

2018 - 2019  
**OFFICIALS HANDBOOK**



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### **INTRODUCTION**

The registration and certification of all high school sports officials for contests in grades nine-twelve is a function of the Idaho High School Activities Association.

This handbook has been prepared to provide a better understanding of the policies and procedures for registration and certification of athletic officials in Idaho.

The sports official plays an important role in the development of young people and is expected to exhibit a high degree of moral character. He/she must have unquestionable integrity and be free of any racial, religious or personal prejudice. The official should always display conduct, which is a credit to the officials of Idaho, the Association, and the sports program.

All officials and prospective officials are required to follow the procedures set forth by the Association in registering and becoming certified each year in each sport he or she plans to officiate.

The Idaho High School Activities Association classifies all athletic officials as independent contractors. There should be no employer/employee relationships between the official and any of the Idaho organizations, including the Idaho High School Activities Association, the District Board of Control, the district commissioner, or the schools for which the service is provided.



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## **Athletic Coaches & Officials Code of Ethics**

Believing that mine is an important part in the nationwide school athletic program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules of the game, observe the work of other coaches or officials and will, at all times, attempt to improve myself and the game.
3. I will conduct myself in such a way that attention is drawn not to me, but to the young people playing the game.
4. I will maintain my appearance in a manner befitting the dignity and importance of the game.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship but I will not make statements concerning “calls” after a game.
6. I will uphold and abide by all rules of the IHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who play under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the IHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the game is more important than the wishes of any individual.



## OFFICIALS REGISTRATION PROCEDURES

To register online, go to our website [www.idhsaa.org](http://www.idhsaa.org)

- ✓ Click on *Officials*
- ✓ On the dropdown menu, click *Online Registration* and follow the instructions
- ✓ Your email address is mandatory for online registration

\*Anyone failing to report they are a registered sex offender or have been convicted of a felony shall result in a suspension for a minimum of one (1) year.

## REGISTRATION & CERTIFICATION FEES

|            |      |                     |      |
|------------|------|---------------------|------|
| Football   | \$40 | Baseball & Softball | \$50 |
| Volleyball | \$40 | Baseball only       | \$40 |
| Soccer     | \$40 | Softball only       | \$40 |
| Basketball | \$40 | Track               | \$40 |
| Wrestling  | \$40 |                     |      |

**LATE FEE:** A \$25 late fee will be assessed for ALL officials who registration after the registration deadline!

## OFFICIALS INSURANCE

All officials will be automatically enrolled in the AIG Life Insurance Company upon registration with the Idaho High School Activities Association. The IHSAA will pay the insurance fee for each individual.

The insurance package provides the following: \$1,000,000 General Liability; \$300,000 accident medical expense limit per injury; \$2,500 deductible; \$10,000 accidental death.

## OFFICIALS UNIFORM

The IHSAA emblem is not mandatory, but if worn the IHSAA emblem is to be worn on the left sleeve of the official's shirt, one inch below the shoulder seam in volleyball, wrestling, baseball and softball. In football, soccer and basketball the patch shall be worn on the left pocket area of the shirt. Certified officials may obtain emblems from the IHSAA office or your commissioner/interpreter. Individual district emblems may be worn during the regular season and district play. No district emblems shall be worn during state play-in or state tournament games.

The required uniform for all officials in the sports of football, basketball, baseball, softball, volleyball, soccer, and wrestling may be found in the respective officials' manuals for these sports.



## CERTIFICATION REQUIREMENTS *for* OFFICIALS

There are **two classes** of certified officials:

1. Varsity officials are eligible to officiate interscholastic contests.
2. Non-varsity officials are eligible to officiate non-varsity contests **only**

### **Varsity officials must:**

1. Complete registration before the final registration deadline.
2. Attend a State Rules Clinic, or make arrangements with the District Commissioner for a make-up session. This is allowed only in cases of emergency or previously approved circumstances by the commissioner.
3. Attend a minimum of two (2) local meetings in addition to the State Rules Clinic.
4. Have received a score of 80 or better on the required NFHS test the previous year, and current year.
5. Receive a recommendation from the district commissioner upon completing a background check.
6. Complete the St. Luke's Concussion Course and NFHS Sudden Cardiac Arrest Course before officiating a regular season contest. Officials are required to review the St. Luke's Online Concussion Course and SCA Course on even numbered years. This is to be completed after May 1. The IHSAA Statewide Concussion and SCA Review dates are: 2020-21, 2022-23, 2024-25, etc.

### **Non-varsity officials must:**

1. Complete registration before the final registration deadline.
2. Complete the required NFHS test for the current year with a score of 70 or better.
3. Attend a State Rules Clinic, or make arrangements with the District Commissioner for a make-up session. This is allowed only in cases of emergency or previously approved circumstances by the commissioner.
4. Receive a recommendation from the district commissioner.
5. Complete the St. Luke's Concussion Course and NFHS Sudden Cardiac Arrest Course before officiating a regular season contest. Officials are required to review the St. Luke's Online Concussion Course and SCA Course on even numbered years. The IHSAA Statewide Concussion and SCA Review dates: 2020-21, 2022-23, 2024-25, etc. If you are a new official in odd year, you must take courses in that year and then again on even numbered year. The IHSAA Board of Directors must approve alternative concussion courses or seminars.

**Age Requirements:** All officials must be at least 18 years old. Soccer officials may certify for non-varsity at age sixteen (16). Softball officials may certify for non-varsity as high school seniors.



## TESTING REQUIREMENTS & DATES

**Testing Requirements:** Exams will be administered online through the NFHS during the testing window. Exams will be available from 12:01 A.M. (MST) on the first test date to 11:59 P.M. (MST) on the final test date.

1. Tests may be taken up to **FIVE (5) times** during the testing window.
2. Tests may be taken **OPEN BOOK**.

### NFHS TESTING DATES *for* IDAHO

| Fall Sports          | Open        | Close        |
|----------------------|-------------|--------------|
| Part I               | 7/20/2018   | 8/12/2018    |
| Part II              | 8/13/2018   | 8/28/2018    |
| <b>Basketball</b>    | <b>Open</b> | <b>Close</b> |
| Part I (only)        | 10/26/2018  | 11/25/2018   |
| <b>Wrestling</b>     | <b>Open</b> | <b>Close</b> |
| Part I               | 10/10/2018  | 11/25/2018   |
| Part II              | 11/26/2018  | 12/10/2018   |
| <b>Spring Sports</b> | <b>Open</b> | <b>Close</b> |
| Part I               | 2/10/2019   | 3/17/2019    |
| Part II              | 3/18/2018   | 4/1/2019     |
| <b>Track</b>         | <b>Open</b> | <b>Close</b> |
| Part I (only)        | 2/16/2019   | 4/1/2019     |

**Change of Address:** Officials are responsible for updating any change of address in Arbiter.

**Transfer Officials:** Varsity officials transferring from another state may secure varsity status in Idaho providing:

1. The IHSAA receives a letter from the previous state association confirming the status of the official.
2. Certification fees are paid to the IHSAA.
3. The IHSAA receives the previous 2 years test scores from state association.

### EDUCATION OF OFFICIALS

1. Education of officials is the heart of the officiating program and is the responsibility of the district officials' associations.
2. Officials may enroll in the approved classes and become certified by successfully completing the certification requirements.
3. An official who is in good standing in a contiguous state may work contests in Idaho by satisfying district and state requirements. To become eligible to officiate any post-season contest, the official must pay the full Idaho district and state registration fees.



## CLINIC REQUIREMENTS *for* STATE OFFICIALS

**Required hours:** A clinic required for all athletic officials eligibility to officiate state play-ins and championship games is defined as in class or on field/court instruction that must include a minimum of **six contact hours**. The contact hours can be acquired in multiple days or one six hour block that would not include breaks.

**Presentation:** A clinic is presented by multiple clinicians using a variety of multi-media methods. These presentation methods may include (but not limited to, nor do all need to be used) speeches, DVD's, Power Points. Court or field mechanics may include officiating simulated or actual games or specific situations or review of game tapes/films.

**Clinic content:** A clinic may contain general information such as motivational presentations, health and safety presentations, tax information, and/or other materials of interest. A clinic must contain sports-specific presentations and/or mechanics demonstrations. A clinic may cover multiple sports, however, participants must attend sports-specific presentations to receive credit for a clinic in that sport.



## STATE RESPONSIBILITY

1. The IHSAA office provides rule packet materials, which include NFHS Rule Books, Case Books, manuals, etc. Registration fees cover the cost of producing these materials and insurance coverage.
2. A service of the IHSAA is to sponsor rules clinics for officials and coaches. These clinics are conducted by state rules interpreters who cover rule changes, rule interpretations, points of emphasis, and special topics. When contacting the IHSAA for a rule interpretation or clarification, please direct questions to the person in charge of that sport:
  - Ty Jones** – football, cross-country, wrestling, basketball, track
  - Julie Hammons** – swimming, golf, softball, soccer
  - Mike Federico** – volleyball, tennis, baseball
3. **Online Testing:** Testing is an important part of the training procedure. Tests are used to help gauge each official's knowledge in given game situations. Part I is required for basketball and track; Part II is required for all other sports. The required test is open book and used to determine varsity or non-varsity status. With the exception of basketball and track, Part I test is open book to be completed at the official's leisure, individually or in a group. Its primary function is to serve as a guide to help study and learn the rules.

## DISTRICT RESPONSIBILITY

1. Activity district associations are the key to a successful officiating program. Recruiting, educating, rating, and assigning officials are all important functions of these associations.
2. All officials used to officiate contests in grades nine-twelve must be on approved lists as required by the IHSAA rules and regulations.
3. The organizational pattern followed in operating district officials' associations differs from district to district.
4. Recruiting new officials is a primary responsibility at the local level. Officials who are active in the program, coaches, and school administrators should always be looking for individuals whom they feel have the background and interest to become proficient officials.
5. The educating program at the district or local level should require membership in the local officials' association and active participation in the regularly scheduled meetings. The district or local commissioner or assigned rules interpreter should be active in developing a training program to constantly upgrade the caliber of officiating.





## ASSIGNMENT OF OFFICIALS

All sports officials used in contests involving grades nine-twelve must be certified by the IHSAA. While the IHSAA has established minimum requirements that all officials must fulfill, the IHSAA is not responsible for the assigning or rating of officials during the regular season and cannot guarantee all officials will be assigned to officiate interscholastic contests. The sport commissioner in each district usually assigns all officials for varsity contests. Officials for non-varsity contests may be assigned through appointed persons or secured independently, depending upon the policy the local district has adopted.

## SELECTION OF STATE OFFICIALS

1. The selection of officials for state level competitions is the responsibility of each activity district.
2. Each activity district is required to submit a list of ranked (1-10) certified officials to the IHSAA.
3. The assignment of officials to state competition will be determined by the order of district ranking of each individual official.
4. The number of officials representing each district at state competition in soccer, volleyball, basketball, wrestling and softball will be determined by the IHSAA.
5. In football, the top team of officials selected from each activity district will be assigned to officiate a game in the Milk Bowl that does not involve a team from their district.
6. In basketball, the top rated official from each activity district will be assigned to officiate a championship game in one of the six classifications. The game will be one in which a school from their district is not involved.
7. An official will not be eligible to officiate a state contest until **after the third season (two for soccer)** of service as a certified official.
8. An official must attend an official's clinic, other than the district rules meeting once every three years for eligibility to officiate a state tournament.



## STATE RULES & REGULATIONS

The Rules and Regulations of the IHSAA include several regulations concerning officials of athletic contests:

1. The officials for all interschool contests must be on the IHSAA list of approved officials. All contests in which unapproved officials are used may be declared "no contest", and schools will be subject to fine and/or suspension.
2. The Association reserves the right to suspend or drop from the approved list any official who does not comply with the Code of Ethics for Athletic Officials, whose conduct on or away from the area of competition indicates that the official is unfit to serve, or who does not wear the official uniform as prescribed by the Association.
3. A coach may not officiate in varsity games in which students from his/her school may be contestants, except by mutual consent in writing by both coaches prior to the contest.
4. The IHSAA ***will not consider protests*** of sports officials' contest decisions. The correction of any errors will be done in accordance with NFHS sports rules.

### 4-3 EJECTIONS

- 4-3-1** In any athletic contest, including jamborees, any person (coach, player, staff or parent/fan/spectator associated with a member school) ejected by an official for 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. 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 permitted to watch the contest but may not have any contact with players or coaches three (3) hours preceding the contest, at half time and through the conclusion of the contest. The parent/staff/fan/spectator is not allowed at the contest.
  - 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 take a free NFHS, online course. Parents are required to take Positive Sport Parenting course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
  - f. Other Persons: (staff/fan/spectators that are not parents) will also be required to take the free NFHS, 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 referee 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.



## BASEBALL

### Game Limitation

A team or individual is limited to 22 games or 20 games plus one tournament, not to exceed 24 games. If a school loses a scheduled tournament game or a school is unable to attend a tournament due to reasons beyond their control, the school can reschedule lost games. 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.

### Rules

All contests will be played under National Federation rules. Rule books and case books are to be picked up and signed for by the school representative at the district rules clinic.

### Idaho Rules Modifications

The National Federation of the State High School Associations Baseball Rules are the official rules for Idaho high school baseball games, except as modified by the IHSAA Board of Directors. The following modifications have been approved and must be observed:

1. All varsity games must be seven innings. A game shall end when a team is behind 10 or more runs after 5 innings. Games may also be shortened by following procedures outlined by National Federation Rule 4-2-4.
2. If weather or darkness causes a tied game to be called, such game shall be considered a suspended game and shall be continued from the point of suspension at a later time.
  - a. If a game is called before five full innings have been played and the score is not tied, such game shall also be considered a suspended game, unless the home team has scored a greater number of runs in four or four and fraction turns at bat than the visiting team has scored in five terms at bat, in which case it is a regulation game.

### Pitching Rules

1. No pitcher may throw more than 110 pitches in a game or day if the team is playing a doubleheader. A pitcher will be allowed to finish a batter if they hit the maximum limit (110 in varsity play; 85 in sub-varsity) during an at bat, but must exit the position after the hitter.
2. A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
3. No varsity pitcher can throw more than 100 pitches over two consecutive days. No sub-varsity pitcher can throw more than 60 pitches over two days. That limit will result in two day of mandated rest. (Note: Swing players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.)
4. Starting with the first day of practice, pitchers cannot throw more than the amount listed on the charts below. This will be for the first 30 days of practice and games. After 30 days pitchers will use the other chart.
5. During each contest, the home team hosts the official book. A record of pitches should be recorded with the opposing team after each full inning. Verification of all pitchers and pitches thrown should be agreed on by both teams after the game. Each school will use MaxPreps to record their own teams total pitches of each game prior to their next contest.
6. If a school fails to report the pitch count from a game to Max Preps, the violation for not reporting occurs at the 1st pitch of the following game resulting in a forfeit.

### Varsity - First 30 Days of Season

| Pitches | Required Rest |
|---------|---------------|
| 71-88   | 3 Days        |
| 50-70   | 2 Days        |
| 29-49   | 1 Day         |
| 1-28    | 0 Days        |

### Varsity- After 30 Days

| Pitches | Required Rest |
|---------|---------------|
| 86-110  | 3 Days        |
| 61-85   | 2 Days        |
| 36-60   | 1 Day         |
| 1-35    | 0 Days        |

### Sub-Varsity - First 30 Days of Season

| Pitches | Required Rest |
|---------|---------------|
| 50-70   | 3 Days        |
| 29-49   | 2 Days        |
| 1-28    | 0 Day         |

### Sub-Varsity- After 30 Days

| Pitches | Required Rest |
|---------|---------------|
| 61-85   | 3 Days        |
| 36-60   | 2 Days        |
| 26-35   | 1 Day         |
| 1-25    | 0 Days        |

**\*Required Days rest is a complete calendar day**

EXAMPLE: (after the first 30 days of practice) If a Varsity pitcher throws more than 86 pitches on Tuesday, they would be able to pitch again on Saturday. Resting on Wednesday, Thursday and Friday.

The Idaho pitching rules must be observed by Idaho teams even when playing in other states.

If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.

### **Speed-up Rules**

The IHSAA Board of Directors has approved the use of the courtesy runner speed-up rule for those leagues or districts that wish to adopt the rule. In inter-leagues or inter-district competition, both teams must agree to allow the speed-up rule before it may be used.

1. The team at bat may use courtesy runners for the pitcher and the catcher as soon as they get on base. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
2. Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
3. A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.
4. For illegal substitution of a courtesy runner, such substitutes shall be disqualified for the duration of the game.

### **State Tournament**

The IHSAA does not sponsor an official state baseball tournament.



## **BASKETBALL**

1. Teams are limited to 18 games – strongly recommended – and not to exceed 20 games (21 if playing a 3 game tournament). If a school loses a scheduled tournament game or a school is unable to attend a tournament due to reasons beyond their control, the school can reschedule lost games.
2. During the regular season, 5A, 4A, 3A and 2A athletes are permitted to play in no more than 80 quarters of basketball or 84 quarters if a 21 game schedule occurs because of a tournament; 1A athletes may play in 100 quarters of basketball. In addition, 5A, 4A and 3A athletes are permitted no more than four (4) quarters per day when playing one game. 2A and 1A athletes may play five (5) quarters per day when playing a one game schedule. All athletes are permitted to play eight (8) quarters per day when playing two games in one day against different schools. The athlete may play in a post-season tournament (sophomore, junior varsity, etc.) and then be eligible to participate in the varsity district tournament if the total number of quarters the individual participated in prior to the district tournament does not exceed 80.
3. Varsity teams may have fifteen students in uniform at all play-in and state tournament contests.

### 4. Rule 1-13 / The “Coaching Box” Rule

The “Coaching Box” shall be defined as an area outside the playing court on the side of the court on which the scorers'/timers' and team benches are located. This area is located at the end nearest the scorers' and timers' table of each team bench and shall have a length of fourteen feet. The sideline and the team bench shall be the width boundaries. Each box shall be clearly marked with two-inch wide lines, which extend from the outside of the sideline to the team bench.

### Rule 10-5 (permissible action within the coaching box)

The head coach may stand to give instructions, signal or communicate to his/her players, react to outstanding play by a team member or to acknowledge a replaced player, and then return immediately to his/her seat. The coaches must remain within the confines of the coaching box at all times while the clock is running or stopped except to:

- a. Confer with the bench personnel and players within the confines of the bench area during a charged time-out or the intermission between quarters and extra periods
- b. Rise and stand in front of their seat to signal players to request a time-out
- c. Confer with personnel at the scorers' table to request a time-out for a correctable error, as in 2-10
- d. Confer with personnel at the scorers' table to request a time-out to prevent or rectify a timing or scoring mistake
- e. Attend to injured player when beckoned onto the court by an official
- f. Replace or remove a disqualified or injured player within the confines of his or her bench

The coach shall replace a disqualified or injured player in 20 seconds when a substitute is available

5. Mercy Rule - At any time during the fourth quarter when the point differential is 30 points or greater, the mercy rule shall be invoked. Once in effect, the clock shall not be stopped except for called time outs. Officials will notify the timekeeper that the rule is in effect. Once the rule is in effect, it will not be revoked. The mercy rule will not be in effect during the state play-in, or state tournament games.
6. Official Ball - The official basketball for all state play-in games and state tournaments will be the Spalding TF-1000.



## FOOTBALL

1. No football team shall play more than nine football games during the regular football season. No interschool football game will be approved unless at least five days have elapsed from the date of the previous game by that team. A team may play on the fifth day. The term "football team" includes sophomore, junior varsity or varsity teams in grades nine-twelve.
2. An athlete is permitted to play a maximum of four quarters of football per day, and five quarters of football per week. 1A/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 one Sunday to Sunday. E.g., 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 player, who plays on Thursday evening the 10th, may play again on Friday evening the 11th.

3. Games ending in a tie must be resolved by using the 10-yard line overtime procedure outlined in the National Federation Rule book. (Exception: In games that do not affect the determination of football play-off representation, the decision to break ties or not should be made prior to the game by the two teams playing.)
4. 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 timeouts, team timeouts 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.

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.



## **SOCCKER**

1. No team or individual shall participate in more than 16 games per season.
2. Individual may play in no more than 32 halves during the regular season and no more than four (4) halves per day.

### **Tie Games**

- A. Regular season games that are tied at the end of 80 minutes of play:
  1. The decision whether to break ties will be made prior to the game by the two teams playing.
  2. If used, tie games will be resolved by the same procedure used in (B).
- B. District, state or play-in games that are tied at the end of 80 minutes of play will be resolved as follows:

Two (2) sudden death (10) ten-minute overtimes will be played. If the game is still tied after the (2) 10-minute overtime periods, kicks will be taken from the penalty mark with five (5) members from each team alternating kicks. After all five (5) members from each team have kicked, the team with the most goals will be declared the winner. If the game is still tied, the coach will select five (5) new players (different players than the first five (5) who kicked), to take alternating kicks in a sudden victory situation; if one team scores and the other team does not score, the game is ended without more kicks being taken.





## SOFTBALL

1. A team or individual is limited to 22 games or 20 games plus one tournament, not to exceed 24 games. If a school loses a scheduled tournament game or a school is unable to attend a tournament due to reasons beyond their control, the school can reschedule lost games. 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.
2. All varsity games shall be seven innings with the exception of the 10/15-run rule. A game shall end any time after the fifth inning when a team is 10 or more runs behind and has completed its turn at bat. Fast pitch games may also be terminated by mutual agreement of both coaches prior to the start of the contest and acknowledged by the umpire-in-chief under the following conditions:
  - A. When a team is ahead by 15 runs after three innings of play.
  - B. When a game exceeds the time limit of 1½ hours.
3. **Called game:** If weather or darkness causes a tied game to be called, such game shall be considered a suspended game and shall be continued from the point of suspension at a later time.
  - A. If a game is called before five full innings have been played and the score is not tied, such game shall also be considered a suspended game, unless the home team has scored a greater number of runs in four or four-and-a-fraction turns at bat than the visiting team has scored in five turns at bat, in which case it is a regulation game.
4. Official Ball – the official ball – Dudley Thunder Heat WT-12-Y-FP. – will be used at all play-in and state tournament competition.
5. Courtesy Runner - When a courtesy runner is used, follow NFHS Rule 8-9, 1 through 7.
6. Double First Base - When a double first base is used, follow NFHS Rule 8-10, 1 through 3.
7. Tie-Breaker – Each half-inning begins by placing a runner on second base. That runner is the player in the batting order who precedes the lead-off batter in the inning. The game then proceeds a full inning or until a winner is determined in that inning. This procedure shall start at the beginning of the eighth inning or at the game time limit previously agreed upon by both coaches.
8. Number of Players - At the state tournament, a maximum of seventeen players may be dressed in uniform.
9. Determining Home Team - At state play-in games, the home team shall be determined by the flip of a coin. At the state tournament, the home team for first round games shall be the team on the top of the bracket. In subsequent rounds, the home team shall be determined by the flip of a coin.
10. Home Run Fence - When state fast pitch softball tournaments are held at fields that do not meet NFHS standard distance for the home run fence, a fence shall be installed at 210' if possible.
11. Pitching Distance – 43 Feet



## TRACK

1. No team or individual shall participate in more than 9 meets per season and shall not exceed 2 meets per week, providing they do not exceed the limitation for one meet (see numbers 2-5).
2. No contestant shall be permitted to enter more than four individual track or field events.
3. The various relay events are to be considered as a team (school) event. Members of a relay team may be changed from district or regional meets to the state meet.
4. An athlete may run in four relays, provided he/she does not enter any other event.
5. Idaho students may not compete in any track and field event other than the events listed below without written consent of the IHSAA.

## **TRACK & FIELD EVENTS**

### BOYS

3200 Meter Run  
110 Meter High Hurdles  
4x200 Meter Relay  
100 Meter Dash  
800 Meter Run  
4x100 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
1600 Meter Medley Relay  
4x800 Meter Relay (5A only)  
200 Meter Dash  
1600 Meter Run  
4x400 Meter Relay

### GIRLS

3200 Meter Run  
100 Meter Hurdles  
4x200 Meter Relay  
100 Meter Dash  
800 Meter Run  
4x100 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
800 Meter Medley Relay  
4x800 Meter Relay (5A only)  
200 Meter Dash  
1600 Meter Run  
4x400 Meter Relay

### WHEELCHAIR EVENTS

100 Meter  
200 Meter  
400 Meter  
800 Meter  
1600 Meter Run  
3200 Meter Run  
Shot Put  
Discus

**Boys & Girls Field Events:** Shot Put, Discus, High Jump, Long Jump, Triple Jump, Pole Vault



## VOLLEYBALL

### **Team Match Limitation**

No volleyball team shall play more than 16 regular season dates prior to the district tournament.

### **Individual Match Limitation**

The athlete is permitted to play on **only 16 regular season dates**. Athletes may play in a sub-varsity and a varsity match against the same school on the same day providing the individual does not exceed five sets in 5A, 4A, 3A and 2A and seven sets in 1A. The athlete (5A, 4A, 3A, 2A, 1A) may play in post-season tournaments (sophomore, JV, etc.) and then participate in the varsity district tournament provided the total number of dates the individual participated in prior to the district tournament does not exceed 16.

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.



## WRESTLING

### Weight Classifications

|     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 98  | 106 | 113 | 120 | 126 | 132 | 138 |     |
| 145 | 152 | 160 | 170 | 182 | 195 | 220 | 285 |

### **Wrestlers Weight Certification**

The IHSAA Wrestling Minimum Weight Certification Program for the 2018-2019 wrestling season 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.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.
4. A two (2) lb growth allowance will be added to each weight class the second Sunday in January.\*

\*See IHSAA Rules and Regulations Manual for details of weight certification program.

### **Arm Bands**

Wrestling officials are required to wear red and green armbands in district and state tournaments.

### **Match Limitations**

A team or individual may compete in a maximum of fifteen dates (no match limit). Friday after 3:00 p.m. and Saturday may count as one date. 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.



## DISTRICT BOARD of CONTROL SECRETARIES

- |            |   |           |  |
|------------|---|-----------|--|
| <b>I</b>   | <b>Larry Schwenke</b><br>1531 E Hoffman<br>Coeur d'Alene ID 83815<br>208-929-0296<br>lschwenke@roadrunner.com         | <b>IV</b> | <b>Rod Malone</b><br>1697 E 1100 S<br>Eden ID 83325<br>208-731-2113<br>rod.malone@rcis.com   |
| <b>II</b>  | <b>Brad Malm</b><br>Troy High School<br>101 Trojan Dr<br>Troy ID 83871<br>208-835-2361<br>bmalm@sd287.k12.id.us       | <b>V</b>  | <b>Lee Ralphs</b><br>Pocatello High School<br>325 N. Arthur<br>Pocatello ID 83201<br>208-251-0957<br>ralphsle@sd25.us                    |
| <b>III</b> | <b>Kimber Chrz</b><br>Eagle High School<br>574 N Park Ln<br>Eagle ID 83616<br>208-794-0212<br>chrz.kimber@westada.org | <b>VI</b> | <b>Glenn Romney</b><br>Ririe Middle School<br>PO Box 5248 / 260 1 <sup>st</sup> W<br>208-538-5175 / 208-709-7278<br>gromney@ririe252.org |