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# BULLETIN

August 2009

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**SYNOPSIS OF IHSAA BOARD MEETING**

Synopsis of the August Board of Directors meeting is available on the web site: [www.idhsaa.org](http://www.idhsaa.org)

**THE VALUE OF ACTIVITIES**  
**By Adam Kinalski, Bishop Kelly High School**  
**2009 Interscholastic Star**

When I stood in line waiting to be registered for freshman year at Bishop Kelly High School, I remember looking around and seeing the same demeanor of terror and apprehension on all the soon-to-be freshman. I don't know if I was as visibly petrified as many of the other students, but I sure felt weak in the knees as I entered the huge double-doors of Bishop Kelly's gymnasium. I wondered how soon it would take for me to be crumpled up into a ball and shoved in a locker by gargantuan, steroid-abusing seniors. As soon as I had entered the gymnasium, I noticed the banners hanging along the walls of the gym, proudly displaying Bishop Kelly's achievements in interscholastic sports and activities. It hit me that compared to high school sports, elementary school sports were a joke. How could I compete with kids already growing beards? How could I bear to fail miserably in front of a crowd of people? I was not prepared to participate in these activities, or so I thought.

At home, I was given a list of sports that Bishop Kelly offered and studied every single letter, debating the consequences of joining a sport. I decided to join the cross-country team and went to the first practice. A mad, screaming Irish-man, our coach, told us to do a 45 minute run. Being one of the last to come back from the run, I was near tears with shame and disappointment. As I walked back to a bench, a hulking senior, the best on the cross country team, approached me. I gulped and waited for my horror story to develop. Surprisingly, a soft hand landed on my shoulder. He began to compliment me on my form and gave me some tips on how to become a better runner.

Since then, I've been making sure to participate in as many activities as I can, for it is the greatest way for a student to develop a work ethic. All my fears were appeased when I discovered the benefits of these activities. Learning to balance extra-curricular activities with school activities has given me a sample of the "real world". Not only does high school offer sports, but other activities such as music (artistic "exercise") and debate (mental "exercise"), so that they can develop the total student. Coaches also expect you to be committed to the team, so you may learn the vital life skills of commitment and responsibility. These skills developed from IHSAA sports and activities will help me easily adjust and transition to college and beyond. These activities have also helped me to meet students from across Idaho and even from other states. I have made many friends that I never would've met had it not been for high school activities. I am very grateful that I have had the many opportunities to participate and compete in sports and other activities for my own benefit.

**IHSAA INDUCTS THREE INTO HALL OF FAME**

The Idaho High School Activities Association's Hall of Fame annually honors individuals who have given many years of exemplary service to Idaho's youth. Three such individuals will be inducted as the Hall of Fame Class of 2009. George Arrossa, Kimberly, Tim Dunne, Jerome, and Terry Jones, Malad will be honored at ceremonies during the 30th annual Hall of Fame banquet Wednesday, August 5, 6:30 p.m. at the DoubleTree Riverside Hotel in Boise.

Three Memorial Awards will be presented at the banquet. They include the Dick Fleischmann Memorial Award for excellence in tournament management – Tracy Leinen, Boise; the Wes Lowe Memorial Award for selfless dedication to students – Lyle Henderson, West Side; and the Duane D. Wolfe Memorial Award to a community member who has provided long-time service to high school activities – Elvin Pfefferkorn, Kooskia.

For the first time, the Idaho High School Activities Association will be presenting the Spirit of Sport Award. This award seeks to recognize individuals who exemplify the positive spirit of sport that is the core mission of education-based participation. This year's Spirit of Sport Award winner is Caleb Buttars, a student at West Side High School.

Distinguished Service Awards are given by each of six activity districts. This year's recipients are: District I – Tom Durbin, Mullan; District II – Ken LeBlanc, Moscow; Dist III – Mike Knee, Fruitland; District IV - Larry Messick, Shoshone; District V – Launa Moser, Preston; District VI – Randy Hurley, Idaho Falls.

## Hall of Fame - Class of 2009

**George Arrossa, Kimberly** - George Arrossa has spent thirty-five years in education, thirty as district athletic director at Kimberly High School. He has served in numerous leadership positions for the Fourth District including the Athletic Directors Association and the Coaches Association. George is respected and admired for his tireless work on behalf of Idaho's student-athletes as well as his honesty and integrity. George retired in June 2007 but remains involved in coaches' clinics and all-star games.

**Tim Dunne, Jerome** - Tim Dunne's impact in the area of track and field in Idaho is immeasurable. He spent thirty years as the head track coach and head cross country coach at Jerome High School and in that time Jerome won 27 championships in track and cross country. As a high school and college sprint champion himself, Tim instills not only technical knowledge of his sport to his students, but also inspires them to achieve uncommon feats. In 1999 Tim was named Idaho's track and field "Coach of the Century".

**Terry Jones, Malad** - Terry Jones has spent 35 years in education and has won 20 state championships in various sports. He coached everything from track, cross country, football, and basketball in Malad and was instrumental in developing a strong athletic and activity program there. He served as Malad's athletic director for 22 years and held leadership positions on the Fifth District Board of Control as well as the Idaho Coaches Association.

## FIVE SCHOOLS ACHIEVE IHSAA "SCHOOLS OF EXCELLENCE" STATUS

The Idaho High School Activities Association has announced the 2008-2009 winners of the "Schools of Excellence" initiative, a year-long, voluntary program in which schools earn points based on their varsity teams' performance in the classroom, at the athletic venue and in the area of citizenship and sportsmanship. The participating schools in each classification with the best overall programs will be recognized at the IHSAA Annual Meeting, August 5. These schools will be presented with a plaque, sponsored by the 4<sup>th</sup> District Coaches Association.

### 2008-2009 "Schools of Excellence"

5A	Eagle High School	Terry Beck, Principal; Terry Dean, AD
4A	Bishop Kelly High School	Robert Wehde, Principal; Dean Satterfield, AD
3A	Kimberly High School	Luke Schroeder, Principal; Brian Willford, AD
2A	Parma High School	David Carson, Principal; Greg Asbury, AD
1A	Garden Valley High School	Cody Fisher, Principal; Bob Powell, AD

Exemplary Achievement Status is awarded to schools of each classification that finish second and third in the final point compilation. 2008-09 Exemplary Achievement high schools are: 5A-Centennial, Boise; 4A- Jerome, Sandpoint; 3A-Snake River, Shelley; 2A-Firth, Soda Springs; 1A-Greenleaf Friends, Genesee.

The three major areas of high school activities are weighted equally in determining recipients of the award.

The Academic Component is based on the varsity team's cumulative GPA as submitted on the State Academic Champions application for all IHSAA sponsored sports programs.

The Athletic Component is based on place of finish at IHSAA-sponsored state championships.

The Citizenship Component is based on a school's self-evaluation of their citizenship/sportsmanship activities as submitted on an itemized form. Deductions are made by the IHSAA for player and/or coach unsportsmanlike ejections and also for unsportsmanlike school behavior at state tournaments.

In addition to the primary awards, schools that score 90% on the Citizenship Component and have no player/coach ejections or incidents of unsportsmanlike school behavior at state tournaments will receive an "Award of Excellence" certificate. The 2008-2009 Award of Excellence schools are Snake River, Shelley, Firth, Grangeville, Garden Valley, Greenleaf Friends, Genesee, and Cascade.

## **UNITED DAIRYMEN OF IDAHO CONTINUE AS THE OFFICIAL SPONSOR OF STATE CHAMPIONSHIP EVENTS**

The IHSAA Board of Directors is very happy to announce the continued sponsorship of the United Dairymen of Idaho as the official sponsor of state championship events. This marks the 26<sup>th</sup> consecutive year the United Dairymen of Idaho has provided financial assistance for state competition in speech arts and athletics. Their contribution since 1984 is greater than \$3.75 million dollars.

### **2009 IHSAA ADMINISTRATIVE MEETINGS**

General Meeting Covering All New IHSAA Rule Changes For Principals and Athletic Directors  
Special Meeting for all New Principals and Athletic Administrators

<b><u>District</u></b>	<b><u>Date</u></b>	<b><u>Site</u></b>	<b><u>Time</u></b>
<b><u>Dist. I</u></b>	Sept. 10	North Idaho College	New Principals & A.D.'s 9:00 – 10:30 a.m. IHSAA All Principals & A.D.'s 10:30 – 11:00 a.m. IASA All Principals & A.D.'s 11:00 – 12:30 p.m. IHSAA
<b><u>Dist. II</u></b>	Sept. 9	Lewis/Clark State College Rm 143	New Principals & A.D.'s 9:00 – 10:30 a.m. IHSAA All Principals & A.D.'s 10:30 – 11:00 a.m. IASA All Principals & A.D.'s 11:00 – 12:30 p.m. IHSAA
<b><u>Dist. III</u></b>	Aug. 11	IHSAA Office	New Principals & A.D.'s 9:00 – 10:30 a.m. IHSAA New Principals & A.D.'s 10:30 – 11:00 a.m. IASA
<b><u>5A/4A Schools</u></b>			
Dist. III	Sept. 3	IHSAA Office	All Principals & A.D.'s 7:30 – 9:00 a.m. IHSAA All Principals & A.D.'s 9:00 – 9:30 a.m. IASA
<b><u>1A Schools - Longpin</u></b>			
Dist. III	Sept. 8	Cascade High School	All Principals & A.D.'s 11:00 – 12:30 p.m. IHSAA All Principals & A.D.'s 12:30 – 1:00 p.m. IASA
<b><u>1A Schools – WIC</u></b>			
Dist. III	Sept. 2	Smokey Mtn. Pizza – Nampa	All Principals & A.D.'s 12:30 – 2:00 p.m. IHSAA All Principals & A.D.'s 2:00 – 2:30 p.m. IASA
<b><u>3A/2A Schools</u></b>			
Dist. III	Aug. 12	Fruitland Community Center	All Principals & A.D.'s 10:00 – 11:30 a.m. IHSAA All Principals & A.D.'s 11:30 – 12:00 p.m. IASA
<b><u>Dist. IV</u></b>	Aug. 26	College of Southern Idaho	New Principals & A.D.'s 9:00 – 10:30 a.m. IHSAA All Principals & A.D.'s 10:30 – 11:00 a.m. IASA All Principals & A.D.'s 11:00 – 12:30 p.m. IHSAA
<b><u>Dist. VI</u></b>	Aug. 18	Idaho Falls H.S./Library	New Principals & A.D.'s 9:00 – 10:30 a.m. IHSAA All Principals & A.D.'s 10:30 – 11:00 a.m. IASA All Principals & A.D.'s 11:00 – 12:30 p.m. IHSAA
<b><u>Dist. V</u></b>	Aug. 17	Marsh Valley High School	New Principals & A.D.'s 5:30 – 6:30 p.m. IHSAA All Principals & A.D.'s 7:00 – 7:15 p.m. IASA All Principals & A.D.'s 7:15 – 8:15 p.m. IHSAA

### **SEPTEMBER BOARD OF DIRECTORS MEETING**

The September 29, 2009 IHSAA Board meeting will be held in Moscow at the University Inn, 1516 Pullman Rd, Moscow. You can contact them directly for reservations at either 208-882-0550 or 800-325-8765. There will NOT be a football scheduling meeting at this board meeting, it will also be held at the IHSAA office in October.

# **NATIONAL HIGH SCHOOL ACTIVITIES WEEK**

**October 11-17, 2009**

The Idaho High School Activities Association has supported the National High School Activities Week since its inception in 1980. Idaho students join over 10 million students nationwide in enjoying the benefits derived from participation in athletics, speech arts, music, dance and cheerleading. Activities Week is a perfect time for schools to promote the many positive aspects of extracurricular activities. Each day of the acclaimed week is designed to highlight a specific aspect of high school activities:

**National Be a Sport Day      Sunday, October 11**

A day to encourage awareness and discussion about the importance of sportsmanship, ethics and integrity to the conduct of interscholastic programs.

**National Fine Arts Activities Day      Monday, October 12**

A time to focus on the students, coaches and sponsors involved in fine arts programs.

**National Officials Day      Tuesday, October 13**

A time to salute the approximately 500,000 individuals who serve as contest officials and judges.

**National Youth Health Awareness Day      Wednesday, October 14**

A time to promote education and prevention efforts that encourage healthy lifestyles.

**National Coaches/Sponsors/Advisors Day      Thursday, October 15**

A time to recognize the contributions of high school coaches.

**National Fan Appreciation Day      Friday, October 16**

A time to recognize the spectators who support activity programs throughout the year.

**National Community Service/Participation Day      Saturday, October 17**

A time to give back to your community and show appreciation for their support of your programs. This day also may be used to promote fund raising efforts that support interscholastic programs.

Studies have determined that at a cost of only one to three percent, (less in some cases) of an overall school's budget, high school activity programs are one of the best bargains around. It is in these vital programs where our young people learn lifelong lessons that are every bit as important as those taught in the classroom.

**Activities – The Other Half of Education**

# **REMINDERS**

## **FIRST AID/CPR COURSE REQUIREMENTS**

IHSAA Rule 3-2 requires all coaches of IHSAA activities must complete a First Aid course with a CPR component from a school district recognized provider. A “recognized provider” is one whose curriculum is similar to the American Red Cross and American Heart Association. New coaches must complete the course during his/her first year of coaching. At no time may a team practice, travel or compete without at least one adult who has met the requirement. School shall keep a roster to verify those who have completed the course.

## **IHSAA FALL SPORTS PRACTICE REQUIREMENTS**

### **A. Fall Sports 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 five hours of on-field practice activities each day.
  - b. Any practice session 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 three hours in length. Any practice that is more than two hours in length must have at least three continuous hours of recovery time between the end of the first practice and the start of the next practice that day.
  - d. During the recovery time, student athletes may not engage in other physical activities (e.g., weight training, conditioning or 7 on 7).
  - e. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather.
  - f. During the first two days of practice, helmets shall be the only piece of protective equipment student-athletes may wear.
  - g. During the next two days of practice, helmets and shoulder pads shall be the only pieces of protective equipment student-athletes may wear.
  - h. Beginning on day five, student-athletes may participate in full pads.
2. Participation in Jamborees/Contests  
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.

### **B. Fall Sports 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 five hours of on-field practice activities each day.
2. Any practice session 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 three hours in length. Any practice that is more than two hours in length must have at least three 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.

## **NON-SPORT ACTIVITIES INDIVIDUAL ELIGIBILITY REQUIREMENTS**

### **MUSIC**

All students who compete in the State Solo Contest are subject to Academic Eligibility Rules 8-1 through 8-1-5.

### **SPEECH ARTS** (Debate, Speech and Drama)

Students who participate in debate, speech and drama, competitions are subject to Rules 8-1 through 8-15, with the exceptions of Rule 8-4, Amateur Status. Non-traditional students – See Rule 8-16.

### **SPIRIT** (Cheer & Dance/Drill)

#### **Cheer**

Students who participate in competitive cheer are subject to rules 8-1 through 8-15, with the exception of Rule 8-4, Amateur Status, 8-5 Awards, and Rule 8-11, Outside Competition. Members of cheer teams that do not compete must be regularly enrolled students at the time of participation. Non-traditional students – See Rule 8-16.

#### **Dance/Drill**

Students who participate in dance/drill competition are subject to rules 8-1 through 8-15, with the exception of Rule 8-4, Amateur Status, 8-5 Awards, and Rule 8-11, Outside Competition. Members of teams that do not compete must be regularly enrolled students at the time of participation. Non-traditional students – See Rule 8-16.

## **POSSIBLE VIOLATIONS!!**

Principals and athletic directors should take every measure to inform their coaches and athletes of possible rule violations with:

### **1. Rule 8-11-1 — Outside Competition:**

A student who competes in organized non-school contests or events after the starting date of the high school season in that sport, except as provided in Rule 12, is ineligible for the school team for the remainder of that sport season. This prohibits volleyball players from playing on a non-school team and a school team and cross country runners from competing in a road run during that sport season.

### **2. Rule 5-12-2 — Member school teams and individuals are **prohibited from scrimmaging or practicing** with or against non-high school teams or players, except in the following situations:**

- a. Practice is allowed between 9th and 8th grade in a junior high with an 8-9 configuration.
- b. In the sport of track, high school teams may practice with junior high/middle school teams in the same school district.

## 2008-2010 GENERAL CLASSIFICATION AND ALIGNMENT

<b>District</b>	<b>5A 1280 &amp; Over</b>	<b>4A 1279-640</b>	<b>3A 639-320</b>	<b>2A 319-160</b>	<b>1A Div. I 159 - 100</b>	<b>1A Div. II 99 &amp; below</b>
<b>I</b>  (16)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonnors Ferry Kellogg Priest River St. Maries Timberlake	CdA Charter	Lakeside Wallace	Clark Fork Kootenai Mullan
<b>II</b>  (18)	Lewiston	Moscow	Orofino	Grangeville Kamiah	Clearwater Valley Deary Genesee Kendrick Lapwai Potlatch Prairie Timberline-W Troy	Culdesac Highland-C Nezperce Summit Academy
<b>III</b>  (51)	Boise Borah Caldwell Capital Centennial Eagle Meridian Mountain View Rocky Mountain Timberline-B Vallivue	Bishop Kelly Columbia Emmett Kuna Middleton Mountain Home Nampa Skyview	Fruitland Homedale McCall-Donnelly Payette Weiser	Cole Valley Christian Marsing Melba Nampa Christian New Plymouth North Star Charter Parma Renaissance	Cascade Council Gem State Academy Horseshoe Bend Idaho City Liberty Charter Notus Rimrock Wilder	Cambridge Compass Honors <small>(VB, BB, TR)</small> Garden Valley Greenleaf Friends Idaho Arts Charter Meadows Valley Midvale Riverstone Int'l Salmon River Victory Charter
<b>IV</b>  (32)		Burley Canyon Ridge Jerome Minico Twin Falls Wood River	Buhl Filer Gooding Kimberly Wendell	Declo Glenns Ferry Valley	Castleford Hagerman Hansen Lighthouse Christian Magic Valley Alt. <small>(Drama only)</small> Oakley Raft River Shoshone	Bliss Camas County Carey Community School Dietrich ISDB Jackpot, NV <small>(FB only)</small> Magic Valley Christian Murtaugh Richfield
<b>V</b>  (16)	Highland	Century Pocatello Preston	American Falls Bear Lake Marsh Valley Snake River	Aberdeen Grace Malad Soda Springs West Side	Sho-Ban	North Gem Rockland
<b>VI</b>  (22)	Idaho Falls Madison Skyline	Blackfoot Bonneville Hillcrest Rigby	Salmon Shelley South Fremont Sugar-Salem Teton	Butte County Firth North Fremont Ririe West Jefferson	Challis	Clark County Leadore Mackay Taylors Crossing <small>(XC, G/BBB TR)</small>
(155)	(19)	(24)	(25)	(24)	(30)	(33)

**2008-2010 CLASSIFICATION AND ALIGNMENT  
for Football, Volleyball, Girls Basketball, Boys Basketball**

<b>District</b>	<b>5A 1280 &amp; Over</b>	<b>4A 1279-640</b>	<b>3A 639-320</b>	<b>2A 319-160</b>	<b>1A Div. I 159 - 100</b>	<b>1A Div. II 99 &amp; below</b>
<b>I</b>  (16)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonnars Ferry Kellogg Priest River St. Maries Timberlake	CdA Charter	Lakeside Wallace	Clark Fork Kootenai Mullan
<b>II</b>  (17)	Lewiston	Moscow	Orofino	Grangeville Kamiah Potlatch	Clearwater Valley Deary Genesee Kendrick Lapwai Lewis County (Co-op) Prairie Timberline-W Troy	Culdesac Summit Academy
<b>III</b>  (45)	Boise Borah Caldwell Capital Centennial Eagle Meridian Mountain View Rocky Mountain Timberline-B Vallivue	Bishop Kelly Columbia Emmett Kuna Middleton Mountain Home Nampa Skyview	Fruitland Homedale McCall-Donnelly Payette Weiser	Cole Valley Christian Marsing Melba Nampa Christian New Plymouth Parma	Cascade Council Gem State Academy Horseshoe Bend Idaho City Liberty Charter Notus Rimrock Tri-Valley (Co-op) Wilder	Garden Valley Greenleaf Friends Meadows Valley Salmon River Victory Charter
<b>IV</b>  (28)	Twin Falls	Burley Jerome Minico Wood River	Buhl Filer Gooding Kimberly Wendell	Declo Glenns Ferry Valley	Castelford Hagerman Hansen Lighthouse Christian Oakley Raft River Shoshone	Bliss Camas County Community School Carey Dietrich Magic Valley Christian Murtaugh Richfield
<b>V</b>  (16)	Highland	Century Pocatello Preston	American Falls Bear Lake Marsh Valley Snake River	Aberdeen Grace Malad Soda Springs West Side	Sho-Ban	North Gem Rockland
<b>VI</b>  (21)	Idaho Falls Madison Skyline	Blackfoot Bonneville Hillcrest Rigby	Salmon Shelley South Fremont Sugar-Salem Teton	Butte County Firth North Fremont Ririe West Jefferson	Challis	Clark County Leadore Mackay
(143)	(20)	(22)	(25)	(23)	(29)	(24)

## **2009-2010 WRESTLING WEIGHT CERTIFICATION REQUIREMENTS**

The IHSAA Wrestling Minimum Weight Certification Program includes three vital components that will ensure the health and safety of each individual wrestler. The three components are:

1. Establishment of healthy wrestling body weight through body composition and hydration. The minimum weight will be based on 7% body fat for males and 12% for females. Should an athlete fall below this level, they shall not be permitted to compete until a medical doctor provides written verification the wrestlers body fat level is naturally below the prescribed percentage and the health of the individual is not compromised by the lower level of body fat composition. This verification from a medical doctor will only be approved by an IHSAA certified weight assessor.
2. Development of a sound, gradual and safe weight-loss plan, which includes nutritional education if weight loss is desired. The maximum weight loss per week shall not exceed 1 1/2% of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

The method designated to determine body fat of each wrestler is the use of Bioimpedance, a compact and portable body composition analyzer and scale. This body composition analyzer will be available in each of the six activity districts for use by member schools. The cost of the total Minimum Weight Certification includes a fee of \$2.50 per wrestler plus mileage that will be paid to the certified weight assessors, a fee of \$30.00 per school for membership to the National Wrestling Coaches Association. Each wrestler will be required certify by December 4. The window for certification is October 15 to December 4. During this time period each wrestler will have the opportunity to go through the certification process twice with the same assessor. Individuals who join the wrestling team after December 4 must certify prior to starting practice. All wrestlers must pass the hydration test immediately prior to determining their body fat composition. The use of a refractometer and urine test strips will be the only two methods recognized in testing for hydration.

Every Idaho high school participating in wrestling is a member of the National Wrestling Coaches Association. The membership fee is included in the invoice for member schools' annual dues and fees. This membership will allow access to the web based optimal performance calculator that will determine the lowest allowable weight class for each wrestler. The website will also provide a nutritional education program for wrestlers and parents. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessor, coaches and student athletes. (Assessors can enter data while coaches/athletes have view access only)

Once the wrestler is certified and the minimum wrestling weight is determined for the season, the wrestler will be ineligible to wrestle below their certified class. It will be required for the host school of any IHSAA wrestling competition to facilitate the recording of the actual weight of each wrestler from all teams. This documented weigh-in sheet shall be signed by the weigh-in official and copied to those schools involved in the competition. Prior to each competition, coaches will be required to provide the Wrestling Weight Certification Alpha Report to the coach of the opposing school. This report provides specific information for each wrestler, the alpha date weight, body fat, minimum wrestling weight, minimum weight class, and the first date each wrestler is allowed to wrestle the minimum weight class. An IHSAA Approved Weight Assessor that is someone other than a representative of that school's wrestling coaching staff must certify this report.

After a wrestler reaches and competes at his minimum certified weight class, the individual may return to a higher weight class. While returning to a lower weight class, a wrestler shall not lose more than four pounds from week to week. Once certified, a wrestler may only wrestle two weight classes above his/her certified minimum weight class.

## **DIRECTORY UPDATE INFORMATION**

Directory information is due by August 21. The web-based form for updating your schools information available on our website, [idhsaa.org](http://idhsaa.org). In order to update your information you will need to use the username and password you setup with the IHSAA. If you are new and are in need of a username/password, or don't remember your information please contact Amanda for further instructions. Please note that the information will be imported exactly as you enter it. Please check all spelling, names and numbers for accuracy before using the "update" button. Use upper/lowercase text, and please do **NOT** use the caps lock key. If information is received that is all lower case or all uppercase, an e-mail message or a fax requesting that the information be re-entered correctly will be sent. Please call the IHSAA office if you have any further questions.

## **CRITERIA FOR HOSTING STATE FOOTBALL CHAMPIONSHIP OR PLAY-OFF GAMES**

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 AND VISITING TEAM DESIGNATION**

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 will be placed on the same side of the playing field as the press box. 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.

### **PLAY-OFF SITE REQUIREMENTS**

Each District Board of Control must submit a list to the IHSAA of all potential sites that meet the requirements for hosting state football play-offs.

### **SITE REQUIREMENTS**

- A. Adequate parking
- B. Adequate seating for the following classifications:

1A	Home team spectators	200
	Visiting team spectators	150
2A	Home team spectators	400
	Visiting team spectators	200
3A	Home team spectators	600
	Visiting team spectators	250
4A	Home team spectators	800
	Visiting team spectators	300
5A	Home team spectators	1000
	Visiting team spectators	500
- C. Appropriate number of sites for ticket sales.
- D. Football playing field area prepared to meet the existing weather conditions.
- E. Adequate locker rooms with restrooms and showers. Player restrooms shall be separate from spectators'.
- F. Adequate number of restrooms for spectators.
- G. Adequate security to maintain crowd control. Playoff site management shall take necessary measures to prohibit home team fans from being in the visiting spectator area.
- H. The football field playing area shall be secured by a barrier that is at least seven yards from the out-of-bounds line. The barrier may be a fence, rope, or any other material that is not dangerous to spectators. The barrier shall be at a height of at least 36" above the ground. The barrier shall be monitored by game security to prevent any fans or spectators from being closer than seven yards from the out-of-bounds line.

## **ELIGIBILITY VERIFICATION FORMS**

The deadline for filing the fall eligibility verification form is September 18. The forms are available on the web site at [idhsaa.org](http://idhsaa.org). Please be sure you are using the most current forms.

## **NATIONAL TEST DATE FOR FOOTBALL, VOLLEYBALL & SOCCER OFFICIALS**

The national test date is August 25 for football officials and August 17 for volleyball and soccer officials. All registered officials need to take the test at this time. If unable to make this meeting due to circumstances beyond your control, tests must be taken within two weeks of the above dates. Contact your commissioner for special arrangements.

## FALL ACADEMIC STATE CHAMPIONSHIP DEADLINE

The window for filing the fall Academic State Championship for cross country, football, soccer and volleyball is October 1-15. The form for each sport is available on the website, idhsaa.org.

### ORDERING ACTIVITY CARDS

*Activity cards may be ordered in the following manner:*

*In a **word processing program** (not as part of your e-mail message), enter the information as noted, using **SINGLE SPACE**:*

Name of person <ONE tab> Position <ONE tab> Name of School (spelled out) <enter/return>

Name of person <ONE tab> Position <ONE tab> Name of School <enter/return>

Name of person <ONE tab> Position <ONE tab> Name of School <enter/return>

Example:

Mammoth Whale Superintendent Sealland School District

Agnes Octopus Trustee Sealland School District

Percival Mollusk Principal Seaview High School

Wally Walrus Swimming Coach Seaview High School

Sammy Seal Ass't. Swimming Coach Seaview High School

It may not look like it, but there is a tab between each "field". That's how it has to come to import into the data file. If there is more than one tab, it won't work. If a file does not come in this format, you'll receive a reply and a request for the file to be corrected before it can be processed. Please call Cheryl at the IHSAA office if you have any questions.

When your list is completed, save the file as a **text-only**, tab-separated file. Include a PO# with your e-mail message, and send the card list AS AN ATTACHMENT to cherylm@idhsaa.org.

Cards will not be issued if membership dues, fees and catastrophic insurance have not been paid.

Please remember the following guidelines when ordering cards:

IHSAA activity cards are issued to superintendents, school trustees, principals, athletic directors and coaches of athletics and activities. **The above individuals must be working directly with IHSAA sanctioned programs involving students in grades 9-12.** If a school has not paid the \$25 fee for an activity, no individual is eligible to receive an IHSAA activity card for supervision in that activity.

The card is non transferable and admits the holder and one guest to any interschool activity sponsored by the IHSAA or by any member school of the IHSAA. If the card is presented by the spouse of the cardholder, only one person will be admitted. A guest will be admitted only when accompanying the cardholder. The fee for an activity card is \$35 each (must be ordered in writing and signed by authorized school administrator — superintendent, principal, athletic director).

Only one card will be issued to each person. If an individual works at two schools, school districts, or holds two different positions, or any combination of the above, he will only be issued one card.

**Misuse of cards:** Use of the card is a privilege of the assignee. If at any time a local, district or state contest manager or their designee deems that the privilege has been abused, the card may be confiscated. A confiscated card may be reissued by board action and the condition that the card holder be assessed a \$100 reinstatement fee.

**Misuse of issuing cards:** Member schools issuing cards to non qualified personnel may lose the privilege to purchase activity cards for one calendar year.

Duplicate cards are \$20 and must be ordered IN WRITING by the superintendent, principal or athletic director.

# SEEKING NOMINATIONS FOR 2010 "LEGENDS OF THE GAME"

In an effort to preserve the heritage of Idaho high school athletics by showcasing outstanding teams from the past, the "Legends of the Game" program was established in 2001. Nominations are now being accepted for the 2010 Boys and Girls Basketball "Legends of the Game" award. Nominations must be received in the IHSAA office by September 1 to be considered this year.

Nominations Due September 1

*Idaho High School Activities Association*

*8011 Ustick Rd. Boise, ID 83704*

*Fax: 208-322-5505 E-mail: admin@idhsaa.org*

Boys Basketball \_\_\_\_\_ *must be from at least 30 years ago*

Girls Basketball \_\_\_\_\_ *must be from at least 20 years ago*

Nominees

Team / School \_\_\_\_\_ Year \_\_\_\_\_

Team Contact \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_  
zip

Nominator

Name \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_  
zip

Nominating Statement

*Please list specific reasons why this team is a Legend (ie. state champions, win-loss record, outstanding player/coach accomplishments, etc.) Attach additional pages if needed.*

Additional Information

*Please provide any additional information that might be helpful in contacting and/or profiling team members should they be chosen (ie: education, careers, addresses, etc.).*

**SPORTSMANSHIP T-SHIRTS – AVAILABLE FROM McU SPORTS**

Sportsmanship t-shirts are excellent visual reminders that good sportsmanship is important in your school 2009-2010 sportsmanship t-shirts will be available for purchase from McU Sports in Boise.

Please send fall orders directly to McU Sports (attn: Wes Phillips) by September 15.

Mail: 822 W. Jefferson, Boise, ID 83702

Fax: 208-342-8348

Email: mcusports@rmci.net

**2009-2010 SPORTSMANSHIP T-SHIRT ORDER**

School \_\_\_\_\_

Delivery Address \_\_\_\_\_

Zip \_\_\_\_\_

School Contact: \_\_\_\_\_

**Cost: \$5.00+tax M-L-XL**

**\$7.00+tax XXL-XXXL**

**Order #:** M \_\_\_\_\_ XXL \_\_\_\_\_

L \_\_\_\_\_ XXXL \_\_\_\_\_

XL \_\_\_\_\_

Total Order: # Shirts \_\_\_\_\_ x \$5.00 + tax = \$ \_\_\_\_\_

# Shirts \_\_\_\_\_ x \$7.00 + tax = \$ \_\_\_\_\_

**Total Due McU Sports \$ \_\_\_\_\_**

**PAYMENT PREFERENCE**

\_\_\_\_\_ Check for \$ \_\_\_\_\_ is included with order. (Make checks payable to McU Sports)

\_\_\_\_\_ Please invoice \_\_\_\_\_ for \$ \_\_\_\_\_  
(school)

Signature \_\_\_\_\_  
Superintendent / Principal / Athletic Director

**Fall orders are due September 15 - Delivery will be 10-14 days from order.**