

# 2018 Football

## Classification — based on grades 9-12

5A	1,280- over	2A	319-160
4A	1,279-640	1A Div. I	159 -100
3A	639-320	1A Div. II	99-below

## 2018 Football Season

August 6: First day of practice without pads for schools.

August 24: First day of competition for schools.

## 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 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 (3<sup>rd</sup>) day and full pads on the fifth (5<sup>th</sup>) 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:** If at any point in the contest there becomes a 40 point differential between the teams, the mercy rule will be in effect. 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.

3A and 5A teams will invoke the mercy rule at the beginning of the fourth quarter. 2A and 4A teams will invoke the mercy rule at the beginning of the third quarter.

## 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.
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 — Pre-championship Rounds

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

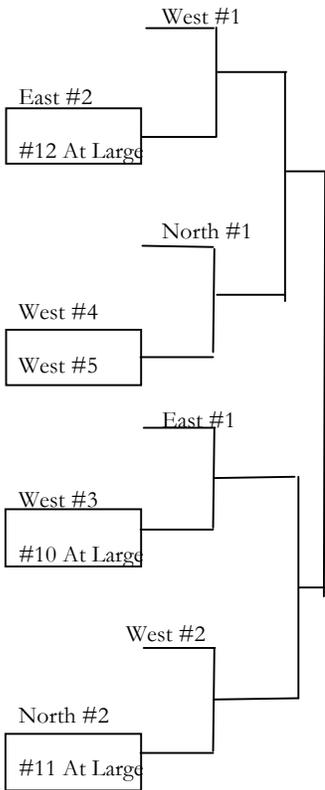
1. Per game reimbursement
  - a. Travel: \$3.00 per mile (one way) towards the cost of transportation regardless of number of buses a school wishes to send.
  - b. Meals and/or lodging: (1) up to 200 miles one way - \$250, (2) 200-300 miles one way - \$500\*, (3) Over 300 miles one way - \$2,000.  
\*Any 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.



**2018 Pairings**

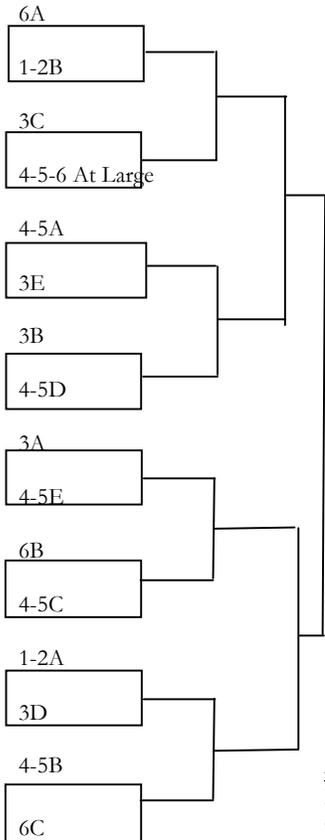
The top team in the bracket will be designated as the home team and will have the first option to provide halftime performances.

**5A**



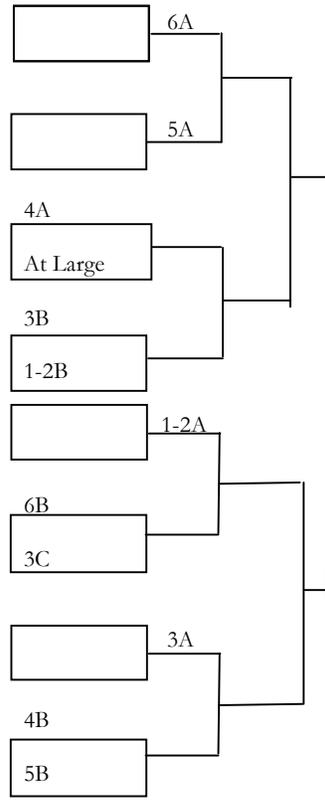
- North**  
Coeur d'Alene  
Lake City  
Lewiston  
Post Falls
- West**  
Boise  
Capital  
Eagle  
Mountain View  
Skyview
- Borah  
Centennial  
Meridian  
Rocky Mountain  
Timberline
- East**  
Highland  
Madison  
Rigby  
Thunder Ridge
- Team in top bracket hosts. If from same conference, higher seed will host.
- Tie Breaker**  
1. Head-to-Head  
2. Common opponent  
3. Point differential among big school classifications (with a maximum of 9 points)
- 5A Completion Dates**  
First Round: Oct. 26 (Not IHSAA game)  
Quarterfinal: Nov. 2 (Not IHSAA game)  
Semifinal: Nov. 9 or 10  
Championship: Nov. 16 or 17

**4A**



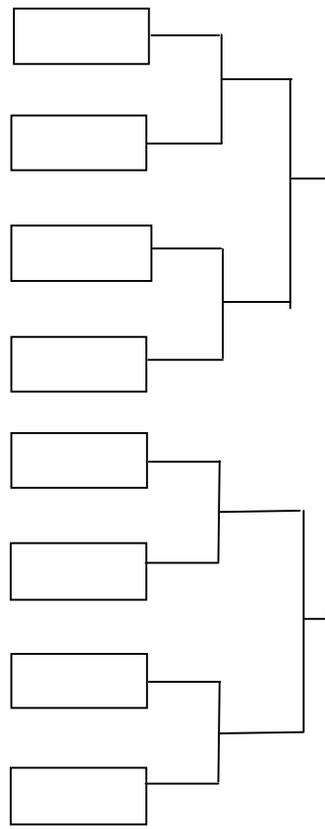
- At Large: 4-5F or 6D  
1. Head-to-Head  
2. Common Opponents 4A, 5A, 3A  
3. Maxpreps.com National Rankings
- Team in top bracket hosts. If from the same conference, higher seed will host.
- 4A Completion Dates**  
First Round: Oct. 26 (Not IHSAA game)  
Quarterfinal: Nov. 2 (Not IHSAA game)  
Semifinal: Nov. 9 or 10  
Championship: Nov. 16 or 17

**3A**



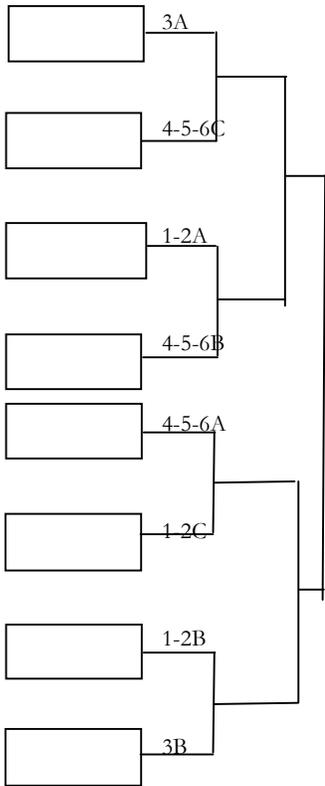
- Team in top bracket hosts. If from the same conference, higher seed will host. RPI will decide the At Large.
- 3A Completion Dates**  
First Round: Oct. 26 (Not IHSAA game)  
Quarterfinal: Nov. 2  
Semifinal: Nov. 9 or 10  
Championship: Nov. 16 or 17

**2A**



- 2A Completion Dates**  
First Round: Oct. 26 (Not IHSAA game)  
Quarterfinal: Nov. 2  
Semifinal: Nov. 9 or 10  
Championship: Nov. 16 or 17  
Bracket based on RPI

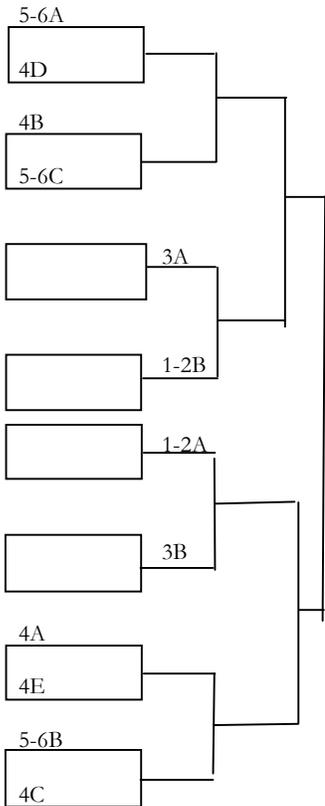
**1A Div. I 8-Man**



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

1A Completion Dates  
Quarter-final: Nov. 2  
Semi-final: Nov. 9 or 10  
Championship: Nov. 16 or 17

**1A Div. II 8-Man**



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

1A Completion Dates  
First Round: Oct 26; not IHSA game  
Quarter-final: Nov. 2  
Semi-final: Nov. 9 or 10  
Championship: Nov. 16 or 17