

National Federation of State
High School Associations



IHSAA/IGHSAU Basketball Coaches' Rules Meeting

2012-13
Rules Changes
Major Editorial Changes
Points of Emphasis

Take Part. Get Set For Life.™

IHSAA POLICIES



IHSAA Practice Policy

- 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 practice takes place.
- D. Member schools may not practice with another member school except in scrimmage situations. [Note the scrimmage rule for each sport as posted in the regular season handbook.
- E. No school practice shall take place at an IHSAA state tournament venue, unless otherwise indicated in that sport's specific post-season manual.



IHSAA POLICIES



SECOND/AUXILIARY GYM USE

- The Iowa Basketball Coaches Association recommends that if a host school has a 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.



IHSAA POLICIES



SECOND/AUXILIARY GYM USE POST SEASON

- During the post season, the main basketball court and all secondary/auxiliary gyms are closed and off limits to all schools 90 minutes prior to game time.



IHSAA SCRIMMAGES



- 3 school scrimmages per season, **NOT** 3 per level.
- No public announcement, no admission and no score kept.
- No school may travel one way more than 100 miles to scrimmage.
- No school time may be used to travel.
- Up to 4 schools may be involved in the scrimmage
- Scrimmages must take place in one of the participating schools regular practice facility.





OFFICIALS EVALUATIONS

- **ONLINE EVALUATION OF OFFICIALS**
- Based on a recommendation from the Officials Advisory Committee and approval from the Board of Control, varsity basketball coaches or administrators will be provided the opportunity to evaluate varsity officials in three different areas:
 1. Professionalism
 2. Game Management
 3. Rules Knowledge/Mechanics
- Ideally, the concept is for officials to use the feedback appropriately to help them professionally for the rest of the season. These evaluations will be available to officials 30 days after the first contest playing date.
- These evaluations will not be used by the IHSAA and will have no bearing on post season assignments.



REQUIRED REPORTING OF STATS



Basketball:

- **Completed by Tuesday at 3:00 PM on:**
- **December 18th , 2012.**
- **January 15th, 2013.**
- **February 5th, 2013.**
- **Last game of the season & after each game of the post season tournament.**



REQUIRED REPORTING OF STATS



Penalty for failure to report:

First Offense: A letter/e-mail to the head coach from the IHSAA sport administrator, 3 days to comply

Second Offense: A letter to the athletic director with copy to the principal and superintendent from the IHSAA Executive Director, 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.



IGHSAU QUIKSTATS DUE DATES



Basketball:

- **Monday, December 10**
- **Monday, January 7**
- **Monday, January 21**
- **Monday, February 4**
- **Last game of the season & after each game of the post-season tournament**
 - **Failure to meet these deadlines will result in coach warning/suspension**



GENERAL REMINDERS



- Reminder, headbands and wristbands can be white, black, beige or a **single solid school color.** (IHSAA)
- **ALL team members must wear the same color for each wrist or sweatband worn by each individual participant.** (IHSAA)



IGHSAU HAIR DEVICE ADAPTATION



Hair Devices:

- Must be soft, no adornment.
- Bobby pins & flat clips 2 inches or less are allowed
- Headbands may be no more than 2 inches wide – 1 manufacturer logo permissible
- NO COLOR RESTRICTIONS
- PLAYERS DO NOT HAVE TO MATCH



PRACTICE/CONTEST DATES/REMINDERS



- Girls high school basketball practice may start Monday, November 5th
- First playing date is Friday, November 16th
- Varsity head coaches & all officials are required to view the online rules meeting every year
- Varsity officials' recommendations must be submitted online within 30 days of the conclusion of the basketball season



IGHSAU JUNIOR HIGH REGULATIONS



- 12 Games
- Individual player may play in 6 quarters per day on school days and 8 quarters per day on non-school days
- Junior high girls' basketball will use the 3-point shot in gyms that are properly marked



IGHSAU HIGH SCHOOL PARTICIPATION LIMITS



- 21 Games per regular season
- 1-2 Quarters = NO GAME
- 3-6 Quarters = 1 GAME
- 7-8 Quarters = 2 GAMES
- Scrimmages - 3 PER TEAM
- Jamborees – 1 PER TEAM





COACHING AUTHORIZATION



- The IHSAA & IGHSAU **do not** verify attendance for coaching authorization.
- Anyone in attendance for coaching authorization renewal credits is responsible for keeping track of the dates and place of the rules meeting.
- Go to the website, www.boee.iowa.gov for current applications.





PREGAME MEETING



- 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 the bench side or wherever the least amount of noise and the most open space presents itself. The head coach at the level of competition being played is responsible for taking part in this pre-game.





COMMUNICATION WITH HEAD COACH



- Only the head coach is permitted to communicate with the officials. Assistant coaches are not to communicate with officials unless the head coach is ejected or replaced. Then only the assigned head coach is afforded this opportunity.
- Officials, communication should be done professionally, and keep it brief.





BENCH DECORUM



- **THIS IS OUR NUMBER ONE POINT OF EMPHASIS IN IOWA THIS YEAR – WE WANT THIS RULE ENFORCED!**
- A coach will be allowed to stand and confer with a player(s) whenever the clock is **NOT** running. Communication with the player(s) only shall be done in a positive manner and shall take place in the area **in front** of where the coach is seated. Coaches are not to be permitted to walk beyond this area or to the end of the bench, one reminder.





BENCH DECORUM



- This rule permits coaches opportunities to stand-up and instruct players while the clock is **NOT** running during the game. Coaches are not to stand and show displeasure regarding any situation they may not be happy with. This unsportsmanlike behavior is subject to a technical foul being called. This bench decorum rule does allow coaches an opportunity to coach and teach whenever the clock is **NOT** running.





BENCH DECORUM



- When the clock starts following a throw-in or last missed free throw, the coach shall immediately return to his/her seat. The officials will not delay a throw-in administration to permit a coach additional time to visit with player(s).
- **THE IHSAA/IGHSAU WANT THIS RULE ENFORCED.** Failure to enforce this rule affects fellow officials who do enforce this rule, and encourages coaches to violate this rule. When you, the official, allow this rule to be violated, you are asking for trouble.





BENCH DECORUM



- Disqualified player: Upon the head coaches notification of a disqualified player, the coach may stand to congratulate the disqualified player and may walk the confines of his/her bench to select a replacement for the disqualified player.
- The rules states a disqualified player must be replaced within 20 seconds from the time the coach was notified. Any unsporting acts by the coaches are subject to being assessed a technical foul.





BENCH DECORUM



- If a coach is issued a direct technical foul, he/she loses his opportunity to stand and confer with his/her player(s) when the clock is not running.
- He/she can not stand **except** for the following.
- Stand and go to the bench for a correctable error
- Stand and call a timeout
- Stand and cheer an outstanding play or stand and coach during a timeout or quarter break.





EJECTIONS



- Any 7-12 coach who is ejected must complete the NFHS online course – “Teaching & Modeling Behavior” and provide a copy of the completion certificate to the IHSAA or IGHSAAU in addition to serving the required suspension.
- Any 7-12 player who is ejected must complete the NFHS online course – “Sportsmanship – It’s Up to You” and provide a copy of the completion certificate to the IHSAA or IGHSAAU in addition to serving the required suspension.





JUNIOR HIGH REGULATIONS



- Junior high boys' and girls' basketball will use the 3 point shot in those gyms that are properly marked.





IHSAA/IGHSAU MERCY RULE



- A 35-point differential rule is in effect for all games played in Iowa, **grades 7-12 for boys' basketball** and **grades 9-12 for girls' basketball**.
- If there is a 35-point differential at the end of the first half or anytime after, the game will be continued with a running clock.





MERCY RULE CONT.



- 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:
- Timeout is charged to a team, intermission between third and fourth quarter, extended injury timeout, anytime officials determine it necessary for safety reasons.





MERCY RULE CONT.



- Please keep in mind we play the first half to completion with regular timing. If the differential is 35 points or more at the half-time or anytime there is a 35 point differential during the second half, the running clock procedures will be used.
- Anytime a foul is called that will result in free throws **(NEW FOR 2012-13 SEASON)**.
- 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.





OFFICIALS EVALUATIONS

- **ONLINE EVALUATION OF OFFICIALS**
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 1. Professionalism
 2. Game Management
 3. Rules Knowledge/Mechanics
- Ideally, the concept is for officials to use the feedback appropriately to help them professionally for the rest of the season. These evaluations will be available to officials 30 days after the first contest playing date.
- These evaluations will not be used by the IHSAA and will have no bearing on post season assignments.





TOURNAMENT BASKETBALLS



- **The Spalding TF-1000 LEGACY will be used for all IHSAA post-season tournament games.**
- **The Spalding TF-1000 LEGACY (Women's 28.5) will be used for all IGHSAU post-season tournament games.**



National Federation of State
High School Associations



NFHS Basketball

2012-13
Rules Change

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Official Scorer

Rule 2-11-12 (New)

- The official scorer is required to wear a black-and-white vertically striped garment.
- Rationale: The players, coaches and officials need to be able to quickly and easily identify the official scorer. Requiring the scorer to wear a striped garment will assist in this regard. In addition, wearing a striped garment will make the scorer look more professional.



Official Scorer

Rule 2-11-12 (New)

- The official scorer is required to wear a black-and-white vertically striped garment.
- Be lenient in enforcing this rule at the sub-varsity level.
- IHSAA/IGHSAU want this rule enforced for varsity contests.
- Report violations to Roger at the IHSAA and Joel at the IGHSAU.



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NFHS Basketball

2012-13
Major Editorial Changes

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Officials' Jurisdiction

Rule 2-2-4 Note

- The state associations may intercede in the event of unusual incidents that occur before, during or after a contest.
- This note which was added to the rules book in 2011-12 was revised to clarify that state associations have authority to intervene not only after the conclusion of a contest, but before and during the contest as well.



Team Control

Rule 4-19-7

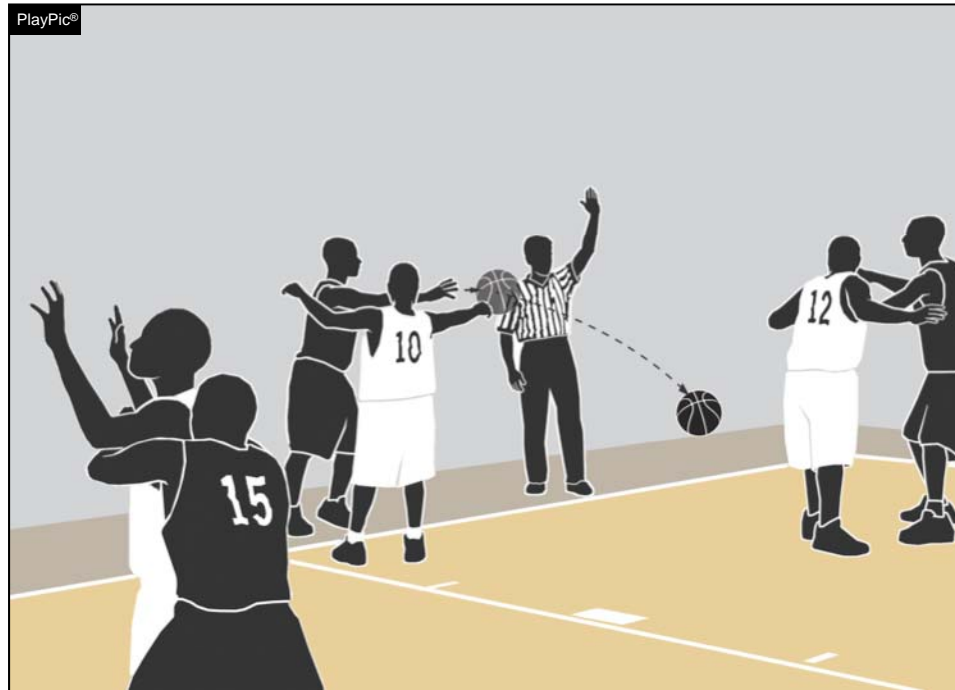
- A team-control foul is a common foul committed by a team that has team control (including a member of the throw-in team from the start of the throw-in until player control is obtained inbounds).
- On a team-control foul, the rule now clearly states that team-control includes a member of the throw-in team from the start of the throw-in until player control is obtained inbounds.



Team Control

4-19-7

EDITORIAL CHANGE



National Federation of State
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NFHS Basketball

2012-13
Points of Emphasis

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Closely Guarded Situations

- Well officiated closely-guarded situations provide for better balance between offense and defense. When the closely-guarded rules are not followed properly, there is a significant advantage for the offense.



Closely Guarded Situations

- The following areas should be emphasized:
Rule basics. A closely-guarded situation occurs when a player in control of the ball in his or her team's frontcourt is guarded by an opponent who is within 6 feet of the player who is holding or dribbling the ball; the defensive player must obtain a legal guarding position.



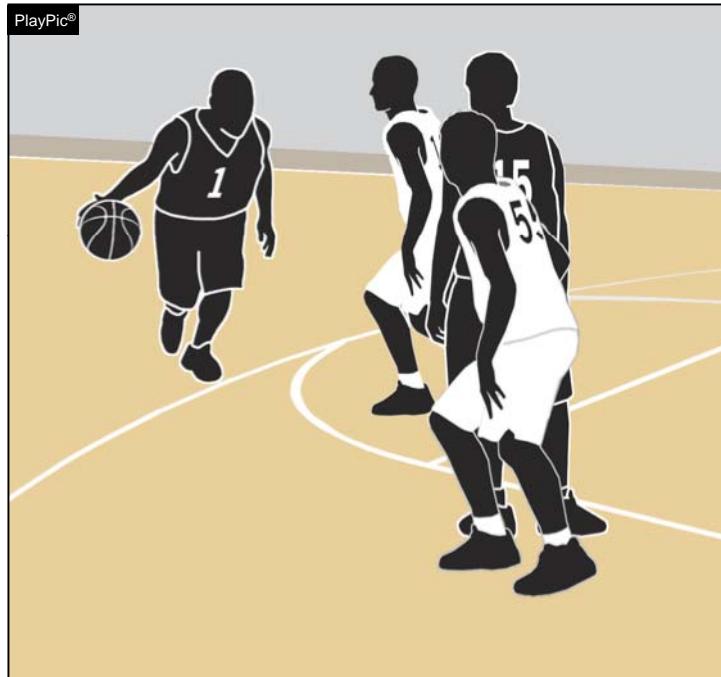
Closely Guarded Situations

POINT OF EMPHASIS



Closely Guarded Situations

POINT OF EMPHASIS



Contact Above the Shoulders

- Contact above the shoulders. With a continued emphasis on reducing concussions and decreasing excessive contact situations, the committee determined that more guidance is needed for penalizing contact above the shoulders.



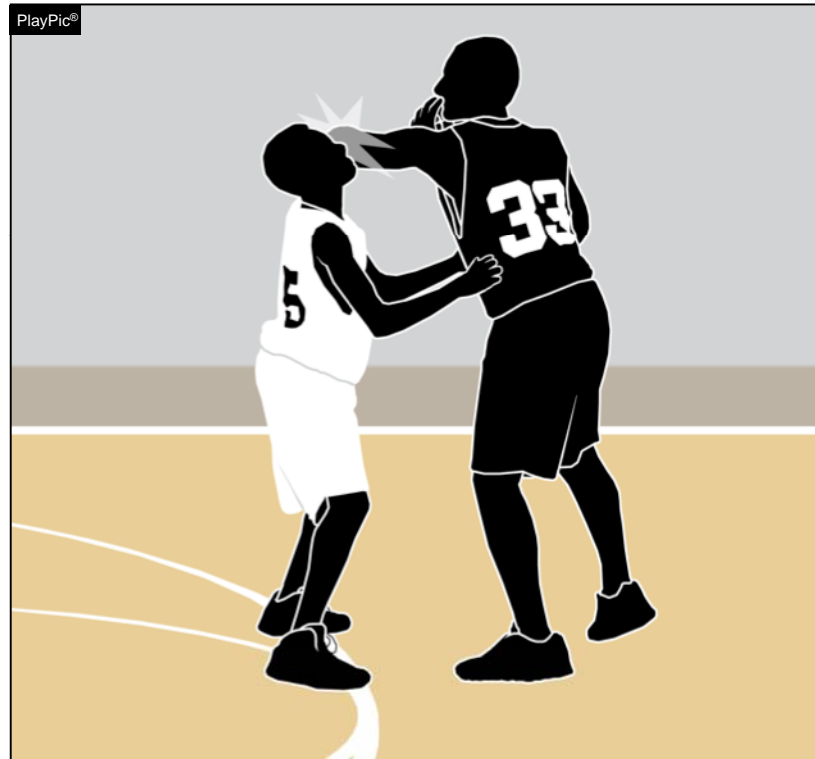
Contact Above the Shoulders

- a. A player shall not excessively swing his/her arm(s) or elbow(s) even without contacting an opponent (penalized as a violation).
- b. Examples of illegal contact above the shoulders and resulting penalties:
 1. Contact with a stationary elbow may be incidental or a common foul.
 2. An elbow in movement but not excessive should be an intentional foul.
 3. A moving elbow that is excessive can be either an intentional foul or flagrant personal foul.



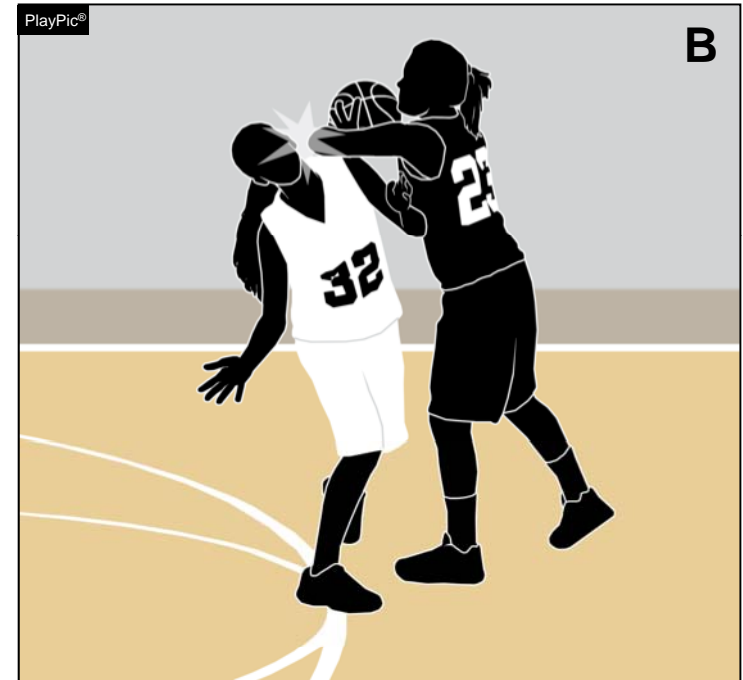
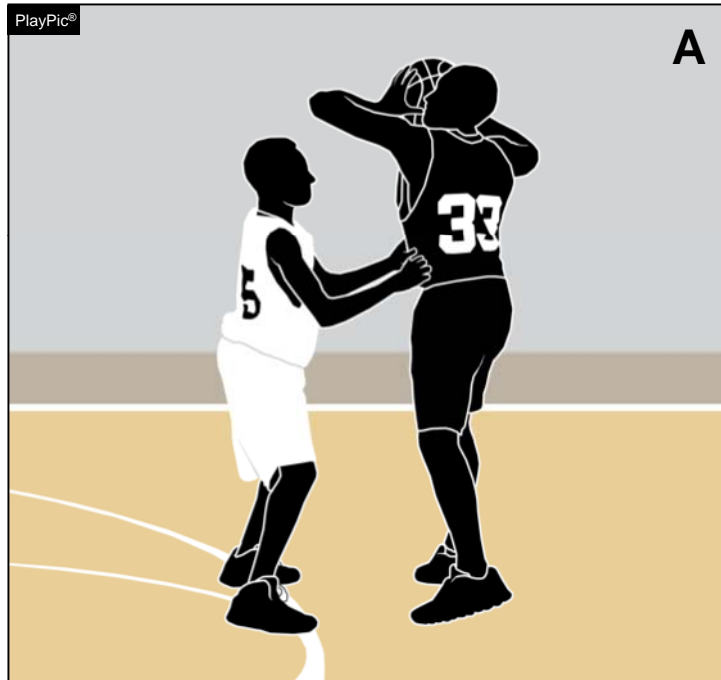
Contact Above the Shoulders

POINT OF EMPHASIS



Contact Above the Shoulders

POINT OF EMPHASIS



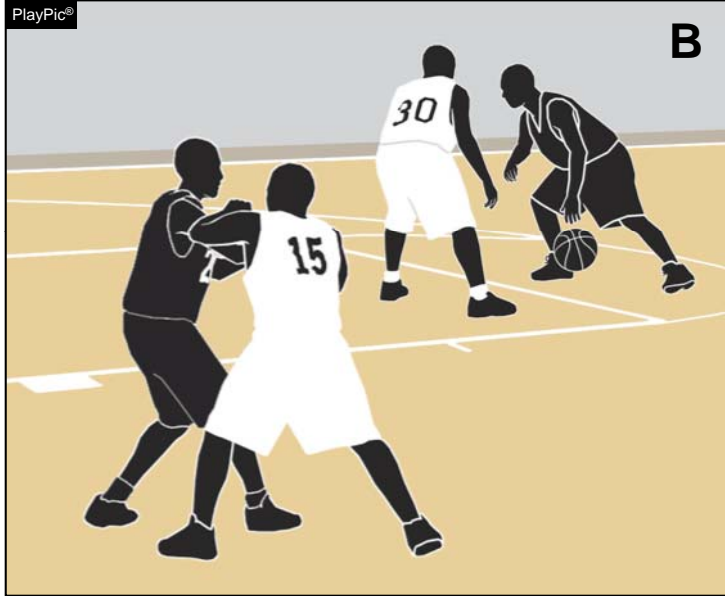
Intentional Fouls

- The committee is concerned about the lack of enforcement for intentional fouls during any part of the game but especially at the end of a game. Anytime during the game, acts that neutralize an opponent's obvious advantageous position and must be deemed intentional include:
 1. Excessive contact on any player attempting a try
 2. Grabbing or shoving a player from behind when an easy basket may be scored
 3. Grabbing and holding a player from behind or away from the ball



Intentional Fouls

POINT OF EMPHASIS



Guidelines to Enforce Illegal Contact

- Escalating fight situations can often be traced back to illegal contact not being properly enforced and penalized. Examples of illegal contact are:

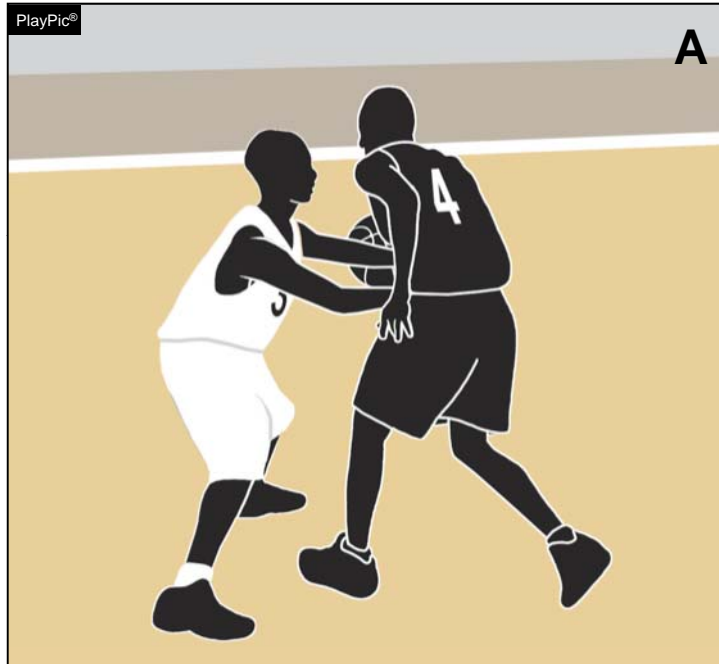
Hand checking: Any tactic using hands or arms that allows a player on offense or defense to control the movement of an opposing player.

Post play: Any tactic using hands, arms or body to control the movement of an opposing player.



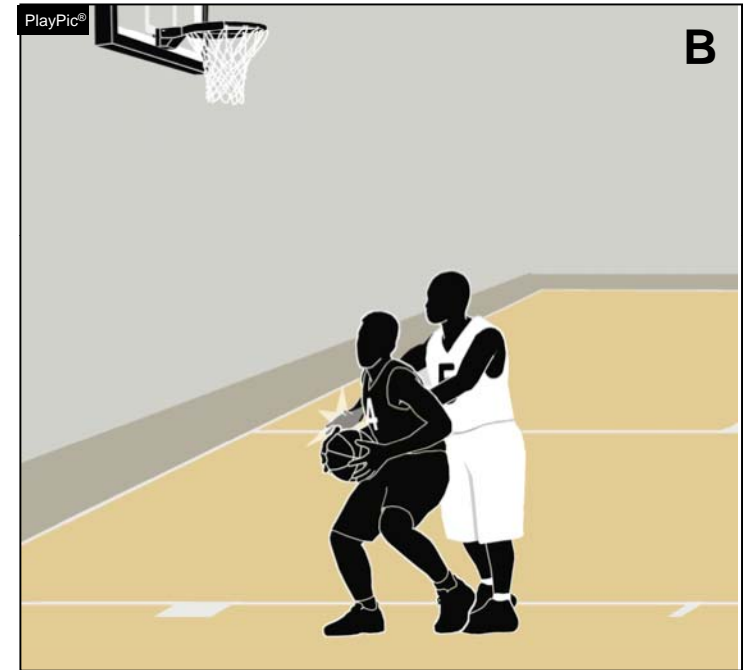
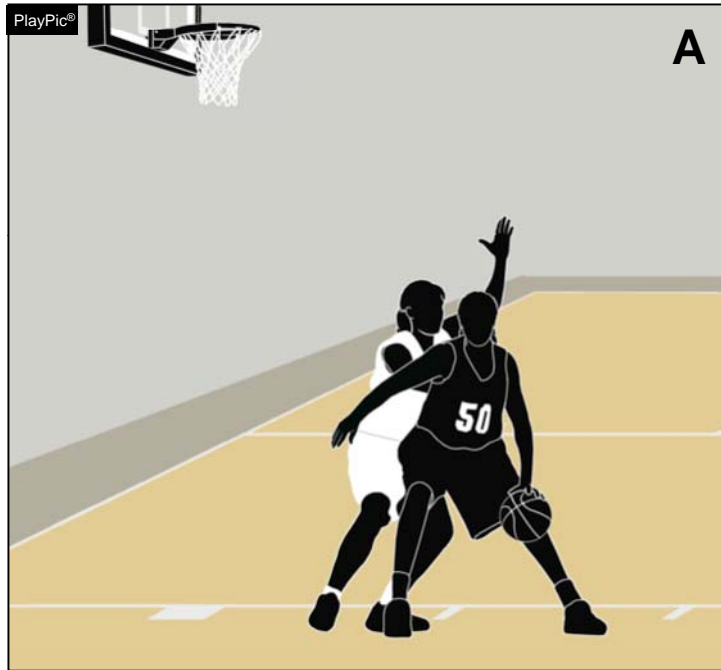
Illegal Contact: Hand-checking

POINT OF EMPHASIS



Illegal Contact: Post Play

POINT OF EMPHASIS



Illegal Contact: Post Play

POINT OF EMPHASIS



Illegal Contact: Rebounding

POINT OF EMPHASIS



Illegal Contact: Rebounding

POINT OF EMPHASIS



CONCUSSIONS - IOWA CODE SECTION 280.13C

- Iowa Code Section 280.13C states, in part, “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.”



HEADS UP: Concussion in High School Sports

Link at

www.iahsaa.org

&

www.ighsau.org



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.

Signs Reported by Students:

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

PARENTS:

How can you help your child prevent a concussion?

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

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

Signs Observed by Parents or Guardians:

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

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

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

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 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 School _____

CONCUSSIONS - IOWA CODE SECTION 280.13C

- 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.
- 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.



CONCUSSIONS - IOWA CODE SECTION 280.13C

- 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.



RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION

- Return to participation following a concussion is a medical decision. Medical experts in concussion believe a concussed student should meet certain criteria before returning to activity. These protocol can be found on the IHSAA & IGHSAU websiteS and should help licensed health care providers designated by Iowa Code determine when return to participation is appropriate.
- MUST have written clearance from a licensed health care provider as per Iowa Code Section 280.13C!
- The student should progress back to full activity following a stepwise process. A licensed health care provider or their designee, should closely supervise this progression.
- Progression to return is individualized and should be determined on a case-by-case basis.



Concussions

Iowa High School Athletic Association - Windows Internet Explorer

http://www.iahxaa.org/


File Edit View Favorites Tools Help

★ Favorites IHSAA Database NFHS NFHS Learn NFHS Wrestling-Arbitr Raccoon River Conf.

Iowa High School Athletic... X Iowa High School Athletic As...

Forms (PDFs)
General Information
Iowa Hall of Pride
Iowa Athletic Council
Lighting Guidelines
Member School Link
Officials
School Resource Center
Sports Medicine-
Wellness Information
Sponsors/Supporters
Weather-Related
Information
Web Links

Pep Rally Photo



[Your Source for IHSAA Championship Photos](#)

**CONCUSSION IN SPORTS: WHAT YOU
NEED TO KNOW. [CLICK HERE TO
ACCESS FREE COURSE.](#)**

***H1N1 Influenza: IDPH Guidance for
[Schools, Parents & Caregivers](#)***

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Concussion in Sports

www.nfhslearn.com

Concussion In Sports - What You Need To Know

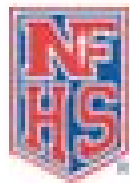
When in doubt, sit them out!

TRANSCRIPT

Hi, I'm Dr. Mike Sanders, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Oregon Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a large topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,



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Thank you, and have a great
season!

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You're Almost Finished.

Do not stop this video or close this screen. You should now click on the button that reads: "I'm FINISHED Watching the Rules Meeting Video. Take me to the VERIFICATION FORM. You will be automatically taken to the verification page.

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