

2009 REGULAR SEASON SPORTS
FALL MANUAL

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



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FALL GOLF

ATTENTION: Fall Golfers--The summer months end **the day after Labor Day** as it pertains to non-school competition.

FIRST PRACTICE AND PLAYING DATE FOR 2009

Class 4A **first legal practice date** is Monday, August 10, 2009, and the **first legal playing date** is Thursday, August 13, 2009.

Each **individual player may participate in 12 dates of competition** during the season.

District tournaments will be held October 6, 2009 (District assignments under golf, IHSAA home page)

State Tournament will be held @ Davenport Country Club on October 9 & 10, 2009.

Future fall golf practice and starting dates:

2010 Week 6, First legal practice date August 9, 2010, first legal playing date August 12, 2010

2011 Week 6, first legal practice date August 8, 2011, first legal playing date August 11, 2011

2012 Week 6, first legal practice date August 6, 2012, first legal playing date August 9, 2012

MEDAL PLAY COACH & PLAYERS INFORMATION

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

There is no provision in the USGA Rules of Golf book for winter rules. Winter rules do not exist, therefore, shall not be used, however, the USGA does allow for areas of the golf course to be marked and defined as Ground under Repair (rule 25-1). If it is determined that areas of the golf course are unsuitable for play, the committee shall define these areas as Ground under Repair. The Ground under Repair shall be marked and defined accordingly so no questions will arise as to the boundaries of said areas.

Poor turf conditions do not necessarily equate to Ground under Repair. Ground under Repair is defined as abnormal ground conditions. If an area is abnormal in relation to the entire golf course, then it should be defined as Ground under Repair.

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

If your actual individual hole score turned in is higher than what your signed scorecard states, the player will be disqualified.

Coaches, scorecards are to be turned into the official scorer immediately following the round, once signed and attested to. Coaches are not to hold on to the scorecards waiting for scores to be posted.

COACH INFORMATION

The head coach is able to coach his players from green to tee. Coaching must cease once the player has put his ball in play at the tee box. This coaching opportunity provides a great opportunity for coaches to work with their players while the meet is in progress. Your responsibility as a coach, is to supervise the team or individual(s) participating.

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

Coaches must also understand that they are **not** rules consultants when assisting. Let the players play and if any questions come up, player should notify his group, resolve the problem or hit a provisional ball and get a ruling when competition is completed, before signing his score card. We appreciate coaches wanting to assist in making rulings, but there are times when a wrong ruling is provided and there is no recourse.

Make sure you fill out the on-line district/state team golf entry form (IHSAA web-site, under golf) and fax/email the form to the designated host school at least four days before the scheduled district or state meet. This will permit the meet manager to set up tee times according to your player ranking, via your entry form. A coach may substitute a **team** player(s) before teeing off in the district or state meet. In the district or state meet, no substitution will be allowed once a player has teed off on his first hole, regardless of injury or illness. You will eliminate that individual and count only the four best scores of the remaining five players.

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

The head coach is allowed to coach from green to tee. Once the player puts his ball in play at the next tee box, coaching should cease. The designated head coach may discuss club selection or positive encouraging thoughts to players from green to tee. In district & state competition, all head coaches (if co-coaches only one) will be given a wristband to identify who this coach is, and he/she will be the only person allowed to visit with the players from green to tee. The wristband should be visible to anyone in attendance. Wristbands should not be given to anyone else.

BREAKING OF TIES

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

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

STATE COMPETITION: Individual ties in state competition for **first place only (medalist)**, will be broken using the sudden death play-off. . If the tie is not broken after the first sudden death play-off hole, play will continue on a sudden death schedule until the tie is resolved.

In state tournament competition only, all individual ties pertaining to second place through seventh place will result in duplicate medals being awarded.

STATE QUALIFIERS

District Tournaments: October 6, 2009 - State Tournament: October 9, 10, 2009

The first-, second-, and third-place teams qualify from district to the state meet. The lowest four individual scores (regardless if they are on qualifying or non-qualifying teams), qualify for the state tournament, **including all fourth place ties.** The medalist and medalist runner-up are included in the four low scores. If your school has qualified a team of six contestants for the state meet, they need **not** be the same six contestants who comprised your team in the district meet. If your school has qualified a team, any six contestants in your school who are eligible to represent your school in interscholastic athletics may compete in the state meet as a member of your team. **In the event your school has qualified individual(s) and not a team, then only that individual(s) would be eligible to compete in the state meet. You can not substitute for the individual qualifier(s).**

A fourth place team will not qualify for the state meet if a home school finishes first, second or third.

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

NUMBER OF PLAYERS

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

PRACTICE ROUNDS

Coaches: Under no condition will your school be permitted to practice on the district or state golf sites by taking school time to do so. **Prior to district tournaments for class 4-A**, teams can play at a district site if they desire, with no loss of school time.

Practice Rounds: No practice will be permitted the day of the meet at any district or state tournament site on either the fairways or the greens, only the designated practice areas (pitching greens, putting greens, driving ranges). Any violation of this rule will result in a player disqualification of the entire one or two day tournament. The course on which the state tournament is to be played is closed to all golf teams except those teams that use that particular course regularly for practice or for meets. This rule is true once district competition starts. **Once district tournaments for class 4-A start, the state meet course is closed** other than for the host school if that is the home course (**this applies to teams or individuals**). Schools going to district or state sites to practice are required to pay green fees and no loss of school time is allowed.

The state tournament will start Friday at 12 Noon. Saturday's competition will start at 9 AM, adjusted as per weather conditions. There is no rule against the teams arriving at the district or state site to walk the course, provided they do not cause any confusion with regard to people playing the course. When players and or coach walk the district or state course the day of the meet or the night before, no clubs are allowed. Schools who choose to travel to the golf site the night before, may use the practice driving range, putting green and chipping green, if available.

GREEN FEES

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

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

DISTRICT & STATE TOURNAMENT TEE OFF TIMES

District tournaments should not start earlier than 10:30 AM, unless otherwise notified by district tournament host.

The State Tournament will start at 12:00 Noon on Friday October 9 and 9:00AM on Saturday October 10, weather permitting.

STARTING METHOD

It is permissible for the tournament manager to start all contestants in any manner he sees fit. He may use the shotgun start method or start half on #1 and the other half on # 10.

RAIN-OUTS

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

In districts, if you are required to return the second day because of rain-out and you are rained out the second time, if you have finished nine holes that will determine the district champion. Individual qualifiers will be determined from these 9 hole scores. Remember, this is only true on the second time you return. **Example 1:** Districts were scheduled for Friday and you are rained out. You come back on Saturday and you are rained out but everyone gets at least nine holes played. Those nine holes on the second day will determine the teams and individuals that advance to the next level of competition. **Example 2:** District play has begun, groups finish at least nine holes and are rained out, everyone returns the next day and begins play from the last completed hole by everyone in your group. If rain again forces competition to end for that day and everyone has not completed competition (nine holes), the first days nine holes will determine the teams and individuals that advance to the next level of competition.

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

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

FALL GOLF EXPENSES

The IHSAA will pay \$.46 per mile for every school in District Golf.

The IHSAA will pay \$.46 per mile for schools who qualify individual(s) for State Golf.

The IHSAA will pay \$1.15 per mile for schools who qualify a team for State Golf.

AWARDS

District meet: There will be a total of 20 medals awarded: six medals for the team winning first; six medals for the team winning second place; six medals for the team winning third place; one medal for the medalist; one medal for the runner-up medalist, and third and fourth place individuals & all fourth place ties. The district team winners will receive a name plates which are sent directly from the IHSAA office to the winning schools. State team qualifiers will receive an IHSAA state golf tournament qualifier banner.

State meet: Medals will be awarded to the first four teams, six medals per team. There will also be a medalist and runner-up; plus medals for the third-, fourth-, fifth-, sixth-, and seventh-place players. In all individual ties, other than for medalist, duplicate medals will be presented as the individual ties will remain ties. If a tie should occur for medalist honors, a sudden death play-off will take place. In the state meet, a championship and runner-up championship trophy will be given and the champion and runner-up team will receive name plates, and IHSAA banners. The coach of the winning team will receive a plaque.

PICTURE

Teams and individuals who qualify for the state meet will have their pictures taken with their coach when they arrive at the State Golf Meet site. Individuals in the picture will be identified after the meet by each school and then made into a picture plaque to be presented to each of the participating team members and coach, compliments of the IHSAA.

STATE MEET PIN PLACEMENT

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

SCORING FOR THE STATE MEET

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

**HIGH SCHOOL GOLFERS
MAY NEVER ACCEPT MONEY
AS A PRIZE**

**NON-SCHOOL
TEAM/INDIVIDUAL
PARTICIPATION/AWARDS RULES**

DURING THE SCHOOL YEAR:

From the first day of school through the last day of school, you may *not* accept any award or prize which has a value in excess of \$25.00, **NEVER MONEY**. Golfers may participate in non-school events during the year, **if allowed by local school policy**. Check with your Athletic Director.

EXAMPLE: Ben Jones is allowed by his school to play in a four team best ball tournament in late October. Ben is playing with three individuals who are out of school, Ben, being the only High School student. Ben's team wins \$400.00. Each of the three out-of-school individuals could accept \$100.00 cash. Ben could receive a gift certificate for \$25.00. Ben should ask the golf course to document what Ben received and have the course sign that document stating he only received a \$25.00 gift certificate and provide a copy of the document to his Athletic Director, stating what Ben accepted. That way if someone reads/hears about his tournament success, the school has proof that Ben accepted only a \$25.00 in a gift certificate. An individual could receive up to \$25.00 in gift certificates, per tournament.

SUMMER MONTHS:

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

EXAMPLE: *Same scenario as above, but since school is no longer in session Ben could receive \$100.00 gift certificate, but should again document his winnings and provide a copy for the Athletic Director. Understand, an individual could receive up to \$750.00 in gift certificates per tournament.*

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

CROSS COUNTRY

RULES GOVERNING CROSS COUNTRY

The Iowa High School Athletic Association abides by the Cross Country Rules found in Rule 9 of the 2009 Track and Field and Cross Country Rules, as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Each member school receives a copy of the 2009 Track and Field and Cross Country Rules.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

1. Cross country practice will begin on August 10, 2009.
2. Schools will not be able to compete until after ten calendar days of practice, excluding Saturdays and Sundays, which is August 24, 2009.
3. Each school will be permitted 10 competition dates, excluding district and state competition.
4. Each individual will be permitted 10 competition dates, excluding district and state competition.
5. *Varsity runners must run 5000 meters (3 miles, 188 yards, 2 inches) in all competitions.* **Exception:** In cases of inclement weather, meet managers may shorten the race distance to a minimum of two miles in the interest of the health and safety of competitors.
6. Prior to the fourth Monday in September, meet managers have the option of running a two-mile course for competitors below the varsity level. Beginning the fourth Monday of September, all competitors must run 5000 meters. (See exception in item 5.)
7. The host school will determine the starting time for regular season meets.
8. All cross country meets shall be started by a registered track & field official.
Violation by any school of regulations in Items 1 through 8 could result in that school not being allowed to participate in district competition.

RULE CLARIFICATIONS AND MODIFICATIONS

1. **SCORING:** Rule 9, Section 2 of the National Federation rules will be used for scoring. "All competitors who finish the race shall be ranked and tallied in accordance with the table below. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner."

PLACE:	1st	2nd	3rd	4th	5th	6th	7th	8th
POINTS:	1	2	3	4	5	6	7	8 etc.
- Rule 9, Section 2, Article 3 will be used for team scoring. Upon the recommendation of the Cross Country Advisory Committee, the Board of Control has adopted a scoring system method that will disregard the runners if a team has fewer than five participants. There will be a re-ranking of the runners for team scoring.
2. **TIES:** Ties shall be broken according to National Federation Rule 9, Section 2, Articles 4 & 5. "Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers."
3. **PARTICIPANTS:** The number of participants is defined in Rule 9, Section 5. In order for a school to qualify for a team championship, five runners must finish. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual placing.
4. **UNIFORM:** Coaches are responsible for seeing that their competitors are wearing the proper uniform. The athlete should always wear the uniform of his school. Contestants will be permitted to wear hats and gloves only if weather conditions necessitate such items. If hats or gloves are worn, they must be an unadorned, single, solid color and shall be worn only for the athlete's health and safety and not to draw attention to the athlete. A single manufacturer's logo/trademark or school name/emblem, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the hat and gloves. **An athlete running without the proper and legal uniform will be disqualified.** A legal uniform is well defined in Rule 9, Section 6, Articles 1-7 of the National Federation Rules.
5. **JEWELRY:** No jewelry is permitted during cross country competition. **Watches may be worn.** Watches with GPS capabilities are illegal. Jewelry and illegal uniform can be removed or corrected prior to the start of a race, if done without delay. If a competitor is discovered wearing jewelry or illegal uniform during competition, the competitor will be disqualified. Any medical or religious medallions that must be worn by an individual must be taped to the body.

CLASSIFICATION AND DISTRICT MEET INFORMATION

1. **CLASSIFICATION:** There will be four classes in cross country. Enrollment figures for the 2008-09 school year, grades 9-11, will be used for the cross country classes. Class 4-A will be comprised of the schools within the 48 largest; Class 3-A will be comprised of the schools within the next 64; Class 2-A will be comprised of the schools within the next 72 and Class 1-A will be the remainder of the schools.
2. **DISTRICTS:** There will be five districts for all classes. District meets will be held on Thursday, October 22, 2009. The length of the course will be 5000 meters. Double class districts will start at 3:30 pm. Single class districts will start at 4:00 PM. *No team or individual is permitted on the district country course except for those schools that actually use the course for practice*

and meets during the season. Violation of this rule will result in the school not being allowed to compete in the district meet.

District cross country information will be posted on the IHSAA website the week of October 5.

3. **DISTRICT ENTRIES:** Each school is permitted a maximum of seven entrants. All competitors will be counted as they finish the race. In order to qualify on a team basis, five runners must finish. Only the first five runners will be used in computing the team score. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual places.
4. **STATE MEET QUALIFIERS:** From each of the class 4-A, 3-A, 2-A and 1-A districts, the first three teams, plus the first 10 individual place winners, will qualify for the state meet. The same competitors, other than individual place winners, who qualify from the district meet need not represent the school at the state meet. Substitutions are allowed.
5. **DISTRICT AWARDS:** The winning school will be mailed or presented a banner for having won the district cross country championship. Members of the first three winning teams and the first ten individuals will receive medals at each district meet. Each team qualifying will receive a banner.
6. **DISTRICT CROSS COUNTRY MEET EXPENSE ALLOWANCE:** There is no team expense allowance for district cross country.

STATE MEET INFORMATION

1. **STATE MEET:** The state championship meet will be held on October 31, 2009, in conjunction with the girls' meet. Competition will begin at 11:00 AM. Competition will begin with Class 4A, followed by 3A, 2A and 1A. The girls will run first, followed by the boys. An awards ceremony for Class 4A will follow the 3A girl's race. An awards ceremony for Class 3A will follow the 2A girl's race. An awards ceremony for Class 2A will follow the 1A girl's race. An awards ceremony for Class 1A will follow the completion of competition. The 2009 state championship meet will be held at the Lakeside Municipal Golf Course in Fort Dodge. The course is located north of Fort Dodge on Highway P59, approximately two miles north of the Fort Dodge airport and Harlan Rogers Park. A letter containing state meet information will be mailed to the athletic director of each qualifying school on October 23, 2009.
2. **STATE MEET COURSE CLOSED TO PRACTICE:** Only schools that use the state meet course for their practice and meets during the season may practice on the course. The course is closed to all other schools for practice at any time. *Contestants or team representatives appearing on Friday to walk or run the course will face individual and/or team disqualification from participation in the state meet.*
3. **NUMBERS:** All competitors will be assigned numbers for the state meet. Numbers shall be worn on the front of the uniform. All substitutions must be reported to the clubhouse prior to the start of a race.
4. **STATE MEET AWARDS:** The winning and runner-up teams will receive trophies and banners. Medals will be furnished for the first three teams in each class plus medals for the first 10 individual place winners.
5. **PICTURES:** Teams and individuals who qualify for the state meet will have their pictures taken which will later be mounted on a plaque to be presented to each team member or individual and coach, compliments of the IHSAA. This picture will be taken at the clubhouse beginning at 9:30 AM. Pictures will also be taken of the first 10 individual place winners in each class. Schools with individual qualifiers will receive a plaque for each individual(s) and coach. This picture will be taken at the awards ceremony. Each school with a qualified team will be given eight plaques, one for each of the seven runners and one for the coach. Additional plaques may be purchased for \$16.50 each.
6. **STATE CROSS COUNTRY MEET EXPENSE ALLOWANCE:** A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for the meet participation. For the state cross country run participation, the IHSAA will reimburse each school with a qualified team at the rate of \$1.05 per mile one way, one car from its school to the site of the state meet. Schools with individual qualifiers will be reimbursed at \$.42 per mile one way, one car. Each school's travel allowance check will be mailed from the IHSAA Office after the meet. No expense card is necessary.

FOOTBALL

All the rules and regulations governing football can be found in the NFHS Football Rule Book which all member schools have received from the Association Office with regard to the rules of playing the game, except any experiment approved by the Board of Control.

REGULATIONS PERTAINING TO FOOTBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2009-10	Week 6/ August 10 th	Week 9/ August 27 th
2010-11	Week 6/ August 9 th	Week 9/ August 26 th
2011-12	Week 6/ August 8 th	Week 9/ August 25 th
2012-13	Week 6/ August 6 th	Week 9/ August 23 rd

FOOTBALL REGULAR SEASON

1. Each member school must provide dates for three weekdays of preconditioning practice plus the opportunity for at least 10 weekdays of regular football practice before the first game. The three and 10 days is a team rule. An individual may be on vacation or ill and miss one or two days of practice. This does not prevent the individual from playing in the first game. Remember, it is a team rule and not an individual rule of three days of preconditioning and 10 days of contact. (Even though the Constitution indicates "must", it was intended that the local school could have more than 10 days and the local administrator, because of heat, Labor Day, or other complicating matters, would have the choice whether to practice or not to practice.) A weekday is considered Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.

THERE WILL BE NO PRACTICE PERMITTED ON SATURDAY, AUGUST 15th AND SUNDAY, AUGUST 16th. Saturday, August 15th may be used as a press/photo day, however, no practice is to occur on either of these days.

2. All practices beginning August 10th must be held in or on the school's regular practice facility. All scrimmages must likewise take place in or on one of the school's facilities involved in the scrimmage. Schools cannot rent a facility they do not normally practice in or on.

3. The first three weekdays of practice will consist of no contact work of any kind. Sleds, dummies, shields, and ropes will be permitted during the first three days of preconditioning practice.

4. During the first three days of preconditioning, schools will be permitted to let their players wear helmets. The IHSAA recommends that during these three days of preconditioning, helmets only be worn when players are doing football drills. It is recommended that during calisthenics, stretching, agilities, or any other time the players are not doing drill work that the helmets be removed. This policy is made for the safety of the players.

5. Thursday, August 13th is the first day for pads and contact practice.

6. Beginning Monday, August 17th, schools are limited to one (1) practice per day. This includes watching videotapes of upcoming or previous opponents. It does not include weight training.

7. There may not be any football practice after the championship series and until the starting date the following August.

8. A school may have one scrimmage and this may not take place until the date for the first game or thereafter.

9. A player may not participate in more than 14 football games in any one season. The participation in the football playoffs is permitted in addition to the 14 games. A player may dress for no more than two games per day as the maximum, and they may not play in any part of more than four quarters in the two games. This would count as one game toward the player's game limitation. A player's participation in one or more quarters of a game constitutes a game with the following two exceptions.

Exception One: Once a game has reached a 35-point differential, a substitute who enters the game for the first time at that point is not required to count that game toward the 14-game limitation rule; however, participation in this game does count toward the four-quarter limitation rule in which a player may not play in any part of more than four quarters in one day.

Exception Two: A player who participates in only free kick downs and scrimmage kick downs during the game is not charged with game participation as it relates to the 14-game player limitation rule; however, participation in free kicks and scrimmage kicks does count toward the four-quarter limitation rule in which a player may not play in any part of more than four quarters in one day.

10. A team is permitted to play a maximum of nine regular season games, unless approval is given by the Board of Control for an additional game to help a school with a scheduling conflict. All regular season football games must be played by the ninth Friday of the football season (calendar week #16). In the event of inclement weather, a postponed 9th game must be played. Suspended game provisions apply to games in progress and postponed. The season ends for a playoff qualifying team when they are defeated in the postseason.

11. No football game may be scheduled after the start of the football season without the approval of the Board of Control. Any school desiring to schedule an additional game must write to the IHSAA Office and ask for permission.

12. A member school's football coach is permitted to have a meeting with his football squad in the Spring to discuss next year's program, hand out play books, distribute exercise sheets which he wants the players to follow to be in condition, distribute information concerning the protection of their eligibility during the summer months, and any other pertinent information that a player should have relative to the next year's season. The Board of Control recognizes that a new coach coming into a school should have the same advantage; therefore, a new coach is permitted one meeting any time during the summer months to also explain his philosophy, rules and regulations, and meet his squad members.

13. Schools are permitted to issue football equipment prior to the opening date of practice sessions. This is one date selected by the school prior to the start of practice.

14. 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.

15. In junior varsity, sophomore, freshman, and junior high games, *no overtime* will be played.

16. No junior varsity, sophomore, or freshman games may be played after the last varsity playing date.

17. The 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 anytime after, the game will be continued with a running clock. Beginning with the ensuing kick-off 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) After a score;
- (3) Intermission between third and fourth quarter;
- (4) Extended injury time-out;
- (5) Anytime officials determine it is necessary for safety reasons.

Anytime the score differential gets below 35 points, regular timing procedures will be used. 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.

18. The season starts with the first game. If a team does not play a game, it does not have a season and this is considered a cancellation, not a forfeiture. A forfeiture takes place after a team has started its season by playing a game(s) and then does not continue its season. The Board of Control of the IHSAA adopted the following policy March 1, 2003. If a team forfeits a game and it is the forfeiting team's opponent's home game, the forfeiting team will play at the opponent's site the following year if it is during a 2-year scheduling time period. **NOTE:** In simple terms, the canceling team gives their opponent a game back if it was the opponent's home game the year they forfeited.

19. A 4-inch-wide broken restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area. The line shall be 12 inches in length and occur every 24 inches.

20. 8-Player. The free blocking zone has been reduced to a zone that is a square area extending laterally 3 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

21. The 2009 Play-off football will be the Spalding J5V- Advance Horween Leather #628998-performance lace (Rubberized Lace).

22. Microphones on referees and 25 second clocks are both permitted. IHSAA permission is not needed, nor is mutual consent required. Use of a referee microphone and a 25-second clock is a host school decision. The use of electric clocks, including the 25-second clock, is considered official. The line/back judges will coordinate with the timers. The Referee shall not announce the offender's number when using a microphone. All football field markings should be in compliance with NFHS rules. It is permissible to play on a field marked for collegiate games.

23. Visible 25-second play clocks are not mandatory for high school football. Use of 25-second clocks is a home team management decision. Following are general guidelines for the usage of these clocks.

- (1) Placement: A visible 25-second play clock should be placed in EACH end zone, a safe distance off the end line and at a height so that players and officials may view them.
- (2) Operator: The visible play clock operator shall meet with the game official (BJ) prior to the game. The operator shall start the play clock on the Referee's signal and reset the clock to 25 on the snap of the ball or when told to by the Referee's signal (upward hand push). The operator shall keep the play clock at zero (0) if it runs out prior to the snap. If the game clock is running with less than 25 seconds in a quarter, the 25-second play clocks shall

be turned off or not started. The 25-second play clocks shall operate by rule for PAT, kick-off and over-time plays.

- (3) Officials: If a school has the 25-second play clock, use them. The Referee may correct a timing error on the 25-second play clock and a new 25-second timing started. If any timing error occurs, the game clock and 25-second play clocks shall be reset and re-started by rule. If the official's cannot determine the game clock elapsed time, a new 25-second play clock shall be started and the game clock shall start on the snap. If one of the play clocks becomes inoperative, BOTH will be turned off with both coaches notified. The Back Judge will then time the 25 seconds. The Back Judge remains the primary official for timing/operation/enforcement of the play clock.

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 the 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, nor shall volunteer or compensated coaching personnel 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 the season.

(b) A summer team or individual camp or clinic held at a member or associate-member school facility shall not conflict with sports in season. Summertime coaching activities shall not conflict with sports in season.

(d) **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.

Football Policy: The Board of Control has adopted the following policy as it relates to football camps/football clinics:

1. Camps/clinics conducted by school personnel, whether employed or volunteers, must be non contact with no player protective equipment (helmets, shoulder pads, etc.)

2. Practice equipment such as dummies, sleds, ropes, etc., will be allowed for use during football camps/clinics.

REGULATIONS PERTAINING TO PRACTICE SESSIONS AND SCRIMMAGES

In football, a school may have one scrimmage, and this scrimmage may not take place until the opening date for the first game or thereafter. *Please keep in mind that a bona fide scrimmage is where no public announcement has been made, no admission charged, no scores kept, no timing device is used, no school may travel greater than 75 miles to engage in such a scrimmage, and no school time may be used for travel or participation in such a scrimmage. No scrimmage, under any condition, may be held with another school prior to the opening date of the first game.* See "Penalty For Violation".

MANDATORY REPORTING OF STATS

Based on a recommendation from the Executive Board of the Iowa Football Coaches Association, head varsity football coaches are mandated to enter required statistical data at the quik stats website, www.quikstatsiowa.com. Statistical data needs to be entered by 3:00 PM on the Monday following the third, sixth, and ninth games of the season. For teams making the substate round of the playoffs and continuing to the conclusion of their 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 from the IHSAA sport administrator giving 3 days to comply with the mandate; **Second offense**, a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate. **Third offense**, IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

PRECAUTIONS TO TAKE IN HAZARDOUS WEATHER

The primary concern when signs of hazardous weather are present is to remove the players, coaches, and fans from the playing area and stands to a safer area.

WHEN LIGHTNING IS SEEN IN THE VICINITY, PLAYERS, COACHES, AND SPECTATORS SHOULD BE DIRECTED TO SHELTER. THE TIME IMMEDIATELY PRECEDING AND FOLLOWING A THUNDERSTORM MAY BE THE MOST DANGEROUS IN TERMS OF LIGHTNING STRIKES. During the storm, most people will be under shelter but prior to or following the storm they may be in dangerous open areas. Once the storm is safely past, activities may resume. UNDER NO CIRCUMSTANCES SHOULD PLAY CONTINUE WHEN LIGHTNING IS IN THE AREA. REMEMBER, NO FOOTBALL GAME IS IMPORTANT ENOUGH TO PLACE INDIVIDUALS' SAFETY IN JEOPARDY. Rule 3, Section 1, Article 5 of the National Federation Football Rule book states, "WHEN WEATHER CONDITIONS ARE CONSTRUED TO BE HAZARDOUS TO LIFE OR LIMB OF THE PARTICIPANTS, THE CREW OF OFFICIALS IS AUTHORIZED TO DELAY OR SUSPEND THE GAME." Rule 1, Section 1, Article 7 states, "The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present." Both of these rules dictate the authority of the officials, but school administrators assume the responsibility for decisions made prior to the time the officials' authority begins.

Below are guidelines to be considered in the event of severe weather.

1) PRIOR TO THE GAME OFFICIALS ASSUMING AUTHORITY, THE HOME SCHOOL'S MANAGEMENT SHALL DETERMINE WHETHER A FOOTBALL GAME WILL BE POSTPONED DUE TO SEVERE WEATHER. In making that decision, THE MANAGEMENT SHOULD TAKE INTO CONSIDERATION THE SAFETY OF THE PARTICIPANTS AND SPECTATORS, THE FIELD CONDITIONS, AND WHAT CONTINUED PLAY MAY DO TO THE FIELD. Once the decision to

postpone the game has been made, administrators from both schools should mutually agree when to re-schedule the game. A suggestion would be to hold the game on Saturday afternoon or evening, or Monday evening.

2) ONCE THE GAME OFFICIALS' AUTHORITY BEGINS, THEY HAVE THE AUTHORITY TO POSTPONE THE GAME DUE TO SEVERE WEATHER. After waiting a sufficient amount of time (30-45 minutes) to see if the severe weather will subside, the game officials shall decide whether to finish the game. Officials should confer with home management regarding field conditions prior to this decision. UNDER NO CIRCUMSTANCES SHOULD PLAY CONTINUE OR RESUME WHEN THERE IS LIGHTNING IN THE VICINITY.

3) By rule (Rule 3, Section 1, Article 3), any remaining periods can be shortened in any emergency by agreement of the opposing coaches and the referee. However, COACHES DO NOT MAKE THE DECISION AS TO WHETHER OR NOT THE GAME IS POSTPONED. THAT DECISION IS THE RESPONSIBILITY OF THE GAME OFFICIALS AND HOME MANAGEMENT.

4) If play cannot be resumed after a severe weather delay, administrators from both schools need to come to an agreement. The game may be considered a complete game with the existing score becoming the final score, or the game may be postponed and continued from the point of interruption at a time mutually agreed upon by both schools.

BAD FIELD CONDITIONS

There is no joy when a game has to be called off or postponed, but there are some things the home management is responsible for, and it is strictly home management's decision whether to play a game if the field is in bad condition, etc.

These are things that the administrator must take into consideration when playing on a field that is muddy or it is raining. You do more damage to equipment the athletes are wearing than would take place in two or three weeks' of practice. The field gets torn up and it costs the school thousands of dollars to re-do the field. If the weather is severely cold, you are playing on a field that has ridges and holes in it the rest of the season, which is not in the best interest of safety. It is ridiculous to play in bad weather conditions when there aren't any spectators watching the student-athletes play. Part of the football program is to build up school spirit and community pride. When the spectators have to stay home, part of the program is being defeated. If anyone thinks it is fun for the student-athletes to play in bad conditions, they are wrong!!

Perhaps I shouldn't put this in writing, but it is very important. It is a cause of great financial loss when playing in bad conditions. There is a great financial drain on the athletic budget. If other activities are important, we are going to have to have gate receipts from our football programs to help offset the losses in other sports. I do not feel it is professionally fair for one administrator to pass judgment regarding a decision made by another administration concerning whether the field should be played on or not. This is an individual school's prerogative and their decision should be honored by the other administrators.

Each school should develop a policy similar to the above procedures as it relates to bad weather for practice sessions also.

Rick Wulkow, Executive Director, IHSAA

CLASSIFICATION OF SCHOOLS

Class 4-A: Enrollment of 700 or more - plus the schools in the conferences of the Mississippi Valley, Mississippi Division and Valley Division; Central Iowa Metropolitan League, Central Division, Iowa Division, Metro Division; Mississippi Athletic Conference; and the Missouri River Conference.

Class 3-A: Next 64 largest schools by enrollment.

Class 2-A: Next 64 largest schools by enrollment.

Class 1-A: Next 64 largest schools by enrollment.

Class A: The remaining 11-player football schools.

Please Note: There are no enrollment minimum requirements for 11-player football. Schools who may qualify to play 8-player still have the option to play 11-player football.

Eight-Player: 59 schools

8-player enrollments:

Beginning with the 2008 and 2009 seasons, the enrollment cap to participate in 8-player football is the BEDS Document Certified Enrollment in grades 9-11 of 115 or less. The following exceptions were recommended by the Football Play-Off Committee and approved by the IHSAA Board of Control.

FIRST EXCEPTION: An 8-player football school whose current enrollment is 115 or less, and whose enrollment increases above 115 following the 2007 season, will be allowed 8-player football status for an additional 2 years.

SECOND EXCEPTION: If an 8-player football school's enrollment is greater than 115 and the BEDS Document Certified Enrollment grades 9-11 (projection) verifies the 8-player football school will have an enrollment of 115 or less during the 2-year period following redistricting, a school will be allowed to continue as an 8-player football school.

If the 9-11 enrollment is larger than 115, schools must play 11-player football.

The following exception was recommended by the Football Play-Off Committee and approved by the IHSAA Board of Control.

EXCEPTION: Any current 11-player football school that can project through the BEDS Document Certified Enrollment projection that their enrollment of 115 or below during the two year period when redistricting occurs will be eligible for 8-player football.

IHSAA SPORTS SEASONS--2009-10 SCHOOL YEAR

	<i>Practice Begins</i>	<i>First Legal Playing Date</i>	<i>Number of Contests or Playing Dates</i>	<i>Number of Scrimmages</i>	<i>IHSAA-Sponsored Tournament Dates</i>	<i>State Championship</i>
FALL GOLF	Week 6/Aug 10	Week 7/Aug 13	12 meets	None	District: Oct 6	Oct. 9,10
CROSS COUNTRY	Week 6/Aug 10	Week 8/Aug 24	10 meets	None	District: Oct 22	Oct 31
FOOTBALL	***Week 6/Aug 10 3 days noncontact	Week 9/Aug 27	*9 games None later than October 23	1 after first legal playing date	All Classes Substate: Oct 28 First Rnd: Nov 2, Offinal: Nov 6 Semifinal: Nov 12, 13, 14, 16	All Classes: Nov 20, 21
SOCCER	Week 37/March 15	Week 39/Apr 1	13 gms; 3 may be mult. Tm Tourn	1 -- anytime during the season	May 24, 26, 29	June 3-5
SWIMMING	Week 19/Nov 9	Week 22/Nov 24	12 meets	None	District: Feb 6	Feb 13
BOWLING	Week 19/Nov 9	Week 27/Nov 16	12 playing dates***	None	Regional: Feb 20	1A: Feb 25 / 2A: Feb 26
WRESTLING	Week 20/Nov 16	Week 22/Nov 30	15 meets	Only 1 prior to first legal contest date Tournament qualifiers may have additional scrimmages	1A, 2A Sect: Feb 6 1A, 2A, 3A District: Feb 13 1A, 2A Regional Dual Team: Feb 9 3A Reg Dual Team: Feb 23	Feb. 17-20 Dual Team: Feb 27
BASKETBALL	Week 20/Nov 16	Week 22/Nov 30	21 games: Each Game Played Counts Toward 21-Game Limit	3 -- Anytime during Season	1A Dist: 15, 18, 23, 25 2A: 8, 9, 11, 12 3A: 22, 25 Subst: Feb 22, 26, 27, Mar 1, 2 Dist: All Classes May 14	1A: 8, 11, 12 2A: 8, 9, 11, 12 3A: 9, 10, 11, 13 4A: 10, 12, 13
TRACK	Week 33/Feb 15	**Week 33/Feb 15	12 meets	None	Sectional: May 14, 15 District: May 21, 22	May 20-22
SPRING GOLF	Week 38/March 22	Week 39/March 31	12 meets	None	District: May 13 Pre Subst Tm: May 15; Subst Team: May 22	May 28, 29 Coed: June 8
TENNIS	Week 38/March 22	Week 39/March 31	12 meets	None	1A Dist: July 10, 13, 15, 17 2A Dist: July 10, 13, 17 3A Dist: July 16, 19 1A Subst: July 20 2A Subst: July 20 3A Subst: July 21 4A Subst: July 16, 19, 21	Team: June 1 Coed: June 8 1A - July 23, 24, 29 2A - July 26, 29 3A - July 27, 30 4A - July 28, 30 Champ Games All Classes: July 31
BASEBALL	Week 44/May 3	Week 47/May 24	40 games	None		

*Football Play-Off Qualifiers for all classes will be determined after the completion of the October 23rd games.

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

***Football practice begins Mon, Aug 10. Two-a-days permissible August 10, 11, 12 (Non-Contact), 13, 14 (Contact). No Practice Aug. 15, 16. Contact and one practice per day beginning Aug 17.

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

IHSAA SPORTS SEASONS -- 2010-11 SCHOOL YEAR

	Practice Begins	First Legal Playing Date	Number of Contests or Playing Dates	Number of Scrimmages	IHSAA-Sponsored Tournament Dates	State Championship
FALL GOLF	Week 6/Aug 9	Week 6/Aug 12	12 meets	None	District: Oct 5	Oct 8,9
CROSS COUNTRY	Week 6/Aug 9	Week 8/Aug 23	10 meets	None	District: Oct 21	Oct 30
FOOTBALL	***Week 6/Aug 9 3 days noncontact	Week 9/Aug 26	*9 games None later than October 22	1 after first legal playing date	All Classes Substate: Oct 27 First Rnd: Nov 1 Final: Nov 5 Semifinal: Nov 12,13,15	All Classes: Nov 19,20 June 2-4
SOCCER	Week 37/March 14	Week 39/March 31	13 gms; 3 may be multi Tm	1 -- anytime during the season	May 23,25,28	
SWIMMING	Week 19/Nov 8	Week 22/Nov 23	12 meets	None	District: Feb 5	Feb 12
BOWLING	Week 19/Nov 8	Week 21/Nov 15	12 playing dates****	None	Regional: Feb 19	1A: Feb 26 / 2A: Feb 27
WRESTLING	Week 20/Nov 15	Week 22/Nov 29	15 meets	Only 1 prior to first legal contest date. Tournament qualifiers may have additional scrimmages	1A, 2A Sect: Feb 5 1A, 2A, 3A District: Feb 12 1A, 2A Regional Dual Team: Feb 8 3A Reg Dual Team: Feb 22	Feb 16-19 Dual Team: Feb 26 1A: 7,10,11 2A: 7,8,10,11 3A: 8,9,10,12 4A: 9,11,12
BASKETBALL	Week 20/Nov 15	Week 22/Nov 29	21 games: Each Game Played Counts Toward 21-Game Limit	3 -- Anytime during Season	1A Dist: 14,17,22,24 2A: 14,17,22 3A: 21,24 Subst: Feb 21,25,26,28, Mar 1 Dist: All Classes May 13	May 19-21
TRACK	Week 33/Feb 14	**Week 33/Feb 14	12 meets	None	Sectional: May 13,14	May 27,28
SPRING GOLF	Week 38/March 21	Week 39/March 30	12 meets	None	District: May 21,21	Coed: June 7
TENNIS	Week 38/March 21	Week 39/March 30	12 meets	None	District: May 12 Pre-Subst Tm: May 14; Subst Team: May 21	May 27,28 Team: May 31 Coed: June 7
BASEBALL	Week 44/May 2	Week 47/May 23	40 games	None	1A Dist: July 9,12,14,16 2A Dist: July 9,12,16 3A Dist: July 15,18 1A Subst: July 19 2A Subst: July 19 3A Subst: July 20 4A Subst: July 15,18,20	1A - July 22,23,28 2A - July 25,28 3A - July 26,29 4A - July 27,29 Champ Games All Classes: July 30

*Football Play-Off Qualifiers for all classes will be determined after the completion of the October 22nd games.

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

***Football practice begins Mon, Aug 9. Two-a-days permissible August 9, 10, 11 (Non-Contact), 12, 13 (Contact). No Practice Aug. 15, 16. Contact and one practice per day beginning Aug 17.

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