



**Idaho High School Activities
Association
2023-2024
Football Coaches Packet**

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IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

2023 Football

Classification — based on grades 9-12

5A	1,280- over	2A	319-160
4A	1,279-640	1A Div. I	159 -85
3A	639-320	1A Div. II	84-below

2023 Football Season

August 7: First day of practice without pads for schools.

August 18: First day of competition for schools.

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

Football Sports Practice Model

The IHSAA Board of Directors has adopted the fall sports practice model for football.

Ten Day Practice Rule

Ten days of practice, in the sport, must be conducted before an athlete participates in a contest regardless of when they become a participant on the team. Helmets may be worn on the first day. Each player must have at least two (2) days of practice without any pads. Shoulder pads may be worn on the third (3rd) day and full pads on the fifth (5th) day.

Game Limitations for Each Team

No team may play more than nine games maximum for regular season play. No interschool football game will be approved unless at least five days have elapsed from the date of the previous game by that team. The term "football team" includes sophomore, junior varsity or varsity teams in grades 9-12. With approval, a team may play on the fifth day following competition.

Game Limitations for Individual

An athlete is permitted to play a maximum of four quarters of football per day and five quarters of football per week. 1A and 2A football players may play in six quarters per week and five quarters per day providing they are not a varsity starter on offense or defense.

The week in which the five/six quarters may be played is measured from Sunday to Sunday. A student who played in two quarters of the varsity game on Friday night could play in three quarters of the JV game the following Saturday. A quarter is defined as: When a player enters play during a given quarter, the player will be credited with one quarter of play regardless of time played during the quarter.

When Playing Two Games the Same Day: Any 5A, 4A, or 3A, school may request a waiver of the four quarter per day, to five quarters per day. Any 2A, 1A, school may request a waiver of the five quarter per day, to six quarters per day. (Example: Varsity/Junior Varsity, Junior Varsity/Freshmen etc.)

Only those schools playing two games the same day will be considered. A letter requesting a waiver of the one day quarter rule must be submitted to the IHSAA signed by the principal and athletic director, that verifies:

1. There are 44 or fewer participants in the program at the 5A, 4A, 3A, 2A classifications, and 32 or fewer participants in the program at the 1A classification, and the program desire to field two teams; or
2. There are 61 or fewer participants in the program at the 5A, 4A, 3A, 2A, classifications, and 32 or fewer participants in the program at the 1A classification, and the program desires to field three teams; and
3. The lack of participants will cause the loss of a sub-varsity program; and
4. The lack of participants will cause the school to cancel scheduled games at the sub-varsity level; and

5. A reasonable number will be designated as varsity players (in any event at the 5A, 4A, 3A, 2A, classification not less than 15, and at the 1A classification not less than 7), these players to remain subject in 5A, 4A, 3A to four quarters per day, and in 2A, 1A to five quarters per day.
6. The school's coaching staff has not cut, nor will cut players, nor discouraged players from participating in football, regardless of ability.

A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Scheduling Requirements

All member schools that sponsor football are required to participate in the statewide scheduling of varsity football games in order to provide all schools a full and competitive schedule.

Football Rules

The official rules for football in Idaho are the National Federation rules. Football Rule Books and Case Books are to be picked up and signed for by the school representative at the district rules clinic.

40 Point Rule: In eleven-man football, if at any point in the contest there becomes a 40- point differential between the teams, the mercy rule/running clock will be in effect at the start of the fourth quarter. Once the mercy rule is in effect, the game clock will run continuously. The only time the clock may be stopped is for injury time outs, team time outs and after a team scores. The game will be played until halftime even if the mercy rule starts in the first half of the game. The mercy rule is not in effect for IHSAA playoff or championship games.

Eight-Man Football Rules

Eight-man football shall be played under the same rules as eleven-man football except for the rule differences as listed in the NFHS rulebook. Three certified officials are required for all eight-man football games.

40 Point Rule: In eight-man football, when one team is 40 or more points ahead at the end of the first half, or if it secures such a lead during the second half, the 40-point rule shall be invoked. Once the rule is in effect, it will not be revoked.

After halftime, with the mercy rule in effect, the coach/administrator (on the losing side) may call a timeout to end the contest. Once the mercy rule is in effect the clock will continue to run and will only stop with the timeouts listed above or if the losing team calls timeout to stop the contest.

It is strongly encouraged that coaches and officials from both teams meet together prior to the contest to determine the course of action, especially if there is a strong likelihood the mercy rule may come into effect during the game. At the pre-game meeting the coaches may decide to end the contest at a certain number of point or talk through a course of action should the mercy rule come into effect.

Resolving of Ties

Games ending in a tie must be resolved by using the 10-yard line overtime procedure as outlined in the NFHS rules book. (Exception: In games that do not affect the determination of football playoff representation.) The decision to break ties or not should be made prior to the game by the two teams playing.

Safety

For protection of our participants, the IHSAA recommends the following:

1. Principals and/or activity administrators should prepare a letter for the football coach with instructions to not teach face-tackling or butt-blocking. A copy of the letter should be kept on file with the school.
2. Coaches should include, in their players and/or coaches manual, a description of the legal technique of blocking and tackling. Head coaches should be certain that the legal method is taught by all assistants. Protect yourself and your profession by teaching proper techniques.
3. An assistant coach or trainer should check helmets and other equipment periodically for breakage and improper adjustment.
4. Reasonably foreseeable dangers must be pointed out to participants. Possible catastrophic injuries, including paralysis and death, must be identified and warned against.
5. All rules of the game should be identified, adhered to, and reemphasized whenever they have been violated.
6. Documentation is essential. Protect yourself by keeping records of whom you have instructed and advised, when, where, and how. Keep the records in a safe place, and file a copy in the school administration office.

Heat Stroke

Heat stroke has been a major cause of death in American football during the past several years. These are preventable deaths, and this information is intended for Idaho coaches and trainers to outline a program for the prevention and recognition of this disorder.

1. **Acclimatization and Conditioning** - the most important force operating to prevent heat stroke is acclimatization. Players should be encouraged to start workouts 14-21 days prior to the first practice session.
The best single activity is running, and this should start with 20-30 minute workouts twice daily.
2. **Proper clothing** - jerseys should be short sleeved and lightweight. Cotton socks should be recommended.
3. **Fluid intake** - fluids should be available on the practice field for intake at all times. Athletes' weights should be taken by a manager before and after every practice. Those players who lose a large amount of weight (over 5 lbs.) should consume liquids to make up fluid loss.
4. **Practice** - With temperatures of 85 degrees and higher, caution should be exercised.
5. **Forced weight loss** - Never should an athlete be placed in any kind of plastic suit and be expected to workout in the heat, indoors or outdoors.

Recognizing Clinical Syndromes

Heat Exhaustion - is associated with weakness, profuse sweating, and often headache. Cooling of patient with fans and sips of liquids will usually relieve the symptoms in a few minutes. The temperature is normal.

Heat Stroke - is associated with unconsciousness in a patient with dry hot skin. The temperature is elevated. This is a prime medical emergency and minutes are precious. The patient should be packed with ice or cold cloths and rushed to a hospital. **In case of doubt, treat for heat stroke.**

State Football Championships

In the final round, all games will be played at a site determined by the IHSAA Board of Directors. State championship games will be held at Idaho's three university facilities, if possible.

Home/Visiting Team Designation for Championship Games

Home team: The team that travels the greatest distance to the site will be designated as the visiting team. The visiting team will be assigned the largest locker room with the most showers and restrooms and placed on the same side of the playing field as the press box. The visiting team will wear white jerseys. If both teams are from the same city, the team with the highest seed will be designated as the home team. Locker room, sideline placement and student sections will be assigned at the discretion of the site manager.

The following criteria will be used to determine sites for state championship games.

A. Number of Games

1. Idaho State University: There will be at least three games, preferably four, scheduled at Holt Arena. Two games may be scheduled on Friday. Suggested times are 1:30 p.m. and 6:30 p.m. The remaining game or games will be scheduled on Saturday, with times to be determined by ISU's football schedule.
2. University of Idaho: There may be a maximum of two games scheduled at the Kibbie Dome. If possible, games will be scheduled for Friday afternoon and evening. Game dates and times will be determined by the U of I football schedule.
3. Boise State University: There may be two games played at Albertson Stadium/Dona Larsen. Any classification could have championship games in Albertson Stadium/Dona Larsen. Game times and dates will be determined by the BSU football schedule.

B. Other factors determining the site of a championship game:

1. Travel: loss of instruction time for the two participating teams.
2. Geographical rotation based upon recent participation of the district from which the teams are participating.
3. Availability of lodging and meals for teams, support groups and spectators.
4. Availability of the site to set reasonable game times. No game may be scheduled to start after 9:00 p.m.
5. A region may not host a state championship game two years in a row unless both teams are from the same region.

The final decision in setting sites, dates and time for each state championship game will be made by the IHSAA District Representative Board Members and will be finalized by 10:00 a.m. the Sunday prior to the state championship game.

5A / 4A Financial Plan — Semi Final Round

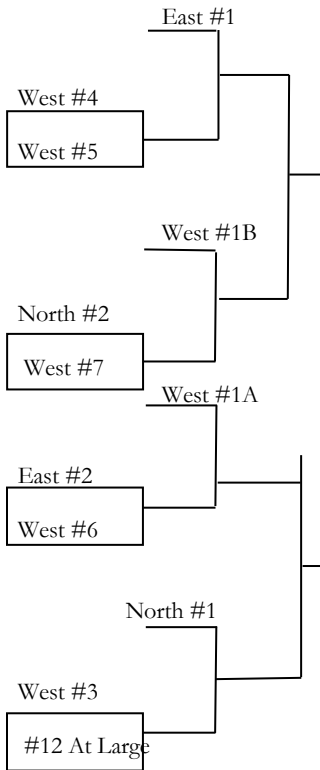
This plan is for all 5A and 4A games except championship games.

1. Per game reimbursement
 - a. Travel: \$3.00 per mile (one way) towards the cost of transportation regardless of number of buses a school wishes to send.
 - b. Meals and/or lodging: (1) up to 200 miles one way - \$250, (2) 200-300 miles one way - \$500*, (3) Over 300 miles one way - \$2,000.
*Any contest between District II and District III will fall into category 3 due to the type of roads.
2. Trophy and medal costs will be shared by participating schools.
3. Reasonable local expenses - if the game is held in a non-school facility, rent will be paid.
4. IHSAA will receive 15% of gate receipts after sales tax deduction.
5. If the gate receipts are not sufficient to cover the on-site expenses, the travel reimbursement will be proportionate to the income.
6. Net receipts from all semi-final games will be divided among participating schools. Each participating school will receive one share for each game it plays.
7. The IHSAA will be in control of all media rights for the rounds of 8 and 16. All media money from these rounds will be returned to the participating schools.

2023 Pairings

The top team in the bracket will be designated as the home team and will have the first option to provide halftime performances.

5A



North
 Coeur d'Alene
 Lake City
 Lewiston
 Post Falls

East
 Highland
 Madison
 Rigby
 Thunder Ridge

West
 Boise
 Capital
 Eagle
 Meridian
 Mountain View
 Owyhee
 Timberline

Borah
 Centennial
 Kuna
 Middleton
 Nampa
 Rocky Mountain

Representation
 West - 7 schools
 North - 2 schools
 East - 2 schools
 At Large - 1 school

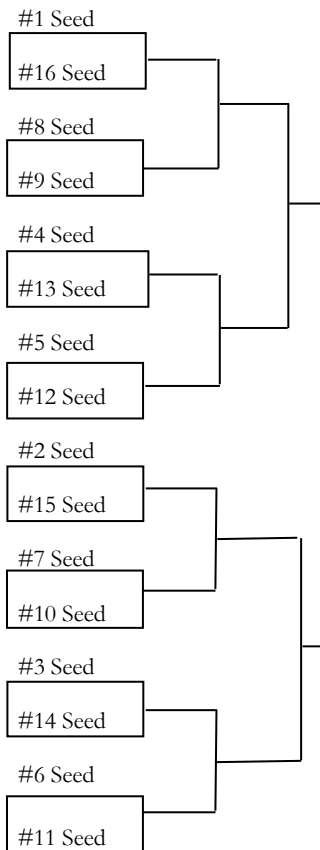
At Large Teams
 Highest MaxPreps Ranking

*Top of the bracket hosts unless two teams are from the same conference then higher seed hosts.
 *If a #1 seed is upset in the quarterfinals, then the remaining #1 seed will host in the semi-finals. If both are upset then high seed will host.

5A Completion Dates

First Round: Oct. 27 or 28
 Quarterfinal: Nov. 3 or 4
 Semifinal: Nov. 10 or 11
 Championship: Nov. 17 or 18

4A



*8 Automatic Qualifiers based on district representation will be seeded 1-8 based on MaxPreps end of season ranking.
 *8 At Large berths will be based on highest remaining MaxPreps rankings and ranked 9-16 based on end of season ranking.

*In the event of a MaxPrep tie,
 1) Head -to -Head
 2) Common Opponent 4A, 5A, 3A
 3) Coin Toss

2023 Representation

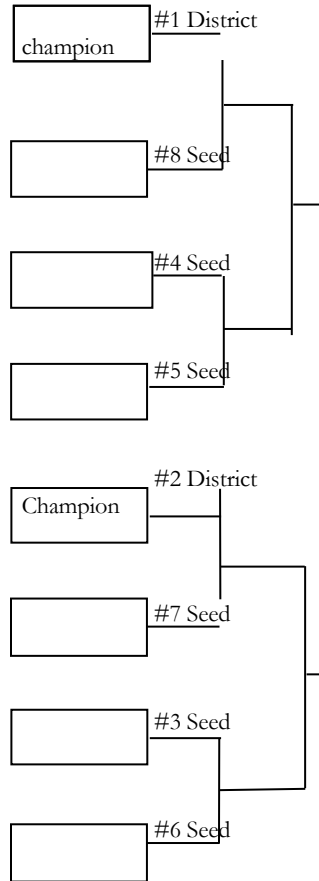
District I/II 1
 District III 2
 District IV 2
 District V 1
 District VI 2
 *At Large 8

*High seed hosts

4A Completion Dates

First Round: Oct. 27 or 28
 Quarterfinal: Nov. 3 or 4
 Semifinal: Nov. 10 or 11
 Championship: Nov. 17 or 18

3A



*Final regular season MaxPreps rankings will be used to determine all playoff seeding
 *Play in qualifiers are based on district representation
 *Play-in qualifiers will be seeded by rank (6-14)
 *The 6 play in winners will be seeded by rank (3-8) for the quarter finals.
 *High seed hosts

2023 Representation

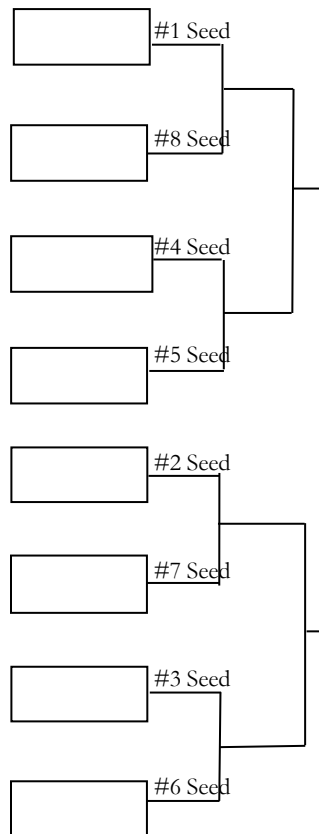
District Champions 5
 District III #2 and #3
 District IV #2 and #3
 District V #2
 District VI #2
 *At Large 3

*Highest MaxPreps ranking from the end of the regular season.

3A Completion Dates

First Round: Oct. 27 or 28
 Quarterfinal: Nov. 3 or 4
 Semifinal: Nov. 10 or 11
 Championship: Nov. 17 or 18

2A

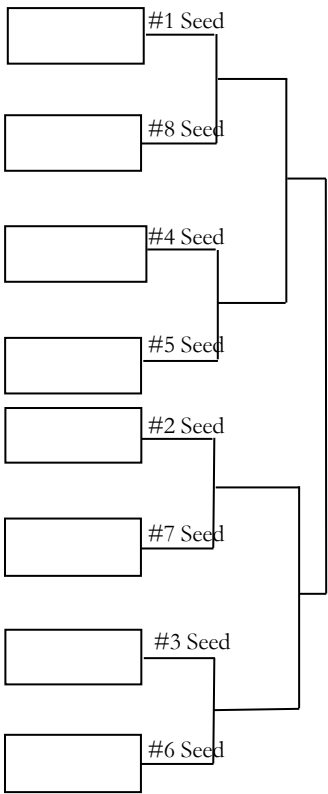


- 1) MaxPreps final regular season ranking will determine seeding and At-Large.
- 2) The five conference champions are the only automatic qualifiers and will receive a first round bye.
- 3) The play-in round will consist of 6 At-Large teams and no conference is allowed more than two At-Large spots
- 4) High Seed host, unless head to head applies.
- 5) If a head to head victory occurred during the regular season, the team with the head to head advantage will host.
- 6) The quarterfinals will be seeded by MaxPreps however, conference champions will host, regardless of seeding unless head to head applies.
- 7) In quarterfinal matchups between two conference champions, the higher seed hosts unless head to head applies.
- 8) Semifinal matchups are hosted by high seed unless head to head applies.

2A Completion Dates

First Round: Oct. 27 or 28
 Quarterfinal: Nov. 3 or 4
 Semifinal: Nov. 10 or 11
 Championship: Nov. 17 or 18

1A Div. I 8-Man



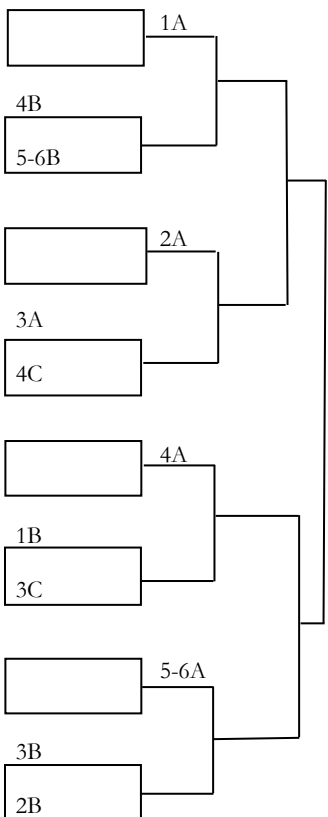
Seeding will be determined by Week 9 MaxPreps rankings.
*4 Conference Champions receive first round bye.

Representation

District II – 3 schools
District III – 2 schools
District IV – 3 schools
District V/VI – 1 school
Remaining 3 bids will be determined by highest Ranked MaxPreps RPI.

*4 Conference Champions receive first round bye.
*Quarterfinals will be seeded using MaxPreps Week 9 rank.
*High seed will host until Championship game. If a conference champion is playing a non-conference champion, the conference champion will host.
*All teams play a maximum of 8 regular season games.

1A Div. II 8-Man



Quarter/Semi-finals:
Team in top bracket hosts. If from the same conference, higher seed will host.

Representation

District I 2
District II 2
District III 3
District IV 3
District V/VI 2

1A Completion Dates

First round: Oct. 27 or 28
Quarter-final: Nov. 3 or 4
Semi-final: Nov. 10 or 11
Championship: Nov. 17 or 18

Scheduling Requirements

Following are limitations on the number of games and/or contests that may be scheduled during an activity season.

a. Friday nights and Saturdays are primarily to be used for interscholastic activities. When possible, no more than two additional nights should be used for scheduling interscholastic activities. Students participating in extra-curricular activities shall be required to meet all minimum attendance regulations.

b. The IHSAA Board of Directors approved the following items to provide a minimum:

1. Loss of instructional time of participants of interscholastic activities of the IHSAA.
2. Loss of instructional time of students of classes taught by coaches and directors.
3. Loss of instructional time by elimination of long distance travel in the middle of the week by competitive interscholastic activities.

c. Interscholastic activities shall be scheduled on non-school time when possible (this does not include travel time) and shall not exceed the following, but may be further limited by the local boards of trustees:

1. Football: 9 games maximum for regular season play. An individual may not play in more than four quarters per day and five quarters per week. 1A and 2A football players may play in six quarters per week and five quarters per day providing they are not a varsity starter on offense or defense.
2. Volleyball: No team or individual shall play more than 16 regular season dates. (A) A maximum of 8 dates tri-matches. Any school playing two schools on the same date must count that competition as a tri-match. (B) Two dates may be tournaments (more than 3 schools involved). (C) A team may substitute one additional tournament for 2 dates. A school desiring to play in 3 tournaments may only play on 15 dates.
Rules for tournament play: (A) A tournament may be of any format. (B) A tournament held on Friday after 3:00 p.m. and Saturday will count as one date and one tournament. (C) A two-day tournament starting prior to 3:00 p.m. on Friday will be counted as two of the sixteen allowed dates. (D) Number of games or matches played will not be counted.
3. Soccer: No team shall participate in more than 16 games per season. An individual is permitted to play in no more than 32 halves during regular season and no more than four (4) halves per day.
4. Cross Country: No team or individual shall participate in more than 8 meets per season, nor exceed 2 meets per week.
5. Swimming: No team or individual shall participate in more than 7 meets per season.
6. Basketball: 18 games strongly recommended and not to exceed 20 games (21 if playing a 3 game tournament). 5A, 4A, 3A and 2A individuals may not play more than 80

quarters (84 if playing a 3 game tournament) per regular season and 4 quarters per day when playing one game. 1A players may play 100 quarters per regular season. 1A players may play five (5) quarters per day when playing one game. All athletes are permitted to play eight (8) quarters per day when playing two games in one day against different schools. Any 2A, 3A, 4A or 5A basketball program may request a waiver of the 4/80 quarter limitation, increasing the number of quarters their sub-varsity players are allowed to play to 5 per night and 100 per season upon a petition, signed by the school principal and athletic director. *See Game Limitations for Individuals for details on how to request a waiver.*

7. Wrestling: An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 p.m. and Saturday may count as one date. Two-day tournaments held during Christmas break when no school is in session that start at 8:00 a.m. count as only one date.
8. Tennis: No team or individual shall play more than 18 dates. Friday after 3:00 p.m. and Saturday count as one date. A two day tournament that starts prior to 3:00 p.m. on Friday will count as two dates.
9. Track: No team or individual shall participate in more than 9 meets and may not exceed 2 meets per week.
10. Baseball / Softball: A team or individual is limited to 22 games OR 20 games plus one tournament, not to exceed 24 games.
11. Golf: No team or individual shall play more than 10 matches and may not exceed 2 matches per week.
12. Cheerleading: No school or individual may enter more than four competitions during the season plus district and state competitions.
13. Dance: No school or individual may enter more than four competitions during the season plus district and state competitions.
14. Debate / Speech: No team or individual shall participate in more than ten tournaments during the season. Ex: 8 debate + 2 speech = 10
15. Drama: Competitions shall be scheduled on non-school time.
16. Competitive Music: Events shall be scheduled on non-school time.
17. Non School Time Exceptions: Requests for exceptions to the non-school time rules may be allowed in order for a school to participate in competitions where facilities or special sites are not available during non-school time. Such requests must be submitted to the Superintendent and be approved by the school trustees of the schools involved.

d. The above standards do not apply to, nor include, district, state or national tournaments and contests.

- e. It is recommended that each of the six activity districts make an effort to restrict the number of dates scheduled for district tournament competition.
- f. YEA jamborees shall not be counted as one of the allowable regular season contests.

Fall Sports Practice Model

Fall Sports Practice Model – Football only

During the fall football season, all student-athletes must adhere to the following practice regime:

1. Practice requirements
 - a. Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than four hours of on-field practice activities each day. Two practices a day (two a days) on consecutive days will not be allowed after the fourth day of practice. Any two a day practices during the first four days must have a minimum of a one hour break between practices.
 - b. Any practice session, after the fourth day, that is less than two hours in length must have at least two continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
 - c. Each practice session will be a maximum of 2.5 hours in length, which starts as soon as the player is on the field, gym floor, weight room, etc. This includes all breaks, walkthroughs, conditioning, etc. Any practice, after the fourth day, that is more than two hours in length must have at least 2.5 continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
 - d. There will be no more than 120 minutes of contact during practice per week. For the purposes of this rule, “contact” will be defined as drills run at the Thud and Live Action level. Drills run at the Air, Bags, and Control level would not be considered contact. Definition of levels of contact include:
 1. **Air** – Players run a drill unopposed without contact.
 2. **Bags** – Drill is run against a bag or another soft contact surface.
 3. **Control** – Drill is run at assigned speed until the moment of contact; one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
 4. **Thud** – Drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact remains above the waist, players stay on their feet, and a quick whistle ends the drill.
 5. **Live Action** – Drill is run in game-like conditions and is the only time that players are taken to the ground.
 - e. During the recovery time, student athletes may not engage in other physical activities (e.g., weight training, conditioning or 7 on 7).
 - f. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather.
 - g. During the first two days of practice, helmets shall be the only piece of protective equipment athletes may wear.
 - h. During the next two days of practice, helmets and shoulder pads shall be the only pieces of protective equipment athletes may wear.
 - i. Beginning on day five, athletes may participate in full pads.
2. Participation in Jamborees/Contests

- a. An individual shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of ten days of actual on-field practice.

Fall Sports Practice Model – Cross Country / Soccer

During the fall sports season, cross country, and soccer athletes must adhere to the following practice regime:

1. Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than four hours of on-field practice activities each day.
2. Any practice session, after the fourth day, that is less than two hours in length must have at least two continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
3. Each practice session will be a maximum of 2.5 hours in length. Any practice, after the fourth day, that is more than two hours in length must have at least 2.5 continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
4. During the recovery time, student athletes may not engage in other physical activities (e.g., weight training, conditioning or 7 on 7).
5. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather.

Sportsmanship Rules for State Tournaments

The following rules will be in effect at all IHSAA state tournament events:

1. Face Painting Full and/or half face painting is not permitted. Partial face painting is permitted such as small markings on the cheeks, nose, or forehead. Covering the face or head with a mask, or anything that obscures identification, is not permitted. School mascots and halftime performers are excluded.
2. Posters/Banners/Signs All signs must show only positive support. Those that direct negative comments towards opponents or are unsportsmanlike or vulgar are not permitted.
3. Artificial Noisemakers Artificial noisemakers shall not be used. Exception: Cheerleaders (only) may use megaphones at football games. Artificial noisemakers are items such as (but not limited to) megaphones, air horns, bells, whistles, clickers.
4. Balloons Balloons are not permitted at any IHSAA state play in or championship event.
5. Attire Bare chests are not permitted. Shirts must be worn.
6. Inappropriate Behaviors The following are not permitted:
 - a. Throwing objects onto the playing area before, during, or after a contest.
 - b. Entering the playing area before, during, or after a contest.
 - c. Verbal harassment or derogatory remarks directed toward an opponent or official.

Hazing

The IHSAA Board of Directors' position on Hazing in Idaho Schools is:

1. Hazing is defined as "any humiliating, potentially dangerous, or illegal activity expected of a student in order to belong to a group, regardless of his/her willingness to participate."
2. Hazing obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and environment.
3. Students participating in school-related activities have a right to be safe and to be free from intimidation and unreasonable embarrassment.
4. Schools should take steps to eliminate hazing from their activities by adopting and enforcing strict anti-hazing rules and written policies, in accordance with Idaho's anti-hazing law.

Supplement Use

The Idaho High School Activities Association endorses the NFHS position on food supplements (including creatine and androstenedione). The policy states:

1. School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with the policies developed in consultation with parents, health-care professionals, and senior administrative personnel of the school or school district.
2. The use of any drug, medication or food supplement in a way not described by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.
3. In order to minimize health and safety risks to student-athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should **never** supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.

Heat Stress and Athletic Participation

Early fall football, cross country, and soccer practices are frequently conducted in very hot and humid weather. During hot weather conditions the athlete is at risk for the following:

HEAT CRAMPS - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE - An acute medical emergency related to thermoregulatory failure. It is associated with nausea, seizures, disorientation, and possible unconsciousness or coma; it may occur suddenly without being preceded by any other clinical signs. The

individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled or avoided provided certain precautions are taken:

1. Ensure the athlete is well hydrated prior to the start of any and all activity.
2. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for gradual acclimatization to hot weather.
3. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Check to make sure athletes are drinking sufficient amounts of water.
4. Athletes should weigh each day before and after practice and weight charts checked. Generally a 3 percent weight loss through sweating is safe.
5. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity.
6. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
7. Warn your athletes about the use of any products that contain ephedra. Ephedra speeds metabolism, increases body heat, and constricts blood vessels in the skin preventing the body from cooling itself. By making the user feel more energetic it keeps him/her exercising longer when the he/she should stop.

WHAT TO DO IN AN EMERGENCY

Heat Stroke - A Medical Emergency - Delay Could Be Fatal. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

Heat Exhaustion - Obtain Medical Care At Once. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

Proper Procedures for Handling Apparent Concussions

Action Plan

If a player is suspected of having a concussion, the following steps should be taken:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow the athlete to return to play only with permission from an appropriate health care professional.

Signs and Symptoms

Signs Observed by Coaching Staff

1. Appears dazed or stunned
2. Is confused about assignment
3. Forgets plays
4. Is unsure of game, score or opponent
5. Moves clumsily
6. Answers questions slowly
7. Loses consciousness
8. Shows behavior or personality changes
9. Can't recall events prior to hit
10. Can't recall events after hit

Symptoms Reported by Athlete

1. Headache
2. Nausea
3. Balance problems or dizziness
4. Double vision or fuzzy vision
5. Sensitivity to light or noise
6. Feeling sluggish
7. Feeling foggy or groggy
8. Concentration or memory problems
9. Confusion

Information provided by the Dept. of Health & Human Services Centers for Disease Control and Prevention

Air Quality

In the event of a high fire season and air quality is compromised, the IHSAA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues. All schools must have an air quality check site. For game situations, both administrations will meet before the game to determine what air quality site to use. The host school's administration will have the official site for this. The site airnow.gov is recommended. It is suggested that in instances where the Air Quality Index is over 150, the games be suspended or cancelled.

Unmanned Aerial System (Drone) Policy

The use of unmanned aerial systems will be allowed during regular season games at member school sites, and member school sites who are hosting playoff games, with the following stipulations:

1. May not be flown over the crowd, sidelines, or playing surface at anytime.
2. May only be flown at the end of the field.
3. Game officials will have the final ruling on the use of drones as it pertains to safety and game situations.
4. All local school district policies and game management rules will take precedence in regards to usage by visiting teams.
5. They will not be allowed at college campus sites for state playoffs and tournaments.
6. Host sites will communicate their rules regarding usage of unmanned aerial systems to the visiting schools a minimum of 24 hours before game time.

All Federal Aviation Administration guidelines will supersede school and district policies. The following rules must be followed:

1. Limit the altitude to less than 400 feet above the ground.
2. Be operated using specified FAA safety guidelines. This information can be found at www.faa.gov
3. Not weigh more than 55 pounds.
4. Be operated in a manner that would not interfere with any manned aircraft.
5. Provide notification to the airport operator and the airport air traffic control tower of a planned use of an UAS within five miles of any airport.

Lightning

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

Football Rules Changes - 2023

By NFHS on May 24, 2023 [football](#)

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Clarified That Towels Do Not Have To Be The Same Solid Color For Each Player [1- 5-3a(5)a 4, 5 (NEW)] — Player towels may contain one manufacturer’s logo and/or one school logo neither exceeding 2¼ square inches. Towels must be a solid color but now do not have to be the same solid color for each player. Towels may not be ball- or penalty-flag colored.

Clarified When a Player Is Inbounds After Being Out of Bounds [2-29-1] — This change clarifies when a player is inbounds after being out of bounds. There is no change to any foul or subsequent penalty provisions, or any rules related to illegal participation or the provisions regarding eligibility to catch a pass.

Added A List of Criteria to Help Identify Players Who Should Be Defined as Defenseless Receivers [2-32-16d (NEW), 9-4-3g] — This change adds to the list of criteria to help identify players who should be defined as defenseless receivers related to application of unnecessary or excessive contact. This clarification should help game officials and coaches by defining allowable contact against defenseless receivers.

Intentional Grounding Exception Changed [7-5-2d EXCEPTION 2a, c (NEW), TABLE 7-5-2 d EXCEPTION 2a, c (NEW), TABLE 7-5 (1)d EXCEPTION 2a, c (NEW)] — This change permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

Removed “Intentional” From Pass Interference in TABLE 7-5 [TABLE 7-5 2c (DELETED), 7-5 PENALTY] — By removing “intentional” from pass interference, this change puts the rule in line with how it is already enforced which is a 15-yard penalty.

Changes In Basic Spot Penalty Enforcement [10-4, TABLE 10-4 (NEW), 10-6 (DELETED)] — This change restructures and clarifies the amendments to Rule 10 to eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage. This revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul unless otherwise specified by rule. Current penalties for illegal kicking, batting and

participation fouls, and provisions for offensive fouls occurring in the end zone that may result in a safety remain intact.

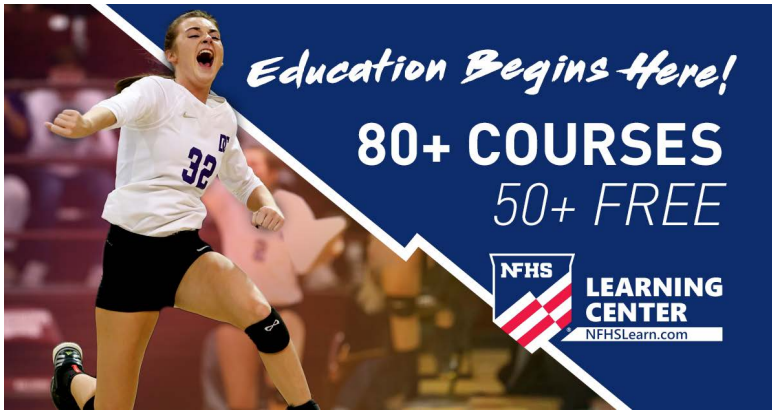
Clarification On The Ball Being Handed Forward On A Running Play [Six-Player – Rule 7g (NEW)] — The change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper provided both players are behind the neutral zone.

2023 EDITORIAL CHANGES

1-1-7; 1-1-9; 1-3-2; 1-3-7 NOTE; TABLE 1-7; 1-8 (NEW); 3-6-1b(1); TABLE 7-5 (1) d EXCEPTION 2; 9-5-1; 9-8-1; FOOTBALL FUNDAMENTALS – II-5, X-3, X-5; RESOLVING TIED GAMES – 3-1; NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7; PENALTY SUMMARY; INDEX.

2023 POINTS OF EMPHASIS

1. Helping the Runner
2. Communication Between Coaches and Game Officials
3. Game Management



Safety courses are required for all coaches on even numbered years. New coaches are required to take safety courses for the 23-24 school year. Courses must be taken after May 1, 2023. Submit certificate of completion to your administration.

Required Safety Courses:

- *Student Mental Health & Suicide Prevention**
- *Sudden Cardiac Arrest**
- *St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

NFHS Learn Help Desk
(317) 565-2023



For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – www.idhsaa.org
- NFHS Learning Center – www.nfhslearn.com
- Follow Idaho Coaches on Twitter @IHSAAcoach

IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

✓ Requirements for Idaho Coaches

ALL COACHES

- CPR/1st Aid Certification
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- NFHS Student Mental Health & Suicide Prevention (fall of even numbered years)

NON-CERTIFIED TEACHER

- NFHS Fundamentals of Coaching
- NFHS Teaching & Modeling Behavior

CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION

- NFHS Understanding Copyright & Compliance

POLE VAULT COACHES

- NFHS Coaching Pole Vault

✓ NFHS/IHSAA Educational Recommendations for Interscholastic Coaches

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become and NFHS LEVEL 1 Coach within the first year of coaching
- Maintain current certification in CPR, AED and 1st Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics

NFHS Learning Center Coaches Education Courses

SPORT/ACTIVITY SPECIFIC COURSES

Coaching Baseball
 Introduction to Pitch Smart – **FREE**
 Coaching Basketball
 Coaching Cheer & Dance
 Spirit Safety Certification
 Coaching Football
 Blocking, Shoulder Tackling & Equipment Fitting
 USA Football Tackling & Contact
 Coaching Golf
 Coaching Cross Country
 Coaching Soccer
 Coaching Softball
 Coaching Swimming
 Coaching Tennis
 Coaching Track & Field
 Coaching Pole Vault – **FREE**
 Coaching Volleyball
 Coaching Wrestling
 Coaching Adapted Sports – **FREE**
 Coaching Unified Sports – **FREE**
 Adjudicating Speech & Debate – **FREE**
 Introduction to Music – **FREE**
 Introduction to Music Adjudication – **FREE**
 Introduction to Esports – **FREE**
 Speech & Debate Event Management – **FREE**
 Theater Safety – **FREE**
 Band Safety – **FREE**

ISSUES IN ACTIVITIES/SCHOOLS COURSES

Fundamentals of Coaching
 Engaging Effectively with Parents – **FREE**
 Appearance & Performance Enhancing Drugs – **FREE**
 Bullying, Hazing and Inappropriate Behaviors – **FREE**
 NCAA Eligibility – **FREE**
 Mental Training for Performance
 Middle School Sports
 Positive Parenting Within the School– **FREE**
 Social Media – **FREE**
 Implicit Bias – **FREE**
 Sportsmanship – **FREE**
 Sports Nutrition – **FREE**
 Strength & Conditioning
 Teaching and Modeling Behavior
 Teaching Sports Skills
 Captains Course – **FREE**
 Supervising After School Activities – **FREE**
 Interscholastic Music Event Management – **FREE**
 Title IX – **FREE**
 Understanding Copyright & Compliance – **FREE**
 Understanding Vaping & E-Cigarettes – **FREE**
 Protecting Students from Abuse – **FREE**
 P.A. Announcing – **FREE**

STUDENT COURSES - FREE

Concussion for Students
 Hazing Prevention for Students
 Learning Pro:
 Homework Helper
 Reading & Learning Strategies
 Research Skills
 Test Taking Tips
 Captains Course
 Social Media for Students
 The Student Experience
 Student Mental Health – **FREE**
SAFETY COURSES
 Sudden Cardiac Arrest – **FREE**
 Heat Illness Prevention – **FREE**
 First Aid, Health and Safety
 Concussion in Sports – **FREE**
 Protecting Students from Abuse – **FREE**
 ACL Prevention – **FREE**
 The Collapsed Athlete – **FREE**
 Band Safety – **FREE**
 Afterschool Safety
 COVID-19 for Coaches – **FREE**

4-3 **EJECTIONS**

4-3-1 In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.

Note: Jamborees shall not be considered a regularly scheduled contest.

- a. At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.
- b. During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.
- c. Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- d. Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- e. Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
- f. Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

4-3-2 A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next IHSAA sponsored sport.

4-3-3 The procedure for suspension and notification is:

- a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
- b. The officials shall issue a card to the coach or school administrator when a player/ coach/staff/parent/fan/spectator is ejected from competition. The card must be issued at or prior to the conclusion of the competition in which the infraction occurred.
- c. The official must notify the ejected person/s' school administration/coach of the suspension for the next contest at or prior to the conclusion of the competition in which the infraction occurred.
- d. The game official that disqualifies an individual for an unsportsmanlike act must notify the District Commissioner with a written report by the conclusion of the next day.
- e. The District Commissioner, upon receipt of the report, shall notify the District Secretary, President of the District Board of Control, the school, and the IHSAA with a written report of the incident by the conclusion of the next school day.

4-3-4 The responsibility to enforce the penalty for being suspended lies with the school principal. Any dialogue concerning the suspension should come from the school principal and be directed to the President of the District Board of Control of the region in which the contest took place. The President of the District Board of Control (of the region in which the contest took place) may appoint a hearing committee to hear any appeals within 48 hours of the receipt of a complete report of the incident. It is the responsibility of the secretary of the District Board of Control in which the hearing took place, to notify the district Board of Control secretary in which the student athlete or coach resides. Appeals may not deal with decisions made by contest officials.

4-3-5 When an individual is suspended for the next contest, the interpretation of "contest" is as follows:

Football: next game	Volleyball: next match
Basketball: next game	Cross Country: next meet
Wrestling: next contest	Softball: next game
Baseball: next game	Track: next meet
Tennis: next match	Golf: next match
Soccer: next match	Swimming: next meet

4-3-6 Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach on a game official will be referred to the local District Board of Control for review to determine if any additional reprimand or suspension is warranted.

4-3-7 If a coach is ejected from an IHSAA contest, the designated school administrator must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.



GUIDELINES FOR HANDLING CONTESTS DURING **LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the *Guidelines for Lightning Safety* section contained in the NFHS Sports Medicine Handbook www.nfhs.org.