

Scheduling Requirements

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

- I. Friday nights and Saturdays are primarily to be used for interscholastic activities. When possible, no more than two additional nights should be used for scheduling interscholastic activities. Students participating in extra-curricular activities shall be required to meet all minimum attendance regulations.
- II. The IHSAA Board of Directors approved the following items to provide a minimum:
 - A. Loss of instructional time of participants of interscholastic activities of the IHSAA.
 - B. Loss of instructional time of students of classes taught by coaches and directors.
 - C. Loss of instructional time by elimination of long distance travel in the middle of the week by competitive interscholastic activities.
- III. Interscholastic activities shall be scheduled on non-school time (this does not include travel time) and shall not exceed the following, but may be further limited by the local boards of trustees:
 - A. Football: 9 games maximum for regular season play. An individual may not play in more than four quarters per day and five quarters per week. 1A and 2A football players may play in six quarters per week and five quarters per day providing they are not a varsity starter on offense or defense.
 - B. Volleyball: No team or individual shall play more than 16 regular season dates. (A) A maximum of 8 dates tri-matches. Any school playing two schools on the same date must count that competition as a tri-match. (B) Two dates may be tournaments (more than 3 schools involved). (C) A team may substitute one additional tournament for 2 dates. A school desiring to play in 3 tournaments may only play on 15 dates. Rules for tournament play: (A) A tournament may be of any format. (B) A tournament held on Friday after 3:00 p.m. and Saturday will count as one date and one tournament. (C) A two-day tournament starting prior to 3:00 p.m. on Friday will be counted as two of the sixteen allowed dates. (D) Number of games or matches played will not be counted.
 - C. Soccer: No team shall participate in more than 16 games per season. An individual is permitted to play in no more than 32 halves during regular season and no more than four (4) halves per day.
 - D. Cross Country: No team or individual shall participate in more than 8 meets per season, nor exceed 2 meets per week.
 - E. Basketball: 18 games strongly recommended and not to exceed 20 games (21 if playing a 3 game tournament). 5A, 4A, 3A and 2A individuals may not play more than 80 quarters (84 if playing a 3 game tournament) per regular season and 4 quarters per day when playing one game. 1A players may play 100 quarters per regular season. 1A players may play five (5) quarters per day when playing one game. All athletes are permitted to play eight (8) quarters per day when playing two games in one day against different schools. Any 2A, 3A, 4A or 5A basketball program may request a waiver of the 4/80 quarter limitation, increasing the number of quarters their sub-varsity players are allowed to play to 5 per night and 100 per season upon a petition, signed by the school

principal and athletic director. *See Game Limitations for Individuals on page 35 for details on how to request a waiver.*

- F. Wrestling: An individual may compete in a maximum of fifteen dates (no match limitations). Friday after 3:00 p.m. and Saturday may count as one date. Two day tournaments held during Christmas break when no school is in session that start at 8:00 a.m. count as only one date.
 - G. Tennis: No team or individual shall play more than 16 dates. Friday after 3:00 p.m. and Saturday count as one date. A two day tournament that starts prior to 3:00 p.m. on Friday will count as two dates.
 - H. Track: No team or individual shall participate in more than 8 meets and may not exceed 2 meets per week.
 - I. Baseball / Softball: A team or individual is limited to 22 games OR 20 games plus one tournament (not more than 4 game tournament)
 - J. Golf: No team or individual shall play more than 10 matches and may not exceed 2 matches per week.
 - K. Cheerleading: No school or individual may enter more than four competitions during the season plus district and state competitions.
 - L. Dance: No school or individual may enter more than four competitions during the season plus district and state competitions.
 - M. Debate / Speech: No team or individual shall participate in more than ten tournaments during the season. Ex: 8 debate + 2 speech = 10
 - N. Drama: Competitions shall be scheduled on non-school time.
 - O. Competitive Music: Events shall be scheduled on non-school time.
 - P. Non School Time Exceptions: Requests for exceptions to the non-school time rules may be allowed in order for a school to participate in competitions where facilities or special sites are not available during non-school time. Such requests must be submitted to the Superintendent and be approved by the school trustees of the schools involved.
- IV. The above standards do not apply to, nor include, district, state or national tournaments and contests.
 - V. It is recommended that each of the six activity districts make an effort to restrict the number of dates scheduled for district tournament competition.
 - VI. Y.E.A. Jamborees shall not be counted as one of the allowable regular season contests.

Fall Sports Practice Model

Fall Sports Practice Model – Football only

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

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

Fall Sports Practice Model – Cross Country / Soccer

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

1. Schools may conduct multiple on-field practice sessions but student-athletes shall not engage in more than four hours of on-field practice activities each day.
2. Any practice session, after the fourth day, that is less than two hours in length must have at least two continuous hours

of recovery time between the end of the first practice and the start of the next practice that day.

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

Sportsmanship Rules for State Tournaments

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

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

Hazing

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

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

Supplement Use

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

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

Heat Stress and Athletic Participation

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

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

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

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

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

HEAT STROKE - An acute medical emergency related to thermoregulatory failure. It is associated with nausea, seizures, disorientation, and possible unconsciousness or coma; it may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

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

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

WHAT TO DO IN AN EMERGENCY

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

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

SUMMARY

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

Proper Procedures for Handling Apparent Concussions

Action Plan

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

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

Signs and Symptoms

Signs Observed by Coaching Staff

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

Symptoms Reported by Athlete

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

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

Air Quality

In the event of a high fire season and air quality is compromised, the IHSAA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues.