

Idaho High School Activities Association

Board of Directors Meeting

June 5, 2024

Members Present:

Spencer Barzee, Tonia Burk, Burke Davis, Heath Jackson, Mark Kress, Randy Lords, Starr Olsen, Tim Perrigot, Ted Reynolds, Stacy Wilson, Rob Sauer, Dena Naccarato (via Zoom), Shawn Tiegs (via zoom), Tyler Johnson (new incoming), Brady Dickinson (new incoming)

Members Absent:

Dana Facer, Hiroshi Fukuoka

Staff Present:

Ty Jones, Julie Hammons, Mike Federico, Zach Hoffman, Morgan Potter, Mindy Powers as secretary

Staff Absent:

None

Visitors:

Robert Parker, Pocatello HS	Larry Stocking Hillcrest HS	Kevin Stilling, Wood River HS
Jon Hallock, Caldwell HS	Tony Brulotte, Eagle HS	Shaun Walker, Twin Falls HS
Tol Gropp, Timberline HS	Kevin Beard, Emmett HS	
Vince Mann, Borah HS	Gavin Watson, Centennial HS	
Nick Ketterling, Adrian HS	Larry Taylor, WIC	
Travis Hobson, Thunder Ridge HS	Jennifer Murdock, Declo IS	
Jeremy Burgess, Payette HS	Richard Whitelaw, SVCS	

A motion was made to approve the Consent Agenda which included Minutes from the April 10, 2024 Board of Directors meeting, financial report as of March 29th – May 28th, Board of Directors actions via phone/email.

Motion carried

CONSENT AGENDA

Ty Jones reported the board packet now will be posted on our website prior to the board meeting. The only piece of information that will not be included is actions via phone/email.

Financial Report as of March 29, 2024 – May 28, 2024

Ty Jones reported the Financial Report not yet being complete due to spring state tournaments still anticipating bills and revenue to come in. We anticipate revenue coming in from our contract with PlayFly. We did have extra expenses this year with the conference room upgrade and company car. Expenses have increased but when all said and done, as a nonprofit we will be in good shape.

Motion carried

REPORT AGENDA

YEA Update

Julie Hammons reported on the YEA stating the funds as of May 31st 2024 are just over \$5,000,000. The total number of vested schools is now 78. This year we had a larger number of jamborees so thank you to all who participated. The board is discussing a change for disbursements. The change will not happen this coming year but the YEA Board will be discussing the impact of this possible change.

Dairy West Update

Ty Jones reported on the upcoming Dairy West meeting happening at the end of June. Discussed items will be spring tournament wrap up and spring sweatshirts. It was an excellent year and looking forward to a great 41st year.

Officials Update

Ty Jones reported on the Officials Committee and some changes they would like to see.

- They would like our board to look at state tournament passes or state season passes for registered officials. The board is not opposed to looking at something like this and Ty will reach out to Oregon to see what their process looks like.
- They would like to know what state baseball representation would look like and we simply just do not know yet.
- They would like an official to sit in on the committee voting for Official of the Year and also asked about officials being inducted into the Hall of Fame. Officials are already allowed to be inducted to the Hall of Fame and Ty will share that information.

Marketing Update

Zach Hoffman gave an overview of how spring tournaments went. A huge thank you to everyone helping with signage from transporting to set up, it wouldn't be possible without our tournament managers so thank you to them. We brought in 6 new corporate partners and happy to announce Les Schwab signed on for another 2-year contract. With the help of Dairy West there were 13,000 state sweatshirts disbursed and over 70,000 milks for state tournaments.

2024 NFHS Legal Meeting

Ty Jones reported on the NFHS Legal Meeting in Indianapolis. They spoke on the NIL and what that is going to look like for our high school athletes. It is a waterfall affect that is going to trickle down to the high school level and we don't know what that is going to look like if or when it does. They also spoke on legislative interference. The IHSAA has seen and dealt with that a little bit but not like other states legislation that is more prevalent. Overall, the meeting was very good and informative.

Schools of Excellence – End of Year Standings

Julie Hammons reported on Schools of Excellence standings. Standings are finalized and posted on our website. Awards will be given at the annual meeting on July 31st. Next year will look a little different with the new classification and some points may show in different classifications for the same school.

2024 Administrative Workshops

Ty Jones reported these dates are posted on our website. This year all directors will be going to these meetings.

2024-25 District Rules Clinics

Ty Jones reported the 2024-25 Rules Clinics dates, times and locations are now posted on our website. Any TBDs will continue to be updated as we get those dates.

2024 Spring Sport Concussion Numbers

Ty Jones reported on the spring Sport Concussion numbers collected by intern Maire Dickens and thanked her for her work. Numbers are down for our spring sports from last year which is a positive trend. Ty and Chad Williams met with St Luke's concussion department and are working to update some of our educational information for athletes, officials and coaches.

2024 Spring State Golf

Julie Hammons reported on the State Golf tournament for 3A/2A. The weather was outstanding and managers did a great job. With the large volume of 2A state golfers there has been talk about possibly dividing the 2A tournament. No formal proposal has been sent.

2024 State Softball

Julie Hammons reported on State Softball stating the change to a 3-day tournament feedback we have received has been very positive. We were lucky enough to have good weather and that the 3-day tournament could accommodate in case there was inclement weather. Julie reported on evaluations of MaxPreps rankings as well.

2024 State Tennis

Mike Federico reported on State Tennis financials. Cost has increased this year due to having nine USTA certified officials, one at each location. The feedback on having certified officials was very positive. The officials assist with rules, educating coaches, athletes as well as our tournament management. Thank you to our managers, Brian Barber, Pat Coffey and Larry Stockings as it is difficult finding Athletic Directors to manage the tournament. Overall, it was a great tournament.

2024 State Track

Ty Jones reported on State Track. Weather was fantastic and things went great. Expenses were a little different this year as we had to hire extra security for Mt View due to the parking issue from last year's state tournament. Our revenue collection is not set up to be in the black. Our tournament managers and workers did a great job and thank you to all of them.

Wednesday, July 31, 2024

Ty Jones reported on the July Board Meeting being on July 31st at 8:00 a.m. at the IHSAA office, followed by the IHSAA Annual Meeting at 1:30 a.m. at the Boise Centre. The IHSAA Hall of Fame Banquet will be held at the Boise Centre on Wednesday, July 31st at 6:30 p.m. Tickets will be \$60 a person and will be posted on the IHSAA website.

NFHS Summer Meeting

Ty Jones reported on the Summer Meeting being held in Boston June 28-July 2. Board members Starr Olsen and Mark Kress will be attending.

Student Advisory Council/ Star Award Selection

Mike Federico spoke on the Student Advisory Council. For 2024-25 year there are 33 total members and 23 new members. We had so many applications, we couldn't take them all. There is a good balance throughout the state but not where we want to be, so we will be working on getting more state by region equality. Randy Lords thanked Mike Federico for the committee and the great job and effort he has done.

Star Award Selection

Mike Federico reported on the Start Award Selection stating numbers being down but we did get applications from every classification. During interviews finalists talked highly about their coaches, their community and how involvement in activities and athletics has an effect on their lives. It was a great experience and one of the best parts of the job. The following are the winners: Calyn Permann is the 2024 Idaho Star.

- 1A DII – Calyn Permann, Rockland High School

- 1A DI – Autum Martinez, Clearwater Valley High School
- 2A – Nayeli Juarez, Wendell High School
- 3A – Ashlyn Lloyd, Fruitland High School
- 4A – Katlyn Wyne, Columbia High School
- 5A – Tayana Powell, Owyhee High School

Eligibility Waiver Numbers

Ty Jones reported on eligibility waver numbers.

Total Eligibility Waivers 2023-24					
	Total	Varsity	JV	Deny	Appeals
Total	186	124	58	4	17
Academic	14	5	8	1	1
5thYear	0	0	0	0	0
Other	172	119	66	5	16

Total Appeals 2023-24				
Original Ruling	Total	Appeal Ruling for Varsity	Appeal Ruling for JV	Appeal Ruling to Deny
Total	17	9	8	0

Board Make Up by Region

Ty Jones reported on the letter that was sent by Coby Dennis, a committee met and will be submitting a proposal for a By-Law change in August.

Media Days

Mike Federico reported on Media Days, this is always a good chance to connect with the media face to face. Sites, times and dates have been finalized. Thank you to the schools for allowing us to use their facilities.

District I	Wednesday August 14 th	Lake City HS	9:00 am (pacific time)
District II	Tuesday August 13 th	Lewiston HS	2:00 pm (pacific time)
District III	Thursday August 15 th	IHSAA Office	4:00 pm (mountain time)
District IV	Wednesday August 21 st	Twin Falls HS	2:00 pm (mountain time)
District V	Tuesday August 20 th	Pocatello HS	4:00 pm (mountain time)
District VI	Monday August 19 th	Thunder Ridge HS	4:00 pm (mountain time)

Committee Reports

- Budget – will be discussed in the Action Agenda.
- State Tournament – Discussed 3A Tennis Representation and 3A Tie-Break Request. Baseball representation and tournament format will be discussed in the action agenda.

Policy Manual/Bylaws/Legal Updates

Ty Jones reported on Rule 6 in regards to contracts. Recommend wording needs to be changed so we do not have schools dropping games for possible manipulation on Max Preps rankings.

ACTION AGENDA

2025 State Softball Representation

A motion was made to approve representation for the 2025 State Softball Tournament with modifications as needed (Final Reading.)

It was mentioned that with the potential new baseball tournament, the Board may want to mirror those changes for softball. Julie Hammons stated 2A will be dropping to a 6-team bracket reverting back to a two-day tournament.

2025 Softball State Tournament

Representation

6A		5A		4A		3A		2A	
I	1	I-II	1.5	I	1	I-II	1.5	II	2*
III	5.5	III	2.5	III	2.5	III	2.5	III-IV	2*
V-VI	1.5	IV	2	IV	1.5	IV-V	2		<i>*Next two best MaxPrep seeds</i>
		V	.5	V	2	VI	2		
		VI	1.5	VI	1				

Motion carried

2025 State Softball Play-in Games

A motion was made to approve the sites, dates and times for the 2025 State Softball Play-in Games (Final Reading.)

Play-In Games

6A
3F May 10, 2025
5-6B Time 1:00 pm
Burley HS

5A
1-2B May 10, 2025
3C Time 1:00 pm PT
Lewiston HS

5A
5A May 10, 2025
6B Time 1:00 pm
Blackfoot HS

4A
3C May 10, 2025
4B Time 1:00 pm
Glenns Ferry HS

3A
1-2B May 10, 2025
3C Time 3:00 pm PT
Lewiston HS

Motion carried

2025 State Track & Field Representation

A motion was made to approve representation for the 2025 State Track and Field Championships with modifications as needed (Final Reading.)

Julie Hammons will look at adding 1A/2A on the representation for state championship banners.
Amending

Motion carried

2025 State Tennis Representation

A motion was made to approve representation for the 2025 State Tennis Tournament with modifications as needed (Final Reading.)

**TENNIS CLASSIFICATION
2025 & 2026 SEASONS**

6A CLASSIFICATION – 16 reps.

	I-II	III	IV-V-VI
2025	3 of 3 = 100%	10 of 14 = 71%	3 of 5 = 60%
2026	2 of 3 = 67%	10 of 14 = 71%	4 of 5 = 80%
Cycle Total	167%	142%	140%

5A CLASSIFICATION – 16 reps.

	I-II	III	IV	V	VI
2025	3 of 4 = 75%	4 of 6 = 67%	4 of 6 = 67%	1 of 2 = 50%	4 of 6 = 67%
2026	2 of 4 = 50%	4 of 6 = 67%	4 of 6 = 67%	2 of 2 = 100%	4 of 6 = 67%
Cycle Total	125%	134%	134%	150%	134%

4A CLASSIFICATION – 13 reps.

	I-II	III	IV-V-VI
2025	5 of 6 = 83%	4 of 5 = 80%	4 of 4 = 100%
2026	5 of 6 = 83%	5 of 5 = 100%	3 of 4 = 75%
Cycle Total	166%	180%	175%

Motion carried

2025 State Baseball Representation

A motion was made to approve representation for the 2025 State Baseball Tournament with modifications as needed (Final Reading.)

A motion was made to approve a 2-year pilot based on a proposal from the IHSAA Baseball Committee.

- 1) Tournament Format
 - a. Top 4 teams in each classification will play in a double elimination State Championship
- 2) At-Large Play-in Opportunities
 - a. 12 team, double elimination format in 3 classifications 6A/5A/3A
 - b. 8 team – best 2/3 format in 2 classifications 4A/2A

6A – With 4 At-Large

<u>DISTRICT</u>	<u>I</u>	<u>III</u>	<u>IV-V-VI</u>
	1 of 3 33%	5 of 13 38%	2 of 5 40%

5A – With 4 At-Large

<u>DISTRICT</u>	<u>I-II</u>	<u>III</u>	<u>IV</u>	<u>V</u>	<u>VI</u>
	1 of 4 25%	2 of 7 36%	2 of 6 33%	1 of 3 33%	2 of 6 33%

4A – With 3 At-Large

<u>DISTRICT</u>	<u>I</u>	<u>III</u>	<u>IV</u>	<u>V</u>	<u>VI</u>
	1 of 2 50%	1 of 6 17%	1 of 4 25%	1 of 4 25%	1 of 3 33%

3A – With 4 At-Large

<u>DISTRICT</u>	<u>I-II</u>	<u>III</u>	<u>IV-V</u>	<u>VI</u>
	2 of 5 40%	2 of 6 33%	2 of 5 40%	2 of 5 40%

2A – With 4 At-Large

<u>DISTRICT</u>	<u>II</u>	<u>III-IV</u>
	2 of 8 25%	2 of 9 22%

Motion carried
Approved; 13 Denied; 1

2025-2026 Tournament Sites

A motion was made to approve moving the 2025-2026 possible sites for future state tournaments from tentative to approved with modifications as needed (Final Reading.)

Motion carried

2026-2027 Tournament Sites

A motion was made to approve moving the 2026-2027 possible sites for future state tournaments from suggested to tentative with modifications as needed (Final Reading.)

Motion carried

2024-2025 IHSAA Goals

A motion was made to approve modifying the 2024-2025 IHSAA goals with modifications as needed (Final Reading.)

Chad Williams spoke on the IHSAA Goals

- Building relationships
- Developing and Implementing State Baseball Tournament
- Implement technology to streamline business
- Two deep office responsibilities

Motion carried

2024-2025 Elected Officers

A motion was made to elect officers for the 2024-2025 school year (Final Reading.)

District III – President; Rob Sauer
District II – Vice President; Shawn Tiegs

Motion carried

2024-2025 IHSAA Employee Contracts

A motion was made to approve the IHSAA employee contracts for the 2024-2025 school year with modifications as needed (Final Reading.)

Motion carried

2024-2025 IHSAA Budget

A motion was made to approve the 2024-2025 budget with modifications as needed (Final Reading.)
Motion amended pending the decision to approve Action Item regarding ticket price increase.

Motion carried

2023-2024 Additional Award Recipients

A motion was made to select the 2023-2024 additional award recipients of the year (Final Reading.)

Greg Harding Official of the Year
Jace Bundy Spirit of Sport
Troy Rice Dick Fleischmann Memorial Award
Vern Nelson Wes Lowe Memorial Award
Shane Brown Duane D Wolfe Memorial Award

Motion carried

Rule 12-1 Wording

A motion was made to approve wording for Rule 12-1 (Final Reading.)

RULE 12 - PARTICIPATION IN SPECIAL EVENTS

- 17-1 Exceptional student-athletes may participate in a maximum of ~~two~~ **three*** special events where participation is by invite-only, earned by the athlete, or will create future participation opportunities without loss of eligibility provided:
- 17-1-1 Approval is obtained from the school principal and the IHSAA at least 30 days prior to the event.
- 17-1-2 The student has made prior arrangement to complete all missed academic obligations before the end of the grading period in which the absence will occur.
- 17-1-3 The student will miss no school-sponsored or association-sponsored event in that sport without permission of the IHSAA.

***NOTE:** The third event request within the same season will be approved or denied based on the level of the event which **must be a national-level event or equivalent.**

Motion carried

Approved; 11 Denied; 3

Soccer Yellow Cards

A motion was made to approve Soccer yellow cards (Final Reading.)

MODIFICATION:

Yellow Card Accumulation Program

- 9. At the beginning of the District tournament (including District play in games if applicable), yellow card count will reset to "0".

- 10. District tournament yellow card accumulation will be as follows:
 - 3 yellows = 1 game suspension
 - 6 yellows = additional 2 game suspension, and so on

- 11. At the beginning of the State tournament (includes State play in games), yellow card count will reset to "0".

- 12. State tournament yellow card accumulation will be as follows:
 - 3 yellows = 1 game suspension

Motion carried
Approved; 13 Abstain; 1

YEA Partnership

A motion was made to approve continuing in partnership with the YEA (Final Reading.)

Motion carried

Rule 17 Word Change

A motion was made to approve wording for Rule 17 (Final Reading.) (Pages 13-14)

Motion carried

2024-25 Ticket Price Increase

A motion was made to approve a ticket price increase for the 2024-2025 school year with modifications as needed (First Reading.)



IHSAA State Tournament Admissions Pricing 2024-2025

Activity	General per game/session or day		Championship		Tournament Pass*		Reserved Seats* per game/session	
	General	Discount	General	Discount	General	Discount	General	Discount
Volleyball	\$20.00	\$16.00	\$15.00	\$13.00	\$27.00	\$22.00		
Soccer	\$ 10.00	\$ 9.00	\$11.00	\$ 10.00	\$22.00	\$18.00		
Swimming	\$ 10.00	\$ 9.00	\$11.00	\$ 10.00	\$16.00	\$13.00		
Football	\$ 10.00	\$ 9.00	\$13.00	\$ 10.00				
Basketball	\$ 10.00	\$ 9.00	\$12.00	\$ 10.00	\$32.00	\$26.00	\$15.00	\$ 15.00
Wrestling	\$24.00	\$18.00	\$24.00	\$18.00	\$35.00	\$23.00		
Softball	\$ 10.00	\$ 9.00	\$11.00	\$ 10.00	\$27.00	\$22.00		
Track	\$ 10.00	\$ 9.00						
Cheer/Dance	\$12.00	\$ 9.00					\$15.00	\$ 15.00

Discount Tickets = Seniors 55 & older; students in grades 7-12 w/ activity card (not college); 5 years & under are free.

If patrons are unable to purchase tickets through GoFan Ticketing, on-site cash tickets are available.

*Tournament passes & reserved seats are only available online and are subject to a convenience fee.

Motion carried

DISCUSSION AGENDA

Adrian High School

Adrian High School approached IHSAA as becoming a possible member school at the April Board meeting. The board at the time denied the request asking for additional information. For the June meeting Adrian High School filled out the proper forms, Ty Jones reached out to the Oregon Association and they were fine with whatever decision was made per the IHSAA, 7 WIC schools were surveyed and 6 schools said we will play them during regular season but no post season play. 1 school was fine with Adrian High School joining as a member school and participating in state events. Nick Ketterling from Adrian High School spoke on the travel expenses they accrue and the time away from the classroom that they are having to deal with. At this time, we will leave this on the discussion agenda in August.

Meeting was adjourned at 12:10 p.m.

RULE 17 - SEASONS

17-2 SPORT SEASONS

Seasons have been established for sports and specific activities sponsored by the IHSAA. A season will commence with the first allowed day of practice and will end with the completion of the state championship in that sport, or other date established by the Board of Directors.

17-2-1 The School Year The school year is considered to begin August 1 **7 days prior to the fall sports start date (first day of the fall no-contact period)** and conclude after the final IHSAA spring sport state championship. Coaching restrictions are in effect during the school year.

17-2-2 Regular Season Practices are held during the sport season and include items that are not allowed at any other time. The following are usually a part of regular season practice:

- a. Publicized announcement of the start of practice.
- b. Restricted attendance according to school boundaries, age, sex, abilities, etc.
- c. Required attendance.
- d. Intra-squad scrimmages.
- e. Teaching team concepts as well as individual techniques and skills through the use of drill, "chalk talks", film sessions, etc.
- f. The use of school uniforms and/or protective equipment.

17-2-3 Summer Programs Summer programs must be voluntary and must be terminated by the last day of July **by the fall no-contact period**. The IHSAA supports member schools' involvement in voluntary summer programs. However, the IHSAA believes that students need time off during the summer and strongly recommends that member schools schedule at least ten days of non-student contact during the summer each year.

- a. Coaching restrictions are suspended during the summer (the day after the spring state tournaments through July 31st **the beginning of the fall no-contact period**). A high school coach can coach his/her players anytime, anywhere, during this period. During this period a team can scrimmage against another team without violating the out-of-season contest requirements (renting facility etc.). Practice, competition and facility use during the summer, is not covered by IHSAA insurance (liability, catastrophic, concussion etc.).
- b. A high school coach who coaches a team during the summer that advances to a regional or national qualifying event can continue to coach after July 31st **the fall no-contact period** until the completion of the tournament/s. IHSAA must approve a written request prior to participation ~~during August~~.
- c. Students will only be allowed to attend team camps during the summer, not during the school year.
- d. Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools ~~during the month of August~~ **once the fall no-contact period has begun**. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools ~~during the month of August~~ **once the fall no-contact period has begun**.

17-2-4 Protective Equipment No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp or clinic for a period of seven days within a ~~ten-day~~ **ten, consecutive day** period upon written request from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any and all liabilities rest solely with the school, camp, or clinic. Individual students from a specific school are not required to use the school's protective equipment in the same camp as other team members. Each individual student will only be allowed to use an IHSAA member school's protective equipment by renting or loaning for a period of seven days within a ten-day period.

17-2 PRE & POST SEASON REGULATIONS

Only in certain circumstances may school personnel be involved in practice or competition for IHSAA sponsored sports outside the sport season. The regulations listed below are in effect for any program in which students are instructed in the skills and techniques of a specific sport.

- a. Attendance is limited to non-school time.
- b. Participation is strictly voluntary and is open to all high school students that are currently enrolled at the school.
- c. All fees and expenses are provided by the student or his/her parents. No school funds, booster club funds (except those raised by the student and his/her parents for that specific activity/event) or other such funds can be used for entry fees, equipment, uniforms or transportation.
- d. Spectators are admitted without charge.
- e. Award limits and amateur regulations of the IHSAA are followed.

- f. Students cannot be required to attend out-of-season practices, camps or contests.
- g. Sport-specific or athletic classes offered during the regular school day must meet the following criteria:
 - i. Must be open to all students.
 - ii. Must be a class for credit.
 - iii. If the coach is teaching the class, he/she must be the teacher of record for that class.

17-2-1 Coaching – Certified coaches are defined as any individuals (paid, non-paid, or volunteer as approved by the local school board) who are part of the school’s current coaching staff in the following sports; baseball, basketball, cross country, football, golf, soccer, softball, swimming, tennis, track, volleyball, and wrestling.

17-2-2 Rule of 2 – Coaches can instruct/coach no more than two students at one time by a member of their high school (grades 9- 12) staff of that sport during the school year.

- a. Anytime there are more than two students, it is considered an Open Gym/Field/Facility (follow the guidelines in Rule 17-2-3).

17-2-3 Open Gym/Field/Facility -Open Gym/Field/Facility does not violate IHSAA rules if the following conditions are met:

- a. Coaches supervise only. Coaches may NOT instruct/plan/organize/teach or coach.
- b. Coaches are allowed to coach/instruct any number of students on individual skills and development specific to their sport. Maximum of 10 hours per school year.
- c. Sessions do NOT count as required practice time prior to the season.
- d. Scrimmages and/or team competition against anyone that is not enrolled at the school are NOT allowed.
- e. Schools may petition the IHSAA to allow coaches to coach individuals during competitions that are qualifying events.
- f. Participants, coaches and/or schools are NOT covered under IHSAA catastrophic insurance plan.
- g. Administrative approval of Open Gym/ Field/Facility hours and weeks is required from the school Principal or Athletic Director.

17-2-4 Moratoriums No-Contact Period The intent of IHSAA ~~moratoriums~~ no-contact periods is to allow students and teachers/coaches quality time with their families without the pressure of losing a level playing field.

Coaching Limitations

1. Coaches are not allowed to coach students of the school during the following times:
 - a. Fall No-Contact Period: The 7-consecutive days prior to the fall practice start date listed in the IHSAA calendar.
 - b. Winter No-Contact Period: The 3-day, consecutive no contact period during the winter break as determined by each school.
 - c. *Note: Winter and spring activity coaches may contact students after the fall no-contact period.
2. Sport specific activities lead by coaches, captains, volunteers or parents such as practices, retreats, camps, weight room and conditioning/workouts are prohibited 7 days prior to the Fall Practice start date during the fall no-contact period.
3. Meetings with medical professionals, parent meetings, registration, equipment handout and fundraising are allowed. These meetings shall be non-mandatory.

17-3 Four-Sport Season
Junior high school leagues are allowed to offer four seasons of play in sports. Athletes are still restricted to one season in each sport.

17-3-1 In the event a ninth-grade athlete wishes to compete on a high school team, in addition to the junior high program, the following conditions must be met:

- a. The athlete must not exceed either the allowed number of a contests or weeks per season.
- b. The athlete must not compete following the completion of the regular high school season.