

2010
REGULAR SEASON SPORTS
SPRING
MANUAL

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



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TRACK & FIELD

TEAM PARTICIPATION RULES

1. The first day of practice will be February 15, 2010.
2. Meet Limitation: Teams will be allowed to compete in 12 meets.
Meets not included in this limitation: IHSAA meets (district or state), Drake Relays, UNI Dickinson Relays, ISU Indoor Classic.
3. Indoor track meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation. The only exceptions would be the excluded meets identified in item #2.
4. On occasion, a school will have an athlete who is very talented and the school feels he should have better competition than the rest of the team; therefore, they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the meet limitation if the outdoor season has begun. This does not include the Drake Relays.
5. A two-day meet shall be considered a one-day meet insofar as the limitation rule is concerned.
6. If you sign a contract to participate in a track meet, you cannot break that contract to attend a different meet. The IHSAA rules require you to honor your first contract.

INDIVIDUAL PARTICIPATION RULES

1. Individual Meet Limitation: Individuals will be allowed to compete in 12 meets.
Meets not included in this limitation: IHSAA meets (district or state), Drake Relays, UNI Dickinson Relays, ISU Indoor Classic.
Indoor track meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation. The only exceptions would be the excluded meets identified in item #2.
2. **A competitor may compete in only one meet per day, excluding the Drake Relays.** The only exception would be if you have a varsity/junior varsity meet or a sophomore/varsity meet held on the same day at the same site.
An individual can participate in both meets as long as he does not violate the one-day individual event participation rule. In this instance, the competitor will be charged with only one meet.
3. Individual Event Limitation: Each contestant is limited to **four** events.
4. Preliminary events count as an event.
5. If there are no preliminaries, individuals entered will be charged with an event unless he scratches prior to reporting to the clerk of course or event judge.
6. The Board of Control of the IHSAA has adopted the National Federation rule with regard to a participant competing in too many events. Rule 4, Section 2, Article 2 requires the forfeiture of all individual points, team points, and places earned by a competitor exceeding the participation limit. This forfeiture applies to both individual and relay points and places.
7. **Fatigue:** Individuals showing excess fatigue for the event in progress may be waved off the track by the referee. If the competitor fails to comply, he will be disqualified. National Federation rules require that a competitor rendered unconscious shall not be allowed to resume competition without the written authorization from a physician. Please refer to Rule 4, Section 5, Article 9 in the National Federation Rules.
8. The referee has the authority to disqualify lapped runners in any event. However, if the lapped runner is in a possible scoring position or is not interfering with other runners, the runner may be allowed to complete the race. If permitted to run, the runner should be allowed to run the normal race course.
9. **Personal conduct:** Disqualification will be invoked for unsportsmanlike conduct. The referee has sole authority in this area, however, any official may request the referee to take such action. Please refer to the IHSAA Handbook for the current IHSAA disqualification rule. The use of tobacco products by coaches or participants is prohibited by IHSAA rule.

COACHES' RESPONSIBILITIES

1. Review Rule 4, Section 5, in the National Federation Rules with your team members concerning disqualification. At the same time, review the IHSAA disqualification rule.
2. Coaching should be done from the stands or other designated areas. Only contestants and meet officials will be permitted on the track or in the competition areas.
3. If field events are held outside of the track area, coaches will be permitted to walk over to those areas.
4. Contestants shall not be assisted at the start, during the race, or following the finish by anyone other than meet officials. Coaches, teammates of participants, team managers, or anyone else, officially or unofficially connected to the team, shall not position themselves in the finish area to assist a teammate at the conclusion of a race. This rule enhances meet management as well as safeguarding all contestants. Please remember, teammates can be positioned around the track during a race.
5. **Uniform Rule:** Coaches are responsible for seeing their competitors are wearing the proper uniform. The athlete should always wear the uniform of his school. No contestant will be permitted to wear any head covering. **Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one**

manufactures logo or school name or logo. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches. An athlete running without the proper and legal uniform will be disqualified.

A legal uniform is well defined in Rule 4, Section 3, Articles 1-4 of the National Federation Rules.

In relay races (and cross country competition) each team member shall wear the same color and design school uniform (top and bottom). When other visible apparel is worn under the school uniform, it shall be the same color for all teammates choosing to wear them.

Jewelry: No jewelry, excluding watches, is permitted in any track meet. Meet management and meet officials will remind coaches and participants jewelry is prohibited, however it is the coaches' and participants' responsibility to adhere to this rule. Jewelry or an illegal uniform can be removed or corrected prior to the start of a race or event if done without delay. If a competitor is discovered wearing jewelry or an 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.

RELAY RULES

1. **Order of Events:** All meets shall use the district/regional order of events for all regular season meets.
2. **Restricted Events:** As a result of action by the IHSAA Board of Control, the following rule is in effect regarding relay and individual events at track meets: *Participation in track and field shall be limited to state meet events, with additional events being allowed that comply with National Federation rules and the rules of the IHSAA. No events will be allowed that are demeaning to the sport of track and field. If additional events, other than state meet events, are held, results from those event may not be used to determine the team score of the meet.*
3. **Relay Cards:** Coaches are to complete information on the relay cards. After the completed card is given to the clerk of the course, there can be no change made in the personnel. Six individuals may be listed on the relay card. Only those who participate will be charged with an event. Any substitutions must come from the six names listed on the relay card.
4. In relays, it is permissible for the order of running to be changed between heats and succeeding rounds of competition, including individual legs of the medley relay, where all runners do not run the same distance. (Rule 5-9-3)
5. **Relay Entry Rules:** Any runner reporting to the clerk of course will be charged with an event.
6. **State Meet Relays:** In the 4x100 and 4x200 meter relays, lanes shall be used all the way around the track. The 4x400 and the medley relay will be run on a three-turn stagger. The 4x800 relay will be run on a double waterfall.
7. In relays having preliminaries, final heat drawings will be by preliminary performance using lane 4 as the fastest lane, then using lanes 5-3-6-2-7-1-8. In relay events where preliminaries are not held, the team will be assigned lanes according to their district performance. All state meet seeding will be done according to Rule 5, Section 6, "Forming Heats."

TRACK CLASSIFICATIONS

The 48 largest track schools are 4-A, next 64 largest 3-A, next 96 largest 2-A and the balance 1-A.

DISTRICT MEET - ALL CLASSES COACHES' INFORMATION

1. All districts will be co-educational meets.
2. The 2010 district meets will be held for all classes on Friday, May 14, 2010. The rain date for all districts will be the following day excluding, Sunday. All district meets will start at 4 PM. There will be a 45 minute break between the boys 3200 and the boy's shuttle hurdle. If rain date is used, meet manager determines starting time.
3. **District Assignment:** Your school will be assigned to a district based on geographic location. This assignment cannot be changed.
4. Only two contestants may compete in an individual event from a member school.
5. **Scoring: Eight places will score at the district meet.** District meet scoring shall be 10, 8, 6, 5, 4, 3, 2, 1 for relay events and individual events.
6. **Awards:** Medals for first eight places in all events. District champions will be sent or presented with a district champion banner.
7. Order of events for all district meets is listed for your convenience. This is the running order for all district meets.

ORDER OF EVENTS

All Field Events

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

Running Events

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

Running Events:

Shuttle Hurdle Relay B
Shuttle Hurdle Relay G
100 meter dash G
100 meter dash B
100 meter wheelchair G/B
Distance medley relay G
400 meter dash G
400 meter dash B
400 meter wheelchair G/B
4 X 200 meter relay G
4 X 200 meter relay B
100 meter hurdles G
110 meter hurdles B
1600 meter run B
800 meter run G
200 meter dash G
200 meter dash B
200 meter wheelchair B
400 meter hurdles G
400 meter hurdles B
1600 meter medley relay B
Sprint medley relay G
1500 meter run G
800 meter run B
4 X 100 meter relay G
4 X 100 meter relay B
4 X 400 meter relay G
4 X 400 meter relay B

DISTRICT TRACK INFORMATION

We will use the following procedure to set up heat and lane assignments for the district track meets.

- Information will be mailed to your school. **You will receive a District Manual.** District entries will be submitted online. Information for submitting district entries will be mailed or emailed to member schools on Monday, April 26, 2010. All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. *FAT times may be lowered by the .24 conversion factor.* **Substitution will be accepted until the completion of the coaches meeting. No adjustment will be made to heat and lane assignments.**
 - Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information. The meet director will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights.
 - Field events will be in flights. Throwing order will be indicated in the District Manual.
 - In events run in sections against time, the last section will contain the best performers, the prior sections the next best performers, etc.
 - Heats will be filled by alternating between heats. For example, the best ranked performance will be in heat 1, the second best in heat 2, etc. After placing one competitor in each heat, the process will repeat itself until all contestants are placed in heats.
 - The highest ranked contestant will be placed in the lane in the center of the track. Lanes will be filled by alternating either side of the number-one ranked athlete. This will be (4-5-3-6-2-7-1-8) or (3-4-2-5-1-6) according to the number of individuals or teams in the heat and the lanes available.
 - Relay personnel may be changed after the meet has begun. Substitutes must come from the names on the original entry.
 - Each school will be given copies of the heat and lane assignments.
- 5. Track Complimentary Admissions:**
- Any superintendent, principal, or athletic director, and their respective spouses, who present their current IHSAA identification card will be admitted free. It shall be understood that no members of the families of an administrator or coach shall be admitted free unless they qualify in one of the other categories.
 - Any member of the host school Board of Education and spouse.
 - Any bona fide member of the press, radio, and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or year book.)
 - One team bus driver.

District Expense Reimbursement – There is no reimbursement for district track and field.

STATE MEET INFORMATION

The 2010 State Track and Field Meet will again be a coeducational event held in cooperation with the Iowa Girls High School Athletic Union. The meet will be held at Drake Stadium in Des Moines. The meet will be held May 20, 21 and 22. The format for the meet will be the same as the 2009 format. Classes 1A & 4A will compete in the morning. Classes 2A & 3A will compete in the afternoon. There are still pending details regarding the administration and organization of the meet. Specific details will be made available when the determinations have been made.

State Meet Expense Reimbursement – Schools with 1-6 qualifiers receive \$.30 per mile. Schools with 7-14 qualifiers receive \$.60 per mile. Schools with 15-22 qualifiers receive \$.90 per mile. School with greater than 22 qualifiers receive \$1.10 per mile. Mileage is paid for one trip to Des Moines.

SPRING GOLF

FIRST PRACTICE AND PLAYING DATE FOR 2010

First legal practice date is Monday, March 22, 2010, **first legal playing date** is Wednesday March 31, 2010.

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

Sectional tournaments class 1A, 2A & 3A will be held May 14, 2010, District tournaments will be held May 21, 2010., (Sectional and District assignments will be posted on-line under golf, IHSAA home page, www.iahsaa.org)

State Tournament will be held May 28 & 29 @ Class 1A, Spring Valley Course, Livermore, Class 2A Lake Panorama National Resort, Panora, Class 3A The Harvester Golf Club, Rhodes..

Future spring golf practice and starting dates:

2011 First legal practice date March 21, 2011, first legal playing date March 30, 2011

2012 First legal practice date March 19, 2012, first legal playing date March 28, 2012

2013 First legal practice date March 18, 2013, first legal playing date March 27, 2013

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 (all players involved). **If there is any discrepancy, players should make every effort to resolve this discrepancy before playing the next hole. If the discrepancy can 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.**

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

If your actual individual hole score 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 sectional, district & state team golf entry form (www.iahsaa.org under golf, left hand side of home page) and fax/email the form to the designated host school at least four days before the scheduled sectional, district or state meet. This will permit the meet manager to set up tee times according to your player ranking, via your entry form. A coach may substitute a **team** player(s) before teeing off in the sectional, district or state meet. In the sectional, district or state meet, no substitution will be allowed once a player has teed off on his first hole, regardless of injury, illness or DQ. You will eliminate that individual and count only the four best scores of the remaining five players.

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

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 sectional, 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.

RULES FOR PLAYERS/COACHES

The following rules will govern all interscholastic golf in Iowa.

1. In case of gambling during matches, the players involved are disqualified in that particular meet.
2. Cheating would be reason for disqualification.
3. The players will keep score; no player keeping his own score. Coaches may be asked to help monitor certain holes on the course. **Coaches are not to make rulings on the course**, let all players in the threesome or foursome decide and if they can't agree have the player involved play a provisional ball and let the rules committee make a ruling when he finishes the round (before signing and turning in his scorecard). We now have Iowa Section certified PGA staff members on hand at our state sites to assist in rulings on the course.
4. Any player who uses tobacco (including smokeless) on the course is disqualified.
5. Disputes on rules at the sectional or district meets: The coaches' jury selected by the assembled coaches, with the meet manager/golf pro, acting as chairman, will decide on all disputes.
6. In the state meet, the Iowa Section certified PGA and or club pro will make all final golf rule decisions.
7. Any player who fails to finish play in the sectional or district tournament competition is considered to have withdrawn from the tournament and his score(s) will not count. **If this should occur during the state tournament on day one, he will not be able to participate on day two.** His scores either day would not count if he fails to finish play on day two. NOTE: Additional information under substitutions earlier in the handbook.
8. In regular season, sectional, district and state competition, **no caddies are allowed. No motorized golf carts will be allowed except for disability reasons and must be pre-approved in writing by the IHSAA. NEW: Non motorized pull carts** are permitted, individuals desiring to use pull carts must supply their own non motorized pull cart at each meet. This rule applies to regular season or tournament play.
9. There shall be no coaching of golfers by parents, or spectators. Spectators are to remain a reasonable distance behind the golfers while watching so as not to hinder play. Should there be any interference by spectators with play in any way, shape, or form the spectator(s) are subject to being asked to leave the premises by the management. Spectators should remain approximately 30 yards behind the golfers on the course or on the cart path when observing play other than to cross fairways without interfering with players. No spectator may instruct or advise a player about any shot selection a player is going to make. Once the players reach the green area, spectators should move over to the cart path, even with the green, to allow the next group of players to continue play.
10. In the state meet, second day pairings are to be based on first-round team scores. No players from the same school should be assigned to the same group, threesomes or foursomes.
11. In the sectional & district meets the tournament manager should make every effort to avoid the necessity of having players from the same town, even though from different schools, play in the same threesomes and foursomes. This is impossible in some cases, but wherever it is possible to avoid this, it should be done.
12. All schools are expected to start play as scheduled.
13. At the conclusion of the sectional, district, & state meets, coaches should verify the scores posted. When the teams/individual(s) leave the course and the team standings have been posted, there will be no changing of the results of play.
14. All golf coaches will be notified in ample time where their meets and tournaments will be held.
15. All players will be required to wear pants or shorts and shirts while playing. Playing without shirts is not permissible. Any player who plays without a shirt is automatically disqualified.
16. In the state meet, if a player is injured or becomes ill, there can be no substitute for him once play has started. You will eliminate that individual and count only the four best scores of the remaining players.
17. Use of **cell phones are prohibited during regular season and all tournament play.** Penalty will result in disqualification of that player. Coach, I would encourage you to collect the cell phones before the competition begins and once all competition is completed give the phones back to your players. This may save you a disqualification.
18. A player disqualified from a tournament is disqualified for the entire event (rest of the tournament or multiple day event), whether it is a one day or two day event.
19. **Golf range finders and any electronic devices will not be allowed during regular season or tournament play.**

20. Coaches, during regular season and tournament play, players are required to walk or be transported with no more than **two players riding in the cart (plus a driver)**. If carts are used, players must be **seated inside the cart**. **Players may be transported to their starting holes by car or van.**

CODE OF CONDUCT FOR PLAYERS

1. In meets or tournaments sponsored by the IHSAA, a **two-stroke penalty** shall be assessed for conduct unbecoming high school players. Such conduct shall include, but not be limited to:
 - a.) **Club throwing**, defined as releasing the club in a manner to cause harm to any person or the course. **Ball throwing**, defined as could cause harm to another participant, spectator, course or means of releasing frustration.
 - b.) **Use of abusive language.**
 - c.) **Willful acts which damage property or equipment on the course.**
 - d.) Other **unbecoming conduct as determined by the Golf Rules Committee**. This rule will be strictly enforced by the rules committee. **Second offense, the player is automatically disqualified.**
2. Any player who uses **tobacco** (to include smokeless) or gambles on the course is automatically disqualified.
3. **Eligibility Rule 36.14(2) Penalty.** Any student disqualified from an interscholastic contest by game officials for flagrant, violent, or verbal misconduct will be ineligible for the next regular scheduled game/meet at the level of competition and all other games/meets in the interim at any level in addition to any other penalties the IHSAA or school may assess. The second violation carries a four games/meets automatic ineligibility. It will be the responsibility of the host school meet manager to report any disqualification(s) to the IHSAA the day following the meet, if the meet is held on a Friday or Saturday, then on the Monday following the meet. It is the coach's responsibility to inform his/her administrator of any disqualification(s). The administrator will file an official report form with the IHSAA on-line.
4. **NEW:** The IHSAA and the Golf Coaches Advisory Committee feel the code of conduct rules are appropriate, but a concern remains when the players themselves are unwilling to enforce the rule against another player in the group. **If a code of conduct violation is observed (not heard about later) by a HEAD GOLF COACH and the group involved does not enforce the rule, the HEAD GOLF Coach observing this inappropriate action should get the players together at the conclusion of play at that particular hole, and have the players discuss the situation and enforce the proper ruling.** If a code of conduct rule has been violated, a two stroke penalty should be assessed the individual(s) responsible. **If a HEAD GOLF COACH observes any behavior that could lead up to a code of conduct violation, the coach should professionally warn the player of his inappropriate action and inform the players coach and notify a rules jury member.** Coaches make sure your players are aware of this rule, so your team is not penalized by one of your players inappropriate actions.

BREAKING OF TIES

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

INDIVIDUAL SECTIONAL & DISTRICT TIEBREAKER SYSTEM: If ties take place to determine the four individual qualifiers (qualifying or non qualifying teams), a SUDDEN DEATH playoff will take place with only players involved in the tie. **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 individual 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.

Sectional, District and State Team Qualifiers:

The sectional/district team winner and runner-up will advance to the district/state competition plus, if a home school (sectional/district **host** team play their regular season matches or practice on this course) should finish first or second, the third-place team will also advance to the district or state tournament (**unless this third place team uses this course as their home course. If this be the case the third place team would not advance to the district/state meet**). The maximum number of teams that could possibly advance from sectional to district competition would be three. At no time would a fourth team advance to district competition.

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

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

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

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

NUMBER OF PLAYERS

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

PRACTICE ROUNDS

Coaches: Under no condition will your school be permitted to practice on the sectional, district or state golf sites by taking school time to do so. **Prior to the sectional, district tournament**, teams can play at a sectional or district site if they desire, with no loss of school time. There are times when seniors are no longer required to be in attendance, but have not graduated who could go and practice because they are not in school any longer. Students are NOT allowed to use any type of personal school days allocated by the school at the beginning of the school year such as (doctor appointments, family days or personal reasons) to go play practice rounds on the course designated for sectional, district or state play. Keep in mind, anyone who wants to play a practice round (player/coach) at a sectional, district or state site, must pay green fees. Prior to sectional or district tournaments for classes 1A, 2A, and 3A teams or individual(s) may play/practice at a sectional site or district site, if they desire, with **no loss of school time.** **The course on which the STATE TOURNAMENT is to be played is closed for any practice rounds to all golf teams and individual(s) once the sectional tournament starts for classes 1A, 2A, and 3A.** **EXCEPTION:** If a team is hosting the state meet and this is their home course, practice is permitted throughout sectionals and district play on this course by the host school only.

Walking the course: There is no rule against the teams arriving at the sectional or district site to walk the course, provided they do not cause any confusion with regard to people playing the course. Players who walk the course are not to have any clubs with them while they are walking the course. Any violation of this rule will result in player disqualification of the entire one or two day tournament.

Players may use the practice driving range, chipping green and putting green at the state site, if available, the night before the state meet begins.

GREEN FEES

A **\$10** per boy green fee is assessed for participation in all sectional, & district tournaments, paid directly to the course management by the participating schools up to a total of **\$60** green fees per school per tournament. 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 IHSA.

SECTIONAL, DISTRICT & STATE TOURNAMENT TEE OFF TIMES

Sectional and District tournaments should not start earlier than 10:30 AM, unless otherwise notified by the sectional or district tournament host. The sectional or district host should clear an earlier starting time with all participating schools athletic director.

The State Tournament will start at 12:00 Noon on Friday and 8:00AM on Saturday, weather permitting.

STARTING METHOD

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

WEATHER ISSUES/POSTPONEMENTS DURING COMPETITION

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

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

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

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

SPRING GOLF EXPENSES

The IHSAA will pay \$.46 per mile for every school in Sectional & 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

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

District Meet: There will be a total of 16 medals awarded: six medals for the team winning first; six medals for the team winning second place; one medal for the medalist; one medal for the runner-up medalist, and third and fourth place individuals & all fourth place ties. 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 March. Ben is playing with three individuals who are out of school, Ben being the only High School student. Ben's team wins \$400.00. Each of the three out-of-school individuals could accept \$100.00 cash. Ben could receive a gift certificate for \$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.

TENNIS

Unless other rules are adopted by the IHSAA Board of Control, U.S.T.A. rules will govern high school tennis. All coaches have the responsibility of being knowledgeable of U.S.T.A. rules and all policies concerning tennis as established by the IHSAA. In addition, the following rules will be followed for interscholastic boys' tennis competition, unless other rules are adopted by the Board of Control. The individuals listed below are the current members of the IHSAA Tennis Advisory Committee. Craig Ihnen, Des Moines (Ex-officio member); Chad Bruns, Harlan; Mitch Gross, Iowa City, West; Lawrence Eyre, Maharishi, Fairfield; Joe Steele, Spencer; Kirk Trow, Valley, West Des Moines. Feel free to contact any of the Advisory Committee members, or Alan Beste at the IHSAA office, with concerns or questions.

PRACTICE AND SCRIMMAGE INFORMATION

<u>Year</u>	<u>First Practice</u>	<u>First Contest</u>
2010	Week 38/March 22	Wednesday, March 31
2011	Week 37/March 14	Week 39/March 28
2012	Week 37/March 12	Week 39/March 26
2013	Week 38/March 11	Week 39/March 25

1. No school may start **tennis practice** before Week 38/March 22, 2010.
2. **All practices must take place at the school's regular practice facility under the supervision of the regular coach. Here is a synopsis of the rule as it applies to tennis.**

All regular practices must be held in, or on, the school's regular practice facility. Schools cannot rent a facility they do not normally practice in or on. There are some extenuating circumstances that **might** merit the use of another facility for practice. (a) Baseball field under water, repairs, etc. (b) tennis courts/football field under construction, water, repairs, etc. (c) gym caught fire, under construction, etc. **Under normal conditions, (including tennis courts being covered with snow in the spring) all practices are to be held in, or on, the local school facility. Any deviation from this rule must be approved by the Board of Control.**

3. **Scrimmages between schools are not permitted.**

MEET FORMAT INFORMATION

1. **Double duals played on SATURDAYS will count as only one date/competition** toward the team and individual maximum, **any double dual played on a SCHOOL DAY will count as two dates/competitions** toward the team and individual maximum.
2. **Non-Conference Meets** - All **non-conference dual meets** will be played with a format of six singles and three doubles; five singles and four doubles; or six singles and five doubles.
3. **Conference formats are determined by each individual conference.**

COMPETITION INFORMATION

1. **No interscholastic competition can be held before Wednesday, March 31, 2010.**
2. **Each team is allowed a maximum of 12 dates/competitions** for regular season competition. *Example: A school may have 12 freshmen meets, 12 junior varsity meets and 12 varsity meets.*
3. **Each player is allowed a maximum of 12 dates/competitions** for regular season competition, regardless of the level at which he competes. If a player competes in varsity and junior varsity competitions during the season, he may only participate in a total of 12 competitions. *(For example: 5 JV & 7 varsity meets).*
4. **If a school does not have enough players to field a team and compete in regular season dual meet team competition, the players from that school must compete in at least four regular season interscholastic matches before the district tournament in order to enter district competition.**
5. **Before each meet there should be a pre-meet meeting with coaches and players.** The school-approved coaches from each school should introduce themselves at this meeting so there is no confusion as to who will be representing each school.

6. **Dual Meet Line-up Cards**

A. **Singles Line-up Cards** - When teams are to play, **coaches will exchange the list of their singles players at the same time so there will be no rearranging of players. Ethics for coaches dictate that their best player competes against the best player from the other school; the second-best players compete against each other, etc.** It has been reported that some coaches rearrange their players in an attempt to earn some team points. This is not ethical and does not represent good sportsmanship. This practice will not be tolerated and should be reported to the Athletic Association if it occurs.

B. **Doubles Line-ups** - By the conclusion of the singles matches, the coaches will fill out a card for their doubles teams and exchange their cards at the same time. It is **MANDATORY** during all that: (a) **The #1 player in singles must play in either the first or second doubles team;** (b) **Either the #1 or #2 singles player must play in the first doubles team unless both are being held out of doubles matches;** (c) **If the #1 singles player plays on the #1 doubles team, the #2 singles player may play on any doubles team.**

7. **The standard size tennis ball** is the only legal ball for high school boys' tennis. **The Wilson T1071 will be used for all post-season tournament play.**

8. **On Court Equipment** - **No additional equipment may be brought onto the court during play.** *Examples: chairs, oversized coolers, folding benches, etc.*

9. **No Cell Phones**, or other electronic communication devices, may be used by players during a match from the time they begin warm ups until the conclusion of play. USTA rules do allow players to bring to the court written notes that were prepared before the start of the match which may be referred to during any changeover or set break.

10. **Uniforms**

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

Garments that do **NOT** meet the definition of the legal uniform include, but are not limited to, biking shorts, thigh huggers, multicolored beachwear, night wear or underwear, cutoff jeans or sweats, sweat pants or anything else that is objectionable to the meet manager. **Note:** *The meet manager may allow the wearing of cold weather clothing, if conditions warrant.* **Penalty:** If a player is not in proper uniform, he may not participate. Any violations of the uniform rule should be reported to the Iowa High School Athletic Association.

11. **When a player refuses to play, or continue playing, for any reason he disqualifies himself from further competition in that dual meet or tournament.** The player's school, or the Athletic Association, may impose further penalties if they deem such penalties appropriate.

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

13. **Once play has started players may not leave the court, unless they have split sets. Players may not leave the court during Pro-Set competition.**

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

15. **Time Allotment Between Sets and Matches** - **A maximum of 2 minutes is allowed between 1st and 2nd sets and a maximum of 10 minutes is allowed between 2nd and 3rd sets. If a 10-Point Match Tie-Break will be played in lieu of a 3rd set, the break between the 2nd set and 10-point match tie-break is 2 minutes. If Pro-Sets are being played the set break occurs when one player has won half of the games being played in the set. The break cannot exceed 10 minutes. A minimum of thirty minutes is allowed between matches.**

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

16. **Coaching Opportunities** - School coaches have an opportunity to coach their players during each 90-second changeover and during set breaks. Breaks between sets one and two are limited to 2 minutes and breaks between sets two and three are limited to 10 minutes. **(THERE WILL BE NO TIMEOUTS TAKEN DURING PLAY.) School coaches are the only ones permitted to speak to their players' from the time they take the court to warm up for their match until the match is over. It is NOT PERMISSIBLE for club pros, parents, or others, to speak with players during this time.**

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

Note #2: The duration of the 90-second changeovers and set breaks are NOT lengthened for coaching opportunities. Players are expected to pick up their drinks and towels at the net post, if they wish to have them, and go immediately to the fence to visit with their coaches.

Note #3: A bona-fide team member may talk to a teammate during 90-second changeovers and set breaks if play is taking place at split sites and a bona-fide school coach is not available.

Note #4: When players change ends at the conclusion of game #1 and during the tie-break there is no delay and no coaching opportunities exist during those times.

17. 7-Point Set Tie-break

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

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

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

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

A serves points eight and nine, left side and right side. C serves points ten and 11, left side and right side. B serves point 12, left side. If the points reach 6-All, teams again change sides of the net and continue serving in the same pattern as above beginning with point seven until one team gets a two-point lead. The winning team then wins the set, 7-6. The teams then change sides of the net and play the first game of the next set with team CD as the first-serving team. **Note ... the team who serves first in the tie break will receive in the first game of the next set played, if needed.**

MEDICAL TIMEOUTS

1. **Medical time-outs, including those for bleeding,** may be of a reasonable length to evaluate and treat an injury and clean blood from players or any surface.

TIME OUT PROCEDURE FOR MUSCLE CRAMPS

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

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

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

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

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

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

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

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

SPORTSMANSHIP

The responsibility of enforcing the tennis sportsmanship code lies with the coaches. Each coach is responsible for seeing that their players comply with the sportsmanship code. Both coaches are responsible for the conduct and sportsmanship of all players, especially their own team members. An opposing coach has equal responsibility, and authority, for enforcing the sportsmanship code for any players. **Profanity (including four-letter words), racket throwing or other unsportsmanlike acts cannot be tolerated. If a student athlete is ejected from a singles match, the ejection rule is enforced for that particular player in both singles and doubles.** However, that player's doubles partner will not be penalized and a substitute may replace the ejected player in doubles play. This substitute player must be one who was not originally in the doubles line-up, and the doubles team positions cannot be realigned. *If either partner of a doubles team is disqualified for unsportsmanlike conduct during doubles competition, the doubles team forfeits the match.* **A contestant may be given a warning or disqualified on the first violation depending upon the severity of the acts determined by the host school. THE SECOND WARNING TO THE SAME INDIVIDUAL IS AN AUTOMATIC DISQUALIFICATION & EJECTION.**

GUIDELINES FOR HANDLING CONTROVERSY ON THE COURT

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

Step 1. *The coach of the offended player(s) will ask the coach of the alleged violator(s) to have a conference with his/her player(s) to discuss the issue in question.*

Step 2. *The coach of the offended player(s) will visit with the coach of the alleged violator(s) and ask that both coaches have a conference with their players to discuss the issue in question.*

Step 3. *The coaches will meet and agree on an appeal judge to rule on appeals made by a player. (The Athletic Association should be notified if these guidelines are implemented during a meet.)*

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

Step 1. He, or she, will have a conference with both players/doubles teams to discuss the issue in question.

Step 2. He, or she, will have a conference with players and both coaches to discuss the issue in question.

Step 3. He, or she, will appoint an appeal judge to rule on appeals made by a player. *(The Athletic Association should be notified if these guidelines are implemented during a meet.)*

(These guidelines are NOT an attempt by the Committee to suggest umpires, or line judges, should be used at any other level of interscholastic competition. Tennis is a game of integrity & sportsmanship and every effort must be made to continue that emphasis. Unfortunately, there are instances when integrity & sportsmanship do not prevail and controversy occurs.)

RAIN DELAYS & POSTPONEMENTS

If dual meets are postponed due to rain, the players on the court should report to the meet manager, or their coach, information important to their match such as score, who was serving and from which court, etc. The meet manager or coaches will determine how long to delay the meet before making a decision to postpone to a different date, if necessary. It is recommended that postponed meets be continued from the point of interruption, unless determined otherwise the administrators at the schools involved. If a dual meet is postponed the same players must be used when play resumes as no substitution can be made once play has begun.

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2009-2010 High School Soccer Rules Book 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 2009-2010 High School Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on March 15, 2010.
2. **First Competition:** Schools will not be permitted to compete until April 1, 2010.
3. **Game Limitation:** Each school will be permitted 13 regular season playing dates. Three of these 13 playing dates may be multiple team tournaments involving no more than 8 teams. *These multiple team tournament must be scheduled and all participating schools contracted 60 days prior to the tournament date.*
4. **Scrimmages:** Each team will be allowed one interscholastic scrimmage. This scrimmage may occur anytime after the beginning of practice.
5. **Jamborees:** Each school will be allowed to participate in one jamboree. The following are the guidelines for that jamboree:
 - a) The first legal playing date for a jamboree is April 1, 2010.
 - b) No jamboree shall be permitted involving schools in more than one county or conference.
 - c) If all the teams in a county or conference are invited to participate, and there should be less than 8 teams involved, and it is the desire of the host to have 8 teams participate; or in the event the number of county or conference schools is less than 8, the Association would sanction a jamboree to include no more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the jamboree site.
 - d) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - e) A soccer jamboree will not allow any school to participate more than one half of play.
 - f) All jamborees must be sanctioned by the IHSAA at least 60 days prior to the jamboree date.
6. **Individual Limitation:** An individual may compete in 16 regular season games. Three of these 16 games may be a multiple team tournament involving no more than 8 teams. Participation is limited to three halves per day. Participation in three halves in any day shall count as one game against the participation limit. The three half limitation will be waived for a one or two day multiple team tournament. Participation in a two day multiple game tournament shall be considered one game.
7. **Officials:** The National Federation "Dual Officiating System" or "Diagonal Officiating System" as outlined in the 2009-10 High School Soccer Rules Book shall be used for all games involving high school players. The "three whistle system" may also be used. The "Diagonal Officiating System" will be used in all IHSAA tournaments. All officials must be registered officials with the IHSAA.
8. The IHSAA will be using in a Spalding TF-5000 ball for IHSAA tournaments in the 2009-10 school year.

RULE CLARIFICATION AND MODIFICATIONS

1. **Game Length:** Varsity soccer games shall be played in two equal halves of 40 minutes each. The length of halves for junior varsity competition may be shortened by mutual agreement.
2. **Goal Differential:** The IHSAA has not adopted a goal differential causing the termination of a game.
3. **Tied Regular Season Games:** Regular season games which are tied at the end of 80 minutes of play may be resolved by not exceeding two full overtime periods not exceeding 10 minutes each. Follow all procedures outlined in Rule 7, Section 3, Articles 1 and 2. Each overtime period is sudden victory. The first team to score wins the game. If a tie still remains at the end of the second ten-minute overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 81, Section A, "Tie Game Procedure," items 3, 4 and 5 as printed in the 2009-2010 High School Soccer Rules Book. It is not necessary to take all five kicks if a winner has been determined. Invitational or conference tournaments may use other advancement plans pre-announced to participating schools.
4. **Suspended Games:** In accordance with IHSAA policy, whenever a game is suspended and no winner can be determined according to Rules 7, Section 1, Article 3, the game shall be restarted from the suspension of play.
5. **Conduct Modifications – The following are rules modifications dealing with the conduct of players, coaches and teams.**
 1. Any player receiving a caution (yellow card) for any reason must leave the contest for a period of ten (10) consecutive minutes. This time period carries over from the first half to the second half; from the second half to the first overtime period and from the first overtime period to the second overtime period. Players cautioned (yellow card) in the second overtime period are no longer eligible to participate in the game including tie breaker penalty kicks.
 2. Any player disqualified (red card) must leave the game and no substitute will be allowed. The team will play short for the remainder of the game.
 3. Any team receiving four varsity red cards, players or coach, will not be permitted to participate in the substate tournament. If the fourth red card is received in a substate tournament game or a state tournament game, the game will be halted and the team receiving the card will forfeit the contest.

4. If a coach receives two (2) red cards over a three (3) year period, he/she will not be allowed to coach his/her team in the substate or state tournament for two years.

CLASSIFICATION AND SUBSTATE TOURNAMENT INFORMATION

1. Classifications: By Board of Control action, there will be three classes in spring soccer.
2. Substate Tournaments: Each school submitting an online soccer entry will be entered in the substate tournament. Substate tournaments will be held Monday, May 24; Wednesday, May 26; and Saturday, May 29. Substate tournaments will use the following format:
 - a) Schools will be assigned to a substate site based on geographic location and rankings by the IHSSCA rankings.
 - b) Schools submitting an entry card will be notified of their substate assignment and pairings the week of May 10, 2010.
 - c) Substate teams will be paired using a seeding method of pairing involving the IHSSCA rankings..
 - d) Substate competition will be single elimination play. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute overtime period, penalty kicks will be used to determine the winner of the game. Use the procedure outlined on page 81, Section A, "Tie Game Procedure," items 3, 4 and 5 as printed in the 2009-2010 High School Soccer Rules Book.
3. Team Representatives: The official soccer team for substate tournament competition shall consist of no more than 22 players, 3 coaches, 1 manager, 1 trainer, and 8 uniformed cheerleaders. Additional cheerleaders will be permitted but they must pay admission.
4. Substate Tournament Awards: The winning school will receive a banner having won the substate championship. Members of the winning team will receive medals.
5. Substate Tournament Expense Allowance: A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for tournament participation. For substate soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.15 per mile one way from its school to the site of the tournament. No expense card will be required.

STATE TOURNAMENT INFORMATION

1. State Tournament: The spring state soccer tournament will be held on Thursday, June 3; Friday, June 4; and Saturday, June 5, 2010. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament.
2. Tournament Format: State tournament competition will be single elimination. In case of a tie at the end of regulation play, two ten-minute sudden victory overtime periods will be played. If a tie still remains at the end of the second ten-minute sudden victory overtime period, kicks from the penalty mark will be used to determine the winner of the game. Use the procedure outlined on page 81, Section A, "Tie Game Procedure," items 3, 4 and 5 as printed in the 2009-2010 High School Soccer Rules Book. The state tournament will use the following format:
 - a) State tournament pairings will be determined using a seeding method of pairing. Teams will be seeded using their winning percentage during the regular season, not including ties. The first tiebreaker will be head-to-head competition. The second tiebreaker will be the average goals scored per game. The final tiebreaker will be the **LAST** school alphabetically.
 - b) A state tournament time schedule will be released with the substate pairings.
3. Team Representatives: The official soccer team for state tournament competition shall consist of no more than 22 players, 3 coaches, 1 manager, 1 trainer, and 8 uniformed cheerleaders. Additional cheerleaders will be allowed but they must pay admission.
4. Locker Room Availability: Information regarding locker facilities will be communicated to state meet qualifiers.
5. State Meet Awards: Each school competing in the state tournament will receive a trophy. Each member of the teams participating in the state tournament will receive medals. The champion and runner-up will receive a banner.
6. Pictures: Teams who qualify for the state tournament will have their pictures taken; these will later be mounted on a plaque to be presented to each team member and coach, compliments of the IHSAA. This picture will be taken one hour before the time you are scheduled to play your quarterfinal game. Each school will receive one plaque for each team member present for the state tournament and one plaque for the coach. Additional plaques may be purchased for \$17.75 each.
7. State Soccer Tournament Expense Allowance:

Mileage for all rounds will be \$1.15 per mile. Teams traveling less than 150 miles will also receive \$8.00 per allotted traveling party. Teams traveling greater than 149 miles and not using lodging will also receive \$15.00 per allotted traveling party. Teams traveling greater than 149 miles and using lodging will also receive \$30.00 per allotted traveling party.

BASEBALL

All the rules and regulations governing baseball can be found in the Baseball Rule Book which all member schools have received from the Association office with regards to the rules of playing the game, except any differentials approved by the Board of Control.

Any baseball teams wanting to play any regular season game or participate in a regular season tournament out of state, must receive written permission from the IHSAA prior to the start of the season.

REGULATIONS PERTAINING TO BASEBALL GAMES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2009-10	Week 44/May 3	Week 47/May 24
2010-11	Week 44/May 2	Week 47/May 23
2011-12	Week 44/April 30	Week 47/May 21

- 1. COACH PLAYER CONTACT:** Pitchers and catchers may voluntarily practice on your own facility under a coach's supervision at any time during the year using equipment required for their position (**NO BATS OR FUNGOS, NO HELMETS OR PITCHING MACHINES**). A coach may have no other baseball contact with players outside of pitchers and catchers until May 3, 2010. Preliminary stretching, running and playing catch (short or long distance) is permitted. Catchers are there for the sole purpose of catching your pitcher(s). If your players participate in some type of spring league, you can not involve yourself with these players. You may watch a game, but are not allowed to coach any of your players' grades 9-12. Bottom line, you can not coach or work with any of your players, other than pitchers and catchers, until May 3, 2010.
- 2. Eighth graders** are eligible to practice the first day of practice and may play the first legal playing (game) date even though school may still be in session.
- 3. No scrimmages** with other schools are allowed.
- 4. Game limitation:** Member schools are permitted a **40 game** limitation, exclusive of the tournament series. **The limitation rule applies to individual teams representing the school and an individual player participating on those teams. No individual player may play in more than 40 games during the season, exclusive of tournament series. Exceptions: Courtesy runners only & pitching exception (see note below).**

NOTE: The Board of Control has approved a policy that any 8th, 9th or 10th grade **varsity player** may pitch/bat on the freshman, sophomore or junior varsity level of competition and not have to count that game participation against his individual game limitation rule. If this player plays another position besides pitcher during the contest, you must count this contest against his 40 game participation limit.
- Ten run rule is mandatory, the game shall end when the visiting team is behind 10 or more runs after 4½ innings, or after five full innings if the home team is behind.
- 15 run rule after 3 1/2 or 4 innings of play:** The game shall end when the visiting team is behind **15 or more runs after 3 1/2 innings, or the completion of the fourth inning**, if either team is 15 runs behind and both teams have had an equal number of times at bat. This rule would be in addition to the current 10 run rule already in place.
- NEW: NFHS ASSISTANT COACH OR PLAYER COACH RULE:** Coaches are viewed by their players as teachers and positive role models. **Assistant coaches or a player (occupying one of the coaches boxes) are not permitted to leave the dugout or the coaching box for the purpose of arguing with an umpire. Assistant coach is either restricted to the dugout or ejected and the head coach is restricted to the dugout for the remainder of that game.** If the restriction takes place in the first game of a double-header, both coach or player (occupying one of the coaches boxes) would be able to resume their normal coaching duties the second game. If the assistant coach is ejected, he would need to leave the confines of the playing field for the remainder of the day and not attend any contests in-between that until the next playing date has been completed at the level of competition he was ejected from. If a player was a base coach and he is restricted he is eligible to play or base coach the second game of a double header. If the player occupying the coaches box is ejected he stays in the dugout under the supervision of the head coach, then falls under the ejection rule. Understand if the assistant coach is restricted or ejected, the head coach is restricted to the dugout for the remainder of that game. Other assistant coaches (in uniform) would have to take over the coaching box duties or players in uniform would assume those duties.

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

LIGHTNING AND INCLEMENT WEATHER

The primary concern when signs of hazardous weather are present is to remove the players, coaches and fans from the field and the stands to a safer area. When lightning is seen in the vicinity, players, coaches and spectators should be directed to shelter. The time immediately preceding and following a thunderstorm may be the most dangerous in terms of lightning

strikes. UNDER NO CIRCUMSTANCES SHOULD PLAY CONTINUE WHEN LIGHTNING IS IN THE AREA. REMEMBER NO BASEBALL GAME IS IMPORTANT ENOUGH TO PLACE INDIVIDUALS' SAFETY IN JEOPARDY. Everyone needs to develop some type of plan when and if severe weather should arise.

LIGHTNING, DELAY/SUSPENSION

Anytime a game is delayed due to lightning or rain, umpires and coaches must make no decisions in regards to suspending or calling a game up to a minimum of 30 minutes.

VIDEOTAPING

Videotaping or filming is permissible in scouting your opponent. Your opponent shall be notified. Space for videotaping or filming for scouting is not required of host school. Videotaping is not permissible from beyond first or third base. Hand held cameras are recommended.

GENERAL INFORMATION FOR THE COACH

- A. Be sure to arrive at your site so you have adequate warm-up time, infield will be taken 30 minutes before scheduled game time. **Each team is allowed 10 minutes, no matter how many players you put in each position.**
- B. If you are the host school, make sure to paint or chalk your foul lines to the foul pole.
- C. Be sure media areas are marked or designated, full batters box is chalked in and coaching boxes are chalked by rule.
- D. How to layout a field, may be found in Rule 1, section 2. (If you need help on lighting, go to IHSAA home page.)
- E. Take pride in your facility, have it well groomed.
- F. Have a first aid kit on hand.
- G. Have baseballs for the umpires, at least three, and have ball chasers lined up in advance.
- H. Make sure you have a lineup card for umpires and subs and starters listed with their numbers.
- I. Start the game on time!!
- J. Each pitcher will receive no more than eight warm-up pitches the first inning or anytime the pitcher is replaced. Each inning after that, the pitcher gets five warm-up pitches or one minute, whichever occurs first with the exception of injury or inclement weather.
- K. Be sure to supply a rosin bag for the pitchers.
- L. A coach must be in his team's uniform in order to coach first or third base.
- M. IHSAA baseball teams will not be permitted to participate in games with other teams who are not members of the IHSAA, unless they have exhausted all other sources and then only may do so with the permission of the IHSAA.
- N. **In-between games teams are allowed 30 minutes** before the second game is to begin. That means any maintenance on the field should be done immediately following the first game.
 - O. **Ten minutes prior to game time, coaches are required to lay bats and helmets out in front of their dugout for inspection by the umpires.** Coach, it is your responsibility to make sure bats and helmets don't have cracks in them and that the padding is in place and secure in the helmets. Umpires are instructed not to allow players to use equipment which does not meet regulations.
- P. All practices must be held in or on the school's regular practice/game facility. Any other arrangements must be approved by the IHSAA.
 - Q. You need to **fill out the on-line baseball roster form** and fax/email it to the host tournament manager three days in advance of tournament competition.

PITCHING LIMITATION RULE

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

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

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

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

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

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

EXAMPLES:

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

DESIGNATED HITTER RULE

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

The DH is locked into any selected position in the batting order and may never be moved to any other batting order position.

If a pinch hitter or pinch runner for the DH is used, that player becomes the new DH. The player who was the DH may reenter as any other player under the reentry rule. If the player for whom the DH is batting for runs or bats for the DH, that terminates the DH role, but does not constitute them ever being out of the lineup.

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

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

COURTESY RUNNER

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

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

Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.

A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in the same half inning.

An individual's game limitation rule would not be affected if the player is used only as a courtesy runner. The player limitation rule for any individual who serves in the capacity of a **courtesy runner only** and is not used in any other capacity during the game, his game limitation would not be affected.

SAFE-BASE (DOUBLE FIRST BASE) MANDATORY

The batter runner should use the orange base on initial plays at first base, unless the fielder is drawn to the orange base (because of a dropped third strike) in which case the batter runner would go to the white base. On a dropped third strike, fielder and runner may touch the white or orange base. The fielder must use the white base to retire a batter runner, except on a dropped third strike. A batter runner is never out for touching the white base rather than the orange base, when touching first base the first time. Once the batter runner reaches first base, the batter runner must always return to the white base. ***NOTE: Under **suggested** double first base rules 1, (rule book page 63). does **not** apply in Iowa.

SUSPENDED GAMES

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

EXAMPLES:

- 1. End of the 6th inning, Home - 6, Visitors - 4. Visitor scores three runs in the top of the 7th inning, to take the lead 7-6, when rain comes.
RULING: Suspended game rather than reverting back to the last completed inning.
- 2. End of the 5th inning, Home - 7, Visitors - 2. Visitor scores four runs in the top of the 6th inning to make the score 7-6, bases loaded, when rain comes.
RULING: Score reverts back to the 5th inning, Home - 7, Visitors - 2.
- 3. Game is called (ended) in the 3rd inning due to rain, darkness, lightning, or a combination of any.
RULING: It shall be continued from that point to a later time agreed upon by both schools involved.
- 4. Game is called (ended) in the top of the 7th inning due to a malfunction of lights or watering system with the score Home - 5, Visitors - 2. The visitors scored two runs in the top of the 7th inning to make the score, Home - 5, Visitors - 4, prior to calling the game.
RULING: Revert back to the 6th inning, Home - 5, Visitors - 2.
- 5. It's in the middle of the 5th inning, Home - 6, Visitors - 4, when rain causes for a called game.
RULING: Completed game. Home team wins. Required number of innings have been played to meet completed game requirement.

2010 TOURNAMENT PLAY

JULY	10,13,15,17	Boys District Baseball Tournament Class 1A
	10,13,17	Boys District Baseball Tournament Class 2A
	16,19	Boys District Baseball Tournament Class 3A
	16,19,	Boys Sub-State Baseball Tournament Class 4A
	20	Boys Sub-State Final Baseball Tournament Class 1A & 2A
	21	Boys Sub-State Final Baseball Tournament Class 3A & 4A
NOTE:	Doubleheaders scheduled for Daytime play will be 3:00 p.m. & 5:00 p.m. Doubleheaders scheduled for Nighttime play will be 5:00 p.m. & 7:00 p.m. Twenty Minutes Between Games For Infield, Ten Minutes Each.	

2010 STATE TOURNAMENT CHAMPIONSHIPS
SITE: PRINCIPAL PARK, DES MOINES, IOWA

- JULY** 23 Class 1A First Round—Session 1, 6:00 p.m., 8:00 p.m.
24 Class 1A First Round—Session 2, 6:00 pm., 8:00 p.m.
26 Class 2A First Round—Session 1, 12:00 Noon, 2:00 p.m., Session 2 6:00 & 8:00 p.m.
27 Class 3A First Round—Session 1, 12:00 Noon, 2:00 p.m., Session 2 6:00 & 8:00 p.m.
28 Class 4A First Round—Session 1, 12:00 Noon, 2:00 p.m., Session 2 6:00 & 8:00 p.m.
29 Class 1A Semifinal Round—Session 1, 12:00 Noon, 2:00 p.m.; Class 2A—Session 2, 6:00 & 8:00 p.m.
30 Class 3A Semifinal Round—Session 1, 12:00 Noon, 2:00 p.m.; Class 4A—Session 2, 6:00 & 8:00 p.m.
31 Class 1A, 2A Championship Games—Session 1, 1A-12:00 Noon & 2A-2:00 p.m.
3A, 4A Championship Games—Session 2, 3A-6:00 & 4A-8:00 p.m.

AWARDS

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

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

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

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

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

Each baseball player and head coach who qualifies for the state tournament will receive an autographed baseball the week prior to the tournament. Each player will sign each other's ball so that upon returning from the state tournament, every player will have a ball with the signature of every player on their team to keep in commemoration of the 2010 Boys State Baseball Tournament.

Each school will also receive one baseball that may be placed in their trophy case. If schools have more than 24 players, they may purchase additional autographed baseballs for \$5 each. These may be ordered through the Iowa High School Athletic Association within one week following the tournament.

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

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

This autographed ball will serve as a lifetime memory for your athletes who participated in the 2010 Boys State Baseball Tournament from their school, the Iowa High School Athletic Association and Iowa Farm Bureau.

TOURNAMENT MANAGER INFORMATION

The IHSAA is pleased to receive invitations from member schools to entertain the baseball tournament series. The pairings and time schedule, along with the tournament report forms, baseballs and other information will arrive in due time for your tournament. Return one of the report forms to the IHSAA Office with the information requested following the completion of your tournament and retain the other copy of this form for your files.

The following arrangements have been approved by the Board of Control:

1. The IHSAA will supply the host school with a limited number of baseballs for the tournament. Balls are expensive so great effort will be needed to conserve the balls. It is suggested that you start your first game with three balls, add two new balls for the second game, then add one new ball for each subsequent game. This should result in having extra new balls for the final game. Under extreme conditions, you might have to add new balls from your own stock. If so, the value derived from all of the used balls which you may retain should more than offset these additional balls.
2. It is permissible to permit both visiting and home team pitchers a new ball for warm-up prior to the game.
3. The IHSAA will employ two or more umpires for your tournament. Umpires for your game may be found on the web-site (per your tournament instructions), several days prior to the scheduled tournament playing date.
4. The IHSAA will provide the tickets of admission. The ticket prices are as follows:

District: General Admission \$5.00 Sub-state: General Admissions \$6.00 State Tournament: \$8.00

5. **After each session, please call the Iowa High School Athletic Association IMMEDIATELY** with the results of the games. If you are the tournament manager and are unable do so, please designate an individual to be certain this is accomplished as it is imperative we have the results so they may be posted on our website. We will be in the office each tournament evening, waiting for your call. **515-432-2011.**

RAIN TICKETS: Tournament managers should instruct ticket takers to **tear tickets in half** for each contest, if the game is postponed, the torn ticket will serve as their ticket for the re-scheduled date. **No refunds will be provided.**

Please send all **gross** receipts, the original copy of the IHSAA tournament report form (***please follow the instructions on your financial report carefully***) and **all unsold tickets** (*please wrap the tickets securely*) back to the IHSAA Office **immediately following the tournament.** After the report is audited, your host and other applicable allowances will be mailed to your school.

Any regular scheduled IHSAA tournament game that is postponed must be made up the following day(s) until we are back on schedule. These games are to be made up at the regularly scheduled time, unless notified differently by the IHSAA.

Baseball Complimentary Admissions:

- a) The 24 players, coach, asst. coach, manager, scorekeeper and bus driver for all sessions. They do not need to sign-in.
 - b) Any superintendent, principal, or athletic director, and their respective spouses, who present their current IHSAA identification card will be admitted free to district and sub-state games. **This identification card no longer entitles complimentary admission to any State Tournament event.** It shall be understood that IHSAA identification cards admit **only** school administrators and respective spouses. No other family members shall be admitted free unless they qualify in one of the other categories. They do **not** need to sign in.
 - c) Any member of the host school's Board of Education and spouse.
 - d) Any bona fide member of the press, radio and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or yearbook.)
 - e) Cheerleaders of participating schools, not to exceed five, in uniform.
 - f) One team bus driver.
 - g) **College coaches or pro scouts must purchase a ticket.**
 - h) Complimentary admissions listed above require only a signature on the sign-in sheet, do not issue a ticket.
6. The host school allowance is 20% of the gross receipts, up to \$2,000 plus 10% of gross receipts beyond \$2,000 with minimum host allowance of \$200.
 7. Be sure to **immediately** notify all of the schools assigned to your tournament and inform them of the time they are scheduled to play.
8. **When necessary to postpone district, sub-state, and state tournament games, it shall be the responsibility of the tournament manager to reschedule games on consecutive days, except Sundays, until said tournament regains its original schedule.**
9. The host school, as well as all participating school, should be cognizant that there are subsequent series of tournaments scheduled to commence on a definite date and postponements in your tournament might later cause a team to play on consecutive days.
 10. **District Tournaments:** If the time schedule calls for playing your games in the afternoon but you have a suitable lighted field and wish to have the games played at night, you are hereby authorized to change the time schedule so the games may be played at night. In the event the time schedule is for playing the games at night, and your lighted field is not available or the weather is not favorable for night games, you are authorized to change the schedule so the games are played in the afternoon. Any changes that you make in the time schedule on the basis of the information above or because of Item 9, should be forwarded to the IHSAA so we may keep our time schedule correct.
You will observe that in establishing the starting time of each game, whenever the host school is involved, it should play the first game of a daytime session scheduled on a school day, requiring only one visiting team to interrupt its school program at that part of the day. For night games, the host school should play the last game, thus requiring only one visiting team to travel home at a later hour. Therefore, if you, as manager, find it necessary to revise the playing time of your games, please observe these factors when making revisions.
Starting time for district/sub-state tournament games: When a daytime schedule is used, starting times will be as follows: Doubleheaders will be scheduled at 3:00 PM and 5:00 PM; single games will be at 5:30 PM. When lights are used, the following time schedule will be followed: Doubleheaders at 5:00 PM and 7:00 PM; single games at 7:00 PM. In the event of tripleheaders on Saturday afternoon, a 1:00 PM start for the first game will be observed. A mandatory **20-minute** break will be taken between ball games with a **ten-minute** infield for each team. The next game will start after the 20-minute break. If infield is not completed in ten minutes, that team will be requested to leave the diamond. The next team can take their infield or begin the game, whichever is the case.
 11. In all IHSAA-sponsored tournament games, the 15 run rule after 3.5 or 4 innings, or the "Ten-Run Margin" rule is effective. All games are scheduled for seven innings. If after five innings of play (or four and one-half innings if the home team is ahead), or at any time thereafter, whenever one team leads by a margin of ten or more runs, the game shall be terminated and the score at that time shall be the final score; except that the home team, if necessary, shall be given its turn at bat in each inning. By definition, the home team is that team which bats last in each inning. ***In tournaments, the home and visiting teams will be determined by the flip of a coin.***

Board policy regarding squad limitation in tournament play: 24-player squad limitation rule -The policy adopted by the Board of Control is as follows: The maximum of 24-player squad limitation be enforced and any school in violation of same will lose by **forfeiture**. The Baseball Advisory Committee is in agreement to the squad limitation rule and in full

- support of the 24-player squad limitation rule. They appreciate the Board's position regarding the policy on the matter and reemphasized the importance of informing all member schools, etc.
12. In IHSAA-sponsored tournament games, bona fide cheerleaders of teams may be admitted free if in uniform (limit 5).
 13. All interscholastic baseball games, including tournament games, must start with nine players on each team. After the game is in progress, should any player become incapacitated or disqualified and no substitute is available, a team will be allowed to complete a game with eight players. An out will be called each time that spot in the order would come up to bat. (Rule 4-4-1 f) (Note 1 and 2)
 14. Any bona fide faculty coach and assistant coach may occupy either or both coaches' boxes. **He shall be in the uniform of his team.** (Rule 3-2-1)
 15. **A coin flip will be conducted before any IHSAA sanctioned tournament game to decide who is the home and visiting team.** The team on the **top of the bracket will be in the first base dugout and the team on the bottom will be in the third base dugout when the home team is not participating.** Exception: When the home team is competing, they will occupy the same dugout they occupied throughout the season.
 16. The local manager shall provide an official scorekeeper.
 17. Each participating school should fax or email a check-in roster form to the tournament manager several days before the tournament.

PAIRINGS FOR THE SUMMER BASEBALL TOURNAMENT

The pairing system that will be used for the 2010 baseball tournaments can be found on the inside cover of the September Bulletin. The Board of Control has determined the IHSAA would use both alphabetical and geographical system of pairing for the 2010 baseball tournaments. When using this system, the IHSAA will indicate tournaments on a geographic basis, alphabetize the schools within the tournament, number them in chronological order, and proceed with the appropriate set of brackets.

For the purpose of classification, baseball schools will be divided as follows: 4A-48 largest; 3A-next 64; 2A-next 128; 1A-remaining schools.

NOTE: Travel distance may be a factor taken into consideration by the Board of Control when tournament assignments/pairings are developed.

The Board of Control has determined the 2008-2009 BEDS Document is to be used for the 2010 baseball classification.

The winner of each district (1-A, 2-A, 3-A) will advance to the sub-state baseball tournament. The first level tournament for Class 4-A is the sub-state. There will be eight sub-state tournaments in each class. The winner of each of the eight sub-states will qualify for the state tournament. The sites and pairings for all district and sub-state tournaments will be posted online. It will be the desire of the IHSAA administrative staff to pre-assign all district and sub-state sites. It is possible that because of geographic locations there could be a few sites to be determined, depending upon tournament winners.

SEEDING FOR STATE TOURNAMENT PLAY

The IHSAA will use a seeding system for the 2010 state tournament pairings. The seeding system that will be used is based on the season performance of each state tournament team. A victory over a 4-A team earns 4 points; a victory over a 3-A team earns 3 points; a victory over a 2-A team earns 2 points; a victory over a 1-A team earns 1 point. The points are totaled for each school's regular season play and divided by the number of games they played prior to the district tournament series. This gives each team a point average per game played. The team in each class with the highest point average will be seeded #1; the second highest point average will be seeded #2; etc. In case of ties in seeds within a given class, if the two teams played during the season, the team that won will be given the highest seed. If the tied teams did not play during the season, or if they have the same record against each other during the season, the alphabetical system will be used to determine the highest seed.

For the 2010 tournament the **LAST** alphabetical school will receive the highest seed. For the 2011 tournament, the **FIRST** alphabetical will receive the highest seed. Seed 1 will play seed 8, seed 2 will play seed 7, seed 3 will play seed 6, seed 4 will play seed 5. **The time schedule for all first round games in all classes will be assigned by the IHSAA according to travel for all first round state tournament games.**

If a school decides to play "up" a classification in the tournament, the point value will be the same number of points as their tournament opponents when playing opponents in the "up" class. When the school playing "up" plays against schools in classes other than where it will be participating in the tournament, the point value will be based on the actual enrollment figures used for classification.

CLASS 4A SCHOOLS ONLY, 2010 SEEDING/BYE PLAN FORMAT

Sub-state assignments will be made by the IHSAA as in previous years and will be released on the IHSAA web site. Sub-state sites will be selected by the IHSAA and teams will be seeded in each predetermined sub-state, 6 teams in each sub-state.

1 seed VS 6 seed

2 seed VS 5 seed

3 seed VS 4 seed

In the second round, the highest winning first round seed will receive the bye. The two lowest seeded winners will play each other in the sub-state second round. In the sub-state final, the team receiving the bye plays the winner of second round game.

Seeding will be as follows:

Victory over a 4A Iowa school 4 points

Victory over a 3A Iowa school 3 points

Victory over a 2A Iowa school 2 points

Victory over a 1A Iowa school 1 point

NEW FORMAT FOR 2010 CLASS 4A HOSTING:

The number one criteria for hosting a class 4A sub-state contest will be the highest seeded team in the six team sub-state will host if criteria number two is satisfied. The number two criteria for hosting a class 4A sub-state contest will be using a field that has lights with a starting time of 7:00 pm; with the following exceptions.

1. If the higher seeded team does not have lights, the higher seeded team would need to find a facility that does have lights and would not increase travel distance between the two participating schools. In the event the higher seeded team can not locate a lighted facility, the game would be played at the lower seeded team's facility that does have lights.
2. If two teams from the same metropolitan area are playing each other and neither school has lights, the game will be played at 5:00 pm at the higher seeded schools facility.
If the higher seeded team does not have lights and it is NOT two metropolitan teams playing, but the lower seeded team does or can provide a lighted field; the higher seeded team would need to find a local lighted facility or find a lighted facility with no further travel distance for the lower seeded team. If this can not take place, the lower seeded team would host.
3. EXAMPLE: School A (higher seeded team) paired against school B (lower seeded team) and school A does not have lights, but school B does or can provide a lighted facility, school A would need to find a facility with lights and no further travel distance for school B. If this can not take place, school A would travel to lower seeded B that can provide a lighted field.

Your tournament seeding is based on your record against Iowa high school varsity teams. Any varsity games played against out of state opponents will not count toward seeding, but will count against your overall win/loss record. Remember, any games played against out of state opponents must be pre-approved **in writing** by the IHSAA.

All scores should be emailed to blegg@iahsaa.org immediately following the game(s) by an assigned individual on your staff or call the IHSAA office immediately following the contest (cell phone on way home) to 515-432-2011 and leave the score(s) on the answering machine. Please keep in mind this seeding format will only work if everyone does their part.

4A schools only: Before the season starts, the IHSAA will provide on our web-site under baseball (left hand side of our web-page) www.iahsaa.org a 40 game schedule form that needs to be filled out and returned or faxed (515-432-2961) to the IHSAA office no later than May 20, 2010.

The IHSAA will also have your seeding form on line (same location as your schedule form) which must be faxed to us @515-432-2961 after 30 games or by midnight July 3rd whichever comes first. Again, this is your responsibility, and this system will be as good as the responses we receive.

Fax or email your current 2010 win/loss record (individual games) to our office by June 28, 2010 so we can verify our records with yours.

IHSAA SPORTS SEASONS--2009-10 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 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, Official: 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 multi Tm Tourm	1 -- anytime during the season	May 24, 26, 29	June 3-5
SWIMMING	Week 19/Nov 9	Week 21/Nov 24	12 meets	None	District: Feb 6	Feb 13
BOWLING	Week 19/Nov 9	Week 21/Nov 23	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 1A: 8,11,12 2A: 8,9,11,12 3A: 9,10,11,13 4A: 10,12,13
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: 15,18,23 3A: 22,25 Sbst: Feb 22,26,27, Mar 1,2 Dist: All Classes May 14	May 20-22
TRACK	Week 33/Feb 15	**Week 33/Feb 15	12 meets	None	Sectional: May 14, 15 District: May 21, 22	May 28, 29 Coed: June 8
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	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
SOCCER	Week 37/March 14	Week 39/March 31	13 gms; 3 may be multi Tm Tourm	1 -- anytime during the season	May 23,25,28	June 2-4
SWIMMING	Week 19/Nov 8	Week 21/Nov 23	12 meets	None	District: Feb 5	Feb 12
BOWLING	Week 19/Nov 8	Week 21/Nov 22	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 District: May 20,21	May 27,28 Coed: June 7
SPRING GOLF	Week 38/March 21	Week 39/March 30	12 meets	None	District: May 12 Pre-Subst Tm: May 14, Subst Team: May 21 Team: May 31 Coed: June 7	May 27,28
TENNIS	Week 38/March 21	Week 39/March 30	12 meets	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
BASEBALL	Week 44/May 2	Week 47/May 23	40 games	None		

*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. 14, 15. One practice per day beginning Aug 16.

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