



100 YEARS  
—1926-2026—

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September  
2025 ISSUE

unbottled.

# IHSAA EXPRESS

Supporting Education Through Activities



## OUR PURPOSE IS TO PROTECT

The IHSAA protects high school sports by keeping them safe, competitively balanced and educational for all students.

Ensuring high school sports develop the whole person, not just the athlete.

Together, let's all **#ProtectThePurpose** of high school sports!

[ProtectThePurpose.com](https://ProtectThePurpose.com)



### WELCOME

**Samantha Parsons**  
SAC President

This year, the IHSAA Student Advisory Council is focused on putting the Gem State of Mind into action across Idaho.

Our work centers on promoting sportsmanship, leadership, and student connection, and we are excited to share the direction we are taking.

We will continue hosting statewide leadership summits, providing opportunities for student-athletes and activity leaders to come together, learn new skills, and return to their schools as stronger leaders. Alongside these events, we are expanding our student outreach efforts by visiting schools, connecting with local leaders, and offering resources to ensure every student feels supported and represented.

Another priority this year is strengthening our sportsmanship initiatives. The Gem State of Mind is about more than competition—it is about showing respect, encouragement, and positivity in every activity. We want to set the example that how we lead, play, and support one another matters just as much as the final outcome.

As a council, we are excited to promote all of these efforts throughout the year. From outreach and leadership development to sportsmanship and statewide connection, we look forward to sharing our work with students, schools, and communities across Idaho. Together, we hope to inspire pride, unity, and lasting impact through the Gem State of Mind.



idaho\_SAC

WATCH EVERY MOMENT THIS FALL  
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## Questions

[morgan.potter@playfly.com](mailto:morgan.potter@playfly.com)

GIVE EVERYONE THEIR MOMENT

# President's Message

## Always Give 100!!! – Today is a Great Day!!!

IHSAA Board President, Shawn Tiegs

written August 6, 2025



Today is a really good day, and it is a really good day for a lot of reasons.

Today is a good day because later tonight we get to celebrate Diane Wolf, our 4th ever inductee into the National Federation Hall of Fame and first ever woman inductee from Idaho.

Today is a good day because later tonight we get to celebrate 3 amazing IHSAA Hall of Fame inductees Tim Perrigot, Terry Beck and Steve Sosnowski and get to recognize many other contributors to the work that we do.

Today is a good day because as a father of 7 children ages 21 to 3 I know that my kids are born at a blessed time and location. I know my children have had or will have opportunities to participate in so many sports and activities thanks to the IHSAA and the amazing work of our member schools and organizations. I know that they have had or will have opportunities to build lifelong friendships with peers and coaches and opponents. I know that they will learn the value of hard work and commitment and of having a good attitude and learning to work with all types of people.

Today is also a good day because it is the day my 2nd oldest of 7 children turns 20. Faith is at U of I now, but she spent so many hours playing volleyball, basketball, and track, forging friendships that will last a lifetime and setting herself up for a healthy and successful life. The other day as I was realizing Faith's birthday was approaching, the nerdy former math teacher came out... I added up the ages of my children, 21, 20, 18, 16, 13, 9 and 3 = 100!!!

So today is a good day because today my children turn 100!!! That's old! That is a ton of diapers and birthday parties and skinned knees, 100 years is an uncountable number of smiles and hugs and laughs and frowns and tears. It is 39 HS sports seasons down at this point and if my calculation is correct, I have 45 more to go!! 100 isn't easy, it takes consistency, calm, and care. Things change over 100 years of life and there are ups and downs, wins and losses but it is a real accomplishment to know you are still standing when 100 years are done.

Which brings me to my final point. 100 years. Today is a great day because today is the day that we recognize that this year, this organization - the Idaho High School Activities Association – YOUR High school Activities Association turns 100. Today we begin to celebrate 100 years of making a positive difference in the lives of students, coaches, administrators, parents, families, and community members around this great state of Idaho. Today we celebrate 100 years of our mission “coordinate, supervise, and direct interscholastic activities which enhance and protect the total educational process of all student participants.” In 100 years so much has changed both good and bad: enhanced school choice, club sports and activities, athlete specialization, inclusion of all into activities regardless of their race, sex or religion, changing technology, shifting laws and rules, the growth of the internet and social media... the list of change goes on and on BUT ALSO in 100 years so much has stayed the same, We still see students growing and learning, becoming functional adults, parents passionately advocating for the best interests of their precious children, coaches committed to success and excellence and administrators work diligently behind the scenes to make it all happen. It has truly been an amazing 100 years.

Today is undoubtedly a great day, but none of us are guaranteed great days. Nobody owes us a great day. Today is a great day because our predecessors, 100 years ago developed a model to support students through activities and their work has built a successful organization that has withstood the test of time. As we begin our trip into the 2nd hundred years and face a rapidly changing and evolving environment, let us stay focused on making each day a great day, on GIVING EVERYONE THEIR MOMENT and on building and maintaining a model that will grow and be strong and nimble and well prepared to serve our students in perpetuity. We owe it to our past and we owe it to our future. This is a special thing that we have, let's keep it going!

*Today is a great day!*



### IHSAA at 100 Years

**25-26 school year is the 100 year anniversary of the Idaho High School Activities Association.**

**Interested in working on the 100 year celebration committee? Contact Julie Hammons**



## ADMINISTRATORS

### "In The Know"

#### FROM THE IHSAA

- + Update School Information on the IHSAA Website
- + Create/Update MaxPreps account
- + Join the 100 Year Celebration Committee

#### DATES TO REMEMBER

9/10	Classification Petitions Due
9/19	Fall Sports Eligibility Verifications Due
9/25	Fall Academic State Championships Due
9/29	Board Classification Appeals
9/30	Board of Directors Work Session
9/30	IHSAA Board of Directors Meeting 12:00 pm Blue Cross Events Center at Mt. America Center

#### SEPTEMBER AD CHECKLIST

- \_\_\_ Make time for family
- \_\_\_ Review fall rosters to confirm eligibility
- \_\_\_ Verify bus schedules for all fall contests
- \_\_\_ Load Rosters, Pictures, Schedules, Scores on MaxPreps
- \_\_\_ Schedule team pictures
- \_\_\_ Evaluate emergency plans
- \_\_\_ Verify coaches requirements are met
- \_\_\_ Review gate procedures with staff
- \_\_\_ Confirm schedules on DragonFly
- \_\_\_ Meet with booster club
- \_\_\_ Review Sportsmanship Manual
- \_\_\_ Review Citizenship Through Sports Manual
- \_\_\_ Distribute sportsmanship information to patrons

## IHSAA Rule of the Month

### Rule 12 PARTICIPATION IN SPECIAL EVENTS

**12-1** *Exceptional student-athletes may participate in a maximum of three\* special events where participation is by invite-only, earned by the athlete, or will create future participation opportunities without loss of eligibility provided:*

**12-1-1** *Approval is obtained from the school principal and the IHSAA at least 30 days prior to the event.*

**12-1-2** *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.*

**12-1-3** *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.*



### THE PARENT SEAT



Your students high school years will provide a lifetime of memories and experiences. How do you want your student to remember this experience? To help guide parents in this journey, the National Federation of State High School Associations has created THE PARENT SEAT. This course has been designed to help you understand the importance of participation in school programs, your expectations of behavior at events, how your behavior affects your child, and how you can use your child's high school experience as a way to grow a healthy relationship for years to come. The "Parent Seat" originated as a video series, including The Parent Seat, Beyond the Scoreboard, and A Lasting Relationship. These videos are available to download at no cost.

### POSITIVE PARENTING WITHIN SCHOOL PROGRAMS



Parents play an influential role in the lives of their children, including the part they play when their children participate in interscholastic sports and activities. This is why the National Federation of State High School Associations has created the course Positive Parenting within School Programs. Parents need to understand that their behavior in the stands, how they talk to their student after a practice or game, and the way they interact with the coaches and officials, makes all the difference in the enjoyment of their children's experience. Learn how you, as a parent, can have a positive impact on your child and help create a memorable experience for everyone.





## 8 Keys to Being a GREAT Assistant Coach

by Chris Parker



Assistant Coaches are critical to the success of a team. Each assistant coach should work to be great. Here are keys to being a great assistant coach...

### THE MAIN PILLARS OF MINDFULNESS

#### Presence in the Moment

Mindfulness is about being fully here and now, rather than dwelling on the past or worrying about the future.

#### Non-Judgmental Awareness

Observing your thoughts, emotions, and sensations without criticism or judgment.

#### Acceptance

Embracing life as it is, even if it doesn't align with your expectations.

#### Curiosity

Approaching each moment with openness and a sense of wonder, as if seeing it for the first time.

#### Compassion

Extending kindness and understanding to yourself and others, especially during challenging times.

#### Awareness of Breath

Using your breath as an anchor to bring yourself back to the present and manage stress.

#### Patience

Understanding that everything unfolds in its own time and letting go of urgency or frustration.

#### Non-Attachment

Practicing the art of letting go, allowing life to flow naturally without excessive control.

*"You can't stop the waves, but you can learn to surf."*

mari calmo

**"A fool will learn nothing from a wise man, but a wise man will learn a lot from a fool".**

- Paulo Coelho

Essential MASTERY

### 1. Be Loyal

Loyalty is one of the most important traits in an assistant coach. You gain respect by loyalty. It is possible to improve and push to be a head coach without undermining others. Loyalty can be a defining factor in the success of a coach.

### 2. Show improvement

Always work to get better at techniques, schemes, and innovations. Do not act like you have it all figured out. Regardless of how much you know now, always be working to learn more and show improvement.

### 3. Make your part of the team special

Work to make whatever you oversee as an assistant coach feel important and special. This can be a position group or more. If the head coach puts you in charge of equipment, work to be the best equipment person anywhere.

### 4. Give proper feedback

Feedback should be focused on player development. Prioritize the growth and development of individual players and give them tools they can use to succeed. Saying "catch the ball" or "run faster" is not helpful.

### 5. Communicate effectively

Great assistant coaches keep open, clear lines of communication with the head coach, other assistants, and players. Miscommunication causes problems fast.

### 6. Be adaptable

Situations, game plans, and roles can change quickly. The best assistants adjust without complaint and model flexibility for the team.

### 7. Lead by example

Whether it's energy at practice, professionalism, or work ethic, players and other staff notice how you carry yourself.

### 8. Never be unprepared

You should always be prepared for each practice. Your group should run effectively and efficiently. Time is the only thing you are guaranteed to have equal with your opponent. A great assistant coach is always prepared.

# Be the **BEST COACH** YOU CAN BE

## **COACH LEVEL 1**

- Concussion in Sports
- Fundamentals of Coaching
- Sudden Cardiac Arrest
- Coaching Mental Wellness

## **LEVEL 2**

- First Aid, Health and Safety
- Heat Illness Prevention
- Sport-Specific Course
- Protecting Students from Abuse
- Emergency Action Planning for Afterschool Programs

## **LEVEL 3**

- Sportsmanship
- Teaching and Modeling Behavior
- Strength and Conditioning
- Engaging Effectively With Parents
- Implicit Bias
- Bullying, Hazing, and Inappropriate Behaviors



## Nationally Accredited!



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### Sentences that will maximize your Coaching Intelligence

- To solve an issue quickly, be soft on the person and hard on the problem.
- Pretend everyone was sent to teach you something.



“

The best thing I ever did  
was stop telling people  
what's going on in my life.

”

@UpSkillYourLife

“

Nothing kills you faster  
than your own mind. Don't  
stress over things that are  
out of your control.

”

@UpSkillYourLife

“

Never make a permanent  
decision based on  
temporary feelings.

”

@UpSkillYourLife



The NFHS Voice



## *NFHS Learning Center Continues to 'Protect the Purpose' of High School Sports, Activities*

Dr. Karissa L. Niehoff, NFHS Chief Executive Officer

The difference between high school sports and all other levels of sport in the United States? Education, without a doubt. And with the focus headed in other directions at the college level the past few years, the NFHS is leading the way to ensure that high school sports remain focused on the EDUCATION in education-based sports and other activity programs.

Today, the NFHS is launching its Protect the Purpose campaign. The goal is to help high school students learn valuable lessons through participation in high school athletics and activities that prepare them for successful lives and careers. This special emphasis will help state associations, coaches, administrators and others to keep sports competitively balanced, minimize the risk of injury for students and keep programs focused on education.

While the Protect the Purpose campaign is new, the focus on education has been the heart and soul of the NFHS throughout its history — particularly the NFHS Learning Center, which is now in its 18th year of providing online education courses at [www.NFHSLearn.com](http://www.NFHSLearn.com). And the year-by-year increase in the number of people taking courses is confirmation that coaches, administrators, officials, performing arts educators, students and parents realize the importance of making education the top priority.

Amazingly, since July 1 — a mere 44 days ago — more than one million courses have been taken through the Learning Center. And the past 365 days, more than four million courses have been accessed.

The response by individuals who want to keep winning in the proper perspective continues to rise. Two years ago at this time, 19.7 million courses had been taken since the start of the Learning Center in 2007. Now, that number has reached 27 million — an additional 7.3 million in just two years!

The all-time top five courses — all of which are free — include Concussion in Sports (9 million), Sudden Cardiac Arrest (3.7 million), Heat Illness Prevention (3.5 million), Concussion for Students (2 million) and Sportsmanship (1.6 million). Combined, these five courses account for almost 20 million of the 27 million total courses.

Perhaps the most encouraging of these figures is the continual interest on the part of high school students in accessing courses on the Learning Center. While not originally designed for students, an amazing 2.6 million different students have accessed courses over the years. These students, who are being taught the concepts of education-based sports and activities, become the next generation of coaches and officials!

Students accessing the health and safety and sportsmanship courses, among others, come to understand their state association, the NFHS and the essence of interscholastic sports. They recognize the values of these programs in framing a positive direction for their lives.

The flagship course for coaches — Fundamentals of Coaching — is the No. 1 course for interscholastic coaches and could serve as the heartbeat to Protect the Purpose of high school sports. With fewer and fewer coaches in the classroom in many parts of the nation, this course is a must for ALL coaches in a school's athletics program.

With the ever-present focus on sportsmanship and improving behavior in sports, the Sportsmanship course is used by many states and schools as a teaching tool, as well as a requirement for returning to competition following an ejection.

With good sportsmanship being one of most important outcomes of involvement in education-based activity programs, perhaps appropriately, students have taken the majority of the Sportsmanship courses in the past. Given the decline in behavior by other groups at high school games, this course reiterates the critical importance of positive behaviors by everyone — parents, coaches, students, officials and others.

The Learning Center, which offers more than 100 courses — many of which are available free of charge — is constantly evolving to meet the needs of coaches, administrators and others. In the past year, Coaching Mental Wellness and CPR and AED Training have been popular and useful courses for leaders in high school sports.

Most recently, Emergency Action Planning for Afterschool Programs has been added to the slate of free offerings. Having an Emergency Action Plan, or EAP, is essential to ensure the safety of students, staff and spectators. This course demonstrates the purpose and importance of EAPs, explains how to build a venue-specific EAP tailored to a school's activities, and provides practical steps for rehearsing and implementing an EAP.

The NFHS received a boost to its commitment to education three years ago when it earned accreditation by Cognia, a nonprofit organization that provides quality assurance for schools, school districts and education service providers. It was confirmation that the NFHS is effectively providing appropriate leadership and resources to help everyone involved with high school education-based activity programs.

High school sports are unique, life-changing — one of a kind. They are formative, not performative. These afterschool programs complete the other half of the educational experience, and the NFHS is committed to working with its member state associations to Protect the Purpose of high school sports and other activity programs.

# Meet the New IHSAA Board Members

## Idaho School Board Association Representative



**Raini Hayden**  
North Gem School District

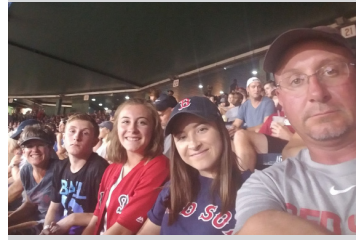
Raini grew up on a farm in the small town of Bancroft, Idaho, and graduated from North Gem High School, where she was a proud three-sport athlete. She played basketball at CSI for two years before pursuing a career as a registered nurse. After living and working across Idaho, Raini returned to Bancroft, where she was elected to the North Gem school board. She is a volunteer EMT as well as an assistant volleyball coach at North Gem High School.

As a school board representative and ISBA Vice-President, Raini wants to ensure fair representation for schools of all sizes and provide opportunities for every Idaho student—whether in sports, music, drama, or any activity they love. With a focus on fairness, building character, and supporting the people who make these programs possible, Raini is enthusiastic about helping shape the future of high school activities.

Raini and her family; husband Scott and four kids, love high school and college sports, and Raini is always up for an adventure - One of her personal goals is to run a marathon, even if she had to walk. Most of all, Raini believes Idaho's youth are amazing, and she truly enjoys watching them grow through activities.



## Athletic Director Representative



**Jeremy Burgess**  
Athletic Director  
Payette High School

Jeremy was born and raised in Castleford, earning his diploma from Castleford HS in 1990. After receiving a teaching degree from BSU, Jeremy's first teaching/coaching job was a two-year stint at Horseshoe Bend HS. For the next 24 years, Jeremy was a teacher, coach and athletic director at Salmon JH & HS. before moving to Payette HS in 2022. In his 30 years as an educator, Jeremy has coached football, wrestling, basketball (boys & girls) and track & field. Jeremy

served as the Salmon JR and HS Athletic Director for 14 years and is currently beginning his 4th year as the Athletic Director at Payette High School.

While serving on the IHSAA board of directors, Jeremy hopes to continue offering positive, education-based opportunities to high school students in the state of Idaho. Provide an athletic director's perspective on issues that are introduced and discussed by the board of directors. Ultimately, to make decisions that provide the best opportunities for Idaho students.

Jeremy celebrated 31 years of marriage to Tracy, they have two daughters, Bailee and Kaitlyn and one son Blazen. All three of their children were active in IHSAA athletics and activities, all three have won a state title and all are proud BSU graduates.

In his free time, Jeremy enjoys hunting, fishing and sometimes, golf. They are a family of die-hard Boston Red Sox fans!



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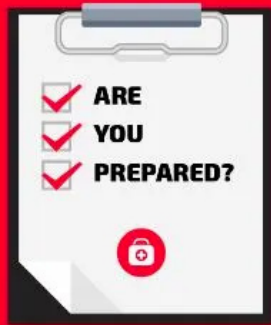


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# Emergency Response Planning



As fall sports and activities start in Idaho and across the country, the IHSAA and the NFHS Sports Medicine Advisory Committee (SMAC) wanted to call your attention to the importance of having an Emergency Action Plan (EAP).

The potential for a medical emergency is ever present. The risks of catastrophic injury and sudden death exist during both practice and competition. The purpose of the EAP is to facilitate a prompt, efficient, coordinated response in the case of a medical emergency. All schools and school districts should have an EAP that addresses medical emergencies among athletes, staff, officials and spectators. Planning, preparation and practice are the keys to achieving success in the case of an actual emergency.

ALL schools should have an EAP in place for all high school sports and activities for the 2025-26 school year. The plan should be current, practiced and executed.

# AED



AUTOMATED EXTERNAL DEFIBRILLATOR

**Sudden Cardiac Arrest (SCA)** is the number one cause of sudden death in student-athletes during activity. In the event of a sudden cardiac arrest episode and automated external defibrillator (AED) can save a life.

**Each minute defibrillation is delayed, the chance of survival decreases 10%**

Use this AED checklist to be sure you are prepared.



The AED is easily accessible at every practice/game location and available for use within 2-3 minutes (ideally it is onsite). The device is NOT in a locked or secured area where retrieval could be a challenge.



Personnel are always available onsite who are trained in CPR and AED use.



The AED is checked regularly to ensure it is working and the pads and battery are not expired.



The Emergency Action Plan has been rehearsed PRIOR to the beginning of the season with everyone potentially involved in the emergency response.



Someone has been designated to retrieve the AED if needed. This person know the exact location of the device at all times.

## HEAT EXHAUSTION

## OR

## HEAT STROKE

FAINT OR DIZZY

EXCESSIVE SWEATING

COOL, PALE, CLAMMY SKIN

NAUSEA OR VOMITING

RAPID, WEAK PULSE

MUSCLE CRAMPS



THROBBING HEADACHE

NO SWEATING

BODY TEMPERATURE **ABOVE 103°** (RED, HOT, DRY SKIN)

NAUSEA OR VOMITING

RAPID, STRONG PULSE

MAY LOSE CONSCIOUSNESS



## IHSAA Board of Directors Action



The following items were approved by the IHSAA Board of Directors for the 24-25 school year.  
A full synopsis of each meeting is posted on the IHSAA Board of Directors webpage

### **RULE 17-2-2 RE-WRITE**

Rule of 2 – During the school year (outside of the season), any member of a school's coaching staff is prohibited from instructing/coaching more than two students from their high school program at one time. The restriction is only for the sport or activity they coach. Note: Different gender teams are not considered the same sport or activity.

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

### **RULE 5-11**

Cheer, dance and speech arts participants are now exempt from this rule and are allowed to compete between district and state competitions.

### **SPEECH ARTS TOURNAMENT INQUIRY PROCEDURE**

1. During the preliminary rounds, coaches and judges may submit an inquiry form to the Inquiry desk. These inquiry forms shall be used to direct tournament officials to potential irregularities that may need to be investigated. If no investigation occurs, the filing coach shall be informed. If an inquiry investigation occurs, tournament officials shall notify all stakeholders (relevant competitors, coaches, and/or judges) of the inquiry and the results of the investigation before the start of the next round. The results of an initial inquiry investigation may be considered a formal warning but shall not result in further disciplinary actions. Subsequent inquiries for the same issue shall be elevated to grievances by the inquiry committee.

- a. Except in the cases of plagiarism and script violations which will be referred directly to the grievance committee.
- b. Evidence violations in Debate will follow the procedure outlined in the Idaho Debate Code.
- c. The inquiry process shall be used at district and state tournaments. Inquiries filed at districts shall be submitted with the district manager's report.

Inquiries shall be filed in the following chain of command:

- a. Students will report inquiries to their coach or designated chaperone in the case that their coach is not available.
- b. Judges and coaches will report inquiries to the Inquiry and Information desk.

NOTE: The inquiry committee will consist of the commissioner and two unaffiliated designated tabroom officials.

2. Concerns regarding possible rules violations by coaches or competitors during state tournaments must be submitted in writing to the tournament manager. The commissioner and manager will review the complaint, and if necessary, a grievance committee will be convened to consider the inquiry and determine dispensation. A decision on all grievances must be reached prior to the next round of competition or prior to the awards ceremony, whichever comes first.

3. A contestant who is found to have violated the rules of an event may be disqualified. Any entry disqualified in the final round of competition will still be able to participate in the awards ceremony as a finalist\*. That entry will not place or receive sweepstakes points for their team. \*Note: If the disqualification was due to an egregious or unsportsmanlike

### **RULE 2-2 PRIVATE SCHOOL ENROLLMENT VERIFICATION**

Add: Enrollment numbers for private schools are obtained from the school principal and verified with the school's student management system.

### **RULE 7 COOPERATIVE PROGRAMS**

7-2 Cooperative sponsorship of any activity by two or more member schools are permitted in one of the following categories:

- a. Combined Cooperative Program: Students from more than one school combine to compete as one team. The combined teams' classification is determined by combined enrollments of the member schools involved. Combined enrollment supersedes all classification petitions. This program applies to football, volleyball, soccer, basketball, softball, baseball, competitive cheer, and dance. Note: Failure of a school district to provide a coach or facility will not justify approval of a combined cooperative. For 6A schools, combined enrollment cannot exceed 150% of host school's student enrollment.
- b. Collective Cooperative Program: Students from more than one school share resources but must compete as representatives of their home school at district and state competition. School classification remains the same. This program applies to cross country, wrestling, swimming, golf, tennis, track, the individual track event of pole vault, drama, debate and speech.

7-3 Cooperative program applications are required at the beginning of each classification cycle and will be in effect for a minimum of two years. Mid-cycle applications will be accepted on a one-year basis.

7-4 If the combined enrollments of the schools involved in a combined cooperative program exceeds the minimum number of the next higher classification the combined cooperative team will compete at that higher classification in that activity.

7-5 Application process for cooperative programs:

- a. The primary host school shall submit completed applications for each school involved, including signatures from all participating schools' administration to their District Board of Control for approval. If schools are from different districts, approval is needed from both Boards of Control. Deadline for fall activities is August 1; for winter activities is October 15; and for spring activities is January 15. The Board may, at its discretion, act on applications after these dates.
- b. After approval, the District Board of Control shall submit all completed applications for each school involved to the IHSAA for final approval.
- c. IHSAA executive staff or Board of Directors may approve cooperative programs.

### **RULE 8-12-1**

Modified last sentence to read, "Practice must be conducted under the direct supervision of a coach or supervisor who is both school-specific and sport-specific."

### **GEM PREP MERIDIAN**

Gem Prep Meridian became an associate member school and will compete in speech and debate.

### **RULE 8-5 AWARDS**

Speech Arts participants are now exempt from this rule and can accept money and other awards without restriction.

### **RULE 4-3 EJECTION REPORTS**

The rule modification eliminated the requirement for officials to give a card to a coach or school representative when they eject someone from a contest. However, they must report the ejection to the school's principal or AD within 24 hours of the conclusion of the competition in which the infraction occurred.

## 24-25 IHSAA Board of Directors Action Continued

### **8-14-1 REWRITE**

Move Less Than 50 Miles If the parents of a student move to a new permanent residence within fifty miles of their home, the following documentation is required to confirm eligibility:

1. Letters
  - a. A letter from the parents explaining the reason for the move.
  - b. A letter of support from the school filing the athletic transfer request.
2. Proof of termination of all occupancy of previous address.
  - a. Escrow closing papers or official signed lease/rental termination document.
  - b. Evidence of termination of two utilities (e.g., electricity, water, & gas).
3. Proof of physical relocation of parents/guardians & students to new permanent address.
  - a. Escrow closing papers or official signed lease/rental agreement document, minimum 12 months.
  - b. Evidence of activation of two utilities (e.g., electricity, water, gas).
  - c. Evidence of auto insurance with new address.
  - d. Evidence of paystub with new address.
  - e. Parents and students of driving age must provide updated driver's licenses showing the new address.

If any of the documents are not addressed, an explanation must be provided. The IHSAA Executive staff or Board of Directors may approve or deny varsity competition.

### **ARTICLE VII & X: MUSIC RULES AND REGULATIONS**

Cheer, dance and speech arts participants are now exempt from this rule and are allowed to compete between district and state competitions.

### **TREASURE VALLEY CLASSICAL ACADEMY**

Approved as a regular member school beginning fall 2025. TVCA will be a District III, 2A school.

### **GEM STATE OF MIND**

The Board approved implementation of this statewide sportsmanship and marketing campaign developed by the IHSAA Student Advisory Council.

### **ASSOCIATE MEMBER APPLICATION**

The change will now allow schools to request associate membership if they are in the candidacy stage of accreditation.

### **CROSS COUNTRY MEET LIMITATION**

Cross country teams are now allowed to participate in a maximum of 9 meets during the regular season.

### **BALL CONTRACT - BADEN**

The IHSAA entered into a ball contract with Baden for soccer, volleyball, boys/girls basketball and softball. The contract will be in effect for 5 years.

### **WORLD SCHOOLS DEBATE**

World schools will become an event at State Debate in 25-26 and will replace Policy debate.

### **OFFICIALS' PASSES**

Officials will now be able to purchase an IHSAA pass during the registration process. Cost will be \$35 and the pass will have the same guidelines as the current IHSAA coaches' cards.

### **GIRLS WRESTLING**

Girls wrestling will now expand to use the 14 weight classes determined by the NFHS.

### **WRESTLING - SCRATCH WEIGHT REQUIREMENTS**

To be eligible for district and state competition, each wrestler must weigh in at scratch weight and be available to compete on three of the sixteen regular season dates. The coach must provide verification that the wrestler has met the three required weigh-ins before the district seeding meeting. Each weigh-in will count toward one of the wrestler's sixteen regular season dates.

### **RULE 2-5-3B MAXPREPS FINE**

Schools will be fined \$1500 per sport for failing to post required game scores.



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# LEADERSHIP

## Video of the Month

### Drew Dudley Everyday Leadership

We have all changed someone's life — usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives.



**PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.**

High school sports teach students, schools and communities that a better future can be accomplished—if we do it together.



“Don’t ever ask a player to do something he doesn’t have the ability to do. He’ll just question your ability as a coach, not his as an athlete.”

– Lou Holtz