below 25 points, then normal timing will resume for the remainder of the game, or until the 35 point plateau is again reached.

MANDATORY REPORTING OF STATS

Based on a recommendation from the **Executive Board of the Iowa Basketball Coaches Association**, head varsity basketball coaches are required to enter the necessary statistical data on the QUIK STATS website at **www.quikstatsiowa.com**. **Statistical data needs to be entered by 3:00 PM on Tuesday, December 12th, Tuesday, January 9th, and Tuesday, February 6th.** All games **played** through the previous Saturday of each reporting date need to be included in the statistical data. Continuing to the conclusion of the season, statistical data must be entered after each contest. The penalty for failure to report 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;

Second offense, a letter to the athletic director with a copy to the principal from the IHSAA sport administrator, giving 3 days to comply;

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

COACHING RULE

Upon recommendation from the IHSAA Basketball Advisory Committee and with the support of the IHSAA Board of Control and the Joint Committee, it is now permissible for the head basketball coach to stand within the designated coaching box (28 feet) as described in NFHS Basketball Rules 1-13-2 and 10-6-1. This rule will be effective at all levels of basketball involving students in grades 7-12. Rule 1-13-2 replaces the IHSAA Bench Conduct Rule that had been in effect for many years. The head coach is not permitted to sit outside the coaching box. He/she must remain within the box in order to use the box for the entire game.

The administrative staff of the IHSAA recognize the additional freedom this provides head coaches to "coach" their athletes. It is of the utmost importance that coaches understand the privilege that is being afforded them and the responsibility that comes with it. It is the expectation of the IHSAA, the IBCA, and the Basketball Advisory Committee that this freedom be guarded carefully within the coaching fraternity and exercised diligently by the officials calling the games. Officials are instructed to permit certain behavior by the head coach who engages in spontaneous reactions to officiating calls/no-calls provided the head coach remains in the coaching box and the reaction is not prolonged, profane, vulgar, or threatening. At the official's discretion, recurring spontaneous reactions by the head coach may result in a warning with subsequent incidents resulting in a technical foul. When complaints become more public or the attacks personal, there should be less discretion exercised by the official. **Officials may, per rule 4-48, issue a warning to the head coach/bench personnel for misconduct; which is recorded in the scorebook by the scorer—and reported to the head coach.

The first technical foul charged directly or indirectly to the head coach results in **loss of coaching box privileges and the head coach must remain seated for the remainder of the game**, except as stated in NFHS Basketball Rules 10-6-1b, c, d, and e. The use of the coaching box is for the head coach only and may not be designated to assistant coaches.

COACH EJECTION

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

STUDENT-ATHLETE EJECTION

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

REGULATIONS GOVERNING BASKETBALL CLINICS

Basketball clinics may be held provided they are sanctioned by the IHSAA and the teams invited will only play two quarters consisting of eight minutes each. The clinic must have clinicians and the primary purpose is to include the techniques of coaching. Teams cannot play in a clinic until the date of the first legal game.

LATE SCHEDULING OF BASKETBALL GAMES

No basketball game may be scheduled after the start of a season without the approval of the Board of Control. Those schools desiring to schedule an extra game, provided they have not used the number of games permitted, must write the IHSAA Office and ask for permission to schedule the extra game.

CHEERLEADERS RULES

At all IHSAA Tournaments, district, substate and state, there will be a limit of six cheerleaders and one mascot, if in uniform. This includes any self-appointed individuals. During a tournament, you may have different individuals make up this limit of six cheerleaders. In other words, it does not have to be the same individuals during the entire tournament series. However, for any one tournament game you may have only six in uniform. There can be no alternating or substituting during that tournament game. Please keep in mind that during the school year, the limit of cheerleaders can be determined by the local school.

GAME PROTESTS NOT UPHELD

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

IHSAA BASKETBALL TOURNAMENT MANUAL

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



BOWLING

DEFINITIONS

IHSAA – Iowa High School Athletic Association
IGHSAU-Iowa Girls' High School Athletic Union
IBF-Iowa Bowling Federation
USBC-United States Bowling Congress

SANCTIONED TEAM-

- Employ a fully certified coach
- Be eligible for post-season play
- Shall follow all rules and regulations of the IHSAA/IGHSAU.

IMPORTANT DATES

Week 19	Nov 6 – First Practice
Week 21	Nov 20 – First Competition

PARTICIPATION

School sanctioned teams shall be allowed to compete against sanctioned teams only.

CLASSIFICATION

The top 28 schools will be Class 3A, the next 28 schools will be Class 2A, and the rest will be Class 1A

IOWA QUIKSTATS

Coaches are required to post statistics to Iowa Quikstats. Failure to do so has consequences from the IHSAA/IGHSAU. Staff will check to see if statistics have been posted in a timely manner. Staff will check to make sure schools are in compliance on the following dates.

- Tuesday, December 12, 2017
- Tuesday, January 9, 2018
- Tuesday, January 23, 2018
- Tuesday, February 6, 2018

REGULAR SEASON LIMITATIONS

- Playing Dates: 12
- Team: Two (2) matches per day at any level.
- Individual: Six (6) games in a calendar day. Note: 5 Baker games =1 game

RULES

The IHSAA/IGHSAU will rule on any situation arising, which is not covered specifically by the IHSAA/IGHSAU/IBF Guidelines, the IHSAA Handbook, or the United States Bowling Congress High School Division rule book.

GAMESMANSHIP

The Bowling Advisory Committee and the administrative staffs are concerned about "gamesmanship" being used in bowling competition. Accordingly, the Advisory Committee recommended and both Boards adopted the following rule: **"Coaches shall remain two feet behind the approach area and not be in a position that impedes the competitive bowlers."** There is no reason why coaches or non-competitors should be in any position to disrupt bowlers. We will monitor this practice and stricter restrictions may be imposed. Coaches, take care of this so your governing bodies won't have to impose further restrictions.

BOWLER'S AREA

The host school is responsible for designating a bowler's area during the match.

Authorized Personnel: The coach(es), participating bowlers and bowling center staff as needed, are the only persons authorized to be in the bowler's area during a match. Substitutes and other interested parties must remain behind the area defined as the bowler's area.

A. Team Structure:

1. A varsity or junior varsity team shall consist of no more than 6 bowlers. A team may have an unlimited number of reserve bowlers. Each of the six team members will bowl individual games with the best 5 two game total pin scores being used to determine the team individual total.
2. A legal lineup may consist of a minimum of 3 bowlers and 2 vacancies or subs.
3. Coaches may change player(s) on a team after a game but not in the middle of a game.
4. Six (6) bowlers will bowl two regular games of competition and five (5) bowlers 5 games (one equivalent game) of 5 person Baker Format. (See Substitution Rule)

B. Competition Format:

1. Round 1 (approximately 35 minutes) Two Games: Six (6) players bowl straight individual 10 frame scoring. Between rounds, both teams assemble on one pair of lanes. The top five (5) two game total pins from Round 1 are added to each team's first frame of Round 2. (If scoring units will not accept total pins from Round 1, enter the difference between both teams total for Round 1.) Cross-lane bowling procedures will be used for Round 1.
2. Round 2 (approximately 45 minutes) Five Games Baker format (one equivalent game): As games progress, total pins are always visible on the scorer. Substitutions AND BOWLING ORDER CHANGES may be made in this round BETWEEN GAMES. Coaches will have the opportunity to create a new bowling order prior to each Baker game. For example: Player A could be the first bowler in game #1, the second bowler in game #2, not bowl in game #3, be the third bowler in game #4, and be the fourth bowler in game #5. Teams will bowl all frames of each Baker game on one lane, switching lanes only between games.
3. Total combined pinfall of both rounds wins the match. In case of a tie, there will be a roll-off consisting of one Baker game to determine the winner.

C. Playing Format:

1. Team Presentation: A team is expected to present a legal lineup on the lanes at the scheduled starting time for each match.
2. Practice Balls: Bowlers will be allowed two (2) deliveries per lane for both regular season and tournament play. Bowlers are not permitted to bowl on the same day, prior to a competition, in the bowling center where the competition is to be held with the exception of PE classes and school and youth sponsored events or programs. A bowler that violates this provision will not be allowed to compete in the given event.
3. Lineups: Coaches shall post their roster five minutes prior to the scheduled start time. Teams bowling on the odd-numbered lanes will enter their lineup first.
4. Absentee/Vacancy: An absentee/Vacancy score of zero (0) shall be given when a team has a legal lineup but less than a full lineup at the start of any game in the series.
5. Conduct of Coaches, Players, and Spectators: IHSAA Policy will be enforced.
 - a. All bowlers will remain in the immediate bowling area while competition is in progress.
 - b. Bowlers will be expected to follow the previous bowler promptly and will be required to bowl as soon as the one lane to their right is clear.
 - c. Unsportsmanlike conduct, including but not restricted to vulgar language, or abuse of equipment or facilities is not permitted. Violators are subject to disqualification.
 - d. Foul Line: The foul line shall be observed during match play. Awards will not be issued if automatic foul detecting devices or a human foul judge is not used. When a player deliberately fouls, the player shall receive zero pin fall for that frame.
6. Score keeping: Score keeping will be performed by a computer/automatic scoring unit in centers so equipped. If a center is not equipped with automatic scoring, an independent, non-biased third party will perform scoring. It will be the responsibility of coaches to verify that scores are complete and accurate. Coaches must sign official score records and leave a copy with tournament official.

No electronic use (cell phone, iPod, mp3 player etc) is permitted in competition area during warm-up or competition. Failure to follow this rule will result in disqualification of bowler and a score of 0 for the game.

Note: At the conclusion of the game in which disqualification occurred a substitute may be allowed to enter the competition to replace the disqualified bowler.

Bowling out of Rotation/Order: Any ball(s) thrown out of order will be scored as a zero. Example: If bowler #3 bowls in place of bowler #2, then bowler #3 receives a zero for their next designated turn for any ball(s) thrown in the incorrect frame. Bowler #2 will bowl the frame in which they were supposed to bowl.

UNIFORMS

Pants - Shall be a long pant, similar in color (no blue jeans).

Shirts - a. Shall be identical

b. Shall have a collar – Mock turtle neck shirts are considered to be a collared shirt.

c. Shall have no advertising

d. Identification on the front can be either the participant's first or last name, or school name/nickname if owned by the school.

e. Identification on the back of shirt may be school name/nickname. Note: The IBF logo is permitted on the front of the shirt.

Hats - no hats are allowed.

If not in appropriate uniform and it cannot be corrected immediately the player will be disqualified and team will use an absentee score for the game in which that bowler is participating.

NON-SCHOOL COMPETITION

If approved by the school, it is permissible for student-athletes to participate in youth and/or adult bowling leagues during the bowling season. Student-athletes are never to accept cash while participating in these leagues, but may receive merchandise from the bowling proprietor. Student-athletes are responsible for knowing the rules regarding potential violations and their amateur status in the sport of bowling.

POST-SEASON PLAY

Only IHSAA/IGHSAU sanctioned schools shall be allowed to participate in post-season play.

STATE QUALIFYING TOURNAMENT

1. State qualifying tournaments will be held on Tuesday, February 13, 2018.
2. The number of state qualifying tournaments will be seven (7) in each of the three classes.
3. A team champion will advance from each state qualifying tournament.
4. One (1) at large qualifier based on the highest pin total count (two individual game scores and 5 baker games) of all remaining teams in each individual class will qualify for the post season.
5. The state qualifying tournament individual champion will advance from each state qualifying tournament along with the next five (5) highest pin total count (based on the two individual game scores) state wide. There will be a minimum of twelve (12) individual qualifiers from each class. All ties will qualify.
6. State Qualifying Tournaments: Admission price is \$6.00.

STATE QUALIFYING TOURNAMENT AWARDS

State Qualifying Tournament - Team Champion will receive a banner and six (6) team champion medals. Individual Champion will receive a champion medal.

STATE QUALIFYING TOURNAMENT EXPENSES

No expenses will be paid for state qualifying bowling.

STATE TOURNAMENT

1. The State Tournament will be held at the Plaza Lanes in Des Moines.
2. The Class 1A State Tournament will be held on Monday, February 19, 2018.
3. The Class 2A State Tournament will be held on Tuesday, February 20, 2018.
4. The Class 3A State Tournament will be held on Wednesday, February 21, 2018.

All three days of Championships will begin at 10:00 a.m. Doors will open at 9:00 a.m. each day.

1. A team champion will be awarded based on the highest pin total count.
2. An individual champion will be awarded. Everyone will be eligible for the individual award. At the conclusion of regular play the individual champion and place winners will be determined. **The two game total will determine the champion and place winners.**
3. State Tournament: Adults & Students--\$10.00

STATE AWARDS

Boys' State Level - Team Champion will receive a champion trophy, banner and six (6) team champion medals. Team runner-up will receive a runner-up trophy, banner and six (6) runner-up medals. Third place will receive a trophy, banner and six (6) third place medals. All participating teams will receive a picture plaque.

Boys' Individual Champion will receive a medal. Runner-up through 10th place will receive a medal. All participants will receive a picture plaque.

STATE EXPENSES

Schools with state tournament individual qualifiers will receive \$.44 per mile one way. Schools with a qualifying state tournament team will receive \$1.25 per mile one way.

SPECTATORS

All spectators at state-sponsored tournaments shall wear shirts and shoes. Shirts shall extend to the waist-area. Use of "laser light" pens by a spectator shall result in immediate ejection from the facility. With the understanding that a tournament game is held as part of the educational environment, the Board of Control of the IHSAA has adopted the following policies. It is the expectation that the host school enforces these rules regarding unacceptable behavior:

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 the opponent. Penalty---WARNING/EJECTION

ALCOHOL AND TOBACCO POLICY

No alcohol or tobacco is to be sold or consumed on the grounds of any state tournament venue leased or provided to the Athletic Union for the purpose of conducting a State Championship. Section 123.46 of the Iowa Code States: A person shall not possess or consume alcoholic liquors, wine or beer on public school property or while attending a public or private school-related function. A person shall not be intoxicated or simulate intoxication in a public place. A person violating this subsection is guilty of a simple misdemeanor.

PETS/ANIMALS PROHIBITED

No pets are permitted at events sanctioned by the IGHSAA or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

SWIMMING

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

REGULATIONS PERTAINING TO SWIMMING MEETS AND PRACTICE

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

1. **Schools may not start swimming practice before Week 19/November 6, 2017**, and no practice may be conducted after the state meet is concluded.

2. **No interscholastic swimming contest may be held by member schools of the IHSAA prior to Week 21/November 20, 2017.**

3. **Each school is allowed a maximum of 12 competition meets prior to district competition.** The 12 meet limitation pertains to individual swimmers as well as a school's team. **EXAMPLE:** *You may have 12 freshmen meets, 12 junior varsity meets, and 12 varsity meets. Each individual swimmer may compete a maximum of 12 meets during the regular season, not including district and state competition.*

If a school is competing in a multiple level meet (EXAMPLE: junior varsity/varsity, sophomore/varsity, freshmen/junior varsity), or a double dual, on the same day, at the same site, an individual may compete in both meets as long as he does not violate the NFHS individual participation rule (3-2-1). That rule states, "A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events." Rule 3-2-1 is a daily participation rule and pertains to the number of events an individual swimmer may enter on a given day.

4. Scrimmages between schools are allowed in swimming.

5. **Member schools are not permitted to participate in any interscholastic swimming competition from December 24 through January 1.** This does not exclude a school from practicing or scrimmaging during this time.

6. **During all regular season competition (dual, double dual, triple dual, triangular, and tournaments), a mandatory 10 minute break will be taken immediately following Event #4, the 50 yard freestyle, and Event #8, the 200 yard freestyle relay.**

MANDATORY REPORTING OF STATS

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

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

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

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

STATE QUALIFYING TIE-BREAKING PROCEDURE

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

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

RECOMMENDED WATER DEPTH

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

PROPER SUPERVISION AT SWIMMING PRACTICES & MEETS

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

WARMUP GUIDELINES

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

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

REGULATIONS PERTAINING TO SCRIMMAGES

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

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

USE OF TOBACCO PROHIBITED

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

NFHS RULE ADOPTIONS AND EXCEPTIONS

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

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

SWIMMING MEET CHECKLIST

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

COACH EJECTIONS

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

STUDENT-ATHLETE EJECTION

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

GAME PROTESTS NOT UPHELD

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

WRESTLING

Each member wrestling school receives several copies of the National Federation of State High School Associations Wrestling Rule Book. **Unless the Board of Control adopts other rules, member schools will follow the wrestling rules published in the National Federation Wrestling Rule Book.**

REGULATIONS PERTAINING TO WRESTLING PRACTICE AND CONTESTS

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2017-18	Week 20/November 13	Week 22/November 27
2018-19	Week 20/November 12	Week 22/November 26
2019-20	Week 20/November 18	Week 22/December 2
2020-21	Week 20/November 16	Week 22/November 30

WRESTLING REGULATIONS

1. A coach may have one team meeting with his wrestlers to hand out informational materials before the start of the season. This meeting shall not be used as a practice session.
See the section on "Weight Management Philosophy" later in this handbook for information about the two meetings that may be held to discuss body composition assessment and weight management.
2. **Schools competing in football play-offs are entitled to 10 days of practice, excluding Sundays and Thanksgiving Day, before their first wrestling contest.** Schools may wrestle before they have had 10 days of practice, but they are not required to do so. The IHSAA will work with these schools and their opponent(s) if schedule changes are required.
3. **A school's practice sessions may take place at any facility designated by the school's administration. For complete information on the practice facility rule, coaches should visit with their school's administration.**
4. **IHSAA rules require wrestlers to wear protective ear guards in practice any time wrestling is taking place.**
5. **All high school meets (9-12) must use NFHS weigh-in procedures and weight classes.**
6. **Each school is permitted a maximum of fifteen (15) regular season competition dates before their first post-season competition.** There are no restrictions on how many schools may compete on any of the 15 dates as long as NFHS rules regarding the number of times each wrestler can compete in one day are not violated. A two-day tournament counts as one competition/weigh-in date. *Example: A school may schedule 15 varsity dates: 15 JV dates, 15 9th grade dates, etc. NFHS rules state wrestlers must weigh-in each day of the tournament AND at the same weight class.*
7. **Each wrestler is permitted a maximum of 17 regular season competition dates, with no more than 15 of those dates being varsity competitions.**
8. **All matches shall be contracted in advance by the competing schools and there shall be no exhibition matches.** It is permissible to state, "Wrestlers weighing in and not competing at the varsity level may compete at the JV level in their eligible weight classes, if they have eligible opponents". **The contract should state the level(s) of competition at which each school is competing.** It is permissible for one school's varsity to compete against another school's junior varsity, if it is stipulated in the contract. The meet then counts as varsity competition for one team and junior varsity competition for the other team. It is not permissible to have an "all-star" team compete in any competition. If a JV team participates in a varsity tournament, or any other competition, all the members of the team need to be students at the same school.
9. **If a JV wrestler competes in varsity competition the result will count as a varsity win or loss. Any wrestler competing at the varsity level must be eligible at the varsity level according to transfer rules, etc. (In essence, a JV wrestler gives up his JV status for this meet because it is a varsity event.)**
10. **A wrestler shall not be entered in more than one competition at the same time. A wrestler shall not participate in a JV tournament and varsity tournament in the same day, even if they are at the same site.**
11. **A wrestler shall not participate in JV and varsity dual team competition against the same school, in the same contest.**
12. **Interscholastic competition is NOT permitted from December 24 through January 1.** Schools may use interscholastic scrimmages during this period.
13. **No interscholastic wrestling practice, or competition, shall take place after the state wrestling tournament.**

14. **Videotaping of dual meets, and/or tournament matches** is permissible, provided viewing of the videotape by team personnel does NOT take place until the entire meet is over. If videotaping is taking place for scouting purposes, the administration of the host school should be contacted as a courtesy and the use of electrical outlets should not be expected.

MANDATORY REPORTING OF DUAL MEET SCORES

1. **ALL HIGH SCHOOL (9-12) DUAL MEETS AND TOURNAMENTS MUST USE THE LIVE SCORING FEATURE IN TRACKWRESTLING**, with the home/host school responsible for providing or coordinating equipment and workers. The live scoring feature means that all match scoring must be done using TrackWrestling. All takedowns, reversals, escapes, etc. **MUST** be recorded in TrackWrestling.
2. **The host school will create all dual and multiple dual meet schedules no later than Wednesday, November 22 so participating schools have the opportunity to create their weigh in forms. Name the meet using the names or abbreviations of the schools participating. For example, if Sergeant Bluff-Luton is hosting a quad with Denison-Schleswig; Westwood, Sloan; and Woodbury Central, Merville the meet name could be <SBL/Denison/Westwood/Woodbury>. The host school should be listed first with the other schools listed however the host chooses.** Each team can then use that meet name to create their weigh-in form and each dual will be created under that meet name.
3. The penalty for failure to create dual and multiple dual meet schedules on time is:
A letter/e-mail sent to the school's head wrestling coach, with a copy to the athletic director, from the IHSAA sport administrator giving 3 days to comply with the mandate;
If no compliance, a letter to the school's athletic director, with a copy to the principal and superintendent, from the IHSAA executive director, giving 3 days to comply with the mandate; and,
If still no compliance, IHSAA will withhold ALL of the school's post-season wrestling expense allowances (sectionals – state dual team wrestling).

CONTEST PROTESTS NOT UPHELD

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

BENCH AREA RESTRICTION RULE

Any player/athlete on the bench as a substitute or in uniform who is involved in the breaking up, participating in, or initiating a fighting incident will be automatically ejected from that contest and the PENALTY of the student athlete ejection rules will be invoked.

OFFICIAL WEIGH-INS

1. Each wrestler must be eligible to compete according to all eligibility rules before being allowed to officially weigh-in (*academic rule, good conduct rule, transfer rules, ejection policy, etc.*)
2. If a wrestler competes in a match, or receives a forfeit, the weigh-in becomes official and **MUST** be entered into the NWCA on-line weigh-in system through TrackWrestling.
3. If a coach wants a meet weigh-in to count as one of a wrestler's official weigh-ins, the actual scale weight shall be entered into the NWCA on-line weigh-in system through TrackWrestling, even if the wrestler does not compete or receive a forfeit. This allows coaches to weigh wrestlers in for the purposes of making scratch weight, even if the wrestler does not wrestle or receive a forfeit.

END OF MATCH PROTOCOL

The wrestling coach's advisory committee has recommended, and the Board of Control has approved, that the Athletic Association develop a standardized end of match protocol. At the end of any match, the following protocol shall be followed:

1. Referees should move quickly after a match to get in proximity of the two wrestlers to facilitate the handshake between the wrestlers and direct them to their respective team benches/corners.
2. The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.
3. The wrestlers will then proceed to their respective team benches/corners without excessive celebration and without going to the opposing teams bench/corner.
4. Post match handshakes with opposing coaches are not to be permitted.

This protocol certainly does not discourage teams from going through the congratulatory line at the end of a dual meet.

SCRIMMAGE RULE

A member school may have a maximum of three practice scrimmages against other member schools provided the following rules are adhered to:

- a) All scrimmages must take place at one of the participating schools' regular practice facilities.
- b) Only one scrimmage may be used before the first legal contest date. If one is not used before the first legal contest date, then all three may be used after that date.
- c) Up to four schools may be involved in a scrimmage and it will count as one scrimmage for each participating school.
- d) A bona fide scrimmage is one where no public advertisement has been made, no admission charged, no team scores kept or recorded, nor any timing device used.
- e) Schools may not travel further than 100 miles, one way, to engage in a scrimmage. No school time may be used for traveling to, and /or participating in, a scrimmage.
- f) Unlimited scrimmages may be held for 1A/2A district qualifiers and 3A district winners, as long as the above rules are followed.

PENALTY FOR VIOLATION OF RULES PERTAINING TO PRACTICES AND SCRIMMAGES

By Board of Control action, violators of the scrimmage or practice rule shall be eliminated from the tournament series. If the violation occurs during the tournament series, the third-place finishers in each of the weight classes will advance to the next level tournament. No individual will move up in placement due to a disqualification for this type violation other than stated above. Rule book coverage will prevail as it affects individual placement. If the school was a team place winner, all team and individual awards will be collected and returned to the IHSAA Office. If a championship team violates the rule, the runner-up team becomes champion; if a runner-up team violates the rule, the third-place team will become the runner-up; if a third-place team violates the rule, the fourth-place team will become third-place. If a consolation runner-up team violates the rule, there will be no consolation runner-up team that year.

PRACTICE ROOM TEMPERATURE AND VENTILATION

There are no rules dictating the maximum temperature in wrestling practice rooms, but basic guidelines may be helpful for coaches and administrators. The location, and "normal temperature," of wrestling practice rooms vary greatly and the following are guidelines only. **Every effort should be made to maintain a "normal temperature" in the practice room before practice begins.** While practice room temperature may increase during practice, **there should be no artificial methods used to increase the temperature in the practice room.** Efforts should be made to ventilate the practice room to help maintain a "normal temperature" and to help reduce communicable diseases.

HIGH SCHOOL GRADUATES ARE NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES

High school graduates **cannot** practice with or against a high school team, or a student representing his/her high school team, during the given sport season. Only bona-fide coaches and students in good standing at the school can participate in a school's practice sessions. This rule does not prohibit high school students from participating with or against high school graduates through the Nonschool Team Participation Rule (36.15 (7)).

This rule does not prohibit the local school district from allowing high school graduates to use their facilities for workout purposes. They **cannot** practice with or against a high school team, or a member of a high school team, during a school's practice session.

Scholarship Rule 36.15(2) h prohibits high school students from participating, and/or training, with or against college athletes who are representing their collegiate institution, as part of an event sanctioned, or sponsored by a collegiate institution. Nothing in the rules prohibits a high school student from participating in a one-time tryout with or against members of a college team with permission from the member school's administration and the respective collegiate institution's athletic administration.

COACH-ATHLETE CONTACT ("Camps & Clinics Rule")

36.15(6) Summer camps and clinics and coaching contacts out of season.

a. School personnel, whether employed or volunteers, of a member or associate member school 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. Provided, however, school personnel may coach a senior student from the coach's school in an all-star contest once the senior student's interscholastic athletic season for that sport has concluded. In addition, volunteer or compensated coaching personnel shall not require students to participate in any activities outside the season of that coach's sport as a condition of participation in the coach's sport during its season.

a. A summer team or individual camp or clinic held at a member or associate member school facility shall not conflict with sports in season. Coaching activities between June 1 and the first day of fall sports practices shall not conflict with sports in season.

b. **PENALTY.** A school whose volunteer or compensated coaching personnel violate this rule is ineligible to participate in a governing organization-sponsored event in that sport for one year with the violator(s) coaching.

Wrestling Interpretation: The Coach-Athlete Contact rule applies to wrestling coaches regardless of what style wrestling they may be coaching. No matter what style of wrestling is being coached, 9-12 wrestling coaches may not coach their 9-12 athletes during the school year, except from the first official day of practice until the State Individual Tournament is completed. During the summer, wrestling coaches must abide by section (b) of the Coach-Athlete Contact rule, regardless of what style of wrestling is being coached in a camp or clinic.

SCALE CERTIFICATION

All wrestling schools are required to have the scales used for official weigh-ins certified annually. Information regarding certification of scales is sent to Athletic Directors in August each year.

WEIGHT MANAGEMENT PHILOSOPHY

The Iowa High School Athletic Association believes one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. Determining a formula to predict the safe, minimal wrestling weight of high school wrestlers has been a priority of the IHSAA since 1968. With such a formula established, the IHSAA began providing body composition assessment to every high school in Iowa with a wrestling program in 1987. The Board of Control of the Iowa High School Athletic Association implemented mandatory body composition assessment, effective with the 1998-99 wrestling season. The National Federation of State High School Associations (NFHS) wrestling rules now mandate hydration assessment, body composition assessment and the rate at which a wrestler may lose weight. The primary purpose for these rules is to provide a safe wrestling environment for all high school wrestlers.

The NFHS and IHSAA are NOT encouraging wrestlers to attain their minimum wrestling weight. Many wrestlers actually perform better while weighing more than their minimum wrestling weight. A wrestler's minimum wrestling weight might not be his optimal competitive weight. It is simply the lowest, safe weight at which a wrestler may compete.

In order for wrestling coaches to explain the weight management rules to their wrestlers, the Board of Control allows coaches to have a maximum of two meetings with their wrestlers on or after October 1 and before hydration assessment and body composition assessment is performed. These meetings are in addition to the one meeting a coach may already have to discuss season preparations, etc. **The following regulations apply to the weight management meeting(s):**

1. A maximum of two (2) hydration/body composition assessment meetings may be conducted **any time ON OR AFTER OCTOBER 1.**
2. They must be **conducted with the knowledge of, and under the guidance of, the school's Athletic Director.**
3. They must be **conducted in a classroom setting and the wrestlers must be in street clothes.**
4. The skills of wrestling shall **NOT be discussed.** The meeting(s) is strictly for the **purpose of explaining hydration and body composition assessment procedures and processes.**

BODY COMPOSITION ASSESSMENT

1. All high school wrestlers (grades 9-12) must have their body composition assessed by an approved assessor **BEFORE THEIR FIRST COMPETITION.** They must have had their body composition assessed and be entered into the **NWCA on-line weight management system through TrackWrestling to be eligible to compete at any level. OFFICIAL BODY COMPOSITION ASSESSMENTS MAY BE CONDUCTED FROM OCTOBER 23, 2017 – FRIDAY, FEBRUARY 9, 2018.** Approved assessors may conduct unofficial assessments **BEFORE** the official assessment period begins, but assessments conducted by approved personnel **after** the official assessment period begins are official assessments.
2. **EACH WRESTLER IS ONLY ALLOWED ONE OFFICIAL BODY COMPOSITION ASSESSMENT,** unless the Athletic Association grants an appeal. Any subsequent assessments, except approved appeals, will NOT change a wrestler's minimum wrestling weight.
3. A list of approved body composition assessors can be found on the IHSAA website under the "Wrestling" heading. Assessors must 1) be approved by the IHSAA, 2) follow the instructions provided by the IHSAA, and, 3) use one of the assessment methods approved by the IHSAA.

APPEALS

APPEALS MAY ONLY BE PERFORMED WITH PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION. APPEALS PERFORMED WITHOUT PRIOR APPROVAL FROM THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION ARE INVALID.

THE WRESTLER, AND/OR SCHOOL, IS RESPONSIBLE FOR ANY & ALL COSTS RELATED TO THE APPEAL.

ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS OF THE SCHOOL RECEIVING THE ASSESSMENT RESULTS FROM THE ASSESSOR AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.

APPEAL METHOD:

The wrestler must have the same body composition assessment agency perform the appeal that performed the original assessment and the same assessment method must be used. The wrestler must pass the hydration assessment at the time the appeal is performed. Wrestlers may use their weight at the time of the original body composition assessment unless they have gained more than 1.5% of their body weight (rounded **UP** to the nearest whole pound) between the time of the original assessment and the appeal. If they have gained more than 1.5%, they must use their weight at the time of the appeal.

Example: A wrestler weighs 137# at the time of the original assessment and chooses to appeal. $137\# \times 1.5\% = 2.1\#$, rounded up to 3#. If the wrestler weighs 140#, or less, at the time of appeal, they can use their original weight at the appeal.

NOTE: Before a wrestler decides to appeal they may, but are not required to, ask their body composition assessor to review the data related to the original assessment. If an error is detected the assessor should contact the Iowa High School Athletic Association with the correction. Correcting an error does not constitute an appeal.

BODY COMPOSITION ASSESSMENT PROTOCOL

It is the coaches' and athletic administrators' responsibility to make sure wrestlers follow the established assessment protocol. The Athletic Association will provide the protocol for each assessment method to each wrestling school and assessor. When the assessment protocol is not followed, it is nearly impossible for an assessment to be accurate. This may place a wrestler's health in jeopardy and/or reduce their performance.

BODY COMPOSITION ASSESSMENT METHODS

- One of the following body composition assessment methods shall be used.
 - Tanita Professional Series Body Composition Analyzer/Scale
Models: TBF-300A - using the "Standard Mode" only
TBF-300WA - using the "Standard Mode" only
 - Futrex Near-Infrared Photo Spectrometry
Models: 5000 A/WL & 5500 A/WL
 - Skin Calipers - Metal alloy calipers only
 - Hydrostatic (Underwater) Weighing
 - Bod Pod Air Displacement
- The IHSAA will provide detailed instructions and protocol for all body composition assessment methods.

HYDRATION ASSESSMENT

Hydration assessment must immediately precede body composition assessment. Any wrestler not passing the hydration assessment must wait a minimum of 24 hours before they can have their hydration level reassessed. Wrestlers cannot have their body composition assessed until they pass the hydration assessment.

HYDRATION ASSESSMENT METHODS

- One of the following hydration assessment methods shall be used.
 - Urine Color Chart - **primary method**
 - Reagent Litmus Strips - *secondary method*
 - Refractometer - *secondary method*
- The IHSAA will provide detailed instructions and protocol for all hydration assessment methods.

TRACKWRESTLING WEIGHT MANAGEMENT SYSTEM

- Hydration and body composition assessment information must be entered into Trackwrestling by the body composition assessor **BEFORE A WRESTLER CAN COMPETE AT ANY LEVEL.**
- The Trackwrestling Weight Management System will be used to monitor each wrestler's descent plan. The descent plan will determine which two weight classes a wrestler is eligible to compete in each week without

causing their descent plan to be recalculated. As per NFHS rules, wrestlers may wrestle one weight class above the class for which they weigh-in without breaking certification.

MINIMUM WRESTLING WEIGHT

The minimum wrestling weight for each wrestler will be determined by predicting a wrestler's weight at 7% body fat. (12% for females)

MINIMUM WRESTLING WEIGHT CLASS

- 1. A wrestler's minimum wrestling weight class CANNOT be less than their minimum wrestling weight as predicted by body composition assessment.**
 - A. If a wrestler's minimum wrestling weight is between two weight classes, the wrestler must certify, and wrestle, at, or above, the higher weight class.
 - B. If a wrestler's minimum wrestling weight is exactly that of one of the weight classes, the wrestler may certify, and wrestle, at, or above, that weight class.
- 2. If a wrestler's percent body fat at the time of body composition assessment is BELOW 7% (12% for females) the wrestler has two choices.** First, they can wrestle at their minimum wrestling weight class as determined by body composition assessment at 7%(12%) body fat. Second, if their sub-7%(12%) body fat weight is exactly that of one of the weight classes, the wrestler may wrestle at that weight providing they have a physician's written release stating they are naturally below 7%(12%). Wrestlers having less than 7%(12%) at the time of body composition assessment CANNOT certify, or wrestle, at a weight class less than their weight at the time of assessment, even with a physician's written release.

CERTIFYING MINIMUM WRESTLING WEIGHT CLASS

Wrestlers must certify their minimum wrestling weight class (certified weight class), by making scratch weight* in that weight class at least one time. (*Scratch weight must be actual scale weight WITHOUT the addition of any kind of scale allowance.) **If a coach enters an actual scale weight from a weigh-in into TrackWrestling, the weigh-in counts as an official weigh-in and also counts toward the wrestler's 15 date limitation.** Wrestlers must be eligible to compete (scholarship rule, transfer rules, conduct rules, ejection policy, etc.) before their coach allows them to weigh-in for any competition. Wrestlers weighing in and not eligible to compete will not be allowed to count the weigh-in as scratch weight and they, and their coach, will be subject to further sanctions by their school and the Athletic Association. **Wrestlers not certifying their minimum weight class before their first post-season competition must weigh-in at scratch weight for that competition. They will receive the growth allowance at all future weigh-ins.**

GROWTH ALLOWANCE

- 1. Wrestlers who have certified their minimum weight class before January 1 will receive the 2-pound growth allowance after January 1.** Wrestlers who have not certified their minimum weight class by January 1 will receive the growth allowance the first time they weigh-in after certifying. **The first time a wrestler uses the growth allowance they declare their certified weight class and their intent NOT to wrestle at a lower weight class. A wrestler CANNOT recertify at a weight class below their certified weight class, regardless of what weight class their body composition assessment and/or descent plan allows them to go.** *For example, a wrestler's body composition assessment will allow him to wrestle at the 132# weight class. He makes scratch weight at 138# before January 1. Then in the first meet after January 1 uses the growth allowance to weigh-in for the 138# weight class. He cannot recertify at 132# because he used the growth allowance for the first time above the 132# weight class and, in this example, declared his intent NOT to wrestle below the 138# weight class.*
- 2. A wrestler CANNOT use the growth allowance to achieve a lower minimum wrestling weight class than his/her 7%(12%) weight permits because the wrestler MUST make scratch weight one time at their minimum wrestling weight class before receiving the growth allowance.**

WEIGHT LOSS DESCENT PLAN

- 1. All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. The descent plan will be monitored as follows:**
 - A. Before each weigh-in session, coaches must provide an Official Weigh In Report form to the Administrator of Weigh-Ins, or their designee. This form will show the weight classes for which every wrestler is eligible to weigh in on that date without causing their descent plan to be recalculated.
 - B. A wrestler is NOT eligible to wrestle at a weight class below the minimum weight class determined by their descent plan regardless of their actual weight. Rule 4.4.2 states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor."** *If a wrestler whose lowest eligible weight class for a given week according to the descent plan is 138# weighs in for the 126# weight class, or less, the wrestler is not eligible to compete at any weight class in that meet because of Rule 4.4.2.*

2. A wrestler cannot weigh-in above their **highest** eligible weight class listed for a specific date without having their descent plan recalculated **IMMEDIATELY (beginning at 12:01am the next day)**. For example, a wrestler's **highest** eligible weight class listed on the weight management form for a specific date is 138 pounds. If the wrestler weighs in excess of the 145# weight class (147 pounds with the growth allowance) their descent plan will be **IMMEDIATELY (beginning at 12:01am the next day)** recalculated. They will not be able to compete again at 145 pounds, or below, until their descent plan allows them to.

CONSEQUENCES FOR VIOLATIONS OF WEIGHT MANAGEMENT RULES

1. Any wrestler weighing in below his/her lowest eligible weight class for a given week according to his/her descent plan will forfeit all matches won at that meet.
2. **The first time** a school's wrestler(s) compete below their lowest eligible weight class for a given week according to the descent plan, the school will receive a letter of reprimand from the Athletic Association. This letter will explain the consequences for future violations.
3. **The second time** a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next scheduled, or rescheduled date at that level of competition, which could include post-season competition.
4. **The third time** a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next FOUR (4) scheduled, or rescheduled dates at that level of competition, which could include post-season competition.
5. **The fourth time** a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the school's wrestling program will be placed on probation and NOT be allowed to compete the remainder of the season, including post-season competition, with the head coach coaching.
6. Any other violations of the weight management program will result in sanction of the school's coach or wrestling program as determined by the IHSAA Board of Control.

USE OF ILLEGAL METHODS OF WEIGHT REDUCTION

As per national rule, at anytime the use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic type suits, or similar artificial heating devices, diuretics, or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

WEIGH-IN PROCEDURES

Weigh-in procedures for all meets, INCLUDING THE STATE TOURNAMENTS, shall be as per national rule 4.5.

Dual Meets – Weigh-ins shall begin a **maximum** of one (1) hour before the time a dual meet, or a team's first competition in a multiple dual meet (*to include dual team tournaments*), is scheduled to begin. For a multiple dual meet, the meet administration may require all teams to weigh-in a maximum of one hour before the first dual meet, even if a team is not competing in the first dual meet. When a preliminary meet is followed by a varsity meet, the varsity weigh-in may, by mutual consent, precede the preliminary meet. NFHS rules state, "The random draw shall take place immediately **preceding** weigh-ins."

Individual Tournaments - Weigh-ins shall begin a **maximum** a maximum of 2 hours before the first session each day.

ADMINISTERING ON-SITE WEIGH-INS GRADES 9-12

Dual Meets - Weigh-ins may be conducted by the school administration of the host school; the head coaches of all teams involved, or their designees; or the official(s). Regardless of who conducts the weigh-ins, **a representative from each participating school should be present during weigh-ins**, but it is not required that they are present.

Tournaments - **A representative from each participating school should be present during weigh-ins**, but it is not required that they are present.

Rule 4-5-3 change for 2017-18: During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited. This includes using the restroom(to lose weight) or eating or drinking (to gain weight).