

2019 - 2020
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 that 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



1. Register at
<https://idhsaa.org/new-officials>
 *you will create an **Arbiter** account here

2. Attend State Rules Clinic

3. Take the St. Luke's Concussion and NFHS Sudden Cardiac Arrest Courses
 *you will create an **NFHS Learn** account here

4. Take the NFHS Exams
 *you will create an **NFHS Exam** account here



Pro Tip:
 Note that you will create three different accounts in these four steps- you can make them all the same login information!

To register online, go to our website 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

REGISTRATION & CERTIFICATION FEES

Football	\$45	Baseball & Softball	\$55
Volleyball	\$45	Baseball only	\$45
Soccer	\$45	Softball only	\$45
Basketball	\$45	Track	\$45
Wrestling	\$45		

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.

If you need to file a claim with AIG, please keep in mind that you will first contact Tyler Ostler at the IHSAA for step-by-step instructions.

Remember:

This insurance policy is meant only to supplement primary insurance; it should not be the main source of coverage for any official following an incident.

In the event of an incident at an IHSAA sanctioned event, you are **REQUIRED** to have a signed letter from the on-site administrator present at the time of the incident.

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	7/19/2019	8/11/2019
Part II	8/12/2019	8/27/2019
Basketball	Open	Close
Part I (only)	10/25/2019	11/25/2019
Wrestling	Open	Close
Part I	10/11/2019	11/25/2019
Part II	11/26/2019	12/10/2019
Spring Sports	Open	Close
Part I	2/10/2020	3/19/2020
Part II	3/20/2020	4/3/2020
Track	Open	Close
Part I (only)	2/16/2020	4/3/2020

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: Officials

10-1 General

10-1-1 The officials for all interscholastic 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.

10-1-2 Code of Ethics and Background Checks for Officials

- a. 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 the official is unfit to serve, or who does not wear the official uniform as prescribed by the Association.
- b. All officials must pass a criminal background check conducted by the Association upon registering and every odd-numbered year of continued service. Officials cannot have been convicted of:
 1. A felony involving the use, possession or sale of a controlled substance within the last 10 years. The 10-year period of ineligibility to officiate shall commence from the date of suspension from officiating duties or from the date of conviction, whichever occurred first, or
 2. A crime involving the use or threatened use of violence against a person within the last 10 years. The 10-year period of ineligibility to officiate shall commence from the date of suspension from officiating duties or from the date of conviction, whichever occurred first, or
 3. A crime involving a minor child at any time.
- c. Officials will be suspended during any and all formal investigations.

10-1-3 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.

10-1-4 The IHSAA will not consider protests of sports officials' contest decisions. The correction of any errors will be done in accordance with National Federation rules.

10-1-5 Game officials may not declare a forfeit of a state tournament game prior to consulting with the tournament manager.

10-1-6 Officials assigned to play-in games involving the sports of volleyball, football, soccer, basketball, and softball will be selected from the host district.

In the sports of volleyball and basketball if one of the schools is from the host district, the officials should be selected from the activity districts involved in the play-in game. One official from each participating district would be selected.

Requesting Neutral Officials Neutral officiating crews will be assigned in the sport of football for all semifinal games. District crews will have equal representation when possible.

If neutral officials are requested for the 3A, 2A and 1A quarterfinals, the requesting school will pay all additional expenses or \$250, whichever is greater, to the IHSAA. Such requests must be submitted by the school in writing to the IHSAA by the Monday prior to the contest.

The neutral crew would come from the district closest to the game site. Example: A school from District V requests their football play-off game involving District IV use officials from a neutral district. If the game is played in District IV, District III officials would be used. If the game is played in District V, District VI officials would be used.

If circumstances exist where officials are not available from a neutral district, the officials will be assigned under the IHSAA standard policy for assigning officials to play-off games.

10-2 CERTIFICATION OF OFFICIALS

10-2-1 There are two classes of certified officials:

- a. Varsity officials are eligible to officiate interscholastic contests, grades 9-12.
- b. Non-varsity officials are eligible to officiate non-varsity contests only.
- c. In situations where there is a lack of sufficient number of available varsity officials, non-varsity officials may be allowed to officiate varsity contests with permission of both the district commissioner and the IHSAA.

10-2-2 Registration procedures

- a. District commissioners/interpreters will forward an IHSAA email in June of each year to all previously registered officials in their district containing registration requirements and dates/sites of the State Rules Clinics. This information is also posted on the IHSAA website, idhsaa.org.
- b. Varsity officials must complete registration on or before the deadline set by the IHSAA. Officials completing registration after these dates will be classified non-varsity.

10-3 CERTIFICATION REQUIREMENTS

10-3-1 Varsity officials must:

- a. Complete registration before the final registration deadline.
- b. Attend a state rules clinic, or make arrangements with the district commissioner for a make-up session in cases of emergency or previously approved circumstances.
- c. Attend a minimum of two local meetings in addition to the state rules clinic.
- d. Score 80 or better on the required NFHS test the previous year.
- e. Score 80 or better on the required NFHS test for the current year.
- f. Receive a recommendation from the district commissioner upon completion of a background check.
- g. Complete the St. Luke's Concussion Course before officiating a regular season contest. Officials are required to review the St. Luke's Online Concussion Course on even numbered years. The IHSAA Statewide Concussion Review dates: 2020-21, 2022-23, etc. The IHSAA Board of Directors must approve alternative concussion courses or seminars.
- h. All officials must take the NFHS Sudden Cardiac Arrest course prior to officiating a regular season contest. All officials are required to review the NFHS Sudden Cardiac Arrest Course on even numbered years. IHSAA Statewide S. C. A. Review dates: 2020-21, 2022-23, etc. Only courses completed after May 1 will be accepted.

10-3-2 Non-varsity officials must:

- a. Register with the IHSAA.
- b. Attend a state rules clinic, or make arrangements with the district commissioner for a make-up session in cases of emergency or previously approved circumstances.
- c. Score 70 or better on the required NFHS test for the current year.
- d. Receive a recommendation from the district commissioner upon completion of a background check.
- e. Complete the St. Luke's Concussion Course before officiating a regular season contest. Officials are required to review the St. Luke's Online Concussion Course on even numbered years. The IHSAA Statewide Concussion Review dates: 2020-21, 2022-23, etc. The IHSAA Board of Directors must approve alternative concussion courses or seminars.

- f. All officials must take the NFHS Sudden Cardiac Arrest course prior to officiating a regular season contest. All officials are required to review the NFHS Sudden Cardiac Arrest Course on even numbered years. IHSAA Statewide S. C. A. Review dates: 2020-21, 2022-23, etc. Only courses completed after May 1 will be accepted.

10-3-3 Testing

Part I is required for basketball and track; Part II is required for all other sports. Required tests will be administered online through the NFHS during the testing window.

- a. Tests may be taken open book.
- b. Tests may be retaken up to five times during the testing period.

10-3-4 All sports officials used in contests involving grades 9-12 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 that all officials will be assigned to officiate interscholastic contests. These responsibilities are retained by the district Board of Control in each activity district. The sports 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. Selection and assignment of officials for state level competitions are administered by the IHSAA.

10-3-5 The district representation of officials to state tournaments shall be based upon the number of schools within an activity district that offer that sport.

Example:

	Volleyball 24 Officials	Basketball 36 Officials	Wrestling 24 Officials
Dist. I	5*	5	3
Dist. II	3*	4	2
Dist. III	7	10	7
Dist. IV	4	7	4
Dist. V	2	4	4
Dist. VI	3	6	4

* at larges

10-3-6 In the following sports, certified officials need not be used: cross country, swimming, tennis, golf, track (except for district and state track).

10-3-7 In order to be eligible to officiate state tournaments, athletic officials must meet the varsity requirements and attend one additional clinic once every three years.

10-4 SCHOOLS' RESPONSIBILITIES

Each school shall administer the necessary procedures to insure that officials will be able to officiate athletic competition in a supervised and safe environment.

10-4-1 Pre-Game Procedures

- a. A designated school official shall be available to direct officials to their assigned dressing room and shower facilities. Schools should provide towels for the officials, if possible.
- b. Officials' facilities should not be located where the officials would have to pass through a player locker room or coach's office, if possible.
- c. Officials should be paid by the school prior to the contest, if possible.

10-4-2 Procedures During Contest

- a. Home management shall escort officials to and from dressing room during halftime.
- b. Water or refreshments should be provided for the officials.

- c. Restroom facilities shall be available for officials during halftime.
- d. Home management is responsible for fan behavior and for removing individuals from the area for unacceptable actions towards officials.

10-4-3 Post Game Procedures

- a. Arrangements shall be made by the host school management to escort officials from the playing area to their dressing room.
- b. Measures shall be taken to prevent unauthorized individuals from entering the officials' dressing room after the game.
- c. Adequate security must be provided for official in traveling from dressing room to their vehicles.

4-3 EJECTIONS

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 official 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.



2020 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.)

- 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.

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.
- 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 each game.

7. **Each school will use MaxPreps to record their own team's total pitches of each game.
 - a. Pitch count will be recorded on MaxPreps by noon the date following the game or prior to their next contest whichever occurs first.
 - b. If a team plays a doubleheader, pitch count for both games will be recorded on MaxPreps by noon the date following the doubleheader or prior to their next contest whichever occurs first.
8. **If a school fails to report the pitch count from a game to Max Preps, the violation should be reported to the board of control and the coach will be suspended for the following two games.

**Rule 7 and 8 are pending board approval; Fall 2019

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.



2019-20 Basketball

Game Limitations for Each Team

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.

Game Limitations for Individuals

During the regular season, 5A, 4A, 3A and 2A athletes are permitted to play in no more than 80 quarters of basketball, or 84 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.

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, that verifies:

1. There are 14 or fewer participants in the program and the program desire to field two teams; or
2. There are 21 or fewer participants in the program and the program desires to field three teams; and
3. The lack of participants will cause the loss of a sub-varsity program; and
4. The lack of participants will cause the school to cancel scheduled games at the sub-varsity level; and
5. A reasonable number will be designated as varsity players (in any event, not less than 7), these players to remain subject to the 4 quarters per night and 84 quarters per season limitation; and
6. The school's coaching staff has not cut, nor will cut players, nor discouraged players from participating in basketball, regardless of ability.
7. If 1-6 occur anytime during the regular season due to illness or injury, a school may request a waiver during the regular season.

Individuals may compete in a junior varsity and varsity contest on the same day. Fouling out of a contest has no bearing on eligibility to participate in the second contest.

Individuals may play in a post season tournament (Sophomore, J.V., etc.) and then be eligible to participate in the varsity district tournament if the total number of quarters he/she participated in prior to the varsity district tournament does not exceed 80.

Players who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored basketball competition.

Number of Participants/ Coaches/Support Personnel

Varsity teams may have fifteen students in uniform at all play-in and state tournament contests at the start of the contest. Violation of this rule will result in the school being assessed a maximum fine for dressing more than the approved number of players at a state play-in or tournament game with forfeiture of the game if excess numbers play. All classifications will be allowed four coaches and three support personnel to be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass.

Rules

All contests will be played under National Federation rules. Rule books and case books will be provided to school representatives at the district rules clinic.

Rule 5-10

Students who participate in varsity level district contests may not compete in sub-varsity contests following the starting date of the varsity district tournament.

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 may be used at the discretion of each district tournament. The mercy rule will not be in effect during the state play-in, or state tournament games.

Official Ball

The Official Basketball for all play-ins and state tournaments will be the Spalding TF-1000.



2019 Football

Game Limitations for Each Team

No team may play more than nine games maximum for regular season play. No interschool football game will be approved unless at least five days have elapsed from the date of the previous game by that team. The term "football team" includes sophomore, junior varsity or varsity teams in grades 9-12. With approval, a team may play on the fifth day following competition.

Game Limitations for Individual

An athlete is permitted to play a maximum of four quarters of football per day and five quarters of football per week. 1A and 2A football players may play in six quarters per week and five quarters per day providing they are not a varsity starter on offense or defense.

The week in which the five/six quarters may be played is measured from Sunday to Sunday. A student who played in two quarters of the varsity game on Friday night could play in three quarters of the JV game the following Saturday. A quarter is defined as: When a player enters play during a given quarter, the player will be credited with one quarter of play regardless of time played during the quarter.

When Playing Two Games the Same Day: Any 5A, 4A, or 3A, school may request a waiver of the four quarter per day, to five quarters per day. Any 2A, 1A, school may request a waiver of the five quarter per day, to six quarters per day. (Example: Varsity/Junior Varsity, Junior Varsity/Freshmen etc.)

Only those schools playing two games the same day will be considered. A letter requesting a waiver of the one day quarter rule must be submitted to the IHSAA signed by the principal and athletic director, that verifies:

1. There are 44 or fewer participants in the program at the 5A, 4A, 3A, 2A classifications, and 32 or fewer participants in the program at the 1A classification, and the program desire to field two teams; or
2. There are 61 or fewer participants in the program at the 5A, 4A, 3A, 2A, classifications, and 32 or fewer participants in the program at the 1A classification, and the program desires to field three teams; and
3. The lack of participants will cause the loss of a sub-varsity program; and
4. The lack of participants will cause the school to cancel scheduled games at the sub-varsity level; and
5. A reasonable number will be designated as varsity players (in any event at the 5A, 4A, 3A, 2A, classification not less than 15, and at the 1A classification not less than 7), these players to remain subject in 5A, 4A, 3A to four quarters per day, and in 2A, 1A to five quarters per day.
6. The school's coaching staff has not cut, nor will cut players, nor discouraged players from participating in football, regardless of ability.

A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Scheduling Requirements

All member schools that sponsor football are required to participate in the statewide scheduling of varsity football games in order to provide all schools a full and competitive schedule.

Football Rules

The official rules for football in Idaho are the National Federation rules. Football Rule Books and Case Books are to be picked up and signed for by the school representative at the district rules clinic.

40 Point Rule: If at any point in the contest there becomes a 40 point differential between the teams, the mercy rule will be in effect. Once the mercy rule is in effect, the game clock will run continuously. The only time the clock may be stopped is for injury time outs, team time outs and after a team scores. The game will be played until halftime even if the mercy rule starts in the first half of the game. The mercy rule is not in effect for IHSAA playoff or championship games.

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

Eight-Man Football Rules

Eight-man football shall be played under the same rules as eleven-man football except for the rule differences as listed in the NFHS rulebook. Three certified officials are required for all eight-man football games.

40 Point Rule: In eight-man football, when one team is 40 or more points ahead at the end of the first half, or if it secures such a lead during the second half, the 40 point rule shall be invoked. Once the rule is in effect, it will not be revoked.

After halftime, with the mercy rule in effect, the coach/administrator (on the losing side) may call a timeout to end the contest. Once the mercy rule is in effect the clock will continue to run and will only stop with the timeouts listed above or if the losing team calls timeout to stop the contest.

It is strongly encouraged that coaches and officials from both teams meet together prior to the contest to determine the course of action, especially if there is a strong likelihood the mercy rule may come into effect during the game. At the pre-game meeting the coaches may decide to end the contest at a certain number of point or talk through a course of action should the mercy rule come into effect.

Resolving of Ties

Games ending in a tie must be resolved by using the 10-yard line overtime procedure as outlined in the NFHS rules book. (Exception: In games that do not affect the determination of football playoff representation.) The decision to break ties or not should be made prior to the game by the two teams playing.



2019 Soccer

Game Limitation for Each Team

No team shall participate in more than 16 games per season.

Game Limitations for Individuals

An individual shall play in no more than 32 halves during regular season and no more than four (4) halves per day.

Game Limitations Per Day

No team or individual shall participate in more than two games per day during regular season play.

Number of Participants/Coaches/Support Personnel

At all play-in and state tournament games, varsity teams are limited to twenty-two students in uniform at the start of the contest. Violation of this rule will result in the school being assessed a maximum fine for dressing more than the approved number of players at a state play-in or tournament game with forfeiture of the game if excess numbers play. All classifications will be allowed three coaches and three support personnel to be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass.

Teams

Each school will be allowed to enter one varsity girls' team and one varsity boys' team into district competitions. Girls will play on a separate team and boys will play on a separate team. If a school offers a boys' team and not a girls' team, girls will be allowed to play on the boys' team. If a school offers a girls' team and not a boys' team, boys will not be allowed to play on the girls' team.

Outside Competition

Competing on a club soccer team during the IHSAA season is prohibited. See Outside Competition Rule 8-11.

Soccer Practice Games

An organized scrimmage or practice with or against teams or players not belonging to their school is considered a contest, and counts toward the allowed 16 game regular season limit.

High school soccer teams are not allowed to scrimmage or practice with or against non-high school teams or players.

Playing Rules

All contests will be played under NFHS Rules. Rule books are to be picked up and signed for by the school representatives (one for boys', one for girls') at the district rules clinic.

Officials

Only IHSAA certified officials shall officiate any IHSAA contest. Officials may become certified by complying with IHSAA certification requirements. Assignment and training of officials is the responsibility of the District Board of Control of each activity district.

Sportsmanship

Sportsmanship shall be a point of emphasis for all schools sponsoring soccer. School administrators are encouraged to hold a sportsmanship meeting with all players, coaches and parents prior to the first regular season game.

Yellow Card Accumulation Program

Schools shall be required to track and record the accumulation of yellow cards (cautions) during the soccer season by an individual player or coach. The situations surrounding red cards (4-3 Ejections) are dealt with directly under IHSAA Rule 4-3 and will not change. The consequences for the accumulation of excessive yellow cards will be as follows:

1. Beginning with the first regular season contest, any player or coach who receives a total of five (5) yellow cards in one season shall be suspended from and may not participate in the next regularly scheduled contest at that level and all contests in the interim, including postseason games. Suspended players or coaches must serve their suspension in the next scheduled contest. If the total is reached in the final postseason contest, the suspension will be served in the first contest of the following year. If a senior is to serve a suspension, it shall be rolled over to the first contest of the next sport in which the athlete is involved. The IHSAA strongly recommends that school administration meet with any coach/player who reaches suspension level to address the situation and develop protocols for improvement.
2. If a player or coach receives an additional five (5) yellow cards after the first suspension, an additional two game penalty would apply and the process would be repeated. See next page:
 - 5 yellows = 1 game suspension
 - 10 yellows = additional 2 game suspension
 - 15 yellows = additional 3 game suspension, and so on.
3. A red card with 4-3 not in effect will count as two (2) yellow cards.
4. Coaches will be responsible for tracking yellow cards accumulated by their players and/or team personnel (coaches included) and report to their athletic directors. Each school is responsible for maintaining accurate records of all yellow cards received during the regular season and postseason tournaments. Schools must notify the IHSAA when the player or coach reaches suspension level. **See "Card Accumulation Notice" on the IHSAA website.*
5. Officials shall include yellow card information in the Arbiter Game Reports when possible.
6. Yellow cards received in pre-season scrimmages or jamborees will not count towards accumulation totals.
7. Any illegal participation of suspended players or coaches may result in fines, sanctions and elimination from district and state play.
8. Any player/coach found guilty of getting him/herself deliberately cautioned will be subject to an additional match ban.
9. At the beginning of postseason play, yellow card count will reset to "0".
10. Postseason yellow card accumulation will be as follows:
 - 3 yellows = 1 game suspension*
 - 6 yellows = additional 2 game suspension*
 - 9 yellows = additional 3 game suspension, and so on*

** If a player or coach has reached suspension level during the regular season and receives 3 or more yellow cards during the postseason, the number of games suspended during the postseason will move to the appropriate level of suspension.*

Official Ball

The Official Soccer Ball for all play-in and state tournament games is the Baden Perfection Thermo ST7.

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 victory (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.

Suspended Soccer Games

In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it as an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the point of suspension of play. If for reasons the schools are unable to reschedule the contest, the game shall be declared no-contest.



2020 Softball

Game Limitations

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 Idaho contests will be played under National Federation (NFHS) Softball Rules. Rules books and case books will be distributed to school representatives at the district rules clinics.

Idaho Rules Modifications

NFHS rules shall be followed, except as modified by the IHSAA Board of Directors. IHSAA modifications:

1. **Length of game:** This rule is in effect at the state tournament except during 5A, 4A, 3A 2A games #14 and #15 and 1A games #6 and #7. 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 1 ½ hours.
2. **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.
3. **Baseline:** The baseline shall be 60 feet.
4. **Ball:** A 12” ball shall be used. The yellow optic ball may be used in fast pitch for league play and district tournaments, and the official ball – Dudley Thunder Heat WT-12-Y-FP. – will be used at all play-in and state tournament competition.
5. **Tie-Break procedure:** 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.

Umpires

IHSAA certified umpires must be used for all interscholastic contests. Two umpires should be used at all games.



2020 Track

Meet Limitations

Teams and individuals are limited to nine meets during the regular season, not to exceed two meets per week. A contestant who exceeds these limitations will become ineligible for district, state, or any further IHSAA sponsored track competition.

Rules

All contests will be played under National Federation (NFHS) rules. Rules books/case books are to be picked up and signed for by a school representative at the district rules clinics.

Idaho Modifications -Track & Field Rules

Idaho meets are governed by the NFHS Track and Field Rules except as changed/modified by the Board of Directors. The following Idaho modifications must be observed by all Idaho high school track athletes:

1. An athlete may compete in a maximum of two track meets per week. An individual may participate in two successive days (counts as one meet), providing they do not exceed the four events. An individual who competes on successive days may compete in the same event on both days, providing they do not exceed the four event limit. Each entry counts as one.
2. No contestant shall be permitted to enter more than four of the individual track or field events.
3. No contestant shall be permitted to compete in more than four track or field events.
4. A contestant shall be allowed to participate in any four events.
5. 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.
6. The boys 1600 M medley relay is run in this order: 200, 200, 400 and 800 meter legs. The girls 800 M medley relay is run in this order: 100, 100, 200, and 400.
7. An athlete may run in four relays, provided he/she does not enter any other event.
8. If a competitor exceeds participation limitations, all individual and team points earned by that competitor in any event shall be forfeited (NFHS Rule 4-2-2).
9. Idaho students may not compete in any track and field event other than the events listed below without the written consent of the IHSAA.
10. The number of relays in which an individual may compete at the state meet is determined by the number of individual events for which a person qualifies at the state meet. For example, if an individual qualifies in a) one individual event, he/she is eligible to compete in three relays; b) two individual events, he/she is eligible to compete in two relays; c) three individual events, he/she is eligible to compete in one relay; d) four individual events, he/she is not eligible to compete in any relays.
An individual may not scratch an individual event and substitute a relay. If a person qualifies in three individual events, he/she may not scratch an individual event and compete in two relays. Should this occur, the individual will be disqualified from the track meet and all points and places earned will be forfeited (NFHS Rule 4-2-2).
11. At the state track meet, the two-alley start with waterfall shall be used to begin the 800, 1600 and 3200 meter runs.
12. Headbands must meet the following criteria: Must be white or a solid color; must be worn on the forehead and be a maximum of 2"; must be moisture-absorbing, nonabrasive and unadorned except for a logo. (Either

one visible manufacturer's logo, trademark, reference or the school logo/mascot is permitted on the headband and shall be limited to 2 ¼ square inches and shall not exceed 2 ¼ inches in any dimension.) Only one item is permitted on the head.

13. All member schools are required to have on file a completed pole vault facility compliance form.

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

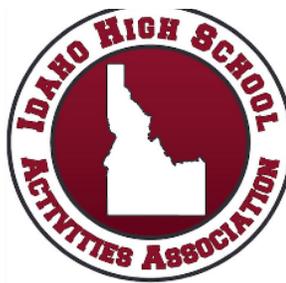
GIRLS

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



2019 Volleyball

Team Match Limitation

No team or individual shall play more than 16 regular season dates.

1. A maximum of 8 dates tri-matches. Any school playing two schools on the same date must count that competition as a tri-match.
2. Two dates may be tournaments (more than 3 schools involved).
3. A team may substitute one additional tournament. A school desiring to play in 3 tournaments may only play on 15 dates.

Rules for tournament play:

1. A tournament may be of any format.
2. A tournament held on Friday after 3:00 p.m. and Saturday will count as one date or one tournament.
3. A two-day tournament starting prior to 3:00 p.m. on Friday will be counted as two of the sixteen allowable dates.
4. Total number of sets throughout the tournament will not be counted.

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 varsity post season 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.

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.

IHSAA Match Details

1. All varsity matches shall be best 3 of 5 sets.
2. Sets shall be played to 25 points, no cap, win by 2 points.
3. Fifth and deciding set shall be played to 15 points, no cap, win by 2 points.
4. Home team selects its team bench upon entering the facility, and visiting captain shall call the toss. If necessary, prior to the deciding set of match, home captain shall call the toss.
5. Each team shall be allowed 2 time-outs per set, with a total of 10 time-outs if 5 sets are played.
6. 18 substitutions
7. Use of the libero has been approved by the IHSAA Board of Directors. See the NFHS Volleyball Rules Book for specific applications for using the libero.
8. Season tournaments, pool play and tri-matches can play 2/3 to 25, no cap, win by 2 points; the 3rd set to 15, no cap, win by 2 points.
9. State tournament will use the 3 of 5 format.
10. Sub-varsity matches may use the 2 of 3 format.

Official Ball

Baden Perfection VX5EC (blue, grey and white)



2019-2020 Wrestling

Weight Classifications

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

To be eligible for district and state competition, each wrestler must weigh-in at scratch weight, then compete at scratch weight, or up one weight above scratch weight, on three of the 15 regular season dates. The coach must be able to provide verification that any wrestler has made the three required weigh-ins before the seeding meeting. One may only count weigh-ins conducted at meets in which your school participates.

Weight Certification

The certification program 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 1.5 percent of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

*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

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.

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.



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2018-20 GENERAL CLASSIFICATION & ALIGNMENT

District	5A 1280 & Over	4A 1279-640	3A 639-320	2A 319-160	1A Div. I 159 - 100	1A Div. II 99 & below
I (17)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonniers Ferry <small>(Boulder Creek co-op)</small> CdA Charter Kellogg Priest River Timberlake	St. Maries	Wallace	Clark Fork Genesis Prep Kootenai Lakeside Mullan
II (19)	Lewiston	Moscow		Grangeville Orofino	Clearwater Valley Genesee Kamiah Lapwai Pottlatch Prairie Troy	Culdesac Deary Highland-C Kendrick Logos Nezperce Summit Academy Timberline-W
III (52)	Boise Borah Capital Centennial Eagle Meridian Mountain View Rocky Mountain Skyview Timberline-B	Bishop Kelly Caldwell Columbia Emmett Kuna Middleton Nampa Renaissance Ridgevue Vallivue	Fruitland Homedale Parma Payette Weiser	Cole Valley Christian Idaho Arts Charter Marsing McCall-Donnelly Melba Nampa Christian New Plymouth Sage International Vision Charter	Ambrose Compass Charter Greenleaf Friends Idaho City Liberty Charter North Star Charter Notus Rimrock Riverstone Int'l Victory Charter Wilder	Cascade Council Garden Valley Horseshoe Bend Meadows Valley Salmon River Tri-Valley <small>(Cambridge/Midvale co-op)</small>
IV (32)		Burley Canyon Ridge Jerome Minico Mountain Home Twin Falls Wood River	Buhl Filer Gooding Kimberly	Declo Magic Valley Alt. Wendell Xavier Charter	Glenns Ferry Oakley Raft River Shoshone Valley	Bliss Camas County Carey Castleford Community School Dietrich Hagerman Hansen ISDB Lighthouse Christian Murtaugh Richfield
V (17)	Highland - P	Century Pocatello Preston	American Falls Marsh Valley Snake River	Aberdeen Bear Lake Malad Soda Springs West Side	Grace	Grace Lutheran North Gem Rockland Sho-Ban
VI (24)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	South Fremont Sugar-Salem Teton	Firth North Fremont Ririe Salmon West Jefferson	Butte County Challis Taylor's Crossing Charter	Clark County Leadore Mackay Watersprings
(161)	(18)	(29)	(20)	(26)	(28)	(40)

2019 -2020
Idaho High School Activities Association
Sites / Dates/ Managers

Event	Dates / Location	Managers
SOCCER	Oct. 24-26	Manager
5A	Eagle/Meridian/Rocky Mt	Holt/Graefe/Rice
4A	Brothers Field, Caldwell	Jon Hallock
3A	Vallivue H.S.	Tony Brulotte
CROSS COUNTRY	Nov. 2	Manager
	Portneuf, Pocatello	Travis Bell
VOLLEYBALL	Nov. 1-2	Manager
5A	*Coeur d'Alene H.S.	Mike Randles
4A	*Post Falls H.S.	Craig Christensen
3A	*Lake City H.S.	Jim Winger
2A	Lakeland H.S.	Mike Divilbiss
1A DI	*Lapwai H.S.	David Kronemann
1A DII	*Lewiston H.S.	Corey Williams
SWIMMING	Nov. 8-9	Manager
	West YMCA, Meridian	Julie Prince
FOOTBALL	Nov. 22-23	Manager
	TBD: Moscow, Boise, and/or Pocatello	TBD
DRAMA	Dec. 6-7	Manager
	Madison H.S.	Nancy Robinson
GIRLS BASKETBALL	Feb. 20-22	Manager
5A	Ford Idaho Center	Randy Strong
4A	Timberline H.S.	Tol Gropp
3A	Middleton H.S.	Andy Ankeny
2A	Kuna H.S.	David Beymer
1A DI	Columbia H.S.	Randy Potter
1A DII	Nampa H.S.	Ty Thomas
WRESTLING	Feb. 28-29	Manager
	Ford Idaho Center	Jon Watson
BOYS BASKETBALL	Mar. 5-7	Manager
5A	Ford Idaho Center	Doug Standlee
4A	Borah H.S.	Vince Mann
3A	Meridian H.S.	Mike Graefe
2A	Capital H.S.	Steve Sosnowski
1A DI	Vallivue H.S.	Tony Brulotte
1A DII	Caldwell H.S.	Jon Hallock
DEBATE	March 13-14	Manager
	Boise H.S.	TBD
DANCE/CHEER	March 20-21	Manager
	Ford Idaho Center	Julie Hammons / Lisa Hahle
SPEECH	April 17-18	Manager
	District I	Caleb Drechsel
GOLF	May 11-12	Manager
5A	Avondale GC, Hayden	Mike Randles
4A	The Links GC, Post Falls	Mike Divilbiss
3A	The Highlands GC, Post Falls	Mike LaFontaine
2A	Bryden Canyon GC, Lewiston	Todd Gilkey
SOFTBALL	May 15-16	Manager
5A	Mountain View H.S.	Luke Wolf
4A	Skyview Park	Eric Bonds
3A	Rocky Mountain H.S.	Troy Rice
2A	Skyview Park	Eric Bonds
1A	QUAD Softball Complex, Caldwell	Larry Taylor
TENNIS	May 15-16	Manager
5A	Timberline H.S.	Winston Tilzey
4A	Boise Racquet Club	Pat Coffeey
3A	Ridgevue H.S.	Brenna Lawson
TRACK	May 15-16	Manager
5A/4A	Eagle High School	Terry Beck
3A/2A/1A	Middleton H.S.	Gerry Nutt / Andy Ankeny