

RULES AND REGULATIONS

2023-2024



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Officials Coordinator

Zach Hoffman
GM-Marketing/Sponsorships

Morgan Potter
AE-Marketing/Sponsorships

Board of Directors

Dena Naccarato - Post Falls SD
District I; 2022-2026

Shawn Tiegs - Moscow SD
District II; 2021-2024

Rob Sauer, VP - Homedale SD
District III; 2023-2026

Tim Perrigot - Wendell SD
District IV; 2020-2024

Mark Kress - Snake River SD
District V; 2023-2026

Heath Jackson, Pres - Bonneville SD
District VI; 2022-2025

Burke Davis - Shelley HS
State Principals Assoc.; 2022-2024

Ted Reynolds - Canyon Ridge HS
State Athletic Directors; 2019-2025

Hiroshi Fukuoka - Jerome HS
Idaho Music Educators; 2020-2026

Randy Lords - Madison SD
Idaho School Superintendents; 2019-2024

Tonia Burk - Twin Falls HS
Girls Athletic Coaches; 2020-2026

Stacy Wilson - Buhl HS
Boys Athletic Coaches; 2018-2024

Dana Facer - Pocatello HS
Speech Arts Coaches; 2019-2024

Starr Olsen - Dietrich SD
School Board Assoc.; 2019-2025

Spencer Barzee
State Dept. of Education; Appt'd.

2023-24 ACTIVITY / RULE / BY-LAW CHANGES

As of July 1, 2023

Alturas Preparatory Academy

Alturas Preparatory Academy was approved as a regular member beginning in 2023-24.

American Heritage Charter School

American Heritage Charter School was approved as a regular member beginning in 2023-24.

Fall Academic State Championship Application Deadline

Deadline for fall sports Academic State Championship submissions is September 25th.

Wrestling Date Limitation

An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 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.

Rule 8-14-1

Changes now require additional documentation for any move (rental or purchase) within 50 miles of the student's previous residence.

Move Less Than 50 Miles If the parents of a student move less than fifty miles from their present residence, the follow information must accompany the Athletic Transfer Form:

1. Letter from parents explaining the move.
2. Letter of support from school filing the request.
3. Proof of former residence address being terminated (lease termination letter, escrow closing papers).
4. Real estate documents indicating and verifying the valid change of residence OR proof of entering a long-term lease (minimum of 12 months).
5. Proof of at least two utility services/monthly bills in the family's name at the new residence address AND documentation of termination of the same at the former address (cell phone, auto insurance, pay stub, gas, water, electricity, cable TV, etc.)
6. Proof of change in address on the parent(s) and age-appropriate student's driver's license to new residence address.

Rule 3-1-2

All new coaches (includes head coaches, directors, assistant coaches and volunteers) that are not certified to teach in Idaho must take the NFHS Teaching and Modeling Behavior course prior to the first day of practice. This course is only required upon being hired in Idaho for the first time.

Dance/Cheer Changes

- Cheer – Stunt Group is no longer a required category and will not be offered at State;
 - Show (All Girl and Coed), Sideline and Pom are required for 23-24 and will be offered at State.
- Dance – Addition of Pom as a required category;
 - Dance, Military, Hip Hop and Pom are required for 23-24 and will be offered at State.
- State Championships will be held February 23 (Dance) and February 24 (Cheer), 2024.

1A State Softball Representation

The 1A State Softball tournament was expanded to an 8-team bracket. (NOTE: *implemented in 2023*)

Officials' Clinic Grants

The IHSAA will accept requests to help offset some of the expenses for officials' training clinics.

3-Day State Softball Tournament

The State Softball tournament will move from a 2-day tournament to a 3-day tournament beginning in the spring 2024.

3-Day State Volleyball Tournament

The State Volleyball tournament will move from a 2-day tournament to a 3-day tournament beginning in the fall 2024.

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THE NATIONAL FEDERATION



The National Federation of State High School Associations (NFHS) is an organization of 51 autonomous state high school athletic and/or activity associations and the association of the District of Columbia. Additionally, interscholastic associations of the Canadian Provinces Alberta, British Columbia, Manitoba, New Brunswick, Nova Scotia, Ontario and Quebec are affiliated with the NFHS as are associations from St. Croix, Guam, St. Thomas-St. Johns, and the Bahamas. Other affiliates are forensic associations of Michigan and Wisconsin, and music associations of Wisconsin and Florida.

Collectively, the associations, through their common commitment to high school athletic/activity programs form the NFHS. These organizations have established the NFHS as a means of maintaining cooperative, reciprocal relationships among all of the member associations. As the mechanism for maintaining these relationships, the NFHS provides a common forum for administering high school activities, through a democratic governance process, by all who direct these programs.

Through its national office in Indianapolis, the NFHS has established an administrative entity to coordinate and support the functions of the organization. The administrative office is a convenor of a large number of meetings and committees for the promulgation of rules, publisher of extensive media materials to support the operations of the organization, and is a resource for and a repository of information/data on high school athletic/activity programs.

As stipulated in the NFHS Constitution, the legislative body of the organization is the National Council (executive directors of the member state associations), which annually elects a specified number of members to staggered terms on the Board of Directors, the administrative entity which conducts the business and day-to-day operations of the organization through the executive director and administrative staff.

The NFHS is committed to diversity and inclusiveness in the administration of the organization. This commitment is achieved by providing opportunity for any National Council member to serve on the Board of Directors.

NFHS Statement of Philosophy

Sports and performing arts have always been part of the educational process of youth.

In the United States, such activities were organized at the collegiate and secondary school levels in the early 1900's. In the 1920's, a small number of state high school athletic associations organized themselves and grew in numbers to evolve into a national entity which became the National Federation of State High School Associations.

The NFHS, the voice of interscholastic activities, is committed to the belief that interscholastic activities are basic to sound educational principles of secondary education. Activities are a social force which teach values/achievement for physical, psychological and emotional growth in the education environment.

Participation in activities reinforces responsible social processes. Educational experiences gained through activity programs are opportunities to learn, promote and reinforce the elements that influence students to become productive citizens in a democratic society. Productive citizenship may be demonstrated through accepting responsibility, self-worth, sportsmanship, integrity, fairness, optimism, self-sacrifice — placing the welfare of others ahead of self, acceptance of others regardless of abilities or background, dignity, self-

respect/discipline and thinking independently while having a commitment to group or collective goals which go beyond winning.

These are the values that reflect the educational curriculum of interscholastic activities. In its developmental stages, as today, the central commitment of the NFHS is to support and enhance at the national level the interaction between and among the member state associations in their efforts to administer and direct participation of their respective member schools in activities programs.

The NFHS is dedicated to the continued development and maintenance, through common agreement of its members, of standards for participant eligibility, rules and conditions for the administration of contests. In deference to the standards, rules and conditions, the NFHS membership is committed to enhance and stimulate interest in and thereby involve and provide greater access to increasing numbers of students for participation in activities.

Participation in interscholastic activities is accorded to students who meet essential standards of eligibility adopted collectively by state association member schools and additional standards as may be adopted by individual schools for their respective student participants. The NFHS membership is dedicated to development and implementation of standards, policies and regulations essential to assist member schools in the furthering of their educational philosophy of interscholastic activities. Toward this end, the membership is pledged to keep school-sponsored contests in perspective as a part of the total educational program at the local, conference, district and state levels.

The NFHS believes it is imperative to maintain articulation and cooperative relationships with other educational and/or non-school organizations involved in amateur athletics or with interests in high school activities programs. These relationships are mutually beneficial to all organizations involved and the individual participants as a means of preserving the integrity of the programs and the amateur status of participants. It is the position of the NFHS that activities are for enjoyment, recreation, entertainment, the promotion of healthy lifestyles, sports for the sake of sports and opportunities for greater fulfillment of interests and aptitudes of youth.

The NFHS continues to make efforts for the continuing assessment, review and evaluation of current parameters and practices utilized in programs to improve the quality of and make more accessible a range of activities to challenge the interests and abilities of student participants.

The overriding commitment of the NFHS membership is the health, welfare and moral growth of students who participate directly and indirectly in high school activities programs. This commitment is being achieved through a continuing, unified effort of the NFHS membership to maintain the highest ideals of fair play, ethical behavior and responsible citizenship in a democratic society.

One of the primary missions of the school-college community is to teach participants essential skills that will provide for a lifetime of contributions to their community. Sports and fine arts activities are conduits through which people feel part of the community and thus can be effective vehicles for promoting citizenship in this country.

Further, sports and fine arts activities provide not only the opportunity to teach and learn respect for self and respect of others, but can also place participants in a unique context — competition — that can further instill values necessary for the development of respect or self and others.

In addition to these inherent benefits enjoyed through participation in athletic and fine arts programs, high school students can learn the meaning of good citizenship, and can carry those lessons with them throughout their entire lives.

OFFICERS FOR AFFILIATE ORGANIZATIONS

Idaho School Boards Association

President: Nancy Gregory

Executive Director: Misty Swanson

Idaho School Superintendents Association

President: Rob Sauer, Homedale S.D.

Executive Director: Andy Grover

Idaho Assn. of Secondary School Principals

President: Nathan Tracy, Jerome H.S.

Executive Director: Andy Grover

Idaho Association of School Administrators

President: Letha Blick, Vallivue S.D.

Executive Director: Andy Grover

Idaho Music Educators Association

President: Robert Wicks, Lewiston

Executive Director: Wayne Millett, Aberdeen

Idaho Speech Arts Teachers Association

President: Marcy Curr, Pocatello H.S.

Vice President: Jeff Stoppenhagen, Ridgevue H.S.

Idaho Coaches Association

President: Tyler Johnson, Bonneville H.S.

1st Vice President: Todd Cady, Columbia H.S.

2nd Vice President: TBD

IHSAA HISTORY

The Idaho High School Activities Association began when the youth of Idaho high schools desired athletic competition. In the absence of organized teams, they started their own. Without a governing body or involvement from the schools, disputes were settled by fights between neighboring communities. While the schools were not involved directly, they were blamed and embarrassed through association with the teams. The high schools had a decision to make. They could allow athletic competition to continue without school affiliation, try to stop it, or sponsor the competition and attempt to improve the safety and quality of the competition and protect the schools. They accepted the third option with reservations.

While many problems were solved, more were created including the participation of non bona fide students and students staying in school just to continue competing. However, the benefits ultimately outweighed the detriments as school enrollment increased dramatically between 1923-24 to 1924-25 prompting Caldwell's Mr. William Gartin to say, "How much of this increase is due to organized athletics is impossible to say, but it is evident the effect of interschool athletics has been most helpful."

The IHSAA was first organized in 1925 as an activity association involving basketball (boys and girls), football, track, debate, declamation, commercial contests and many other interschool activities. The constitution of the Association was adopted in 1926, and it became an athletic association. It continued as such until 1949 when it became an activities association again.

In 1983, the Association was reorganized as an Idaho nonprofit corporation. Membership in the corporation replaced the Legislative Council and the Board of Directors replaced the Board of Control. As a nonprofit corporation, broad exposure to legal liability was reduced, real property could now be acquired and a tax-exempt status was obtained so that contributors can make tax-deductible gifts to the Association and its fundraising activities would not be taxable.

The IHSAA grew with the Idaho Education Association and was closely affiliated with it for many years. Mr. John I. Hillman served both organizations as the Executive Secretary. The Delegate Assembly of the IEA was one and the same as the general membership of the IHSAA, and the six activity districts, as we know them, were IEA districts in the beginning.

In 1984, the United Dairymen of Idaho became the official sponsor of all IHSAA state tournaments.

The Association has been blessed with many outstanding leaders through the years, as board members and executive officers. The strength of the IHSAA is dependent on outstanding leadership in member schools. Dedication to quality programs, both past and present, has brought us to a place where everyone involved in activities can proudly say, "Activities really are the other half of education!"

The mission of the Idaho High School Activities Association is to coordinate, supervise and direct interscholastic activities that enhance and protect the total educational process of all student participants.

All activities programs shall be formulated to promote citizenship and the academic mission of the school.

Published by the Board of Directors

IHSAA REGULAR MEMBER SCHOOLS

Aberdeen	Tigers	Orange & Black	Mackay	Miners	Red & White
Alturas Prep Academy	Pumas	Purple & Blue	Madison	Bobcats	Red, White & Gray
Ambrose	Archers	Navy, Columbia Blue & White	Magic Valley	Ocelot	Black, Maroon & Silver
American Falls	Beavers	Red, Black & White	Malad	Dragons	Black & Orange
American Heritage Charter	Patriots		Marsh Valley	Eagles	Columbia Blue & Red
Bear Lake	Bears	Royal Blue & White	Marsing	Huskies	Blue & Athletic Gold
Bishop Kelly	Knights	Black & Gold	McCall-Donnelly	Vandals	Red, White & Blue
Blackfoot	Broncos	Kelly Green & White	Meadows Valley	Mountaineers	Black, Orange & White
Bliss	Bears	Maroon & White	Melba	Mustangs	Red & White
Boise	Braves	Red & White	Meridian	Warriors	Blue & Gold
Bonnars Ferry	Badgers	Navy Blue & White	Middleton	Vikings	Navy Blue & Gold
Bonneville	Bees	Green, Gold & White	Midvale	Rangers	Blue & White
Borah	Lions	Green & Gold	Minico	Spartans	Red & Gold
Buhl	Indians	Black, Orange & White	Moscow	Bears	Red, Black & White
Burley	Bobcats	Green, White & Gray	Mountain Home	Tigers	Orange & Black
Butte County	Pirates	Black, White & Orange	Mountain View	Mavericks	Navy Blue, Kelly Green & White
Caldwell	Cougars	Blue & Gold	Mullan	Tigers	Purple & White
Camas County	Mushers	Navy Blue & Gold	Murtaugh	Red Devils	Red, White & Black
Cambridge	Bulldogs	Orange & Black	Nampa	Bulldogs	Red & Blue
Canyon Ridge	Riverhawks	Crimson & Silver	Nampa Christian	Trojans	Maroon, Gold & Silver
Capital	Eagles	Black, Gold & Silver	New Plymouth	Pilgrims	Navy Blue & White
Carey	Panthers	Blue & Gold	Nezperce	Nighthawks	Royal Blue & Gold
Cascade	Ramblers	Purple & Gold	North Fremont	Huskies	Purple, Gold & White
Castleford	Wolves	Royal Blue, White & Red	North Gem	Cowboys	Purple & White
Centennial	Patriots	Maroon & Silver	North Star Charter	Huskies	Navy Blue, Black & Silver
Centennial Baptist	Mustangs	Blue, White & Gray	Notus	Pirates	Royal Blue & White
Century	Diamondbacks	Teal, Purple & Black	Oakley	Hornets	Red & White
Challis	Vikings	Red & White	Orofino	Maniacs	Royal Blue & White
Clark County	Bobcats	Orange & Black	Owyhee	Storm	Red, Gray & White
Clark Fork	Wampus Cats	Royal Blue & Gold	Parma	Panthers	Black, Red & White
Clearwater Valley	Rams	Red & White	Payette	Pirates	Red, Black & White
Coeur d'Alene	Vikings	Royal Blue & White	Pocatello	Thunder	Red & Blue
Coeur d'Alene Charter	Panthers	Red, White & Blue	Post Falls	Trojans	Black & Orange
Cole Valley Christian	Chargers	Royal Blue, Silver & White	Potlatch	Loggers	Green & White
Columbia	Wildcats	Maroon & Gold	Prairie	Pirates	Red, White & Black
Compass Charter	Aviators	Navy Blue, Gray & White	Preston	Indians	Royal Blue, White & Gold
Council	Lumberjacks	Red & White	Priest River Lamanna	Spartans	Orange & Black
Culdesac	Wolves	Green & Gold	Raft River	Trojans	Royal Blue & Gold
Deary	Mustangs	Red, Black & White	Renaissance	Voyagers	Cardinal & Gold
Declo	Hornets	Orange & Black	Richfield	Tigers	Red, White & Black
Dietrich	Blue Devils	Columbia Blue & White	Ridgevue	Warhawks	Burnt Orange & Black
Eagle	Mustangs	Hunter Green & Silver	Rigby	Trojans	Maroon, Gold & White
Emmett	Huskies	Royal Blue & White	Rimrock	Raiders	Green & Gold
Filer	Wildcats	Red, White & Blue	Ririe	Bulldogs	Royal Blue & Gold
Firth	Cougars	Royal Blue & White	Riverstone International	Otters	Light Blue & Navy Blue
Forge International	Dragons	Green & Gold	Rockland	Bulldogs	Royal Blue, White & Red
Fruitland	Grizzlies	Orange & Black	Rocky Mountain	Grizzlies	Purple & Black
Garden Valley	Wolverines	Purple & Gold	Sage International	Yeti	Lime Green
Gem State Academy	Jaguars	Royal Blue & White	Salmon	Savages	Orange & Black
Genesee	Bulldogs	Blue & Gold	Salmon River	Savages	Royal Blue & Gold
Genesis Prep	Jaguars	Navy Blue & Maize	Sandpoint	Bulldogs	Red & White
Glenns Ferry	Pilots	Orange & Black	Shelley	Russets	Red, Black & White
Gooding	Senators	Red & Black	Sho-Ban	Chiefs	Black, Red & White
Grace	Grizzlies	Red & White	Shoshone	Indians	Cardinal & White
Grace Lutheran	Royals	Royal Blue & Black	Skyline	Grizzlies	Navy Blue & Columbia Blue
Grangeville	Bulldogs	Navy Blue & White	Skyview	Hawks	Navy Blue, Silver & White
Greenleaf Friends	Grizzlies	Red & Black	Snake River	Panthers	Purple & White
Hagerman	Pirates	Black & Orange	Soda Springs	Cardinals	Red, White & Black
Hansen	Huskies	Forrest Green & White	South Fremont	Cougars	Red & Black
Highland, Craigmont	Huskies	Gold & Black	St. John Bosco Academy	Patriots	Navy Blue & Burgundy
Highland, Pocatello	Rams	Black, White & Red	St. Maries	Lumberjacks	Forrest Green & Old Gold
Hillcrest	Knights	Red, Black & White	Sugar-Salem	Diggers	Royal Blue & White
Homedale	Trojans	Red & White	Sun Valley Community School	Cutthroat Trout	Navy Blue & White
Horseshoe Bend	Mustangs	Silver & Black	Taylor's Crossing Charter	Eagles	Red, White & Blue
Idaho Arts Charter	Phoenix	Maroon, Black & Silver	Teton	Timberwolves	Orange & Maroon
Idaho City	Wildcats	Blue, Yellow & White	Thunder Ridge	Titans	Royal Blue, Black & Silver
Idaho Falls	Tigers	Orange & Black	Timberlake	Tigers	Navy Blue & Old Gold
ISDB	Raptors	Red & White	Timberline, Boise	Wolves	Royal Blue, Silver & Black
Jerome	Tigers	Orange & Black	Timberline, Weippe	Spartans	Black & Gold
Kamiah	Kubs	Maroon & White	Troy	Trojans	Orange, White & Black
Kellogg	Wildcats	Purple & Gold	Twin Falls	Bruins	Columbia, Navy & White
Kendrick	Tigers	Orange & Black	Valley	Vikings	Royal Blue & White
Kimberly	Bulldogs	Red, Black & White	Vallivue	Falcons	Brown & Gold
Kootenai	Warriors	Scarlet Red & White	Victory Charter	Vipers	Forest Green & Silver
Kuna	Kavemen	Black & Vegas Gold	Vision Charter	Golden Eagles	Maroon & Gold
Lake City	Timberwolves	Teal, Navy & Silver	Wallace	Miners	Red & Black
Lakeland	Hawks	Kelly Green & Gold	Watersprings	Warriors	Navy Blue, Bright Green & Silver
Lakeside	Knights	Black, Red & White	Weiser	Wolverines	Red & White
Lapwai	Wildcats	Blue & White	Wendell	Trojans	Navy Blue & Gold
Leadore	Mustangs	Blue, White & Red	West Jefferson	Panthers	Columbia Blue & White
Lewiston	Bengals	Purple & Gold	West Side	Pirates	Maroon, Gold & White
Liberty Charter	Patriots	Navy Blue, Red & White	Wilder	Wildcats	Purple & Gold
Lighthouse Christian	Lions	Navy Blue, White & Silver	Wood River	Wolverines	Green & White
Logos	Knights	Navy Blue, Gold & White	Xavier	Phoenix	Burgundy & Gold

Associate Member School list can be found at www.idhsaa.org

CLASSIFICATION OF SCHOOLS BY ACTIVITY

Based on enrollment of grades 9-12

The following activities:	Use the following classification figures	
Football	5A	1,280 and over
Volleyball	4A	1,279-640
Basketball	3A	639-320
	2A	319-160
	1A D I	159-85
	1A D II	84 & below

The following activities:	Use the following classification figures	
Track	5A	1,280 and over
Baseball	4A	1,279-640
Softball	3A	639-320
Cross Country	2A	319-160
	1A	159 and under

The following activities:	Use the following classification figures	
Wrestling	5A	1,280 and over
Golf	4A	1,279-640
Cheerleading	3A	639-320
	2A	319 and under

The following activities:	Use the following classification figures	
Soccer	5A	1,280 and over
Tennis	4A	1,279-640
Dance	3A	639 and under

The following activities:	Use the following classification figures	
Swimming	5A	1,280 and over
	4A	1,279 and under

Speech Arts	Uses the following classification figures		
Debate	Determined at the state tournament		
Speech	Determined at the state tournament		
Drama	5A	1,280 and over	Event competition is open
	4A	1,279 - 640	Event competition is open
	3A	639 and under	Event competition is open

Music	Uses the following classification figures	
	AA	1,500 and over
	A	1,499-800
	B	799-350
	C	349-150
	D	149 and under

2022-24 GENERAL CLASSIFICATION & ALIGNMENT

District	5A 2500-1281	4A 1280-640	3A 639-320	2A 319-160	1A Div. I 159-85	1A Div. II 84 & below
I (18)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonniers Ferry (Boulder Creek co-op) CdA Charter Timberlake	Kellogg Priest River St. Maries	Genesis Prep Lakeside North Idaho STEM Wallace	Clark Fork Kootenai Mullan
II (19)	Lewiston	Moscow		Grangeville Orofino	Clearwater Valley Genesee Kamiah Lapwai Logos Pottlatch Prairie Troy	Culdesac Deary Highland-C Kendrick Nezperce St. John Bosco Timberline-W
III (56)	Boise Borah Capital Centennial Eagle Kuna Meridian Middleton Mountain View Nampa Owyhee Rocky Mountain Timberline-B	Bishop Kelly Caldwell Columbia Emmett Renaissance Ridgevue Skyview Vallivue	Fruitland Homedale McCall-Donnelly Parma Payette Weiser	Ambrose Cole Valley Christian Compass Charter Idaho Arts Charter Marsing Melba Nampa Christian New Plymouth North Star Charter Sage International	Centennial Baptist Gem State Academy Greenleaf Friends Idaho City Liberty Charter Notus Rimrock Riverstone Int'l Victory Charter Vision Charter Wilder	Cascade Council Forge Int'l Garden Valley Horseshoe Bend Meadows Valley Salmon River Tri-Valley (Cambridge/Midvale co-op)
IV (32)		Burley Canyon Ridge Jerome Minico Mountain Home Twin Falls Wood River	Buhl Filer Gooding Kimberly	Declo Magic Valley Sun Valley Community Wendell	Carey Castleford Glenns Ferry Hansen Lighthouse Christian Murtaugh Oakley Raft River Shoshone Valley Xavier Charter	Bliss Camas County Dietrich Hagerman ISDB 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 (26)	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	Alturas Prep American Heritage Charter Clark County Leadore Mackay Taylor's Crossing Charter Watersprings
(168)	(21)	(27)	(19)	(29)	(37)	(35)

Idaho High School Activities Association



DISTRICT COMMISSIONERS

BASEBALL

Dist. I Josh Behrens
Dist. II Ken Hobart
Dist. III Shannon Bryson
Dist. IV Gary Krumm
Dist. V Gary Carlson
Dist. VI Brent Martin

FOOTBALL

Dist. I Roger Stewart
Dist. II Corky Fazio
Dist. III Scott Orr
Dist. IV Ken Lively
Dist. V Bruce Palmer
Dist. VI Dan Andreason

SOFTBALL

Dist. I Ted Yurek
Dist. II Rodney Snarr
Dist. III Ted Pettet
Dist. IV Gary Krumm
Dist. V Gary Carlson
Dist. VI Brent Martin

TRACK

Dist. I Wade Quesnell
Dist. II Kurt Bradley
Dist. III Dave Mills
Dist. IV Brian Hardy
Dist. V Rich Condie
Dist. VI James Parrish

CHEER

Dist. I Sharon Meador
Dist. II Heidi Hagen
Dist. III Marshanne Bates
Dist. IV Sharlene Taylor
Dist. V Jessica Gallup
Dist. VI Cathy Owen

BASKETBALL

Dist. I Rayna Longstreet
Dist. II Corky Fazio
Dist. III Brett Currin
Dist. IV Randy Winn
Dist. V Bruce Palmer
Dist. VI Dan Andreason

SOCCER

Dist. I Tony Norris
Dist. II Owen Vassell
Dist. III Riley Jones
Dist. IV Jerry Black
Dist. V Bob Arnold
Dist. VI Marlon Cruz

SWIMMING

Dist. I Michelle Sobek
Dist. II Jody Broyles
Dist. III Aaron Tabor/
Deb Hill
Dist. IV Christi Gilmore
Dist. V Karen Homstad
Dist. VI Glenn Roth

VOLLEYBALL

Dist. I Rayna Longstreet
Dist. II Kally McFee
Dist. III Jim Bittick
Dist. IV Tiffany Jordan
Dist. V Kyle Crawford
Dist. VI Tyler Pincock

DANCE

Dist. I Brianna White
Dist. II N/A
Dist. III Annie Calhoun
Dist. IV Julie Silcock
Dist. V Hallie Hanohano
Dist. VI Krista Briggs

WRESTLING

Dist. I Ryan Wood
Dist. II Dan Lejameyer
Dist. III Steve Rayborn
Dist. IV Clint Milliron
Dist. V Zac Phelps
Dist. VI Dale Gardner

SPEECH ARTS

Drama James Haycock
Debate Donnie Drobny
Speech Robin Christensen

ATHLETIC OFFICIALS

10-2 CERTIFICATION OF OFFICIALS

All officials must be at least 16 years old.

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

- Varsity officials are eligible to officiate interscholastic contests, grades 9-12.
- Non-varsity officials are eligible to officiate non-varsity contests only.
- 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

- 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.
- First and second year officials' registration fees will be waived.

10-3 CERTIFICATION REQUIREMENTS

10-3-1 Varsity officials must:

- 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.
- Attend a minimum of two local meetings in addition to the state rules clinic.
- Score 80 or better on the required NFHS test the previous year and the current year.
- Receive a recommendation from the district commissioner upon completion of a background check.
- Officials must complete the St. Luke's Concussion Course before officiating a regular season contest. All officials are required to review the St. Luke's Online Concussion Course on even numbered years. The IHSAA Statewide Concussion Review dates: 2024-25, 2026-27, etc. The IHSAA Board of Directors must approve alternative concussion courses or seminars.
- 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: 2024-25, 2026-27, etc. Only courses completed after May 1 will be accepted.

10-3-2 Non-varsity officials must:

- 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.
- Score 70 or better on the required NFHS test for the current year.
- Receive a recommendation from the district commissioner upon completion of a background check.
- Officials must complete the St. Luke's Concussion Course and NFHS Sudden Cardiac Arrest course as outlined above. If you are a new official in an odd year, you must take the course in that

year and then again on even numbered year. The IHSAA Board of Directors must approve alternative concussion courses or seminars.

10-3-3 Testing

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

- Tests may be taken open book.
 - Tests may be retaken up to five times during the testing period.
- | | |
|------------------------------|--------------------------|
| Part II: Volleyball/Football | Aug. 1 – Sep. 30, 2023 |
| Part I: Soccer | July 10 – Sept. 30, 2023 |
| Part I: Basketball | Oct. 1 – Dec. 31, 2023 |
| Part II: Wrestling | Nov. 1 – Dec. 31, 2023 |
| Part I: Track | Feb. 5 – April 1, 2024 |
| Part I: Baseball/Softball | Feb. 5 – April 1, 2024 |

Assignment of Officials

All sports officials used in contests involving grades 9-12 must be certified by the IHSAA. A list of certified varsity and non-varsity officials will be sent to each commissioner. 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. Each activity district's Board of Control retains these responsibilities. The sport commissioner in each district typically 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 competition is administered by the IHSAA.

The IHSAA Code of Ethics for Officials

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

- I will honor contracts regardless of possible inconvenience or financial loss.
- I will study the rules of the game, observe the work of other coaches and/or officials and attempt to improve the game and myself.
- I will conduct myself in such a way that attention is focused on the young people playing and not myself.
- I will maintain my appearance in a manner respectful of the dignity and importance of the game.
- I will cooperate with the media, but I will not make statements concerning officials' decisions after a game.
- I will uphold all rules of the IHSAA and the National Federation and give my complete cooperation to my school and the IHSAA.
- I will shape my character and conduct so as to be a worthy example to my students on my team.
- I will be professional in my association with other coaches and officials.
- I will remember the game is more important than the wishes of any individual.

IHSAA Dues Structure

Each school will have base dues of \$150. In addition, high schools will be charged \$25 per activity. Junior highs will be assessed \$10 per activity for IHSAA and/or National Federation manuals and rules books.

Athletics	<u>H.S.</u>	<u>Jr. H.S.</u>
Girls Cross Country	\$25	
Boys Cross Country.....	\$25	
Football	\$25	\$10
Volleyball.....	\$25	\$10
Girls Soccer.....	\$25	\$10
Boys Soccer.....	\$25	\$10
Girls Swimming.....	\$25	\$10
Boys Swimming.....	\$25	\$10
Girls Basketball	\$25	\$10
Boys Basketball	\$25	\$10
Wrestling*	\$25	\$10
Girls Tennis	\$25	
Boys Tennis	\$25	
Girls Golf.....	\$25	
Boys Golf	\$25	
Girls Track	\$25	\$10
Boys Track	\$25	\$10
Softball.....	\$25	\$10
Baseball.....	\$25	\$10
Spirit		
Cheerleading.....	\$25	\$10
Dance.....	\$25	\$10
Music		
Choral and/or Instrumental.....	\$25	
Speech Arts		
Drama.....	\$25	
Debate	\$25	
Speech.....	\$25	

* An additional \$30 fee for weight certification dues is required for Wrestling

Eligibility Verification

Verification of the athletic eligibility of student-athletes is the responsibility of the principal of each school. All participants in activity contests sponsored by the IHSAA must meet the eligibility regulations in each of the following:

1. Physical exam
2. Age
3. Number of semesters of eligibility
4. Attendance the previous semester
5. Number of subjects passed previous semester
6. Transfer students - permission to compete received from IHSAA

The Eligibility Verification form can be found on the website, idhsaa.org, and must be filed with the Idaho High School Activities Association for each sport in which your school participates. Be sure to fill out the blank for **“Number of Participants”** for all sports. The schools should keep a copy for their files.

Junior high school principals should return the Eligibility Verification form to the IHSAA even though their students participate in the high school program and need not be verified by the junior high.

2023-2024 Filing Dates Deadlines

Sept. 15	Football, Cross Country, Volleyball, Soccer, Swimming, 5A/4A Golf
Jan. 26	Basketball, Wrestling, Competitive Dance, Competitive Cheer
Apr. 19	Baseball, Track, Tennis, 3A/2A Golf, Softball

A late filing fee of \$5.00 per sport will be charged for failure to file on or before the deadline.

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
CONTRACT *for* **INTERSCHOLASTIC ACTIVITIES**



This agreement entered into on _____ by the principal or activity director of
DATE

_____ High School and the principal or activity director of
VISITING TEAM

_____ High School is made for a _____ contest
HOME TEAM SPORT

between teams of these schools, to be played at:

_____ on _____ at _____ a.m./p.m.
SITE DAY DATE TIME

_____ on _____ at _____ a.m./p.m.
SITE DAY DATE TIME

Both parties agree to adhere to all rules and regulations of the Idaho High School Activities Association. In consideration for this competition, both schools promise to appear at the aforementioned site(s) at the agreed upon time(s). Other conditions are as follows:

It is further agreed that if either school fails to carry out its obligations at the time the performance is due, the school that breaches shall be subject to penalties as prescribed by the rules and regulations of the IHSAA.

_____ Principal _____ High School
VISITING
_____ Activity Director

_____ Principal _____ High School
HOME
_____ Activity Director

See "Rule 6 — Contracts" in IHSAA Rules and Regulations Manual



ATHLETIC TRANSFER

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
8011 Ustick Rd Boise ID 83704 Email: johnsond@idhsaa.org

This form is to be completed by an administrator of the school to which student has transferred. A transfer student is not eligible to participate until this form is on file in the IHSAA office and permission to compete has been granted by the IHSAA.

SCHOOL _____ CITY _____

STUDENT _____ Male ☐ Female ☐ BIRTHDATE _____
Month/Day/Year

Date of entry into new school _____ Date of first enrollment in 9th grade _____
Month/Day/Year Month/Year

Did the above student attend school last semester? Yes ☐ No ☐

Previous school from which transferring _____
School City State

Did the student pass the required number of courses last grading period? Yes ☐ No ☐

Was the student eligible to participate at previous school at the time of transfer? Yes ☐ No ☐

Did the student move with both parents? Yes ☐ No ☐

If no, explain the parental status and circumstances of transfer. Married ☐ Legal Separation ☐ Divorced ☐ Other ☐

Former address of parents _____
Address City Zip

Present address of parents where student will reside _____
Address City Zip

Is this address a permanent residence? Yes ☐ No ☐ (A permanent residence is the actual physical relocation by the parents or legal guardians of a student and other school aged family members for a minimum of 365 days at a new residence and termination of all occupancy of the previous residence)

Is this permanent address within the school boundaries? Yes ☐ No ☐

Is this address less than 50 miles from the previous residence? Yes ☐ No ☐ If yes, attach required documents. (Rule 8-14-1; see reverse side for checklist) NOTE: Not applicable for moves between divorced parents/guardians.

Signature of Parent/Guardian _____ Date _____

"I certify that I have reviewed and understand the Association's Athletic Transfer Rules; that I have discussed those rules with the above student and with his/her parents; that I have investigated the information provided above and such additional information as I have deemed necessary; and that I believe that the student's transfer is not the result of recruiting or for any other reason in contravention of the Association's Transfer Rule or other applicable rule."

Administrator's Signature _____ Date _____

DO NOT WRITE IN THIS SPACE (MUST HAVE STAMP TO BE OFFICIAL)

Approved by _____ Date _____

Eligible _____ Restrictions (if applicable) _____

Ineligible _____

No Action _____

8-14-1: Required Documents for a Move Less Than 50 Miles

If the parents of a student move less than fifty miles from their present residence, the follow information must accompany the Athletic Transfer Form:

- _____ Letter from parents explaining the move.
- _____ Letter of support from school filing the request.
- _____ Proof of former residence address being terminated (lease termination letter, escrow closing papers).
- _____ Real estate documents indicating and verifying the valid change of residence OR proof of entering a long-term lease (minimum of 12 months).
- _____ Proof of at least two utility services/monthly bills in the family's name at the new residence address AND documentation of termination of the same at the former address (cell phone, auto insurance, pay stub, gas, water, electricity, cable TV, etc.)
- _____ Proof of change in address on the parent(s) and age-appropriate student's driver's license to new residence address.

NOTE: The IHSAA Executive staff or Board of Directors may approve or deny varsity competition if circumstances warrant.



WAIVER OF TRANSFER RULE

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
8011 Ustick Rd Boise ID 83704 Fax: 208-322-5505

A student who transfers schools under conditions which do not meet the terms of the IHSAA transfer standards may be eligible to participate in interscholastic activities, **except varsity level competition in activities in which the student competed, tried out for, or participated on any organized club, school or otherwise scheduled team during the twelve calendar months preceding the date of such transfer**, provided the activity eligibility is approved by the administrators of both the sending and receiving schools and the Board of Directors, and further provided there is no participation purpose involved in the transfer. The student shall be ineligible for all activities for one calendar year from the date of transfer in the event that either or both administrators or the Board of Directors decline to approve eligibility. (The above rule applies to all public to public, private to private, private to public, public to private school transfers and transfers from schools outside the United States to any school in Idaho.) A student who is eligible for non-varsity competition only is ineligible for district and state competition.

This form is to be used **ONLY** to apply for eligibility as restricted by the Transfer Rule explained above. An administrator of both the receiving school and the school formerly attended, as well as the parent(s) or legal guardian(s) and the student must certify the transfer was not for participation reasons. The student will become eligible when a final approval is granted by the IHSAA.

It shall be the responsibility of the administrator of the receiving school to:

1. Initiate and complete this application
2. Secure necessary responses and signatures needed in sections B and C
3. Submit the completed form to the IHSAA office

SECTION A: (To be completed by administrator of school to which student has transferred)

1. Name of student _____ ☐ Male ☐ Female Date enrolled _____

2. Current street address: _____ City: _____ Zip _____

Is this address within the boundaries of your school district? ☐ Yes ☐ No

3. Has the student changed residences? ☐ Yes ☐ No

If yes, briefly explain _____

4. Student's date of birth _____ Student's age _____

5. Total semesters completed to date in grades 9-12 _____

6. Enrolled in former school from (dates) _____ to _____

7. Activity(ies) in which the transfer student wishes to compete _____

8. Has this student had contact with any of your coaches prior to enrollment in your school? ☐ Yes ☐ No

9. Certification of administrator of the new school (please check the box of the appropriate language)

The above information is correct to the best of my knowledge. I (☐ do ☐ do not) believe undue influence was used by any person(s) to encourage the student transfer. I (☐ do ☐ do not) approve eligibility.

School: _____ Street Address: _____

City: _____ Zip Code: _____ Phone: _____

Administrator's Signature _____ Date _____

SECTION B: (To be completed by the student and his/her parent or guardian)

1. Certification of Application:

This is to certify that the student named herein has affected the transfer of schools as indicated, that the transfer was not for participation reasons, and that no person has used undue influence in an attempt to secure this student's enrollment for purposes of activity participation. We further certify that all information herein contained is correct and understand that ineligibility may result if the information proves to be incorrect through **error in statement**.

Signature of Parent/Guardian

Date

Signature of Student

Date

SECTION C: (To be completed by administrator of previous school)

Observe Carefully: The waiver requested under this rule, as stated on the reverse side of this form, must be approved by the administrator of the former school before being acted upon by the IHSAA.

Name of student _____

1. Was the student eligible to participate in your school at the time of transfer? ☐ Yes ☐ No

If no, explain _____

2. Initial all activities in which the student competed, tried out for, or participated on any organized club (this includes programs that are outside of school), school or otherwise scheduled team (freshman, junior varsity, varsity) during the 12 calendar months preceding the date of transfer. This would include incoming freshman trying out for teams.

☐ Baseball ☐ Basketball ☐ Cross Country ☐ Football ☐ Golf ☐ Soccer
☐ Softball ☐ Tennis ☐ Track & Field ☐ Volleyball ☐ Wrestling ☐ Dance
☐ Cheer ☐ Speech ☐ Debate ☐ Drama ☐ Swimming

If none, initial here: _____

3. **Certification of Administrator of Former School:** (please check the box of appropriate language)

The above information is correct to the best of my knowledge. I (☐ do ☐ do not) approve eligibility in the new school.

NOTE: State reasons if not approved: _____

School: _____ Street Address: _____

City: _____ Zip Code: _____ Phone: _____

Administrator's Signature _____ Date _____

DO NOT WRITE IN THIS SPACE
(MUST HAVE STAMP TO BE OFFICIAL)

Approved by _____ Date _____

Eligible _____

Restrictions (if applicable)

Ineligible _____

No Action _____



FOREIGN STUDENT TRANSFER

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
8011 Ustick Road Boise, ID 83704

Foreign Exchange Students participating in a foreign exchange program approved by C.S.I.E.T. may participate in interscholastic athletic competition. The foreign exchange student must possess a current visa issued by the US State Department.

- a. **J-1 Visa:** Student may be granted varsity eligibility for one year.
- b. **J-1 Visa Direct Placement:** Student may be granted junior varsity eligibility for one year.

Direct placement is reported to the IHSAA by the NFHS.

- c. **F-1 Visa:** Student may be granted junior varsity eligibility for one year.

Non-Foreign Exchange International Students who are not under the auspices of, and placed by, a CSIET-listed exchange program will be ineligible for varsity interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school. International students must meet the following requirements in order to be considered for interscholastic athletic/activity eligibility:

- ☐ **Must file a Foreign Student Transfer Form with the IHSAA Office and be approved.**
- ☐ **The student must possess a current F-1 visa, issued by the U.S. Immigration and Naturalization Service.**
- ☐ **The student must provide to the principal of the school he/she attends an official un-translated transcript and a transcript that is translated into English, by an acceptable agent or agency, which indicates work taken in all grades in which the student was enrolled.**
- ☐ **The international student must pay tuition to the high school he/she attends as prescribed in Section 625 of U.S. Public Law 104-208. A receipt of their paid tuition must be included in the paperwork.**
- ☐ **No member of the school's coaching staff, paid or voluntary, shall/can serve as the host family unless the student is participating at the JV level or lower.**

The international student must comply with all eligibility requirements set forth by the state high school association of which the school he/she attends is a member.

Non-compliance with one or more of the foregoing provisions shall render the international student ineligible for interscholastic athletics at any high school that is a member of any NFHS member state high school association.

SCHOOL _____ CITY _____

STUDENT _____ ☐ Male ☐ Female BIRTHDATE _____
Month/Date/Year

Name of C.S.I.E.T organization sponsoring student (see Rule 8-9-4) _____

Local exchange program representative monitoring student _____

VISA Classification _____ (J-1) Other _____ (List) VISA validity dates _____

School and country transferring from _____

Has student graduated from high school in his/her own country? ☐ Yes ☐ No

Did student pass the required number of courses last grading period? ☐ Yes ☐ No

How many years of secondary education were completed _____

Family with whom student will live _____

Host Family Address _____

Student Questionnaire

(USE ADDITIONAL PAPER IF NECESSARY)

1. How did you learn about this school?

2. What is the primary reason you are enrolling in this school?

3. What sport/s and/or activities to you plan to participate?

4. Describe any and all relationships you and/or your family have with this school.

5. Did you choose this school or were you assigned to this school?

6. Who assisted you in your desire to go to this school?

7. Did this person/s receive remuneration of any kind for assisting you in your desire to attend this school? ☐ Yes ☐ No
8. Did you or anyone that represents you have contact with any member of the school's coaching staff prior to your enrollment at the school? ☐ Yes ☐ No
9. Did you participate in a club program in your country? ☐ Yes ☐ No Did any of your club coaches have contact with this school? ☐ Yes ☐ No

TRANSFER FOR ATHLETIC PURPOSES: The IHSAA does not recognize transfers for athletic purposes. A student who changes schools for athletic purposes will be ineligible for interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school.

DEFINITION OF UNDUE INFLUENCE: The use of influence by any person connected directly or indirectly with an IHSAA member school, to induce a student to transfer from one member school to the other, or to enter the ninth grade at a member school for athletic competition purposes, whether or not the school presently attended by the student is a member of the IHSAA.

The use of undue influence (Recruiting) to secure or retain a student for competitive purposes is prohibited, shall cause the student to be declared ineligible for high school athletics for a period of up to one calendar year, and may jeopardize the standing of the high school in the Association.

Certification of Application:

This is to certify that the student named herein has effected the transfer of schools as indicated, that the transfer was not for participation reasons, and that no person has used undue influence in an attempt to secure this student's enrollment for purposes of activity participation. We further certify that all information herein contained is correct and understand that ineligibility may result if the information proves to be incorrect through error in statement.

I have knowingly provided all information requested and agree to the release of all records.

Student Signature

Date

Parent/Guardian Signature

Date

"I certify that I have reviewed and understand the Association's Foreign Student Transfer rules; that I have discussed those rules and questionnaire with the above student and with his/her parents and or host family; that I have investigated the information provided above and such additional information as I have deemed necessary; and that I believe that the student's transfer is not the result of recruiting or for any other reason in contravention of the Association's Transfer Rule or other applicable rule."

Administrator's Signature _____

Date _____

DO NOT WRITE IN THIS SPACE
(MUST HAVE STAMP TO BE OFFICIAL)

Is the J-1 VISA a direct placement? ☐ Yes ☐ No

Approved by _____

Date _____

Eligible _____

Restrictions (if applicable)

Ineligible _____

No Action _____



ELIGIBILITY REGULATION WAIVER HARDSHIP

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION
8011 Ustick Rd. Boise, ID 83704 Fax: 208-322-5505

The Eligibility Regulation Waiver must be filed with the IHSAA when it is determined that a student does not meet the criteria for eligibility as outlined in the Rules and Regulations.

**This form is to be completed by the administrator of the school to which student has transferred.
Complete all items requested on this form. NO request will be considered unless all information is supplied.**

Student _____ Birthdate _____ ☐ Male ☐ Female

Parent/Guardian _____ Address of parent _____
Address City Zip

Person with whom student will live _____ Relationship _____

Address where student will live _____
Address City Zip

Is this address within the boundaries of your school district? ☐ Yes ☐ No

IHSAA eligibility regulation rule you are requesting to be waived _____
(use current year manual for references)

Date of first enrollment in 9th grade _____
(Month & Year)

Did student attend school last semester? ☐ Yes ☐ No

Did student pass the required number of courses last grading period? ☐ Yes ☐ No

If transfer, what school did student transfer from _____
School City State

Was student eligible to participate at previous school at time of transfer? ☐ Yes ☐ No

List all activities in which student participated during the last 12 months preceding the date of transfer: _____

Required – check when completed:

- ☐ Transcript of student's grades & credits
- ☐ Letter of request of waiver from school authority (from school filing request)
- ☐ Letter of support from administrator of previous school
- ☐ Supporting letters/documents from parents, doctors, or others pertinent to the explanation of situation
- ☐ Signed copy of the IHSAA Transfer Guidelines Form

School _____ Administrator's Signature _____ Date _____

DO NOT WRITE IN THIS SPACE
(MUST HAVE STAMP TO BE OFFICIAL)

Approved by _____ Date _____

Eligible _____	Restrictions (if applicable) _____
Ineligible _____	_____
No Action _____	_____



Eligibility Regulation Waiver (hardship) Transfer Guidelines Form

1. Please be advised that the Idaho High School Activities Association Eligibility Committee and Board of Directors will **NOT** recognize the following as hardships:

- Athletic motivation
- Driving distance
- Proximity to school
- Gas Prices
- Playing time or other coaches decisions
- Small or large class sizes
- Allegations of a better education
- Less than a full family move
- Sadness or anxiety

2. Harassment, intimidation, and bullying will only be considered if the following documentation is provided:

- ✓ The school or district anti-harassment, anti-intimidation, anti-bullying policies and procedures have been strictly followed and complied with by both the member school and the student/parents.
- ✓ The school or district provides the IHSAA with a copy of the policy and procedures.
- ✓ The school or district secures the appropriate releases from the student/student's parents authorizing the release of a complete record of the events and circumstances on which the policies and procedures were initiated including:
 - A specific, detailed report of the incident(s).
 - An outline of the procedures used to respond to and investigate the reported incident(s).
 - A copy of the findings that were a result of the complaint process and investigation.
 - A specific, detailed disciplinary procedure for any individual found guilty of harassment, intimidation or bullying.
 - All reports of notification to parents or guardians of any student involvement in the incident(s).
 - A report of the intervention strategies and remedial action the school has undertaken to assist the student and redress the complaint.
- ✓ The school or district provides the IHSAA with all of the above referenced records.

3. In cases involving medical hardships, the waiver request must be accompanied by the statements of two (different offices) or more medical experts. Statements should include, in detail, the medical aspects of the case.

Certification of Application:

This is to certify that the student named herein has effected the transfer of schools as indicated, that the transfer was not for participation reasons, and that no person has used undue influence in an attempt to secure this student's enrollment for purposes of activity participation. We further certify that all information herein contained is correct and understand that ineligibility may result if the information proves to be incorrect through **error in statement**.

I have knowingly provided all information requested and agree to the release of all records.

Student Signature

Date

Parent/Guardian Signature

Date

School Administrator's Signature

Date

Physical Examination

The Idaho High School Activities Association requires that an athlete receive a physical examination and/or complete the interim questionnaire prior to his/her first practice in any IHSAA sponsored sport (grades 9-12). Physicals are required prior to the first day of practice in the 9th and 11th grades. A student will not be required to have an additional physical examination during the 10th and 12th grades unless:

1. The physician recommends the student have an additional physical examination.
2. The parents request an examination via the interim questionnaire.
3. Affirmative answers on 1-10 of the interim questionnaire indicate a possible need for a repeat physical examination.
 - a. It will be the responsibility of each principal to consult with a licensed physician regarding any answers to questions given on athletic interim questionnaires, which may indicate a possible need for a repeat physical examination.
4. A transfer athlete had a physical examination during the preceding year in another state.

NOTE: The physical examination must not be completed before May 1 of the athlete's 8th or 10th grade year in order to count for the next two years. Physical examination forms are available on the website, idhsaa.org.

The original, completed Idaho Health Examination and Consent form must be on file at the school prior to the first day of practice.

Interim Questionnaire

The interim questionnaire is a consent form that must be completed prior to the first practice in the 10th grade and 12th grade years. The form must be kept on file in the school administrator's office.

Activity Cards

IHSAA activity cards are issued to superintendents, school trustees, principals, athletic directors and coaches of athletics and activities. **The above individuals must be working directly with IHSAA sanctioned programs involving students in grades 9-12.** If a school has not paid the \$25 fee for an activity, no individual is eligible to receive an IHSAA activity card for supervision in that activity. For information regarding middle school/junior high cards, please contact the IHSAA office.

The card is non-transferable and admits the person whose name is on the card and one guest to any interschool activity sponsored by the IHSAA or by any member school. If the card is presented by a guest of the person whose name is on the card, only the guest will be admitted. The fee for each activity card is \$35 and must be ordered in writing by authorized school administrator (superintendent, principal, athletic director). Duplicate cards will cost \$20 each and must be ordered in writing by the school administration.

Only one card will be issued to each person. If an individual works at two schools, school districts, or holds two different positions, or any combination of the above, he/she will only be issued one card. School trustees who have received lifetime passes may not be issued an annual pass.

Misuse of cards: Use of the card is a privilege of the assignee. If at any time a local, district or state contest manager or their designee deems the privilege has been abused, the card may be confiscated. A confiscated card may be reissued by board action and the condition that the card holder be assessed a \$100 reinstatement fee.

Misuse of issuing cards: Member schools issuing cards to non-qualified personnel may lose the privilege to purchase activity cards for one calendar year.

The IHSAA reserves the right to revoke any card for improper use.

Lifetime Pass

Lifetime passes will not be issued to persons who have retired from a qualified position but are still serving in a capacity in which they are eligible to receive an IHSAA annual activity card. School trustees who have received lifetime passes may not be issued an IHSAA annual pass.

IHSAA lifetime passes may be issued to:

1. Superintendent of Schools: 25 years of service in Idaho
2. Principal/Vice Principal: 25 years of service, high school level
3. Athletic/Activities Director: 25 years of service, high school level
4. Coach or Activities Sponsor: 25 years of service, high school level
5. IHSAA Executive Director and Assistant Directors
6. IHSAA Board of Directors after one full 3-year term is served
7. School Trustees: 12 years of service in Idaho
8. Hall of Fame Inductees
9. Officials: 25 years of service plus criteria
10. YEA Board of Directors: by criteria

Criteria/Procedure for Receiving a Lifetime Pass:

1. The request for an IHSAA Lifetime Pass must be in writing, submitted by a superintendent or principal of a member school.
2. A fee of \$100 will be charged for each pass issued.
3. The individual receiving the pass must be retired or in the process of retiring. School trustees who have served for 12 years but are not retiring may receive a lifetime pass.
4. Years of total service must be non-concurrent years for school personnel. Officials must have 25 non-concurrent years of service, a letter of support from the District Board of Control and approval from the IHSAA Board of Directors.

Catastrophic Insurance

The policy outlining coverage is available from the IHSAA office. If there are questions concerning the catastrophic insurance coverage, call the IHSAA office. This insurance coverage for grades 9-12 is required. **NOTE:** Keep records on all injuries and notify the insurance company of any injury that could become a catastrophic claim.

Premiums for Grades 9-12:	1A \$462.00	3A \$1020.00
	2A \$758.00	4A/5A \$1386.00



HEALTH EXAMINATION *and* CONSENT FORM

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Sex: M / F Date of birth: _____ Age: _____
Address: _____ Phone: _____
School: _____ Sports: _____ Participation Grade: _____

MEDICAL HISTORY

Fill in details of "YES" answers in space below:

- | | Yes | No | | Yes | No |
|--|--------------------------|--|--|--------------------------|--------------------------|
| 1. Have you ever been hospitalized? | <input type="checkbox"/> | <input type="checkbox"/> | 6. Have you ever had a head injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been knocked out or unconscious? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you presently taking any medication or pills? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been diagnosed with a concussion? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have any allergies (medicine, bees, other insects)? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever passed out during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a stinger, burned or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 7. Have you ever had heat or muscle cramps? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had chest pain during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been dizzy or passed out in the heat? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you tire more quickly than your friends during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you have trouble breathing or do you cough during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you use special equipment (pads, braces, neck rolls, mouth guard or eye guards, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Have you ever had problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had racing of your heart or skipped heartbeats? | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear glasses, contacts or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> |
| Has anyone in your family died of heart problems or a sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any other medical problems (infectious mononucleosis, diabetes, ect.)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have any skin problems (itching, rash, acne)? | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| 12. Have you had a medical problem or injury since your last evaluation? | <input type="checkbox"/> | Yes <input type="checkbox"/> No <input type="checkbox"/> | | | |
| 13. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any of bones or joints? | | | | | |
| <input type="checkbox"/> head <input type="checkbox"/> back <input type="checkbox"/> shoulder <input type="checkbox"/> forearm <input type="checkbox"/> hand <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle | | | | | |
| <input type="checkbox"/> neck <input type="checkbox"/> chest <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> finger <input type="checkbox"/> thigh <input type="checkbox"/> shin <input type="checkbox"/> foot | | | | | |
| 14. Were you born without a kidney, testicle, or any other organ? | <input type="checkbox"/> | Yes <input type="checkbox"/> No <input type="checkbox"/> | | | |
| 15. When was your first menstrual period? | _____ | | | | |
| When was your last menstrual period? | _____ | | | | |
| What was the longest time between your periods last year? | _____ | | | | |

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated school authorities for any illness or injury resulting from his/her athletic participation. I also consent to release of any information contained in this form to carry out treatment and healthcare operations for the above named student.

If the health care provider's exam will be performed without compensation as part of the school's health examination program for participation in high school activities, I agree to the waiver provisions as set forth in Idaho Code Section 39-7703 and agree that the health care provider shall be immune from liability as specified in said section.

PARENT OR GUARDIAN SIGNATURE _____

DATE: _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulation of the State Association.

SIGNATURE OF STUDENT _____

DATE: _____

Idaho High School Activities Association

Physical Examination Form

Name: _____ Date of Birth: _____

Height _____ Weight _____ BP _____ / _____ Pulse _____		
Vision R 20 / _____ L 20 / _____ Corrected: Y N		
	Normal	Abnormal findings
Medical		
Pulses		
Heart		
Lungs		
Skin		
Ears, nose, throat		
Pupils		
Abdomen		
Genitalia (males)		
Musculoskeletal		
Neck		
Shoulder		
Elbow		
Wrist		
Hand		
Back		
Knee		
Ankle		
Foot		
Other		

CLEARANCE / RECOMMENDATIONS

Clearance:

- A. Cleared for all sports and other school-sponsored activities.
- B. Cleared after completing evaluation/rehabilitation for:

C. NOT cleared to participate in the following IHSAA sponsored sports /activities:

baseball basketball cheer/dance cross country football golf
soccer softball swimming tennis track volleyball wrestling

NOT cleared for other school-sponsored activities (*example: lacrosse*):

D. Student is NOT permitted to participate in high school athletics.

Reason: _____

Recommendation:

Name of physician:

Address: _____ Phone: _____

Signature of physician/medical provider: _____ Date: _____

(This Physical Examination Form MUST be signed by a licensed physician, physician assistant or nurse practitioner)



INTERIM QUESTIONNAIRE

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Date of birth: _____ Sex: M / F
Address: _____ Phone: _____
School: _____ Participation Grade: _____

MEDICAL HISTORY

SINCE LAST PHYSICAL EXAMINATION, HAS THIS STUDENT:

Fill in details of "YES" answers in space below:	Yes	No
1. Had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
2. Been hospitalized?	<input type="checkbox"/>	<input type="checkbox"/>
3. Been under a physician's care	<input type="checkbox"/>	<input type="checkbox"/>
4. Had serious illness?	<input type="checkbox"/>	<input type="checkbox"/>
5. Had an injury requiring a physician's care?	<input type="checkbox"/>	<input type="checkbox"/>
6. Been rendered unconscious?	<input type="checkbox"/>	<input type="checkbox"/>
7. Been diagnosed with a concussion?	<input type="checkbox"/>	<input type="checkbox"/>
8. Started taking any new medications?	<input type="checkbox"/>	<input type="checkbox"/>
9. Developed any new drug allergies?	<input type="checkbox"/>	<input type="checkbox"/>
10. Developed any health problems?	<input type="checkbox"/>	<input type="checkbox"/>

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated school authorities for any illness or injury resulting from his/her athletic participation. I also consent to release of any information contained in this form to carry out treatment and healthcare operations for the above named student.

My child ☐ **should** or ☐ **should NOT** have a physical examination prior to participation in high school athletics.

Name: _____ Address: _____
City: _____ Zip: _____
Phone: _____

PARENT OR GUARDIAN SIGNATURE _____ DATE: _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulation of the State Association.

SIGNATURE OF STUDENT _____ DATE: _____

Note: The original copy of this form MUST be returned to the school

Athletic Sanctioning

Go to NFHS.org for sanction applications/instructions

The NFHS/IHSAA athletic sanctioning process pertains to competition in the following sports: football, volleyball, soccer, cross country, swimming, basketball, wrestling, track, golf, baseball, and softball. (See below for non-athletic sanctioning procedure)

IHSAA ATHLETIC SANCTION IS REQUIRED FOR:

1. Any interstate competition in which an Idaho school is host for a Canadian school that must travel 300 miles or more one way.

NFHS / IHSAA ATHLETIC SANCTION IS REQUIRED FOR:

1. Any interstate competition involving two (2) or more schools which is co-sponsored or titled in the name of an organization outside the high school community (e.g., a university, a theme park, a shoe company).
2. Non-bordering events if five (5) or more states are involved.
3. Non-bordering events if more than eight (8) schools are involved.
4. Any event involving two (2) or more schools that involves a team from a foreign country. Exception: Canada and Mexico, which are considered "bordering states".
5. All IHSAA sanctioned events must allow IHSAA coaches cards to be honored at all of their events.

NFHS / IHSAA ATHLETIC SANCTIONING PROCEDURES

Sanction application through the NFHS requires a fee of \$200 per event, payable with a credit card or electronic check. The sanction application must be submitted at least sixty (60) calendar days prior to the event. The late fee for any application submitted 15-59 calendar days prior to the event will be \$200 plus a \$100 late fee for a total of \$300. If the application is submitted less than 15 calendar days prior to the event, the fee is \$200 plus a \$300 late fee and a \$100 no list fee for a total of \$600.

Non-Athletic Sanctioning

Non-athletic sanctioning pertains to competitions/events in the following activities: dance, cheerleading, band, choir, orchestra, debate, speech, and drama.

IHSAA NON-ATHLETIC SANCTION IS REQUIRED FOR:

1. Any in-state competition/event that is sponsored or co-sponsored by an organization other than an IHSAA member school or activity district.
2. Any in-state competition/event sponsored by a member school that includes schools from non-bordering states or Canadian schools that must travel in excess of 300 miles one way.

GENERAL REQUIREMENTS

1. All events sanctioned by the Idaho High School Activities Association must follow the National Federation and/or host state high school association rules.
2. All sanctioned events held within Idaho must provide the following before sanction will be approved:
 - a. proof of liability insurance
 - b. administrative oversight (responsible party)
 - c. brief description of transportation requirements (if any) and who is responsible for student supervision
 - d. length of event, number of participating schools, value of awards, amount of entry fees
3. Students who participate in non-sanctioned events will not be covered by IHSAA catastrophic insurance, and their schools will be fined.

APPLICATION PROCEDURE

1. Sanction forms are available from the IHSAA office or the website www.idhsaa.org.
2. Applicant for event held within Idaho submits completed application to the host district secretary at least 30 days prior to event. If a late request is approved, applicant will be assessed a fine of \$50.00.
3. Host district secretary approves or denies application and forwards it to the IHSAA office.
4. IHSAA initiates communication with other districts, state associations and/or National Federation when applicable, and returns completed sanction to applicant.

Sports & Activities Awards

CONFERENCE AWARDS

Each conference will determine what awards will be presented for its sponsored activities. The type and number of awards will be a conference decision. The awards are ordered and purchased through authorization of the conferences.

DISTRICT AWARDS

Each district will determine what awards will be presented for its sponsored activities. District awards will be ordered and purchased through authorization of the District Board of Control.

CO-DISTRICT AWARDS

All co-district awards will be determined jointly by the District Board of Control. The ordering and purchasing of such awards will be the responsibility of the districts involved.

STATE AWARDS

The IHSAA Board of Directors determines what awards will be given at state-level competition. All state trophies, medals, plaques, and certificates shall be ordered and purchased by the Idaho High School Activities Association.

CERTIFICATE OF PARTICIPATION

All students who participate in state interscholastic competitions will receive a Certificate of Participation from the IHSAA.

SPORTS

Cross Country (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third, and fourth place teams in classifications 5A, 4A, 3A, 2A and 1A.

Individual: a. Medals are awarded to the top 20 finishers in 5A, 4A, 3A, 2A and 1A.
b. Medals are awarded to members of the championship and runner-up teams.

Football

Team: Trophies are awarded to the championship, runner-up, and (2) third place teams in classifications 5A, 4A, 3A, 2A 1A DI and 1A DII.

Individual: Medals are awarded to members of championship and runner-up teams in each classification.

Soccer (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third place, and consolation teams in classifications 5A, 4A and 3A.

Individual: Medals are awarded to members of championship and runner-up teams in each classification.

Swimming (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third, and fourth place teams in classifications 5A and 4A.

Individual: The top six finishers in each event in 5A and 4A classifications shall receive a medal.

Volleyball

Team: Trophies are awarded to the championship, runner-up, third place, and fourth place teams in classifications 5A, 4A, 3A, 2A, 1A DI, and 1A DII

Individual: Medals are awarded to members of championship and runner-up teams in each classification.

Basketball (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third place, and consolation teams in classifications 5A, 4A, 3A, 2A, 1A DI, and 1A DII.

Individual: Medals are awarded to members of championship and runner-up teams in each classification.

Wrestling (Girls and Boys)

Boys Team: Trophies are awarded to championship, runner-up, third, and fourth place teams in classifications 5A, 4A, 3A, and 2A.

Wrestling (Girls and Boys) cont.

Girls Team: Trophies are awarded to championship, runner-up, third, and fourth place teams with all classifications combined.

Boys Individual: The top six finishers in each weight class in all classifications shall receive a medal.

Girls Individual: The top six finishers in each weight class (classifications combined) shall receive a medal.

Track (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third, and fourth place teams in classifications 5A, 4A, 3A, 2A, and 1A.

Individual: The top six finishers in each event in 5A, 4A, 3A, 2A, and 1A classifications shall receive a medal.

Tennis (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third, and fourth place teams in classifications 5A, 4A and 3A. Mixed Doubles points are split.

Individual: Medals are awarded to the top four finishers in each event in each classification.

Golf (Girls and Boys)

Team: Trophies are awarded to the championship, runner-up, third, and fourth place teams in classifications 5A, 4A, 3A, and 2A.

Individual: a. Medals are awarded to the top ten finishers in medalist competition.
b. Medals are awarded to members of the championship and runner-up teams.

Softball

Team: Trophies are awarded to the championship, runner-up, third place, and fourth place teams in classifications 5A, 4A, 3A, 2A and 1A.

Individual: Medals are awarded to team member of championship and runner-up teams in each classification.

Baseball

The IHSAA does not sponsor a state tournament. Participation in sanctioned tournaments is by invitation only.

ACTIVITIES

Drama

Team: Trophies are awarded to the first, second and third place teams in 5A, 4A and 3A.

Individual: Medals are awarded to finalists in each event.

Debate

Team: Trophies are awarded to the first, second and third place teams in each classification, which are determined at the state tournament.

Individual: First, second, semifinalists, quarterfinalists and octafinalists medals are awarded to Policy, LD, Public Forum and Congress finishers.

Speech

Team: Trophies are awarded to the first, second and third-place teams in each classification, which are determined at the state tournament.

Individual: Medals are awarded to finalists in each event.

Cheer

Team: Trophies are awarded to the first, second and third place teams in 5A, 4A, 3A and 2A.

Category: Plaques are awarded in each category according to the number of teams competing.

Dance

Team: Trophies are awarded to the first, second and third place teams in 5A, 4A and 3A.

Category: Plaques are awarded in each category according to the number of teams competing.

Student Achievement / Recognition Awards

SCHOLASTIC AWARDS

Team Scholastic Awards: Certificates for members of a team who collectively achieve a GPA of 3.00-3.25

Distinguished Team Scholastic Award: Certificates for members of a team who collectively achieve a GPA of 3.25-4.00

Individual Scholastic Awards: Certificate for students who achieve a GPA of 3.75 or above and are members of a team that qualifies for a scholastic award

CITIZENSHIP CITATIONS

Schools may submit student names for Citizenship Citations to the IHSAA twice each year.

Criteria for receiving the citation are:

1. Participation in an IHSAA sponsored activity
2. Demonstrates generosity and a genuine concern for others
3. Demonstrates a willingness to abide by rules of the school
4. Maintains self control at all times

Number of names schools may submit:

5A/4A	15 fall	15 spring
3A	12 fall	12 spring
2A	8 fall	8 spring
1A	4 fall	4 spring

ACADEMIC STATE CHAMPIONS

An Academic State Champions Award will be presented to the varsity team in each classification with the highest combined cumulative GPA in all IHSAA sponsored sports. If ties occur for the championship, additional awards will be given as needed. Procedure for determining Academic State Champions is as follows:

1. List all members of the varsity team in each sport. Any student that participates in a varsity contest at any time during the season is considered a varsity athlete. Only full teams in each sport will be considered. (see #4 below for individual sports minimum number)
2. List each student's cumulative GPA, including the last full grading period in which credit was earned. Round GPA's off to the nearest thousandth - e.g.:3.124. Do not list GPA's higher than 4.0. Schools using weighted grades must convert all grades to 4.0 scale.
3. An official application, signed by both the principal and coach, must be received by the IHSAA office during a specified time period for each season. Use a separate form for each sport. Do not combine girls and boys teams, except 2A/1A track as noted below.
4. Individual Sports: A minimum number of team members are required to be eligible. Cross country-5; Boys Wrestling-10 (1A: 8); Girls Wrestling-5; Tennis-4; Golf-4; Track-12 (2A,1A track - combine boys & girls)

SCHOOLS OF EXCELLENCE

"Schools of Excellence" is a year long, voluntary program in which schools earn points based on their varsity teams' achievements in the classroom, at the competitive venue, and in the area of citizenship/ sportsmanship. The top three participating schools in each classification with the best overall programs will be honored at the end of the year.

Deductions are made by the IHSAA for all fan, player and/or coach unsportsmanlike ejections during the year and also for unsportsmanlike school behavior at state championship events. Schools must participate in all three components to be considered for this award.

Academic Component: Points are based on cumulative team GPAs as submitted on the *Academic State Champions Application* or *Academic Report – Non Athletic Activities Form* by the due date for each season.

Athletic/Activities Component: Points are based on place of finish at twenty-one IHSAA-sponsored state championship events, baseball and All-State or State Solo for music.

Citizenship Component: Schools monitor their citizenship and sportsmanship activities throughout the year and submit a *School Self-Assessment Form* to the IHSAA in May. Points are based on self-evaluation of seven separate areas. Schools that complete the citizenship component

SCHOOLS OF EXCELLENCE (cont.)

and had no 4-3 ejections will receive an Award of Merit. Schools that submit 90% of team GPA's and complete the citizenship component will receive one free coaches' card the following year.

A "*Citizenship Through Sports Manual*" accompanies the *School Self-Assessment Form*. It is provided as a resource for schools in establishing and administering citizenship and sportsmanship programs.

INTERSCHOLASTIC STAR AWARD

This award program was established in 1992 to recognize outstanding students who participate in IHSAA sponsored athletic and non-athletic activities. Recipients are good citizens who serve as positive role models for their peers and whose involvement strengthens programs for their school and community.

Selection Criteria

1. Applicants shall be juniors who have participated in athletic and non-athletic IHSAA activities. Applicants from 2A and 1A schools may count involvement in FFA or Student Government as participation in non-athletic activities.
2. Applicants shall be approved by the school administrators.
3. Applicants shall be students who promote good sportsmanship, teamwork, and support of the school and community.

Submission of Applications

1. Application deadline is April 10. 5A/4A schools may submit four applications. 3A/2A schools may submit three applications. 1A schools may submit two applications.
2. Applications must be submitted on the official form.

Awards

1. The top 6 applications (one from each classification; 5A, 4A, 3A, 2A, 1ADI and 1ADII) each earn a \$1000 scholarship.
2. One overall winner earns an additional \$1500 scholarship.
3. The first place recipient will speak at the Hall of Fame Banquet.
4. Finalists will receive engraved medallions and certificates.
5. All nominees may receive Certificates of Recognition upon request.

STATE TOURNAMENT SPORTSMANSHIP AWARD

A sportsmanship award is presented at state tournaments in boys and girls soccer, volleyball, and boys and girls basketball to the school in each classification that exhibits the best sportsmanship. Schools are judged before, during and after games throughout the tournament on the following criteria:

Team and Coach

1. Respect for the flag national anthem, opponents and officials.
2. Attitude displayed by players, coaches and bench personnel.

Administrators

1. Appropriate and effective supervision of students.

Student Sections (cheerleaders, students, pep bands)

1. Respect for the flag, national anthem, opponents, and officials.
2. Courtesy towards opponents and tournament management
3. Choice and timing of chants, cheers and songs; crowd control
4. Avoidance of unsportsmanlike behavior (listed below).
5. Following IHSAA State Tournament Sportsmanship Rules.

Adult fans

1. Respect for the flag, national anthem, opponents, and officials.
2. Courtesy toward opponents and tournament management.
3. Avoidance of inappropriate behavior. (listed below)
4. Following IHSAA State Tournament Sportsmanship Rules.

Inappropriate Behavior (also see State Sportsmanship Rules)

1. Displaying signs that are directed toward opponents, negative, vulgar, or display poor sportsmanship.
2. Throwing objects onto the playing area; creating distractions during introductions of opponents or during free throws.
3. Derogatory/harassing remarks that are directed towards opponents or officials.
4. Pep bands starting a song when opposing band is already playing, or disregarding the "alternating play" etiquette rule.

Professional Achievement/Recognition Awards

Hall of Fame

I. Purpose

The purpose of the Hall of Fame is to preserve the heritage of high school activities in Idaho by honoring outstanding individuals of exemplary character who have excelled through meritorious long-time service and superior achievement.

II. Eligibility

Nominees shall include individuals who through distinguished achievement have excelled in high school sports and/or activities sponsored by the IHSAA. Nominees will be judged on their significant, long-term contributions that merit statewide recognition. Individuals nominated for the IHSAA Hall of Fame may be from of the following categories:

- Athlete—a former high school athlete whose achievements as a high school athlete were extraordinary.
- Coach—a former high school coach whose accomplishments are/were extraordinary.
- Contest Official—a former high school contest official whose contributions are/were extraordinary.
- Administrator – a former high school athletic director, principal or superintendent involved in high school athletics whose contributions as an administrator were extraordinary. Administrators must be retired by the spring prior to induction of the applicable year to be nominated.
- Other—an individual who has made outstanding contributions to interscholastic athletics on a statewide scale in some capacity other than Athlete, Coach and Official, including such areas as sports medicine and sports media.
- Performing Arts—a current or former high school debate/speech/drama coach or music director/adjudicator, or a former high school performing arts participant whose contributions or achievements were extraordinary.

III. Criteria

1. All nominees must exemplify the highest standards of sportsmanship, ethical conduct and moral character.
2. All nominees shall be considered on the merits of contributions and achievements to high school sports or performing arts; however, success in later life cannot be discounted entirely.
3. All nominees shall have significant and/or long-term contributions to interscholastic athletics or performing arts. Longevity without significant accomplishments does not constitute appropriate credentials for Hall of Fame consideration.
4. All nominees shall:
 - Have extended service in high school sports and activities.
 - Be viewed as an innovative leader throughout the state.
 - Have statewide accomplishments beyond “simply doing the job.”
 - Have impacted high school sports and activity programs statewide.
 - Demonstrate leadership in professional organizations.
5. Service to IHSAA should include the following, for example:
 - Member of IHSAA rules committees.
 - Member of other IHSAA committees.
 - Member/president of IHSAA Board of Directors.
 - Speaker at IHSAA conferences, meetings.
6. Involvement with IHSAA exceeded normal service opportunities, for example:
 - Statewide impact on colleagues.
 - Viewed as leader among peers.

7. Impact on high school activities beyond IHSAA service, for example:
 - IAAA speaking engagements.
 - Expert in certain field; i.e., technology, Title IX, etc.
 - Accomplishments received statewide attention.

Nominees must have served in that capacity for at least twenty-five years, with at least 20 of those being in Idaho. Athlete nominees must have been graduated from high school for at least twenty-five years. Nominees shall be retired. Current IHSAA Board members are not eligible for Hall of Fame awards, nor shall they nominate individuals for Hall of Fame awards.

IV. Selection

1. Nominations will be solicited from District Boards of Control and member schools in September. They will also be accepted from other sources within the educational community. Nominations will remain active for a three-year period after which time they may be renewed. Nominations are due by November 30. Applications will be sent to all nominees and must be returned to the IHSAA office by January 5 to be considered for the current year.
2. A screening committee from the IHSAA Board of Directors will select finalists to present to the Board of Directors at the January meeting.
3. Anonymous selectors from across the state will independently review and rate the finalists.
4. Final selection of Hall of Fame inductees will be made at the April IHSAA board meeting.

Memorial Awards

1. Dick Fleischmann Memorial Award (est. 1986) This award is given to an individual who demonstrates expertise and superior effort in conducting IHSAA tournaments / festivals.
2. Wes Lowe Memorial Award (est. 1986) This award is given to an individual who teaches high principles by example and who considers students' well-being above personal gain.
3. Duane D. Wolfe Memorial Award (est. 1993) This award is given to an individual or business who has been an IHSAA contributor for at least ten years. Support may be financial or service.

Nominations will be solicited from District Boards of Control and member schools. Nominations are due by May 1. Applications will be sent to all nominees and must be returned to the IHSAA office by June 1 to be considered for the current year. Memorial recipients will be selected by the IHSAA Board of Directors at the April meeting.

Distinguished Service Awards

Each of the six district Boards of Control will submit the name of one individual who has performed meritorious service to member schools and/or activities in that district.

Spirit of Sport Award

This award seeks to recognize those individuals who exemplify the ideals of the positive spirit of sport that represent the core mission of education-based participation. The award may be given in recognition of a specific act or for an activity of longer duration. The recipient must be a current coach or student-athlete involved with the schools' athletic or activities program. Nominations are due May 1 and may be submitted by anyone involved with member school programs.

Official of the Year

Each of the six district Boards of Control will submit the name of one individual who has performed meritorious service in the area of officiating in that district. Final selection of one Official of the Year will be made at the June Board of Directors meeting.

Legends of the Game

I. Purpose

The purpose of the Legends of the Game program is to help preserve the heritage of high school activities in Idaho by honoring outstanding basketball teams of the past.

II. Criteria

Boys' Legends must be teams from at least 30 years ago. Girls' Legends must be teams from at least 20 years ago. Teams may be nominated for a variety of accomplishments, including winning a

state championship, win streak, win-loss records, outstanding player/coach accomplishments, etc.

III. Nomination / Selection Procedure

Nominations are due by September 10 to be considered for the current year and remain active for five years. A screening committee, composed of IHSAA district representatives, will review nominations prior to the September Board of Directors meeting and make recommendations to the full Board. The Board will select recipients at the September meeting.

FALL SPORTS

Fall Sports Practice Model

Fall Sports Practice Model – Football only

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

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

Fall Sports Practice Model – Cross Country / Soccer

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

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

Heat Stress and Athletic Participation

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

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

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

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

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

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

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

1. Ensure the athlete is well hydrated prior to the start of any and all activity.
2. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for gradual acclimatization to hot weather.
3. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Check to make sure athletes are drinking sufficient amounts of water.

4. Athletes should weigh each day before and after practice and weight charts checked. Generally a 3 percent weight loss through sweating is safe.
5. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity.
6. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
7. Warn your athletes about the use of any products that contain ephedra. Ephedra speeds metabolism, increases body heat, and constricts blood vessels in the skin preventing the body from cooling itself. By making the user feel more energetic it keeps him/her exercising longer when the he/she should stop.

WHAT TO DO IN AN EMERGENCY

Heat Stroke - A Medical Emergency - Delay Could Be Fatal. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives. Heat Exhaustion - Obtain Medical Care At Once. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY

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

Air Quality

In the event of a high fire season and air quality is compromised, the IHSAA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues. All schools must have an air quality check site. For game situations, both administrations will meet before the game to determine what air quality site to use. The host school's administration will have the official site for this. The site airnow.gov is recommended. It is suggested that in instances where the Air Quality Index is over 150, the games be suspended or cancelled.

Lightning

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

2023 Cross Country

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and below
3A	639-320		

2023 Cross Country Season

First Day of Practice	August 7
First Meet	After 10 days of practice
Dist. Meet Completion	October 21
State Meet	October 28

Cross Country Sports Practice Model

The IHSAA Board of Directors has adopted the fall sports practice model for cross country.

Rules

All meets shall be conducted according to National Federation rules. Cross country rules are included in the Track and Field Rules book that is provided to all member schools in the spring of the preceding school year.

Meet Limitations

Teams and individuals are limited to eight 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 cross country competition.

Team Size/Coaches/Support Personnel

A full team consists of five runners. At the state meet, a maximum of seven runners per school will be permitted to participate. If fewer than five runners participate, it will be for individual honors only. District Boards of Control set numbers for district meets. All classifications will be allowed two coaches and two support personnel to be admitted without an IHSAA card. Any coaches or support personnel exceeding that number must have an IHSAA card.

Scoring

Team scores are determined by adding together the places of finish for a team's top five finishers. At least five finishers are required to compute a team score.

Length of Course

The distance for girls' and boys' races at district and state meets shall be 5000 meters.

Road Runs

Cross country runners are not permitted to participate in road races, fun runs, marathons or the running portion of triathlons during the August 7 to October 28 season. Spartan races are allowed.

2023 State Meet

Date	October 28
Site	Portneuf Wellness Center, Pocatello
Starting time	10:00 a.m.
Order of races	5A/2A/3A Girls, 5A/2A/3A Boys, 1A/4A Girls, 1A/4A Boys

Qualifying for State Cross Country

Qualifying as a Team: The number of teams that qualify to the state meet shall be determined by the following procedure:

1. Teams that finish in the top one-half, or major portion thereof, of the full teams that complete the district meet shall qualify for the state meet. If a tie exists in the final qualifying position, it will be broken according to NFHS rule 8-2.
2. If a school is unable to participate as a full team in the district meet due to circumstances beyond their control (e.g. 5th runner is injured, bus breaks down, etc.), that school can be included in the count that determines the number of qualifying teams provided they competed as a full team (at least five members) in six meets during the regular season.
3. If only two full teams compete at the district meet, the second place team may be eligible for an at-large berth to the state meet by the following procedure:
 - a. The second place school submits an at-large qualifying request with the district tournament manager's approval to the IHSAA by 8:00 a.m. Sunday prior to the state meet.
 - b. A panel, composed of representatives from each district, will determine which, if any, teams should qualify by evaluating: 1) head to head competition with teams from their district and surrounding districts; 2) time average for the team's top five runners from their final five meets of the regular season.
 - c. Teams that do not meet the district meet automatic qualification standards may appeal as an at-large by: 1) surpassing the average time for the state meet fourth place team over the past three years; 3) submitting the time average for the team for their final five meets of the regular season; 3) A panel, composed of representatives from each district, will determine if the team has met those standards.

Qualifying as an Individual: Runners whose team does not qualify, may qualify as individuals by finishing in the top one-third of the total number of competitors that complete the district meet. A maximum of seven runners per school shall be counted in determining the total number of competitors.

Hardship Qualifications: An individual may receive a hardship qualification to the state cross country meet if he/she meets #1 and #2 or #3 of the following criteria:

1. Finish in the top 1/3 at the last four meets prior to the district/regional meet.
2. Fail to finish in the top 1/3 at the district/regional meet because of a situation beyond their control (e.g., being fouled by a spectator).
3. Being unable to compete in the district/regional meet due to an injury or illness as certified by a licensed medical practitioner. The certification must specify that participation at the state meet is allowed.

Honest Effort: A runner who starts, but does not finish, the district meet, may be counted in determining the number of qualifying teams and individuals provided the meet manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the runner's control.

2023 Football

Classification — based on grades 9-12

5A	1,280- over	2A	319-160
4A	1,279-640	1A Div. I	159 -85
3A	639-320	1A Div. II	84-below

2023 Football Season

August 7: First day of practice without pads for schools.

August 18: First day of competition for schools.

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

Football Sports Practice Model

The IHSAA Board of Directors has adopted the fall sports practice model for football.

Ten Day Practice Rule

Ten days of practice, in the sport, must be conducted before an athlete participates in a contest regardless of when they become a participant on the team. Helmets may be worn on the first day. Each player must have at least two (2) days of practice without any pads. Shoulder pads may be worn on the third (3rd) day and full pads on the fifth (5th) day.

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: In eleven-man football, if at any point in the contest there becomes a 40- point differential between the teams, the mercy rule/running clock will be in effect at the start of the fourth quarter. 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.

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.

Safety

For protection of our participants, the IHSAA recommends the following:

1. Principals and/or activity administrators should prepare a letter for the football coach with instructions to not teach face-tackling or butt-blocking. A copy of the letter should be kept on file with the school.
2. Coaches should include, in their players and/or coaches manual, a description of the legal technique of blocking and tackling. Head coaches should be certain that the legal method is taught by all assistants. Protect yourself and your profession by teaching proper techniques.
3. An assistant coach or trainer should check helmets and other equipment periodically for breakage and improper adjustment.
4. Reasonably foreseeable dangers must be pointed out to participants. Possible catastrophic injuries, including paralysis and death, must be identified and warned against.
5. All rules of the game should be identified, adhered to, and reemphasized whenever they have been violated.
6. Documentation is essential. Protect yourself by keeping records of whom you have instructed and advised, when, where, and how. Keep the records in a safe place, and file a copy in the school administration office.

Heat Stroke

Heat stroke has been a major cause of death in American football during the past several years. These are preventable deaths, and this information is intended for Idaho coaches and trainers to outline a program for the prevention and recognition of this disorder.

1. **Acclimatization and Conditioning** - the most important force operating to prevent heat stroke is acclimatization. Players should be encouraged to start workouts 14-21 days prior to the first practice session. The best single activity is running, and this should start with 20-30 minute workouts twice daily.
2. **Proper clothing** - jerseys should be short sleeved and lightweight. Cotton socks should be recommended.
3. **Fluid intake** - fluids should be available on the practice field for intake at all times. Athletes' weights should be taken by a manager before and after every practice. Those players who lose a large amount of weight (over 5 lbs.) should consume liquids to make up fluid loss.
4. **Practice** - With temperatures of 85 degrees and higher, caution should be exercised.
5. **Forced weight loss** - Never should an athlete be placed in any kind of plastic suit and be expected to workout in the heat, indoors or outdoors.

Recognizing Clinical Syndromes

Heat Exhaustion - is associated with weakness, profuse sweating, and often headache. Cooling of patient with fans and sips of liquids will usually relieve the symptoms in a few minutes. The temperature is normal.

Heat Stroke - is associated with unconsciousness in a patient with dry hot skin. The temperature is elevated. This is a prime medical emergency and minutes are precious. The patient should be packed with ice or cold cloths and rushed to a hospital. **In case of doubt, treat for heat stroke.**

State Football Championships

In the final round, all games will be played at a site determined by the IHSAA Board of Directors. State championship games will be held at Idaho's three university facilities, if possible.

Home/Visiting Team Designation for Championship Games

Home team: The team that travels the greatest distance to the site will be designated as the visiting team. The visiting team will be assigned the largest locker room with the most showers and restrooms and placed on the same side of the playing field as the press box. The visiting team will wear white jerseys. If both teams are from the same city, the team with the highest seed will be designated as the home team. Locker room, sideline placement and student sections will be assigned at the discretion of the site manager.

The following criteria will be used to determine sites for state championship games.

A. Number of Games

1. Idaho State University: There will be at least three games, preferably four, scheduled at Holt Arena. Two games may be scheduled on Friday. Suggested times are 1:30 p.m. and 6:30 p.m. The remaining game or games will be scheduled on Saturday, with times to be determined by ISU's football schedule.
2. University of Idaho: There may be a maximum of two games scheduled at the Kibbie Dome. If possible, games will be scheduled for Friday afternoon and evening. Game dates and times will be determined by the U of I football schedule.
3. Boise State University: There may be two games played at Albertson Stadium/Dona Larsen. Any classification could have championship games in Albertson Stadium/Dona Larsen. Game times and dates will be determined by the BSU football schedule.

B. Other factors determining the site of a championship game:

1. Travel: loss of instruction time for the two participating teams.
2. Geographical rotation based upon recent participation of the district from which the teams are participating.
3. Availability of lodging and meals for teams, support groups and spectators.
4. Availability of the site to set reasonable game times. No game may be scheduled to start after 9:00 p.m.
5. A region may not host a state championship game two years in a row unless both teams are from the same region.

The final decision in setting sites, dates and time for each state championship game will be made by the IHSAA District Representative Board Members and will be finalized by 10:00 a.m. the Sunday prior to the state championship game.

5A / 4A Financial Plan — Semi Final Round

This plan is for all 5A and 4A games except championship games.

1. Per game reimbursement
 - a. Travel: \$3.00 per mile (one way) towards the cost of transportation regardless of number of buses a school wishes to send.
 - b. Meals and/or lodging: (1) up to 200 miles one way - \$250, (2) 200-300 miles one way - \$500*, (3) Over 300 miles one way - \$2,000.
*Any contest between District II and District III will fall into category 3 due to the type of roads.
2. Trophy and medal costs will be shared by participating schools.
3. Reasonable local expenses - if the game is held in a non-school facility, rent will be paid.
4. IHSAA will receive 15% of gate receipts after sales tax deduction.
5. If the gate receipts are not sufficient to cover the on-site expenses, the travel reimbursement will be proportionate to the income.
6. Net receipts from all semi-final games will be divided among participating schools. Each participating school will receive one share for each game it plays.
7. The IHSAA will be in control of all media rights for the rounds of 8 and 16. All media money from these rounds will be returned to the participating schools.

3A / 2A / 1A Financial Plans – Quarter/Semi Final Rounds

1. Plan when the game is played at a host site:
The following expenses will be deducted before the revenue is shared.
 - a. Percentage to State Association (a) 10%, (b) 15%, (c) 20%
 - b. Officials
 - c. Percentage of cost of awards based upon the number of games in playoff
 - d. \$3 per mile one way for traveling team
 - e. Sales tax
 - f. The host team will be allowed up to \$175 for on-site expenses. The remaining revenue will be divided as follows:

a. \$1-\$1000	Home Team	45%
	Visiting Team	55%
b. \$1001-\$4000	If travel is over 200 miles, teams split 35-65 in favor of traveling team; otherwise, split is 45-55.	
c. Over \$4000	Home Team	48%
	Visiting Team	52%
2. Plan to be used when the contest is played at a site other than home site:
The following expenses will be deducted before the revenue is shared.
 - a. Percentage to State Association (a) 10%, (b) 15%, (c) 20%
 - b. Officials
 - c. Percentages awards costs based upon the number of games in playoff
 - d. \$3 per mile one way for traveling team
 - e. Sales TaxThe remaining revenue will be divided as follows:
 - a. 0-100 mile difference - 50/50
 - b. 101-200 mile difference - 45/55
 - c. 201-up mile difference - 35/65
3. If the gate receipts are not sufficient to cover the on-site expenses, the travel reimbursement will be proportionate to the income.
4. The IHSAA will be in control of all media rights for the round of 16. All media money from this round will be returned to the participating schools.

Financial Plan for Championship Finals

The following financial plan is for the state football championship finals only.

Meal allowance based upon one way mileage:

	<u>0-200</u>	<u>201-300</u>	<u>301-450</u>	<u>Over 450</u>
1A	\$150	\$500	\$750	\$900
2A	240	800	1,200	1,600
3A	270	900	1,400	1,900
4A	300	1,000	1,600	2,200
5A	360	1,200	2,000	2,800

In addition to the above amount, each school that travels will receive \$3.00 per mile one way for travel. Example: Moscow travels to Pocatello for final round. Moscow is 524 miles from Pocatello. Therefore, they would receive $524 \times 3 = \$1572$ for mileage. Because they are a 4A school traveling over 450 miles, they would receive \$2200 additional.

The Board has no adopted formula for division of gate revenues for doubleheaders and tripleheaders. The Board will review each on an individual basis.

Playoff Sites

The Board of Directors will approve the sites, dates and times for all football playoff games at the January board meeting annually. In all playoffs, the host designation should not be construed to mean that the contest will automatically be played at that team's home field.

In the second round, if both teams traveled or if both teams were home, the top team will be the host. If one traveled and one team did not in the first round, the host in the second round will be the team that traveled in the first round unless otherwise determined by that classification.

The host school has the right to host the game at their school or move it to a neutral site such as Holt Arena, Albertsons Stadium/Dona Larsen, the Kibbie Dome, or any site that meets the IHSAA state playoff requirements. Schools must receive approval from the IHSAA before scheduling playoff games at Holt Arena, Albertsons Stadium/Dona Larsen or the Kibbie Dome.

Playoff Site Requirements

Each District Board of Control must submit a list to the IHSAA of all potential sites that meet the requirements for hosting state football playoffs.

1. Adequate parking
2. Adequate spectator seating for the following classifications:

1A:	Home team: 200; Visiting team: 150
2A:	Home team: 400; Visiting team: 200
3A:	Home team: 600; Visiting team: 250
4A:	Home team: 800; Visiting team: 300
5A:	Home team: 1000; Visiting team: 500
3. Appropriate number of sites for ticket sales.
4. Football playing field area prepared to meet the existing weather conditions.
5. Adequate locker rooms with restrooms and showers with handicapped accessibility. Player restrooms shall be separate from spectators.
6. Adequate number of restrooms for spectators.
7. Adequate security to maintain crowd control. Playoff site management shall take necessary measures to prohibit home team fans from being in the visiting team spectator area.
8. The football field playing area shall be secured by a barrier that is at least seven yards from the out-of-bounds line. The barrier may be a fence, rope, or any other material that is not dangerous to spectators. The barrier shall be at a height of at least 36" above the ground. The barrier shall be monitored by game security to prevent any fans or spectators from being closer than seven yards from the out-of-bounds line.

Heaters (Playoff games)

Heaters must be made available to the visiting team if they are going to be used by the host team.

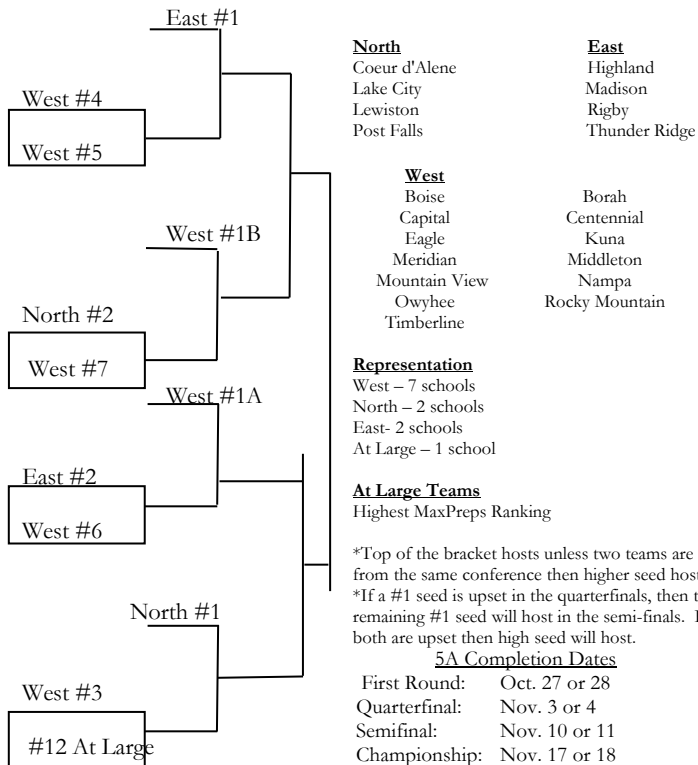
Pre-Tournament Practice

No team may practice in Holt Arena or the Kibbie Dome during the state playoffs. This pertains to all rounds of the state football championships, except the championship game. In the championship game, if one team has practiced or played in the facility during the current season and the opponent has not, a request may be made to the tournament director by the team that has not practiced in the facility on the day prior to the championship game. All requests will depend on the availability of the facility as determined by the tournament manager. If available, practices will only be scheduled one day prior to the championship game.

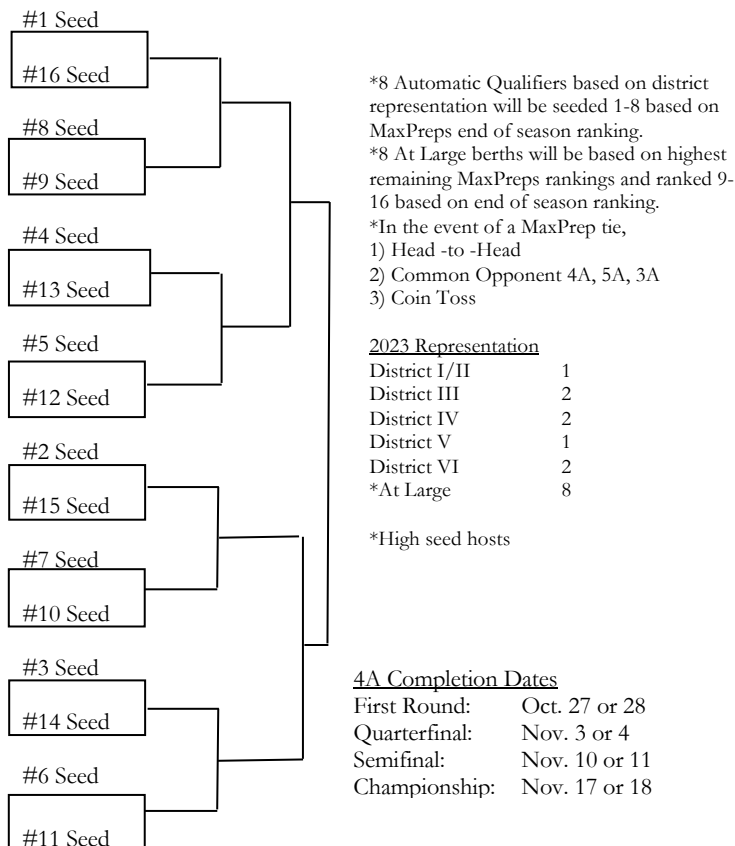
2023 Pairings

The top team in the bracket will be designated as the home team and will have the first option to provide halftime performances.

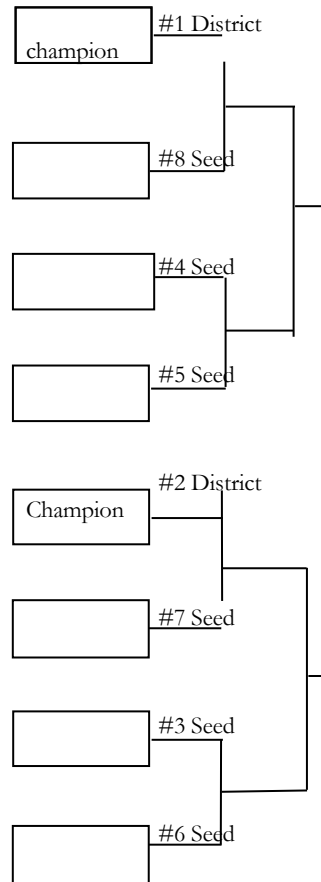
5A



4A



3A



*Final regular season MaxPreps rankings will be used to determine all playoff seeding
*Play in qualifiers are based on district representation
*Play-in qualifiers will be seeded by rank (6-14)
*The 6 play in winners will be seeded by rank (3-8) for the quarter finals.
*High seed hosts

2023 Representation

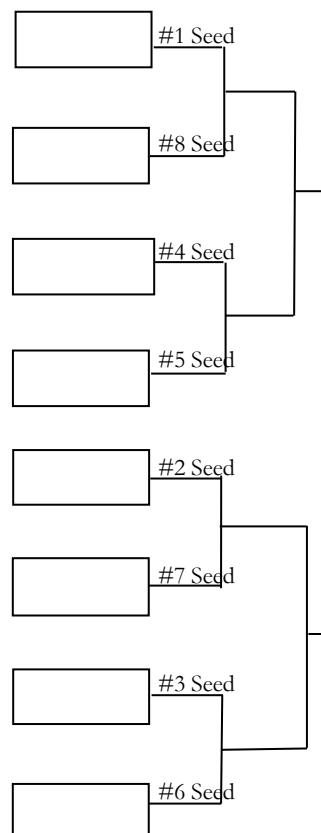
District Champions 5
District III #2 and #3
District IV #2 and #3
District V #2
District VI #2
*At Large 3

*Highest MaxPreps ranking from the end of the regular season.

3A Completion Dates

First Round: Oct. 27 or 28
Quarterfinal: Nov. 3 or 4
Semifinal: Nov. 10 or 11
Championship: Nov. 17 or 18

2A

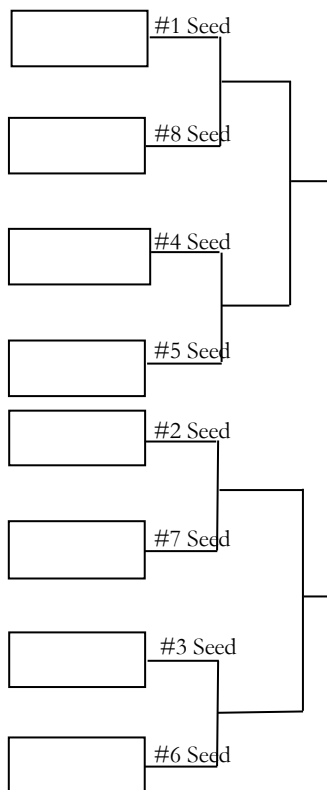


1) MaxPreps final regular season ranking will determine seeding and At-Large.
2) The five conference champions are the only automatic qualifiers and will receive a first round bye.
3) The play-in round will consist of 6 At-Large teams and no conference is allowed more than two At-Large spots
4) High Seed host, unless head to head applies.
5) If a head to head victory occurred during the regular season, the team with the head to head advantage will host.
6) The quarterfinals will be seeded by MaxPreps however, conference champions will host, regardless of seeding unless head to head applies.
7) In quarterfinal matchups between two conference champions, the higher seed hosts unless head to head applies.
8) Semifinal matchups are hosted by high seed unless head to head applies.

2A Completion Dates

First Round: Oct. 27 or 28
Quarterfinal: Nov. 3 or 4
Semifinal: Nov. 10 or 11
Championship: Nov. 17 or 18

1A Div. I 8-Man



Seeding will be determined by Week 9 MaxPreps rankings.

*4 Conference Champions receive first round bye.

Representation

District II – 3 schools

District III – 2 schools

District IV – 3 schools

District V/VI – 1 school

Remaining 3 bids will be determined by highest Ranked MaxPreps RPI.

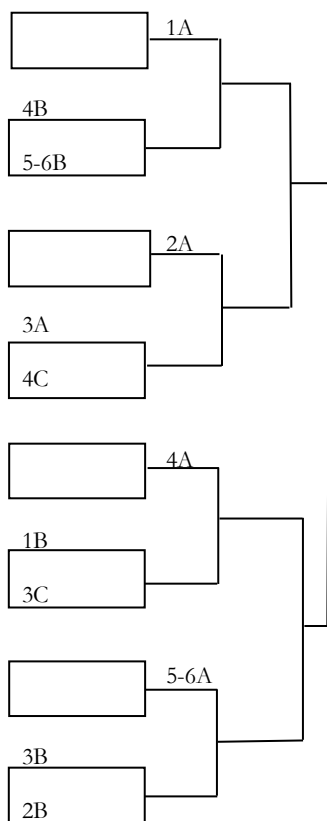
*4 Conference Champions receive first round bye.

*Quarterfinals will be seeded using MaxPreps Week 9 rank.

*High seed will host until Championship game. If a conference champion is playing a non-conference champion, the conference champion will host.

*All teams play a maximum of 8 regular season games.

1A Div. II 8-Man



Quarter/Semi-finals:
Team in top bracket hosts. If from the same conference, higher seed will host.

Representation

District I 2

District II 2

District III 3

District IV 3

District V/VI 2

1A Completion Dates

First round: Oct. 27 or 28

Quarter-final: Nov. 3 or 4

Semi-final: Nov. 10 or 11

Championship: Nov. 17 or 18

2023-24 Golf

Classification — based on grades 9-12

5A	1,280 and over	3A	639-320
4A	1,279-640	2A	319 and under

2023-24 Golf Seasons

5A/4A

First day of practice	August 7
Dist. Tourn. Completion	October 2
State Tournament	October 6-7

3A/2A

First day of practice	February 26
Dist. Tourn. Completion	May 9
State Tournament	May 13-14

Match Limitation

No team or individual shall play more than 10 matches per season and may not exceed two matches per week. A match must be completed in one day (with the exception of a weather delay) and consist of no more than 18 holes. If 6 or more holes have been completed, and a match is cancelled due to inclement weather or other circumstance out of the team or individual's control, the contest shall count toward the team or individual's match limitation. If fewer than 6 holes have been completed, the match does not have to count towards the team or individual's match limitation. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored golf competition.

2023 5A/4A State Tournament

Date	October 6-7
Sites	5A Lewiston CC (Lewiston HS host)
	4A University of Idaho GC (Moscow HS host)

2024 3A/2A State Tournament

Date	May 13-14
Sites	3A Twin Lakes GC, Rathdrum (Timberlake HS host)
	2A District I/II TBD

Representation

Representation from district to state is based on the number of complete teams that actually participated at the district tournament. Quotas for each district or regional tournament to state competitions will be determined as follows:

Complete Teams Competing in District Competition	Teams to state
1-3*	1
4-6	2
7-9	3
10 & over	4

*If only one team participates in a district, the IHSAA should be contacted. The following guidelines will be used to determine advancement to state:

- Single teams in a district shall automatically qualify for the state tournament as long as they have competed in five regular season matches and have participated in a district tournament.

Team Hardship Qualification

Teams that do not qualify by the guidelines above may appeal as an at-large under the following conditions: 1) Teams must score better

than the 3-year average score for the state tournament 4th place team at their district tournament; 2) Teams must submit their team scores and course ratings for their final five matches of the regular season. At least three of the scores must be better than the 3-year, 4th place State average; 3) A panel, composed of representatives from each district, will make the final decision on advancement to State.

Individual Qualifiers – Boys and Girls

Individuals may qualify for the state tournament according to the number of complete teams participating in the district tournament. Example: Four teams competing at district, the four lowest scoring individuals qualify for state.

In addition, an individual may qualify by scoring at or below the state qualifying standard at the district qualifying tournament. State qualifying standards are determined by averaging the previous three years' state tournament 5th place finishers and are listed as "strokes over course rating".

State Qualifying Standard

5A Boys	3.7	3A Boys	9.0
5A Girls	10.5	3A Girls	20.6
4A Boys	4.9	2A Boys	7.3
4A Girls	12.7	2A Girls	14.7

Ties at District Tournaments

When a tie occurs at the end of regulation play between two or more teams for first, second, third or fourth place, the tie will be broken by a sudden-death playoff. The following procedures will be used:

- The teams that are tied will play one hole with five golfers and score the four lowest individual scores. The team with the lowest combined team score will be declared the winner.
- If the teams remain tied at the end of the first hole played during sudden-death play, the same procedure will be used for the remaining holes until the tie is broken.
- Medalists: When a tie occurs between two or more individuals for medalist honors, the tie will be broken by a sudden-death playoff as outlined above. When a tie occurs for the final qualifying position to the state tournament, both individuals will advance.

Honest Effort

A golfer who starts, but does not finish, the district tournament, may be counted in determining the number of qualifying teams and individuals provided the district manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the golfer's control.

Rules

USGA Rules of Golf will govern all tournament play, with allowed local course rules and/or as modified by IHSAA rules and regulations. NOTE: All IHSAA golf matches, including district and state, will be played under USGA Rule 21-2, Maximum Score. The maximum score will be "10" on any hole.

Rules for District and State Golf

- Practice**
 - Qualifiers are not permitted to play the course, any hole, or to practice putt on a course green the same day as the tournament.
 - Practice between rounds is prohibited. Penalty for breach of rule is disqualification.
 - During a round, a player shall not play a practice stroke either during the play of a hole or between the play of two holes except that, between the play of two holes, the player may practice putting or chipping on or near any practice

- putting green or the teeing ground of the next hole to be played in the round, provided such practice stroke is not played from a hazard and does not unduly delay play.
- d. Practice on or near the putting green of the hole last played is prohibited - penalty for breach of rule is two strokes. If a breach occurs between the play of two holes, the penalty will apply to the next hole.
 - e. A practice swing is not a practice stroke and may be taken at any location, provided the player does not breach the rules.
2. Caddies Caddies are not permitted during district or state tournament play.
 3. Carts Carts are not permitted, except in case of special medical conditions. Permission to use a cart must be granted by the IHSAA or tournament manager.
 4. Coaches
 - a. Coaches may talk to players during events only between holes from green to tee box and/or between nines. They may advise players on course management, playing etiquette and offer technical advice and/or instruction. Only two coaches per team are allowed to coach during an event. Communication during the play of a hole is a breach of the rules and is a two stroke penalty.
 - b. Coaches are not allowed to play the course during the hours the state tournament is in progress.
 - c. Coaches should make an effort to help all participants abide by the rules of golf and the rules set up for district and state play. It is unethical to try to win a championship by disqualification.
 5. Gallery The gallery must be a reasonable distance (at least 25 feet) from the competitors at all times. Penalty for continued breach of gallery distance rule is one stroke.
 6. Aiding a Competitor There shall be no aiding of any competitor, except to look for a lost ball or to provide relief items such as water, sunscreen, etc. Penalty for breach of rule is two strokes.
 7. Sportsmanship A player who violates the sportsmanship rules of golf will be assessed one penalty stroke for each unsportsmanlike act. Such acts include (but not limited to) profanity, throwing a club, damaging the course, etc.
 8. Attire All players must wear appropriate golf attire — slacks or shorts and a collared shirt. Denim jeans are not permitted.
 9. Electronic Devices Competitors are not permitted to wear headphones or use cell phones during tournament play. Penalty for breach of rule is two strokes.
 10. Distance Measuring Devices A player may obtain distance information by using a golf-designed device that measures distance only. If, during a stipulated round, a player uses a distance-measuring device to gauge or measure other conditions that might affect his/her play (e.g., gradient, windspeed, temperature, etc.), the player is in breach of USGA rules, for which the penalty is two strokes.
 11. Illegal Substances The use of alcohol, tobacco or drugs is prohibited. Penalty for breach of rule is immediate disqualification.

Substitutions at the State Tournament

Substitutions are not allowed after final line-ups are submitted to tournament managers (deadline is Thurs prior to the state tournament). In the event of injury, illness or bereavement, teams may be allowed to replace a participant after the submission deadline or between Days 1 and 2 of the state tournament with permission of the tournament manager and the IHSAA. No substitutions will be allowed mid-round.

Supervision of Play

1. A Rules Official will supervise district and state tournaments.
2. At the State Tournament, schools are asked to bring one adult monitor for each of their qualifying teams. Host sites will provide adult monitors as well.
3. Adult volunteers will monitor play and assist in keeping score, but will not make rules interpretations. These monitors will be assigned in the following manner:
 - a. The tournament manager will assign one adult volunteer to follow each group. He/she should not be a coach or relative of any player in that group.
4. As each group finishes a hole, the assigned monitor will ask:
 - a. Are there any concerns regarding this hole?
 - b. Are you all in agreement on the scores of each player?
5. If there are concerns or reports of rules violations, the monitor will:
 - a. Attempt to resolve concerns through group discussion, or
 - b. Notify the Rules Official via cell phone of a possible rules violation.
 - c. The Rules Official will attempt to resolve issue before the group plays the next hole.
6. After the 18th hole, the monitor will escort each group to the scoring area. Note: Coaches, spectators or other players will not be allowed in the scoring area.
7. The scoring area manager will have each group sit together and double-check their scorecards. He/she will then ask the group if anyone has questions or concerns about their round.
 - a. If there are no concerns, players will sign and turn in their scorecards. Coaches may review their players' scorecards before the cards are signed.
 - b. If there are concerns, players will be moved to a separate location until the issue can be resolved and the Games Committee will convene.
 - The golfer will state his/her concern in front of the entire group. If the concern is accusatory in nature, the committee will gather information and facts surrounding the issue by privately interviewing all players of the group.
 - Once the issue has been resolved, the coaches of each affected school will be notified of the Games Committee's decision, the players will sign their scorecards and will be released. Coaches may review their players' scorecards before the cards are signed.

The games committee shall consist of the tournament Rules Official, an IHSAA representative and the host golf professional or assistant pro.

Scoring

1. Players in the foursome will be assigned as markers for another member of the foursome. Player 1 will score for 2, 2 will score for 3, 3 for 4, and 4 will score for 1. (Rule 6-6)
2. After each hole the marker should check the score with the competitor. The competitor is responsible for the correctness of the score recorded and shall check his/her score after each hole. Any concerns or possible violations must be reported to the adult monitor assigned to their foursome before proceeding to the next hole.
3. After the final hole, the group will be escorted to the scoring area as outlined under "Supervision of Play" and settle any doubtful points with the Rules Official or games committee, ensure that their marker has signed the card, and countersign the card him/herself. Penalty for breach of Rule 6-6b is disqualification.

4. Monitors will be provided by each school and/or the host site at the State Golf Tournaments.

State Tournament Format

Team and individual awards will be determined from a combined two-day total score.

All teams and individuals will play 36 holes -18 holes each day.

Ties at State Tournament

1. All ties that occur at the end of regulation play for 1st – 4th team places and 1st place medalist will be resolved by a sudden-death playoff. The procedure is as follows:
 - a. Teams who are tied will play 5 golfers and score the 4 lowest individual scores. The team with the lowest combined score after one playoff hole will be declared the winner.
 - b. If the team score is still tied after the first playoff hole, the same procedure will be used for the remaining holes until the tie is broken.
 - c. Ties for first place medalist will be broken in the same manner as explained in (a) and (b) above.
2. Ties for medalist places 2-10 will be resolved by use of a “card-off”. The procedure is as follows:

Using scores from the final day of play:

 - a. The scores of the highest rated hole on the course will be compared. Individual with the lowest score on that hole will be declared the winner.
 - b. If a tie remains after the first card-off hole, scores on the second highest rated hole will be compared. This system will be continued until the tie is broken.

2023 Soccer

Classification based on grades 9-12:

5A	1,280 and over
4A	1,279 - 640
3A	639 and under

2023 Soccer Season

First Day of Practice	August 7
First Game	After 10 days of practice
Dist. Tourn. Completion	October 14
State Play-ins	October 14
State Tournament	October 19-21

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

Soccer Sports Practice Model

The IHSAA Board of Directors has adopted the fall sports practice model for 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 DragonFly 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.

2023 Soccer Representation

<u>5A</u>		<u>4A</u>		<u>3A Boys</u>		<u>3A Girls</u>	
I-II	1.5	I-II	1	I-II	2	I-II	1.5
III	4.5, .5	III	2	III	1.5	III	1.5
V-VI	1.5	IV	2	IV	2.5	IV	2.5
		V	1	V	1	V	1.5
		VI	2	VI	1	VI	1

State Play-ins

The highest seeded team according to MaxPreps is the home team.

5A Play-ins

1-2B	Lewiston HS
	Time 1:00 pm G / 3:00 pm B (Pacific Time)
3F	Sat., Oct. 14

5A Play-ins

3E	Burley HS
	Time 1:00 pm G / 3:00 pm B
5-6B	Sat., Oct. 14

3A Boys Play-in

3B	Jerome HS
	Time 1:00 pm
4C	Sat., Oct. 14

3A Girls Play-in

1-2B	Lewiston HS
	Time 11:00 am (Pacific Time)
3B	Sat., Oct. 14

3A Girls Play-in

4C	Burley HS
	Time 11:00 am
5B	Sat., Oct. 14

2023 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament matches. The high seed is considered the home team for all matches in the tournament.

#4 Seed

#5 Seed

#1 Seed

#8 Seed

#2 Seed

#7 Seed

#3 Seed

#6 Seed

2023 State Tournament

Date: October 19-21

Site: 5A: Eagle HS (B)/Rocky Mountain HS (G)

4A: Brothers Fields, Caldwell

3A: Vallivue HS, Caldwell

Time Schedule

Time schedules will be determined by each site host, depending on the number of fields available.

Size of Field

- A. The field of play shall be 100 yards to 120 yards long and 55 yards to 80 yards wide. It is highly recommended that high school games be played on a field at least 110 yards by 65 yards.
- B. In the event that a schools' field dimensions do not meet minimum standards, they shall line their field as close to the minimum standards as possible and shall indicate that their field falls below minimum standards because of geographic restrictions.

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.

2023 Swimming

Classification — based on grades 9-12

- | | |
|----|-----------------|
| 5A | 1,280 and over |
| 4A | 1,279 and under |

2023 Swimming Season

First day of practice	August 7
First meet	August 23
Dist. Tourn. Completion	October 28
State Meet	November 3-4

***All teams and meet hosts/directors will be required to enter rosters, schedules and meet results on MaxPreps for every contest.**

Meet Limitations

Teams and individuals are limited to seven 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 competition.

Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to two official school* coaches at State. These individuals will be admitted without an IHSAA card or admission ticket and will be allowed deck access.

Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase tickets for admission but *will not* be allowed deck access.

*Official school coaches are those designated by the school principal and the local school board.

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.

Length and Order of Swimming Events

- | | |
|------------------|-------------------|
| 1. 200 yd./m | medley relay |
| 2. 200 yd./m | freestyle |
| 3. 200 yd./m | individual medley |
| 4. 50 yd./m | freestyle |
| 5. 100 yd./m | butterfly |
| 6. 100 yd./m | freestyle |
| 7. 500 yd./400 m | freestyle |
| 8. 200 yd./m | freestyle relay |
| 9. 100 yd./m | backstroke |
| 10. 100 yd./m | breaststroke |
| 11. 400 yd./m | freestyle relay |

Entries by Individuals

A competitor shall be permitted to enter a maximum of four events per meet, not more than two of which may be individual events. Prelims and finals are considered one meet.

Uniforms

(for a full list of uniform requirements see NFHS Rules)

It is recommended all swimmers on the team wear suits of identical coloring and pattern. Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks. Girls shall wear suits which cover the buttocks and breasts.

The suit or cap(s) may display the name and/or number of the competitor, school or mascot.

Only one swimsuit per competitor shall be permitted in competition.

The swimsuit shall be:

1. Constructed of a woven/knit textile material.
2. Permeable.
3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy.
4. Made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings).
5. Constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for the females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.

Swimsuits with a FINA marking and/or the USA Swimming approved checkmark logo, if otherwise legal, shall be legal for IHSAA/NFHS competition.

Officials

(for a full list of officials and their duties see NFHS Rule 4)

All officials must be USA Swimming certified or “in training” for certification. Officials may also register/certify through the IHSAA. Schools shall provide no less than two (2) USA Swimming certified, USA “in training” or IHSAA certified officials for regular season meets.

The meet referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness.

Championship swimming competition shall be administered by a USA or IHSAA certified referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer. For district-qualifying meets, the referee and starter must be IHSAA certified. All officials at the State Meet shall be certified by the IHSAA.

Non-championship meets shall be administered by a number of officials sufficient to properly conduct the meet. It is recommended a minimum of two officials administer dual meets.

Coach Requirements

1. Head coaches must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course as outlined in Rule 3-1.
2. All coaches must complete a first aid and CPR course from a school district recognized provider, as outlined in Rule 3-2.
3. All coaches (includes head coaches, assistant coaches, and volunteers of all IHSAA activities) are required to complete the St. Luke's online Concussion Course, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Concussion Review dates: 2024-25, 2026-27, etc...

Rules Clinics

Coaches must attend a rules clinic in his/her district each year, presented by the district swimming interpreter. District Boards of Control may fine schools whose coaches do not meet this requirement.

Representation

Eighteen (18) individuals per event/classification and twelve (12) relays per classification will qualify for the state meet. The representation per district and classification are as follows:

2023 Representation

5A	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3*	2**
	III	8*	6**
	V-VI	2*	2**

* Next five fastest times statewide qualifies

** Next two fastest times statewide qualifies

4A	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1**
	III	2*	2**
	IV	5*	3**
	V	1*	1**
	VI	2*	2**

* Next six fastest times statewide qualifies

** Next three fastest times statewide qualifies

NOTE:

Individuals may qualify for the state swim meet by meeting or bettering the ninth best qualifying time or mark made by individuals who have qualified for the state meet.

Hardship Qualification for State Swimming

Possible "hardship" qualifiers qualifying for the state meet other than by district or regional competitions must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark (3rd place time from previous 3-year average, not including 2020) in their particular event(s) in a sanctioned meet (one with four or more schools), or with electronic timing during one of the seven regular season meets or at the district qualifying meet (prelims or finals).
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented by the head coach or athletic director prior to the conclusion of the meet to the district manager and **be approved** by the tournament management of the respective district/regional meet so that the athlete's name may be included on the list of "Special Qualifiers" sent to the IHSAA.
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. Example: An athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the event at all or not to finish in a qualifying place.

Swimming Alternates Allowed at State

Schools shall be limited to the following number of relay-only alternates at the State Championship meet:

<u>Relays Qualified</u>	<u># of Alternates Allowed</u>
1 or more girls' relays	4* maximum
1 or more boys' relays	4* maximum

*Alternates must be gender specific and must not exceed 4 girls and 4 boys in all cases.

Example:

- If School A only qualifies in the boys 200 medley relay, they may not bring female relay-only alternates.
- If School B qualifies in the boys 400 freestyle relay, the boys 200 medley relay and the girls 200 medley relay, they would be allowed to bring 4 female and 4 male relay-only alternates.

Only those students who have qualified for State or have been designated as a relay-only alternate will be allowed on-deck.

2023 Volleyball

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A DI	159 -85
3A	639-320	1A DII	84 and under

2023 Volleyball Season

First Day of Practice	August 7
First Match	August 23
District Tournament Completion	October 21
State Play-ins	October 21
State Tournament	October 27-28

- All teams will be required to enter rosters, schedules and regular season scores on MaxPreps.
- Regular Season Tournament matches will **NOT** be recorded on MaxPreps. Only report 2/3 and 3/5 duals, tri-matches and quads.

Warm-Up Time for Matches

There will be a **maximum** of twenty minutes for pre-match warm-up between matches. The timer should start the clock 20 minutes prior to the start of the contest. The time schedule for the pre-match warm-up shall consist of the following 20-14-7:

1. 20-17 minutes: Teams can share court for warm-up time
2. 17-14 minutes: Coin flip to determine the serving and receiving teams. Pre-Match Conference will take place at the score table and should include the head coach, team captain and officials
2. 14-7 minutes: Visiting team (low seed) practices on the full court including net play and serving
3. 7-0 minutes: Home team (high seed) practices on the full court including net play and serving

* No off contest court practice while opposing team has the court for warm-up.

The warm-up period may be limited to 15-12-6 at the discretion of the tournament manager due to schedule requirements. If this becomes necessary, the periods shall consist of:

1. 15-12 minutes: Coin flip to determine serving and receiving teams. Pre-Match Conference will take place at the score table and should include the head coach, team captain and officials.
2. 12-6 minutes: Visiting team practices on the full court including net play and serving
3. 6-0 minutes: Home team practices on the full court including net play and serving

* No off contest court practice while opposing team has the court for warm-up.

Each tournament site has an area designated for team stretching prior to the start of the pre-match warm-up period. **Teams will not be allowed on the playing court until the clock is started for pre-match warm-ups.**

Bench Protocols

Team benches will be determined by the home team. Teams will not switch benches unless the officials determine there is a clear and distinct disadvantage, then teams would switch sides.

Warm-up and Practice Between Sets

Teams will not be allowed to use the net for practice between sets. The ball may not cross the net. The number of participants at any practice or warm-up, shall be limited to the number of participants allowed in uniform (15).

Number of Participants/Coaches/Support Personnel

At all play-in and state tournament matches, teams are limited to fifteen (15) students in uniform during warm-ups and 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 match with forfeiture of the match if excess numbers play. All classifications will be allowed three coaches and three support personnel to be admitted without an IHSA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSA card or purchase a tournament pass.

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 1:00 p.m. and Saturday will count as one date or one tournament.
3. A two-day tournament starting prior to 1:00 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. Athletes (5A, 4A, 3A, 2A, 1A) may play in a post-season tournament (Freshman, Sophomore, JV) and then participate in the varsity district tournament.

A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSA 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.

IHSA 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 IHSA 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-220A (blue, grey and white) is the official ball of the IHSAA State Tournament.

2023 Volleyball Representation

<u>5A</u>		<u>4A</u>		<u>3A</u>	
I-II	1.5	I-II	1	I	1
III	4.5 .5	III	2	III	2.5
V-VI	1.5	IV	2	IV	1.5
		V	1	V	1.5
		VI	2	VI	1.5

<u>2A</u>		<u>1A DI</u>		<u>1A DII</u>	
I-II	1.5	I	.5	I	.5
III	2.5	II	2	II	2
IV	1	III	2.5	III	2
V	1.5	IV	2	IV	1
VI	1.5	V-VI	1	V-VI	2.5

State representation is based on the percentage of schools in each district to create equality over a two-year period.

State Play-ins

5A Play-in		5A Play-in	
1-2B	Grangeville HS	5-6B	Canyon Ridge HS
<div>3F</div>	4:00 p.m. Pacific October 21	<div>3E</div>	1:00 p.m. Mountain October 21

3A Play-In		3A Play-In	
3C	Mt. Home HS	5B	Pocatello HS
<div>4B</div>	1:00 p.m. Mountain October 21	<div>6B</div>	3:00 p.m. Mountain October 21

2A Play-in		2A Play-in	
1-2B	Grangeville HS	5B	Pocatello HS
<div>3C</div>	12:00 Noon Pacific October 21	<div>6B</div>	1:00 p.m. Mountain October 21

1A DI Play-in		1A DII Play-in	
3C	Grangeville HS	1A	Fruitland HS
<div>1A</div>	2:00 Pacific October 21	<div>5-6C</div>	12:00 Noon Mountain October 21

State Tournament

Dates: October 27-28

Sites:

- *5A Coeur d’Alene HS
- *4A Post Falls HS
- *3A Lake City HS
- 2A Lakeland HS
- 1A DI Lewis-Clark SC
- 1A DII Lewiston HS

*Site determined by 5A State Representation

Coaches meeting – Thursday, October 26

2023 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament matches. *(Excluding regular season tournaments)* The high seed is considered the home team for all matches in the tournament.

- #4 Seed
- #5 Seed
-
- #1 Seed
- #8 Seed
-
- #2 Seed
- #7 Seed
-
- #3 Seed
- #6 Seed

WINTER SPORTS

2023-24 Basketball

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A DI	159-85
3A	639-320	1A DII	84 and under

2023-2024 Basketball Season

	<u>Girls</u>	<u>Boys</u>
First Day of Practice	Oct. 30	Nov. 10
First Game	Nov. 10	Nov. 25
Dist. Tourn. Completion	Feb. 10	Feb. 24
State Play-ins	Feb. 10	Feb. 24
State Tournaments	Feb. 15-17	Feb. 29-Mar. 2

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

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.

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 Precision TF 1000.

Practice at State Tournament Site

No team will be allowed to practice at a state tournament site.

2023-24 Representation

5A		4A		3A	
I-II	1.5	I-II	1	I-II	1
III	4.5, .5	III	2	III	2.5
V-VI	1.5	IV	2	IV	1.5
		V	1	V	1.5
		VI	2	VI	1.5
2A		1A DI (Girls)		(Boys)	
I-II	1.5	I	.5	I	.5
III	2.5	II	2	II	2
IV	1	III	2	III	2
V	1.5	IV	2.5	IV	1
VI	1.5	V-VI	1	V-VI	2.5

Basketball representation will be altered periodically so that the percentage of representatives in each district will be as equal as possible over a two-year period.

State Play-ins

(Team on the top of the bracket is the home team)

5A Play-in

1-2B Grangeville HS
1:00 p.m. PST
3F Girls: Feb. 10
Boys: Feb. 24

5A Play-In

3E Burley HS
1:00 p.m. MST
5-6B Girls: Feb. 10
Boys: Feb. 24

3A Play-in

3C Mountain Home HS
1:00 p.m. MST
4B Girls: Feb. 10
Boys: Feb. 24

3A Play-in

5B Blackfoot HS
3:00 p.m. MST
6B Girls: Feb. 10
Boys: Feb. 24

2A Play-in

5B Blackfoot HS
1:00 p.m. MST
6B Girls: Feb. 10
Boys: Feb. 24

2A Play-in

1-2B McCall -Donnelly HS-Girls
Cascade HS - Boys
3C 1:00 p.m. MST
Girls: Feb. 10
Boys: Feb. 24

1ADI Play-in – Girls

1A Grangeville HS
3:00 p.m. PST
4C Feb. 10

1ADI Play-in - Boys

1A Grangeville HS
3:00 p.m. MST
3C Feb. 24

1ADII

1A McCall-Donnelly HS - Girls
Cascade HS - Boys
5-6C 3:00 MST
Girls: Feb. 10
Boys: Feb. 24

State Tournaments

Girls: February 15-17

5A The Ford Idaho Center, Nampa
4A* Timberline High School, Boise
3A* Middleton High School, Middleton
2A* Kuna High School, Boise
1A DI* Columbia High School, Nampa
1A DII* Nampa High School
*All Championship games will be played at The Ford Idaho Center

Boys: Feb. 29-Mar. 2

5A The Ford Idaho Center, Nampa
4A* Rocky Mountain High School, Meridian
3A* Meridian High School, Meridian
2A* Capital High School, Boise
1A DI* Vallivue High School, Caldwell
1A DII* Caldwell High School
*All Championship games will be played at The Ford Idaho Center

2023-24 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament games/matches. The high seed is considered the home team for all games/matches in the tournament.

#4 Seed

#5 Seed

#1 Seed

#8 Seed

#2 Seed

#7 Seed

#3 Seed

#6 Seed

2023-24 Wrestling

Classification — based on grades 9-12

5A	1,280 and over	3A	639-320
4A	1,279-640	2A	319 and under

First day of practice November 13

****Wrestlers must pass the hydration test and be weight certified prior to the first allowable date of IHSA competition.**

First Match	November 29
Dist. Tourn. completion	February 17
State Tournament	February 23-24 -Holt Arena Pocatello

2023-24 Wrestling Season

The wrestling season as defined by the IHSA is from November 13 to the completion of the State Wrestling Tournament. National Federation rules shall be followed during the season. Participation in free-style and Greco-Roman wrestling tournaments will **not** be permitted during the regular season.

Wrestling Practice Matches

If a coach takes any part of the wrestling squad to a neighboring school for a joint practice session, that practice will count as one of the 16 regular season dates. Scrimmage or practice sessions shall not be held prior to the first allowable date of competition.

Match Limitations

An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 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 IHSA sponsored competition of that sport.

Takedown Tournaments

Schools who donate the proceeds from a takedown tournament to YEA do not have to count the match toward the fifteen regular season dates. Each school is limited to one takedown tournament per season.

Representation to District Tournament

Two wrestlers from each weight class from all schools may enter the district tournament.

District Tournament Seeding Meeting

A meeting of all wrestling coaches will be called by the manager of the District Tournament prior to the tournament to verify entries, draw the brackets, seed the wrestlers, select the officials and discuss other matters pertinent to the tournament.

Weight Classifications - Boys

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

Weight Classifications – Girls

100	107	114	120	126	132	138	145
152	165	185	235				

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 16 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 IHSA 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.

The method designated to determine body fat of each wrestler is the use of Bioimpedance, a compact and portable body composition analyzer and scale. This body composition analyzer will be available in each of the six activity districts for use by member schools. The cost of the total Minimum Weight Certification includes a fee of \$3.00 per wrestler plus mileage that will be paid to the certified weight assessor, a fee of \$30.00 will be charged for IHSA weight certification class.

Each wrestler will be required to be certified by the day prior to the first allowable date of competition. The window for certification will be October 16 to the day prior to the first allowable date of competition. During this time period each wrestler will have the opportunity to go through the certification process twice with the same assessor. Individuals who join the wrestling team after first allowable competition date must certify prior to the wrestler's first match. All wrestlers must pass the hydration test immediately prior to determining their body fat composition. The use of a refractometer and urine test strips will be the only two methods recognized in testing for hydration.

Every member school that has paid the annual IHSA participation and weight certification fees may access the web based optimal performance calculator that will determine the lowest allowable weight class for each wrestler. The website will also provide a nutritional education program for wrestlers and parents. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessor, coaches and student athletes. (Assessors can enter data while coaches/athletes have view access only.)

Once the wrestler is certified and the minimum wrestling weight is determined for the season, the wrestler will be ineligible to wrestle below their certified class. It will be required for the host school of any IHSA wrestling competition to facilitate the recording of the actual weight of each wrestler from all teams. This documented weigh-in sheet shall be signed by the weigh-in official and copied to those schools involved in the competition. Prior to each competition, coaches will be required to provide the Wrestling Weight Certification Alpha Report to the coach of the opposing

school. This report provides specific information for each wrestler, the alpha date weight, body fat, minimum wrestling weight, minimum weight class, and the first date each wrestler will be allowed to wrestle the minimum weight class. An IHSAA Approved Weight Assessor that is someone other than a representative of that school's wrestling coaching staff must certify this report.

After a wrestler reaches and competes at his minimum certified weight class, the individual may return to a higher weight class. While returning to a lower weight class, a wrestler shall not lose more than four pounds from week to week. Once certified, a wrestler may only wrestle up to two weight classes above his certified minimum weight class.

Growth Allowance

A two pound growth allowance will be added to each weight class **on January 1st**. A wrestler may not use the two pound growth allowance to make scratch weight.

Rules

The official rules for wrestling in Idaho are the National Federation of High Schools (NFHS) rules with some Idaho modifications. Rules books are to be picked up and signed for by the school representative at the district rules clinic.

2023-24 Wrestling Representation

<u>5A</u>		<u>4A</u>	
Dist. I-II	2*	Dist. I-II	1*
Dist. III	9*	Dist. III	3*
Dist. V-VI	3*	Dist. IV	4*
Next two highest seeds		Dist. V	2
		Dist. VI	3*
		*Next three highest seeds	
<u>3A</u>		<u>2A</u>	
Dist. I-II	2	Dist. I-II	3*
Dist. III	5	Dist. III	2*
Dist. IV	3*	Dist. IV	2*
Dist. V	2*	Dist. V	3*
Dist. VI	2*	Dist. VI	3*
*Next two highest seeds		*Next three highest seeds	

Girls

Dist. I-II	2*
Dist. III	5*
Dist. IV	3*
Dist. V-VI	5*
*Next highest seed	

Seeding and Drawing the Brackets

All rules, as set forth in the NFHS Wrestling Rules Book, will be followed with the following clarifications and exceptions.

1. Failure to verify entries at the seeding meeting will result in disqualification from the tournament. Contestants thereafter failing to make weight will not be permitted to participate in a different weight classification.
2. Immediately following the verification of entries, drawings will be made to place competitors on a tournament bracket.

The following seeding criteria will be used in seeding for the State Tournament.

Seeding Criteria: All Classifications

General Seeding Information:

1. Seed the top 8. All other wrestlers will be randomly drawn in.
2. If possible, separate teammates on opposite sides of the bracket unless it affects seeding.

1st through 8th seeds:

1. Head-to-head
2. Record against common opponent (regardless of weight)
3. District Champion
4. Highest returning state placer
 - a. Highest returning state placer 1st-3rd at weight
 - b. Highest returning state placer 1st-3rd at a different weight
 - c. Highest returning state placer 4th-6th at weight
 - d. Highest returning state placer 4th-6th at a different weight
5. Best varsity record at that weight
6. Best overall varsity record

Certification of Wrestling for the District Tournament

Each wrestler must weigh-in at the desired certified weight three times prior to the district seeding meeting. To be eligible for the district tournament, each wrestler must weigh-in at scratch weight, then compete at scratch weight or up one weight above scratch weight, on three of the 16 regular season dates.

- Coaches are responsible for verifying to the manager of the district wrestling tournament the certified weight class of each wrestler entered.
- All records must be updated or the wrestler will not be seeded and will be drawn in.
- All challenges for weight verification shall be made before the weight is seeded.
- After the weight is seeded, there shall be no changes in that weight.
- Scorebook or a Track wrestling weigh in will serve as proof for making weight.

State Seeding Meeting

The state seeding meeting will be held at the IHSAA office in Boise on February 1, 2024.

Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to the listed number of coaches and two support personnel on the floor at the state tournament. These will 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, but will not be allowed on the floor.

1-3 participants:	2 coaches
4-9 participants:	3 coaches
10-17 participants:	4 coaches
18 or more participants:	5 coaches

SPRING SPORTS

Heat Stress and Athletic Participation

Spring practices may be conducted in hot, humid temperatures. During hot weather conditions the athlete is at risk for the following:

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

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

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

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

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

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

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

WHAT TO DO IN AN EMERGENCY

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

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

SUMMARY

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

Air Quality

In the event of a high fire season and air quality is compromised, the IHSAA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues. All schools must have an air quality check site. For game situations, both administrations will meet before the game to determine what air quality site to use. The host school's administration will have the official site for this. The site airnow.gov is recommended. It is suggested that in instances where the Air Quality Index is over 150, the games be suspended or cancelled.

Lightning

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service. Proactive Planning:

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

2024 Baseball

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and under
3A	639-320		

2024 Baseball Season

First date of practice	February 23
First baseball game	March 6
Pitch Count Extended	March 29
Last date of 2024 season	*May 18
*IHSAA Rules & Regulations are followed through the final date of the 2024 season	

- All teams will be required to enter rosters, schedules, pitch count for all pitchers and scores on MaxPreps

Umpires

Approved officials must be used for all interschool contests. Two umpires should be used at all games. Both must be certified.

Game Limitations for Each Team

A team 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.

Game Limitations for Individuals

During the regular season, athletes are permitted to play in no more than 154 innings in a 22 game schedule, or 168 in a 24 game schedule. For a game in which the score is tied at the end of seven innings, the extra innings shall be considered as an extension of the seventh inning. 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:

- 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.
- 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.
 - 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

- No pitcher may throw more than 110 pitches in a game or day if the team is playing a doubleheader. Only a starting pitcher will be allowed to finish a batter only when 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. *Once a non-starter reaches a pitch limit, they do NOT get the opportunity to finish an at bat.
- A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
- 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. Pitchers are NOT allowed to finish a batter once they reach the limit over a two-day period. That limit will result in two days 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.

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

Varsity - First 30 Days of Season - March 28

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

Varsity - After 30 Days – March 29

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 – March 28

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

Sub-Varsity - After 30 Days – March 29

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.

5. If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.
6. During each contest, the home team is responsible for the official book. A record of pitches should be recorded and verified by both teams after each full inning. Verification of all pitchers and pitches thrown should be agreed on by both teams after each game. Without verification of both teams, the home team book becomes official.
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.

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

Speed-up Rules

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

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

State Tournament

The IHSAA does not sponsor an official state baseball tournament. State Tournament Sweatshirts are limited to 17 per team in all classifications. Extra sweatshirts can be purchased through McU Sports.

2023-24 Golf

Classification — based on grades 9-12

5A	1,280 and over	3A	639-320
4A	1,279-640	2A	319 and under

2023-24 Golf Seasons

5A/4A

First day of practice	August 7
Dist. Tourn. Completion	October 2
State Tournament	October 6-7

3A/2A

First day of practice	February 26
Dist. Tourn. Completion	May 9
State Tournament	May 13-14

Match Limitation

No team or individual shall play more than 10 matches per season and may not exceed two matches per week. A match must be completed in one day (with the exception of a weather delay) and consist of no more than 18 holes. If 6 or more holes have been completed, and a match is cancelled due to inclement weather or other circumstance out of the team or individual's control, the contest shall count toward the team or individual's match limitation. If fewer than 6 holes have been completed, the match does not have to count towards the team or individual's match limitation. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored golf competition.

2023 5A/4A State Tournament

Date	October 6-7
Sites	5A Lewiston CC (Lewiston HS host)
	4A University of Idaho GC (Moscow HS host)

2024 3A/2A State Tournament

Date	May 13-14
Sites	3A Twin Lakes GC, Rathdrum (Timberlake HS host)
	2A District I/II TBD

Representation

Representation from district to state is based on the number of complete teams that actually participated at the district tournament. Quotas for each district or regional tournament to state competitions will be determined as follows:

Complete Teams Competing in District Competition	Teams to state
1-3*	1
4-6	2
7-9	3
10 & over	4

*If only one team participates in a district, the IHSAA should be contacted. The following guidelines will be used to determine advancement to state:

- a. Single teams in a district shall automatically qualify for the state tournament as long as they have competed in five regular season matches and have participated in a district tournament.

Team Hardship Qualification

Teams that do not qualify by the guidelines above may appeal as an at-large under the following conditions: 1) Teams must score better

than the 3-year average score for the state tournament 4th place team at their district tournament; 2) Teams must submit their team scores and course ratings for their final five matches of the regular season. At least three of the scores must be better than the 3-year, 4th place State average; 3) A panel, composed of representatives from each district, will make the final decision on advancement to State.

Individual Qualifiers – Boys and Girls

Individuals may qualify for the state tournament according to the number of complete teams participating in the district tournament. Example: Four teams competing at district, the four lowest scoring individuals qualify for state.

In addition, an individual may qualify by scoring at or below the state qualifying standard at the district qualifying tournament. State qualifying standards are determined by averaging the previous three years' state tournament 5th place finishers and are listed as "strokes over course rating".

State Qualifying Standard

5A Boys	3.7	3A Boys	9.0
5A Girls	10.5	3A Girls	20.6
4A Boys	4.9	2A Boys	7.3
4A Girls	12.7	2A Girls	14.7

Ties at District Tournaments

When a tie occurs at the end of regulation play between two or more teams for first, second, third or fourth place, the tie will be broken by a sudden-death playoff. The following procedures will be used:

- a. The teams that are tied will play one hole with five golfers and score the four lowest individual scores. The team with the lowest combined team score will be declared the winner.
- b. If the teams remain tied at the end of the first hole played during sudden-death play, the same procedure will be used for the remaining holes until the tie is broken.
- c. Medalists: When a tie occurs between two or more individuals for medalist honors, the tie will be broken by a sudden-death playoff as outlined above. When a tie occurs for the final qualifying position to the state tournament, both individuals will advance.

Honest Effort

A golfer who starts, but does not finish, the district tournament, may be counted in determining the number of qualifying teams and individuals provided the district manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the golfer's control.

Rules

USGA Rules of Golf will govern all tournament play, with allowed local course rules and/or as modified by IHSAA rules and regulations. NOTE: All IHSAA golf matches, including district and state, will be played under USGA Rule 21-2, Maximum Score. The maximum score will be "10" on any hole.

Rules for District and State Golf

1. Practice
 - a. Qualifiers are not permitted to play the course, any hole, or to practice putt on a course green the same day as the tournament.
 - b. Practice between rounds is prohibited. Penalty for breach of rule is disqualification.
 - c. During a round, a player shall not play a practice stroke either during the play of a hole or between the play of two holes except that, between the play of two holes, the player may practice putting or chipping on or near any practice

putting green or the teeing ground of the next hole to be played in the round, provided such practice stroke is not played from a hazard and does not unduly delay play.

- d. Practice on or near the putting green of the hole last played is prohibited - penalty for breach of rule is two strokes. If a breach occurs between the play of two holes, the penalty will apply to the next hole.
- e. A practice swing is not a practice stroke and may be taken at any location, provided the player does not breach the rules.
2. Caddies Caddies are not permitted during district or state tournament play.
3. Carts Carts are not permitted, except in case of special medical conditions. Permission to use a cart must be granted by the IHSAA or tournament manager.
4. Coaches
 - a. Coaches may talk to players during events only between holes from green to tee box and/or between nines. They may advise players on course management, playing etiquette and offer technical advice and/or instruction. Only two coaches per team are allowed to coach during an event. Communication during the play of a hole is a breach of the rules and is a two stroke penalty.
 - b. Coaches are not allowed to play the course during the hours the state tournament is in progress.
 - c. Coaches should make an effort to help all participants abide by the rules of golf and the rules set up for district and state play. It is unethical to try to win a championship by disqualification.
5. Gallery The gallery must be a reasonable distance (at least 25 feet) from the competitors at all times. Penalty for continued breach of gallery distance rule is one stroke.
6. Aiding a Competitor There shall be no aiding of any competitor, except to look for a lost ball or to provide relief items such as water, sunscreen, etc. Penalty for breach of rule is two strokes.
7. Sportsmanship A player who violates the sportsmanship rules of golf will be assessed one penalty stroke for each unsportsmanlike act. Such acts include (but not limited to) profanity, throwing a club, damaging the course, etc.
8. Attire All players must wear appropriate golf attire — slacks or shorts and a collared shirt. Denim jeans are not permitted.
9. Electronic Devices Competitors are not permitted to wear headphones or use cell phones during tournament play. Penalty for breach of rule is two strokes.
10. Distance Measuring Devices A player may obtain distance information by using a golf-designed device that measures distance only. If, during a stipulated round, a player uses a distance-measuring device to gauge or measure other conditions that might affect his/her play (e.g., gradient, windspeed, temperature, etc.), the player is in breach of USGA rules, for which the penalty is two strokes.
11. Illegal Substances The use of alcohol, tobacco or drugs is prohibited. Penalty for breach of rule is immediate disqualification.

Substitutions at the State Tournament

Substitutions are not allowed after final line-ups are submitted to tournament managers (deadline is Thurs prior to the state tournament). In the event of injury, illness or bereavement, teams may be allowed to replace a participant after the submission deadline or between Days 1 and 2 of the state tournament with permission of the tournament manager and the IHSAA. No substitutions will be allowed mid-round.

Supervision of Play

1. A Rules Official will supervise district and state tournaments.
2. At the State Tournament, schools are asked to bring one adult monitor for each of their qualifying teams. Host sites will provide adult monitors as well.
3. Adult volunteers will monitor play and assist in keeping score, but will not make rules interpretations. These monitors will be assigned in the following manner:
 - a. The tournament manager will assign one adult volunteer to follow each group. He/she should not be a coach or relative of any player in that group.
4. As each group finishes a hole, the assigned monitor will ask:
 - a. Are there any concerns regarding this hole?
 - b. Are you all in agreement on the scores of each player?
5. If there are concerns or reports of rules violations, the monitor will:
 - a. Attempt to resolve concerns through group discussion, or
 - b. Notify the Rules Official via cell phone of a possible rules violation.
 - c. The Rules Official will attempt to resolve issue before the group plays the next hole.
6. After the 18th hole, the monitor will escort each group to the scoring area. Note: Coaches, spectators or other players will not be allowed in the scoring area.
7. The scoring area manager will have each group sit together and double-check their scorecards. He/she will then ask the group if anyone has questions or concerns about their round.
 - a. If there are no concerns, players will sign and turn in their scorecards. Coaches may review their players' scorecards before the cards are signed.
 - b. If there are concerns, players will be moved to a separate location until the issue can be resolved and the Games Committee will convene.
 - The golfer will state his/her concern in front of the entire group. If the concern is accusatory in nature, the committee will gather information and facts surrounding the issue by privately interviewing all players of the group.
 - Once the issue has been resolved, the coaches of each affected school will be notified of the Games Committee's decision, the players will sign their scorecards and will be released. Coaches may review their players' scorecards before the cards are signed.

The games committee shall consist of the tournament Rules Official, an IHSAA representative and the host golf professional or assistant pro.

Scoring

1. Players in the foursome will be assigned as markers for another member of the foursome. Player 1 will score for 2, 2 will score for 3, 3 for 4, and 4 will score for 1. (Rule 6-6)
2. After each hole the marker should check the score with the competitor. The competitor is responsible for the correctness of the score recorded and shall check his/her score after each hole. Any concerns or possible violations must be reported to the adult monitor assigned to their foursome before proceeding to the next hole.
3. After the final hole, the group will be escorted to the scoring area as outlined under "Supervision of Play" and settle any doubtful points with the Rules Official or games committee, ensure that their marker has signed the card, and countersign the card him/herself. Penalty for breach of Rule 6-6b is disqualification.

4. Monitors will be provided by each school and/or the host site at the State Golf Tournaments.

State Tournament Format

Team and individual awards will be determined from a combined two-day total score.

All teams and individuals will play 36 holes -18 holes each day.

Ties at State Tournament

1. All ties that occur at the end of regulation play for 1st – 4th team places and 1st place medalist will be resolved by a sudden-death playoff. The procedure is as follows:
 - a. Teams who are tied will play 5 golfers and score the 4 lowest individual scores. The team with the lowest combined score after one playoff hole will be declared the winner.
 - b. If the team score is still tied after the first playoff hole, the same procedure will be used for the remaining holes until the tie is broken.
 - c. Ties for first place medalist will be broken in the same manner as explained in (a) and (b) above.
2. Ties for medalist places 2-10 will be resolved by use of a “card-off”. The procedure is as follows:

Using scores from the final day of play:

 - a. The scores of the highest rated hole on the course will be compared. Individual with the lowest score on that hole will be declared the winner.
 - b. If a tie remains after the first card-off hole, scores on the second highest rated hole will be compared. This system will be continued until the tie is broken.

2024 Softball

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and under
3A	639-320		

2024 Softball Season

First day of practice	February 23
First game	March 6
Dist. completion date	May 11
State Play-ins	May 11
State Tournament	May 16-18

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

Game Limitations for Each Team

A team 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.

Game Limitations for Individuals

During the regular season, athletes are permitted to play in no more than 154 innings in a 22 game schedule, or 168 in a 24 game schedule. For a game in which the score is tied at the end of seven innings, the extra innings shall be considered as an extension of the seventh inning. 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:

- Length of game:** This rule is in effect for all games at the state tournament. All varsity games shall be seven innings with the exception of the 10-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:
 - When a team is ahead by 15 runs after three innings of play.
 - When a game exceeds the time limit of 1 ½ hours.
- 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.
 - 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.
- Baseline:** The baseline shall be 60 feet.
- 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.

- 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.
- Double First Base:** Idaho permits the use of a double first base in all levels of play and when in use, will be governed by NFHS rules.

Umpires

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

2024 State Tournament

Dates:	May	16-18
Sites:	5A	Post Falls HS
	4A	Coeur d'Alene/Lake City HS
	3A	TBD
	2A	Orofino HS
	1A	Genesee HS

Number of Participants

At play-in and state tournament games, a maximum of seventeen players may be 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 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.

Determining Home Team

At state play-in games, the home team shall be determined by the flip of a coin. At the state tournament, the highest seeded team shall be the home team. The home team dugout shall be on the first base side.

Home Run Fence

When state fast pitch tournaments are held at fields that do not meet NFHS standard distance for the home run fence, a fence shall be installed at 210', if possible.

Inclement Weather Procedure for State

In the event the state tournament cannot take place in its scheduled format, the following procedure will be used:

- All modifications will be handled in accordance with IHSAA Rule 20.
- All games will use Idaho Rules Modifications 1a and 1b.
- Alternate sites, if available, must be within reasonable distance to the original site so as not to incur additional travel/lodging costs for teams that have traveled.
- Games will be shortened to 5 innings until the original game schedule can be resumed.
- All games on the consolation side of the bracket will be cancelled. Championship semifinal games will be 5 innings.
- The length of championship games will be determined by the host site manager and the IHSAA.
- If more than 4 teams remain in the tournament, and it is not possible to get the games in, the tournament may be cancelled.

NOTE: It is very possible that not all classifications will make the same decisions at each step of the protocol above.

2024 Softball Representation

5A		4A		3A			
I-II	1.5	I-II	1	I	1		
III	4.5, .5	III	2	III	3		
V-VI	1.5	IV	2	IV	1.5		
		V	1	V	1.25		
		VI	2	VI	1.25		
2A		1A					
I-II	2	II	3*				
III	2	III	3*	*plus next two best MaxPreps seeds			
IV	.5						
V	1.5						
VI	2						

State Play-ins

5A Play-in
1-2B Prairie HS
3F 1:00 p.m. Pacific Time
Sat., May 11

5A Play-in
5-6B Twin Falls HS
3E 1:00 p.m.
Sat., May 11

3A Play-in
4B Burley HS
5B/6B 1:00 p.m.
Sat., May 11

2A Play-in
4A OK Ward Fields, Pocatello
5B 1:00 p.m.
Sat., May 11

2024 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament games. The high seed is considered the home team for all games in the tournament.

All Classifications:

- #4 Seed
- #5 Seed
- #1 Seed
- #8 Seed
- #2 Seed
- #7 Seed
- #3 Seed
- #6 Seed

2024 Tennis

Classification - based on grades 9-12

5A	1280 and over
4A	1279-640
3A	639 and under

2024 Tennis Season

First day of practice	February 23
First match	March 6
District Tournament completion	May 11
State Tournament	May 17-18

- All individual and team scores from the regular season and tournaments shall be reported on TennisReporting.com.

Representation to District Tournament

Three boys singles, players, three girls singles players, two boys doubles teams, two girls doubles teams, and two mixed doubles teams from each school may enter the district tournament.

Match Limitations

No team or individual shall play more than 18 regular season dates. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA-sponsored tennis competition. Friday after 1:00 p.m. and Saturday counts as one of the allowed dates. A two-day tournament starting prior to 1:00 p.m. on Friday will be counted as two of the allowed dates.

Participation in Special Events

Competing in outside non-high school events during the IHSAA season is prohibited. See Outside Competition Rule 8-11. Exceptional student-athletes may participate in special events (i.e. Intermountain ranking tournament) without loss of eligibility provided approval of the high school principal and the IHSAA is obtained at least 30 days prior to the event. Participation will count towards the individual's allowed number of dates, but will not count towards the team's allowed number of dates.

2024 State Tournament

Date	May 17-18
Sites	5A: Boise Racquet & Swim Club, Boise
	4A: Appleton Tennis Complex, BSU
	3A: Ridgevue High School, Nampa

2024 Representation

5A	4A	3A (13-team draw)
Dist I-II 3	Dist I-II 2	Dist I-II 5
Dist III 10	Dist III 4	Dist III 5
Dist V-VI 3	Dist IV 5	Dist IV-V-VI 3
	Dist V 2	
	Dist VI 3	

State Tournament Rules

1. The state tournament consists of five events: Boys and Girls Singles, Boys and Girls Doubles, Mixed Doubles. A player may enter only one event.
2. USTA rules of play will be followed, except as modified by IHSAA rules and regulations.
3. Tournament management and USTA officials are responsible for ensuring that matches are played under conditions which are consistent and fair to all players. USTA officials will monitor play at each site if possible.
4. Matches will be assigned approximate times. Players shall

report at least 30 minutes prior to the assigned match time, and are responsible for checking the tournament's progress before leaving the site during a break.

5. Two new balls will be provided for all matches. If supply is sufficient, new balls will be provided for third sets.
6. Coaching is permitted by an official school coach (as designated by the local Board of Trustees) during side changes (max time: 1 ½ minutes) and during the interim of split sets. Coaches are not permitted inside the fence at outside courts unless requested for monitoring line calls. One official school coach may sit courtside at indoor facilities.
7. Spectators (including other players) shall remain outside the fence at outdoor sites and may not sit courtside at indoor sites. Spectators must observe etiquette rules and exhibit respectful behavior to all officials, coaches and players.

Playing Procedures

1. Winners shall report score and return balls to the tournament desk immediately following the match.
2. The server shall call out score prior to serving each point.
3. Players should not touch a ball that appears to be going out of bounds until it has touched the court or fence.
4. Players should be prompt and obvious indicating to their opponents when the ball is long or wide either verbally or by gesturing.
5. Officials or line call monitors will be provided if requested by a player. Coaches must be available to monitor line calls upon request if an officials is not available.

Time Limits

1. 15 minutes Report for match (after first call)
 2. 10 minutes Warm-up (including serves)
 3. 3 minutes Interim for split sets
 4. 30 minutes Minimum time between matches
 5. 45 minutes Maximum time between matches (2 Sets)
 6. 1 hour Following a 3rd Set Tie-Break (Per Coaches Request)
 7. 10 minutes Correct improper dress
 8. 10 minutes Recover from injury
- In case of delays from inclement weather or other unforeseen circumstances, the tournament format and time limits may be adjusted

Penalties for Unsportsmanlike Behavior

Blatant disregard of tournament rules or egregious behavior by a player, coach or spectator may result in disqualification from the tournament. Violation of the following behaviors may result in disqualification (default).

1. Repeated displays of poor sportsmanship
2. Racquet, court or ball abuse
3. Being disrespectful to or uncooperative with a tournament official
4. Using profane language and/or gestures
5. Persistent intentional distraction, taunting and/or disrespect of an opponent

The USTA Point Penalty System (PPS) will be used for penalizing unsportsmanlike conduct.

- 1st offense – loss of point
- 2nd offense – loss of game
- 3rd offense – loss of match

Forfeiture of Match

Forfeiture of a match will result from the following:

1. Failure to arrive at the designated time to compete
2. Failure to correct improper dress within time limit
3. Failure to resume after injury within time limit

Uniforms

Uniform requirements are in effect for district and state tennis. Uniforms must be tennis issued or authorized by the school.

Shirts/Tops

1. School name, school initials, or mascot name must be affixed to the shirt/top in a permanent/semi-permanent manner. These items cannot be made out of tape or paper, nor be taped or glued. Names or description of sports other than tennis are not permitted.
2. Sleeveless shirts, scoop necks, t-backs, etc. are permitted. Tank tops that are overly loose with unusually large, loose armholes are not permitted.
3. Shirts/tops must be of sufficient length to cover midriff when standing.
4. Shirts/tops may not have commercial advertising with the exception of a 2 1/4" x 2 1/4" manufacture's logo.

Shorts/Skirts

Shorts/Skirts must be tennis-style and of solid color; nominal trim is allowed.

Dresses

Tennis dresses are permitted provided the top meets shirt requirement and the bottom meets skirt requirement.

Shoes

Standard tennis/court shoes with non-marking soles must be worn.

Hats

Standard baseball caps or visors may be worn.

1. Hats must be solid color; nominal trim is allowed
2. School name, initials, mascot or small mfg. logo are allowed.

Headbands/Wristbands

1. Headbands and wristbands must be of soft material and fit snugly.
2. Scarves are not allowed.
3. Bandannas may be worn only as an appropriate headband.

Sweats/Warm-ups

1. Sweats/warm-ups may be worn in inclement weather.
2. Advertising shall not be displayed with the exception of a 2 1/4 x 2/14 manufacturer's logo.

Undergarments

1. Visible garments worn under the shirt or shorts must be a solid color. (includes sleeves, sports bras, compression shorts, etc.
2. If compression shorts are worn, they must be under the regular shorts.

State Tournament Brackets

All tournaments will be seeded. See "Seeding Guidelines" adopted by the IHSA (www.idhsaa.org).

Deadline for drops is the Wednesday prior to the tournament at noon. Any drops reported after the deadline will result in a first-round bye and no district alternates will be added.

In the event that a qualifier is unable to participate in the state tournament due to circumstances beyond the player's control, the following guidelines will be followed when substituting the district alternate:

1. If seeded player drops:
 - a. Take the 6 seeds, and remove student who is unable to play.
 - b. Move the other seeds up one spot and pull up the #7 player into the #6 seed spot.
 - c. Place district alternate into the group that will be drawn for spots #7-#16 (#7-#13 for 3A).
 - d. Re-draw the bracket.
2. If non-seeded player drops:
 - a. The district alternate will be directly substituted into the draw.
 - b. The alternate will take the same place in the draw as the player who became unable to play. The bracket will not be re-drawn.
3. If one member of a doubles team is unable to participate, an alternate from that same school will be allowed to substitute on the doubles team, regardless of the district tournament results. The bracket will not be re-drawn.
4. If both members of a doubles team are unable to participate, procedures 1. and 2. (above) will be followed.

Scoring

1. Matches will be the best two out of three. All matches shall use regular scoring for the 1st and 2nd sets. If the score of the 1st or 2nd set reaches 6-6, a 7-pt. tie breaker will be played. A 3rd set; 10-point tie-break will be used for all tournament matches except during the Championship final, Match 28 and Consolation Championship final, Match 27 a full (regular scoring) third set will be used as the tie breaker.
2. Points for team scoring shall be awarded as follows:
 - a. Two (2) team points shall be scored for each match won in the championship bracket except for the final first-place match. If a bye is received in the first round, the points will be awarded only if the player(s) win the next match.
 - b. One (1) team point shall be scored for each match won in the consolation bracket except for the final third place match. If a bye is received in the first consolation round, the point will be awarded only if the player(s) win the next match.
 - c. Point(s) shall be scored for each match won by default, disqualification, or forfeit throughout the tournament.
 - d. The winner of each championship semifinal shall be awarded ten place points and the winner of each championship final shall be awarded four additional points. The winner of each consolation semifinal shall receive four place points and the winner of third place shall receive three additional points.
3. Ties in team scores shall be broken by the most number of entries that play in the championship finals. If still tied, the number of entries that play in the consolation finals will be used.
4. Separate Boys and Girls Championships will be given. Points for mixed doubles will be split.

Summary of Scoring

Advancement Points

Championship Bracket	2 points
Consolation Bracket	1 point

Placement Points

1 st Place	14 points
2 nd Place	10 points
3 rd Place	7 points
4 th Place	4 points

2024 Track

Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and under
3A	639-320		

2024 Track Season

First day of practice	February 23
First Meet	March 6
Dist. completion date	May 11
State Meet	May 17-18
Site	5A/4A: Mountain View HS 3A/2A/1A: Middleton HS

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.

Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to the listed number of coaches and three support personnel at the state meet. These will 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 tickets and will not be allowed field access.

1-3 participants:	2 coaches
4-6 participants:	3 coaches
7-9 participants:	4 coaches
10 & above participants:	5 coaches

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 unless determined otherwise by meet management.
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 1/4 square inches and shall not exceed 2 1/4 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.

Representation

Note: Individuals who attain the state meet qualifying standard in a preliminary or final heat at district or regional competition qualify for state competition provided they also meet IHSAA hardship qualifications. Those who meet the qualifying standard in a preliminary heat at district or regional competition and have qualified for the final heat at the district or regional competition must compete in that final heat (Honest Effort Rule). A disqualification in the final heat will nullify a qualifying mark from a preliminary heat.

Individuals may qualify for the state track meet by meeting or bettering the eighth best qualifying time or mark made by individuals who have qualified for the state meet.

Sixteen (16) individuals per event/classification and eight (8) relays per classification will qualify for the state tournament. The representation per district and classification are as follows:

5A	District	Indiv. Events	Relays
	I-II	3	1*
	III	10	5
	V-VI	3	1*

* Next best mark from I-II and V-VI qualifies

4A	District	Indiv. Events	Relays
	I-II	2	1
	III	4	2
	IV	4	2
	V	2	1
	VI	4	2

3A	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I	2*	1*
	III	4*	2*
	IV	4	1*
	V	2*	1*
	VI	2*	1*

* Next two best marks statewide qualify

2A	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3	1*
	III	5	1*
	IV	2	1*
	V	3	1*
	VI	3	1*

* Next three best marks qualify

1A	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	5	2*
	III	4	2*
	IV	4	2*
	V-VI	3	1*

* Next best mark statewide qualifies

Note: In case of a tie in a relay, the IHSAA office will flip a coin to determine the representative.

Hardship Qualification for State Track

Possible "hardship" qualifiers qualifying for the state meet other than by district or regional competitions must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark in their particular event(s) in a sanctioned meet (one with four or more schools), or with electronic timing during one of the nine regular season meets. This requires proof from Athletic.net.
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented by the head coach or athletic director prior to the conclusion of the meet to the manager and **be approved** by the games committee of the respective district/regional meet so that the athlete's name may be included on the list of "Special Qualifiers".
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. Example: An athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the event at all or not to finish in a qualifying place.

Track and Field Events

Running Events

<u>Boys</u>	<u>Girls</u>
110 Meter Hurdles	100 Meter Hurdles
300 Meter Hurdles	300 Meter Hurdles
100 Meter Dash	100 Meter Dash
200 Meter Dash	200 Meter Dash
400 Meter Dash	400 Meter Dash
800 Meter Run	800 Meter Run
1600 Meter Run	1600 Meter Run

3200 Meter Run	3200 Meter Run
4x100 Meter Relay	4x100 Meter Relay
4x200 Meter Relay	4x200 Meter Relay
4x400 Meter Relay	4x400 Meter Relay
1600 Meter Medley Relay	800 Meter Medley Relay
(4A, 3A, 2A and 1A only)	(4A, 3A, 2A and 1A only)
4x800 Meter Relay (5A only)	4x800 Meter Relay (5A only)

Field Events

Shot Put	Long Jump
Discus	Triple Jump
High Jump	Pole Vault

Wheelchair Athletes

1. Eligibility: All wheelchair athletes must meet the rules established by the IHSAA and individual school districts.
2. Wheelchair athletes may only compete for individual and team honors in the school classification and gender in which his/her school competes.
3. No wheelchair athlete shall be permitted to enter more than four individual wheelchair events.
4. Equipment
 - a. (Track) A wheelchair athlete shall compete in track events in a manually operated wheelchair that meets the following specifications:
 1. Shall have a minimum of three wheels.
 2. The diameter of the two largest wheels (including inflated tire) shall not exceed 28 inches. Other wheel/s diameters shall not exceed 20 inches (including the inflated tire).
 3. Only one push rim shall be attached to each large wheel.
 4. The chair's seat, including the cushion, shall not exceed 25 inches in height.
 - b. (Field) An athlete may throw from his/her wheelchair or a throwing frame. Both must comply with the following standards:
 1. The throwing frame sitting surface including the cushion must not exceed 75 cm. in height.
 2. If the frame has a holding bar, it must be fixed (no articulating joints).
 3. No part of the throwing frame or wheelchair may be outside the circumference of the circle.
 4. The size of the discus and shot for wheelchair participants shall be the same as for all other male and female participants.
 - c. A wheelchair athlete will **not** be permitted to compete at local, district, or state meets using unauthorized equipment.
5. Scoring Criteria (Regular Season, District & State Meets)
 - a. At least two wheelchair athletes from different schools must compete against one another in an event for team points to be awarded. If only one athlete compete in an event it will be as an exhibition only.
 - b. Events may be combined by gender and classification but scoring and awards will be separated out.
 - c. In the event that at least two wheelchair athletes from different schools compete against one another, a team trophy (if the meet provides trophies) for the combined scores of the wheelchair athlete/s and the able bodied athletes from the same school shall be awarded. Individual medals 1st through 6th place and two team trophies may be awarded.
 - d. Awarding of points:

Eight or more athletes:	10-8-7-6-5-4-3-2-1
Seven athletes:	8-6-5-4-3-2-1

Six athletes:	6-5-4-3-2-1
Five athletes:	5-4-3-2-1
Four athletes:	4-3-2-1
Three athletes:	3-2-1
Two athletes:	2-1
One athlete:	Exhibition only

6. Qualifying for the IHSAA State Track Meet

- a. All wheelchair athletes must qualify to the IHSAA State Track Meet through the district meet.
- b. Wheelchair athletes must meet or surpass the minimum standard in their particular event/s. If a competitor fails to meet the required standard in an event at the district meet, he/she will not be allowed to compete in that event at the IHSAA State Track Meet.
- c. Qualifying standards:

	Girls	Boys
100 Meters	45.0	40.0
200 Meters	1:35.0	1:25.0
400 Meters	2:30.0	2:10.0
800 Meters	5:00.0	4:20.0
1600 Meters	9:30.0	8:30.0
3200 Meters	18:00.0	15:30.0
Shot Put	8-00	10-00
Discus Throw	10-00	15-00

Wheelchair Events

100 Meters	800 Meters	Shot Put
200 Meters	1600 Meters	Discus
400 Meters	3200 Meters	

ACTIVITIES

2023-24 Cheerleading

Governance

1. The National Federation Spirit Safety Rules must be followed during all cheerleading activities including practices, games, performances and competitions.
2. IHSA Rules of Competition must be followed at all in-state cheerleading competitions.

Purpose

The primary role of cheerleaders is to serve as a support group for the interscholastic athletic program of the school. Cheer teams should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help student participants and spectators achieve the educational objectives of the total interscholastic program.

Competition / Performance

Cheerleading includes athletic competition and performances that are accepted secondary roles of cheerleaders. They can effectively promote school spirit when included at appropriate times and serve to develop skill, teamwork and self-confidence. Competition and/or performance activities must not interfere with the cheerleaders' primary role, which to serve as a support group for the interscholastic athletic program.

Eligibility

1. **Competitive Cheer:** Members of cheer teams that participate in competition are subject to IHSA eligibility rules 8-1 through 8-15, except Rule 8-4, Amateur Status, Rule 8-5, Awards, and Rule 8-11, Outside Competition. Non traditional students must comply with IHSA Rule 8-16.
2. **Sideline Cheer:** Members of cheer teams that do not compete must be regularly enrolled students of the school at the time of participation. Non traditional students must comply with Rule 8-16.
3. **All cheerleaders** must have a physical examination on file with the school as outlined in IHSA Rule 13 prior to the first practice of the season.
4. **All cheerleaders:** Tryouts/auditions are not allowed prior to the third Monday in April the spring proceeding the school year.

Contact Limitations

Cheer teams must comply with IHSA Rule 17-1-3 (summer programs) and 17-2-4 (moratoriums).

Competition Rules & Regulations

1. Competitions:
 - a. In-state cheer competitions must follow both the NFHS spirit safety rules and the IHSA competitive cheer rules.
 - b. In-state competitions sponsored by anyone other than member schools must be sanctioned by the IHSA.
2. Season: Idaho cheerleaders may attend competitions only between November 1 and the completion of the state tournament. Any competition after the state tournament requires permission of the principal or superintendent and the IHSA.

3. Number of Competitions: No school or individual may enter more than four competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.

4. Competition Classifications:

5A: 1280 & over 3A: 639-320
4A: 1279-640 2A: 319 & under

Contiguous classifications may be combined at the tournament manager's discretion if fewer than three schools enter a division. Combining schools that are not in contiguous classifications requires approval from those schools.

5. Team Categories:

- a. Team Sizes: A maximum of 24 team members (including mascots) are allowed on the floor in show cheer, sideline and pom divisions.
- b. Coed: In the show cheer division, teams with one boy may elect to compete in either the coed or all-girl category. Teams with two or more boys must compete as coed. In sideline cheer and pom divisions, coed teams and all-girl teams compete together.

6. Divisions of Competition: All Idaho invitational competitions must offer show cheer, sideline cheer and pom divisions. Additional divisions of competition are permitted – see Specialty Divisions below. ***NOTE: Props, poms, megaphones, signs, banners, etc...cannot contain glass, have an outside power source or have lights.**

Show Cheer: Time: 2:30 max. Routine must contain at least one cheer or chant and a musical segment of at least 45 seconds, but not greater than 2:00. Permitted: partner stunts, pyramids, tosses, tumbling, jumps, dance, poms, megaphones, signs and banners (see *NOTE above).

Sideline Cheer: Time: 1:00 max. This routine should emphasize crowd involvement. Routine must include a minimum of one continuous two-jump series performed by the entire team in unison. Permitted: Traditional cheer props (poms, signs, flags, banners and megaphones), standing tumbling (limited to single skill at a time), stunts that are prep level or below, and multi base extended stunts (limited to extensions, liberty hitches and basic liberties without any variations as listed in the NFHS rules book definition).

Not Permitted: Music, running tumbling, basket tosses, inversions, twisting or spinning dismounts or load-ins, load-ins that are airborne (i.e. toss to hands, toss to stunt), cradle dismounts, pyramids of three or more braced stunt groups, extended partner stunts, cheer boxes, non-traditional or theatrical type props (see *NOTE above).

Pom: Time: 1:00 max. Routine should include a variety of motions, dance and transitions. Music is required for the entire routine. Poms (see *NOTE above) must be used throughout a majority of the routine and by a majority of the team members. Permitted: vocals, jumps, kicks, leaps, turns, and non-airborne tumbling. Not permitted: airborne

tumbling, stunts, pyramids, tosses, and other props of any type.

Specialty Divisions

Specialty divisions may be offered at all invitational competitions. Tournaments should specify, in the initial invitation, which specialty divisions will be offered and provide guidelines for those events. Specialty divisions:

1. May include events such as stunt group.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSA rules.

Specialty Division Guidelines

The following specialty division guidelines are provided to ensure consistency from competition to competition:

1. Stunt Group: a) Time limit 1:00 max; b) Routine should include a variety of stunts with emphasis on technique, transitions and creativity; c) Music is required for the entire routine; d) Tumbling, jumps, chants, megaphones, poms, sign, or banners are not permitted.
7. **Routine Modification Limits:** Teams shall not significantly change choreography or music for any routine between district and state without written permission of the IHSA.
8. **Scoring:** All Idaho competitions will use adjusted total points (penalties deducted) to determine the winners of each division. Ties will be broken using judge preference.
9. **Score sheets:** IHSA technical score sheets and routine score sheets must be used for show cheer, sideline cheer, pom and stunt group divisions.
10. **Routine Timing:** Routine timing starts with the first beat of the music or when performance begins. Timing ends with the last beat of the music or when a final position is hit if the music has already stopped. A five-second grace period is allowed.
11. **Opponents:** High school cheerleaders (9-12) may not compete with or against non-high school cheerleaders. (i.e., 8th graders, all-star squads)
12. **Matting:** All sites must provide an appropriately matted (at least 40'x40') competition area. Warm-up areas must include adequate matting for warming up stunts.
13. **Out of Bounds:** Stepping/tumbling off the mat during performance is illegal (*“off the mat” means: any part of body actually touching the floor beyond the mat*). Placing props (ie. poms, signs, etc.) off the mat is legal prior to performance; placing or gently tossing props off the mat during performance is legal provided the performer does not go off the mat to do so.
14. **Technical Judging:** All competitions must provide Idaho-certified technical judges who are given no other responsibilities. Competitions in which no team is larger than 12 members may use two technical judges. Otherwise, three technical judges are required.

15. **Rule Violations During Competition:** Violation of NFHS safety rules and/or IHSA rules of competition will result in technical deductions from that routine's score. Repeated intentional violations of NFHS safety rules or IHSA rules of competition will result in disqualification of that routine.

16. **Music Copyright Verification:** Teams are required to upload proof of appropriate music copyright licensure on nfhs.clicknclear.com for all competitive routines prior to the first competition. Non-compliance will result in the team being ineligible for competition.

Tumbling Restriction at Basketball / Volleyball Games

Cheerleaders / Mascots are not allowed to tumble past half-court at basketball and volleyball games.

Safety Violations at Non-Competition Events

If a cheerleading team is observed violating an NFHS Spirit safety rule during non-competition cheerleading activities:

1. The coach/administrator who observed the violation will notify the IHSA administrator or the district interpreter.
2. The IHSA (or dist. interpreter) will review the allegation and notify the principal and coach of the team in violation.
3. If a second violation is reported and confirmed, a referral will be made to the District Board of Control. The Board of Control will determine what action, if any, will be taken. Recommended penalties include “benching” (squad not allowed to cheer) or “grounding” (no stunting) for a designated period of time.

Dress Standard

Idaho cheerleaders are expected to wear uniforms that are appropriate for participation at the high school level.

1. When the participant is standing at attention and throughout the majority of the routine, no part of the buttocks, breasts, or midriff shall be visible.
2. Single-shoulder uniform tops are not permitted.

Coach/Advisor

1. Cheer head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in IHSA Rule 3-2.
3. All coaches/advisors are **strongly** encouraged to complete the USA Cheer Safety and Risk Management course and to attend available professional education training in both spirit program administration and technical development.
4. All coaches (includes head coaches, directors, assistant coaches, and volunteers of all IHSA activities) are required to complete the St. Luke's online Concussion Course, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course upon hiring and on even numbered years prior to the first day of practice. IHSA Statewide Review dates: 2024-25, 2026-27, etc.
5. All head coaches must take the NFHS online Understanding Music Copyright course upon hiring.

Rules Clinics / Technical Judge Training

1. Coaches must participate in an online rules clinic or attend a rules clinic in his/her district. District Boards of Control may fine schools whose coaches do not meet this requirement.
2. Technical judges must be certified by a regional technical coordinator.
3. Regional technical coordinators will assign technical judges at all competitions held in their region.
4. Routine judges will be trained prior to the state tournament.

2023-24 Dance

Dance Teams

Dance teams are divided into two distinct groups for governance, season and competition purposes. 1) Winter season competitive and performance dance teams must follow all IHSA and NFHS Spirit rules and regulations. 2) Marching band auxiliaries (Color Guards) are governed by marching band regulations.

Purpose

The primary role of dance teams is to provide entertainment at halftimes of athletic contests and perform at school/community events. Dance teams should work to enhance the educational objectives of the total interscholastic program.

Classification — based on grades 9-12

5A	1,280 and over	3A	639-and under
4A	1,279-640		

Eligibility

1. **Competitive Dance:** Members of dance teams that compete are subject to IHSA eligibility rules 8-1 through 8-15, except Rule 8-4, Amateur Status, Rule 8-5, Awards, and Rule 8-11, Outside Competition. Non-traditional students must comply with Rule 8-16.
2. **Performance Dance:** Members of dance teams that do not compete must be regularly enrolled students of the school at the time of participation. Non traditional students must comply with Rule 8-16.
3. **All** dance participants must have a physical examination on file with the school prior to the first team practice of the season. (See IHSA Rule 13—Physical Exams)
4. **All dance teams:** Tryouts/auditions are not allowed prior to the third Monday in April the spring proceeding the school year.

Governance

1. NFHS Spirit Safety Rules must be followed during any competitive or non-competitive dance activity, including practices, performances, and competitions.
2. IHSA rules and regulations must be followed at all Idaho dance competitions.

Contact Limitations

Dance teams must comply with IHSA Rule 17-1-3 (summer programs) and 17-2-4 (moratoriums).

Competitive Season

The dance competitive season begins November 1 and ends with the completion of the state tournament. Any competition after the state tournament requires permission of the principal or superintendent and the IHSA. No school or individual shall participate in more than four (4) competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.

General Competition Rules

1. Official IHSA score sheets must be used.
2. Two certified technical judges are required.
3. Sweepstakes awards and/or event finals are not permitted.

4. Tournaments may elect to declare overall team champions by classification. Procedure: Combine the cumulative ordinal score of each school's top three team events. If tied, use raw score totals. If still tied, use execution score totals.
5. Contiguous classifications may be combined at the tournament manager's discretion if fewer than three schools enter a division. Combining schools that are not in contiguous classifications requires approval from those schools.
6. High school dance teams (9-12) shall not compete with or against non-high school teams (i.e. 8th graders, studios).
7. Teams shall not significantly change choreography or music for any routine between district and state without written permission of the IHSA.
8. Teams are required to upload proof of appropriate music copyright licensure on nfhs.clicknclear.com for all competitive routines prior to the first competition. Non-compliance will result in the team being ineligible for competition.

Scoring

The ordinal (ranking) system of scoring shall be used.

1. Each routine judge's raw score is ranked (1-2-3, etc.) after first deducting any penalties from technical score sheets.
2. If a judge's adjusted scores are tied, first add then divide the total of the tied scores' ordinal placements. Both teams will receive the same ordinal rank.
3. Ordinal ranks are added together - lowest score wins.
4. Placement ties shall be broken by first using raw score totals and then, if still tied, execution scores.

Required Divisions of Competition

The following events must be offered at all in-state competitions:

Dance Time limit: 2-3 minutes. Routine emphasis: technique, style, interpretation. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Military Time limit: 2-3 minutes. Routine emphasis is on precision, maneuvering, and formations. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Hip Hop Time limit: 2-3 minutes. Routine emphasis: synchronization, technique, style, musicality. All aspects of the routine, including music, choreography, costuming and concept must be appropriate for public performance at the high school level. Permitted: hand props. Not permitted: stage props or backdrops.

Pom Time limit: 2-3 minutes. Poms must be used for at least 75% of routine length and include all performing team members. Routine emphasis is on synchronization, visual effects and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc. Not Permitted: storylines, character development, costume changes, hand props other than poms, stage props or backdrops.

Specialty Divisions

Specialty divisions may be offered at all invitational competitions. Tournaments should specify, in the initial invitation, which specialty divisions will be offered and provide guidelines for those events. Specialty divisions:

1. May include events such as Solo, Prop, Kick, Lyrical, etc.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSA general rules.

Specialty Division Guidelines

The following specialty division guidelines are provided to ensure consistency from competition to competition:

1. Solo: a) Time limits 1:30-2:00; b) A maximum of two airborne tumbling elements or passes; c) hand props/stage props permitted but not encouraged.
2. Kick: a) Kicks must be performed for at least 75% of routine length and include all performing team members; b) Routine emphasis is on technique, style, variety of kicks, presentation. Permitted: hand props. Not permitted: stage props or backdrops.
3. Prop: a) Props must be used for at least 80% of routine length and include all performing team members; b) Poms may not be used as the primary prop; c) Routine emphasis is on skill and creativity in utilization and manipulation of props and staging. Permitted: stage props as bases only. Not permitted: backdrops, poms as the primary prop.
4. Small Dance division shall use the same guidelines and requirements as the required Dance division.
5. Team Divisions: Time limits 2-3 minutes.
6. Team Sizes: Small Dance – maximum of 9, all others – no set number defined.
7. Score Sheets: a) Solo, kick, prop, lyrical shall use designated IHSA score sheets; b) Others: use appropriate IHSA score sheets with adjustments as necessary, but maintain categories and point values.

Definitions

Performance Area	The area within the side and end boundary lines of a basketball court. Also called “the floor”.
Backdrops	Stationary objects located <u>behind</u> performance area used for visual enhancement only. Backdrop limitations: Maximum of two, not to exceed 8’ high or combined length of 20’.
Hand Props	Items manipulated on or off the performance area for the purpose of routine enhancement. <i>Note: Costumes are considered hand props if they are taken off and manipulated by the performer or if they are manipulated for an extensive portion of the routine.</i>
Kick	The rhythmic opening and closing of the leg to at least 45 degrees.
Stage Props	Objects located <u>within</u> the performance area used for visual enhancement, as bases, or in other ways such as entrances/exits.
Character Development	Creating a specific character where performers “act out” behaviors of that character within the choreography. Personality and intent of the character will be evident.

Storyline Conveying a specific message, idea, or event with choreography. The routine progresses through various stages within the story.

Timing Regulations

1. **Entrance/exit timing** includes setting hand props (if allowable) as well as getting the team to ready position and also off the floor (with or without music). Timing begins when the first person/prop enters the performance area and ends when the last person/prop leaves the performance area. Entrance/Exit time limits: one minute combined time
2. **Routine timing** begins with the first beat of the music or when performance begins if music has not started. Timing ends with the last beat of the music or when the final position is hit if music has already stopped. Routine timing does not include entrances or exits unless exit is part of routine and no end pose is hit.
3. **Grace periods** A five second grace period is allowed. Timing penalties will not be assessed if a team is in violation due to circumstances beyond its control. Exception: variations in speed of music systems.

Penalties for Rules Violations

Penalties will be assessed by technical judges and deducted from each routine judge’s raw score prior to tabulation of scores.

Prop Coverings / Inspection / Storage

1. All props and shoes will be inspected by tournament personnel. Any prop or shoe that does not meet the following criteria will not be allowed on the floor:
Hand props: Any hard or sharp edges, ends or points that will intentionally hit or rest on the floor must have sufficient protective covering.
Shoes: Must have non-marking soles.
2. If inadequately covered props cause damage to a gym floor, the routine may be disqualified and the offending school may be required to pay damages to the host school.

Dress Standard

Idaho dance teams are expected to wear costumes that are appropriate for participation at the high school level.

1. Bare skin or nude-colored coverings shall not be part of the costume from below the armpits in the front, nor from below the waist in the back. If colored, sheer material is used, it must not appear as bare skin from a distance.
2. When the participant is standing at attention and throughout the majority of the routine, no part of the buttocks, breasts, or midriff shall be visible.
3. Footwear must comply with NFHS Rule 4-1-3.
4. Footwear must have non-marking soles.

Appropriateness of Content

Idaho dance teams are expected to perform routines that are appropriate for participation at the high school level. This includes music selection, choreography, costuming, and concepts.

1. Music shall not contain inappropriate or vulgar language.
2. Choreography shall not contain any movement of a sexual nature.
3. Ideas/concepts of routines shall be appropriate for the school environment.
4. Plagiarizing choreography or routine concepts/ideas is a violation of the coaches Code of Ethics.

Coach/Advisor

1. Dance head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course as outlined in Rule 3-1.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in Rule 3-2.
3. All coaches/advisors are strongly encouraged to complete the USA Safety Certification course and to attend available professional education training in both spirit program administration and technical development.
4. All coaches (includes head coaches, directors, assistant coaches, and volunteers of all IHSAA activities) are required to complete the St. Luke's online Concussion Course, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Review dates: 2024-25, 2026-27, etc.
5. All head coaches must take the NFHS online Understanding Music Copyright course upon hiring.

Rules Clinics / Technical Judge Training

1. Coaches must participate in an online rules clinic or attend a rules clinic in his/her district. District Boards of Control may fine schools whose coaches do not meet this requirement.
2. Technical judges must be certified by a regional technical coordinator.
3. Regional technical coordinators will assign technical judges at all competitions held in their region.
4. Routine judges will be trained prior to the State Championships.

2023-24 Music

(Note: Adjudication forms are available at www.idahomusiced.org.)

I. Introduction, Philosophy and Definitions

This section is a statement of policies, procedures, regulations, standards, and instructions for the festival manager, adjudicators, and music directors' participation in Idaho High School Activities Association (IHSAA) sanctioned Music Festival events. The IHSAA does not sponsor any state music event.

1. In general, the IHSAA is concerned with music events involving the students of member schools in music events at which ratings are issued, and clinics at which music education is emphasized. District music activities are scheduled and regulated by appointed music instructors and the elected Idaho Music Educators Association officers of the district in which the events occur.
2. Music activities that fall under the jurisdiction of the IHSAA are District Music Festivals and Clinics. (The term District is here defined as those Idaho geographic regions designated I through VI and Gem State as defined by the Idaho Music Educators Association State Board.)
3. Music Festivals:
 - a. Solo/Ensemble Festival, Large Group Festival, and IMEA State Solo Contest.
 - b. Ratings are given according to a national/state standard using rating sheets provided by the Idaho Music Educators Association.
 - c. Solo/Ensemble Festival and Large Group Festivals are organized on a district level; IMEA State Solo Contest under the direction of the IMEA State Solo Chair.
4. Clinics: a. May be small or large groups; b. May conclude with a public performance; c. May be honor groups or workshops.
5. Contest: A competitive event in which groups and/or individuals are evaluated and ranked against one another.

II. Regional District Boundaries and Out-of-District Participation

All District Music Festivals will adhere to district boundaries.

1. Any school desiring to participate in a Music Festival in another district must first secure permission to do so from its own district activities Board of Control and then from the host district regional activities board.

III. Regional District Boundaries and Out-of-District Participation

1. See IHSAA sanctioning guidelines elsewhere in the IHSAA rules
2. The IHSAA Board of Directors has ruled that out-of-state schools may participate in district Music Festivals or clinics by invitation only and, where appropriate, may receive a rating. These schools must pay the required entry fees, but will not be presented any awards. Such Festivals or clinics are subject to the sanction of the IHSAA Board of Directors. If out-of-state schools are members of a bi-state conference or league, participation in an event is governed by those conference regulations if they are not in conflict with IHSAA standards.

IV. Award Regulations

1. No non-school organization or individual will make any cash award to any student of an organization which is a member

school of the IHSAA. Cash may be accepted as expense money for participation at any approved event.

2. District awards given at Music Festivals' or clinics' expense may be allowed if approved by the respective district Board of Control. Awards should be provided by the district music president.

V. Eligibility

1. All students who participate in State Solo Contest, All-State, District Music Festivals or clinics are required to be members of an appropriate large performing ensemble accredited class (band/percussion, orchestra, choir or show/jazz/madrigal ensemble) at an IHSAA member high school. Each student must be an active member in the division of competition or event as his/her primary participation in the ensemble (band/percussion, orchestra, choir or show/jazz/madrigal ensemble) at the time of both the district and state events. The only exception to this rule may be if a class is not offered at that school for the division of competition (for example: instrumentalist at school without an instrumental music program or vocalist at school without vocal music program). Student still must be enrolled in a large performing group accredited ensemble at their high school. Students from different IHSAA member schools may also participate as a combined cooperative at IHSAA sponsored music events as long as the students involved are also participating in their "home school's" music program. Combined groups must be named as such when they enter district/state events and notify festival managers prior to participation. Failure to disclose combined cooperative status may result in disqualification from the event.
2. No postgraduate student, any director, or any other adult is eligible to participate in Music Festivals with the exception of adult accompanists of choirs.
3. Junior high school students (seventh and eighth grade level) in 2A or 1A IHSAA member schools may participate in high school Music Festivals or clinics. The student must be a regularly enrolled member of a participating high school music organization provided they do not belong to any like junior high school music organization. Participation at the high school Festival or clinic will be permitted provided the junior high school music students do not participate in any other junior high school Music Festivals or clinics that school year.
4. Junior high school music soloists may perform at either the high school Music Festival or the junior high school Music Festival, but not both. Junior high school music students below ninth grade level who participate as soloists at the high school Festival will not be eligible for the state solo contest sponsored by the Idaho Music Educators.
5. All students who compete in the State Solo Contest are subject to IHSAA eligibility rules 8-1 through 8-1-7.

VI. Large Groups

From each classification, only one primary and one secondary large group will be permitted to participate at the district Music Festival. Exceptions must be approved by the Music Festival Manager and/or the Festival committee. Primary large groups classifications include: Band, Mixed Choir, Treble Choir, TB Choir, Madrigal Group, Chamber Choir, Full Orchestra or String Orchestra, Stage Band - Jazz Ensemble, Swing Choir - Vocal Jazz Ensemble, Show Choir (including instrumentalists).

VII. Required Music for Large Group Festival

1. All large groups must perform at least one selection from an IMEA approved list of compositions. From the required list, the director must choose one selection. This selection will determine the group's classification for Festival. Copies of the IMEA required list of compositions can be obtained from IMEA district presidents or the IMEA website (idahomusiced.org).
2. Failure to perform one selection from an IMEA list will result in a one grade rating reduction for the group. Festival managers will ask directors to verify list source.
3. Directors may also use the Texas "Prescribed Music List" which may be accessed at: <http://wwwdev.uiltexas.org/pml/>. For purposes of the festival, the PML grades correspond to the IMEA Required Music List as follows: PML Grade 4-5 = Idaho Class A; PML Grade 3 = Idaho Class B; PML Grade 2 = Idaho Class C; PML Grade 1 = Idaho Class D.
4. A commercial copy of each music score with measures numbered must be provided for each adjudicator. Failure to provide a commercial, consecutively numbered copy of the music score for each adjudicator will result in a one grade reduction in the rating for the performing group. Federal copyright law allows use of photocopies only with permission from the publisher. A letter giving such permission must be attached to any photocopies.
5. Bands must perform three selections: one from an IMEA approved list of compositions; one of comparable difficulty; and a traditional or concert march (a march movement from a suite does not meet this requirement). All three selections will be adjudicated. The maximum time allowed for each band is 30 minutes. Orchestral transcriptions for band will be acceptable for Festival performance.
6. Choirs must perform a minimum of three selections with at least one selection to be performed a cappella. All choirs must perform at least one selection from the IMEA approved list of compositions and two other selections of comparable difficulty. All choral selections must be memorized. Any deviation from the choral rules will result in a one grade reduction in the rating of the choir. The maximum performance time allowed for each choral group will be 20 minutes.
7. Full or String Orchestras must perform at least two selections: one from an IMEA approved list of compositions and one or two of comparable difficulty. All selections will be adjudicated. The maximum performance time allowed for each orchestra will be 30 minutes. A movement from a suite or a symphony will count for one of the required selections.
8. Stage Bands/Jazz Ensembles/Jazz Choirs/Show Choirs
At a Music Festival these groups may be adjudicated by from one to three adjudicators. These groups will perform one up-tempo, one ballad, and one optional number. Since the judges' comments on these type of ensembles may be directed very much toward style, interpretation and texture, a copy of the musical score for the adjudicator(s) is optional although desired.
9. Any group may elect to perform for critique only by making a prior request to the Festival Manager.

VIII. Sight Reading at Large Group Music Festivals

1. The school music director, or designee, will lead the group in the sight reading portion of the Music Festival.
2. At the discretion of the festival manager and the district president, the sight reading rating may or may not be averaged into the final Festival rating of the group.

3. The music festival manager will provide an accompanist for choral groups. This person, at the discretion of the school choral director, may or may not be asked to assist.
4. Each group shall perform one selection. The difficulty level of the selection will be one difficulty lower than the groups chosen classification difficulty in the Festival.
5. Sight Reading is a closed performance setting in which no observers are allowed except the adjudicator, the adjudicator's assistant, an accompanist, the performing group, their director, and individuals who are there by special invitation of the school director.
6. Sight Reading Room Procedure:
 - a. Groups will be responsible for seating themselves, and choirs for arranging themselves on risers. When the group is read to perform, the director should signal the sight reading room assistant or adjudicator, who will give them the music. The adjudicator will then read or explain the following statement to the group: *"Do not remove the music you are about to receive from the folder/envelope until told to do so. Failure of any students to abide by this request will result in a deduction of five points from your total score."* The director will then pass out the music.
 - b. The adjudicator will explain that the director and the students will have two minutes to study the music. The group must maintain silence during this two minute period. On a signal from the adjudicator, the director and students will remove the music from the folder/envelope and proceed to study it for two minutes. Time will be kept by the adjudicator.
 - c. At the end of the two minute period, the adjudicator will read or explain the following statement to the group: *"You will have five minutes for your director to talk you about this selection. Your director cannot sing or clap rhythms to you (choir accompanists may not play parts for the choir) but you may finger parts, sing parts, or clap rhythms if requested. You may not play your instrument at any time during this five-minute period; any student playing an instrument during this period will cause your group to forfeit five points from your total sight reading score."*
 - d. The adjudicator will ask if there are any questions. When questions, if any, are answered, the adjudicator will instruct the group to remove the music from the envelopes/folders and the five-minute period will begin. At the end of the five minutes, the adjudicator will instruct the group to begin their performance.
 - e. The group will perform the sight-reading selection. While the group is performing, the director may call rehearsal marks, sing lines with sections, do almost anything to keep the group together and going. It is acceptable to regroup after stopping and start again, but this will adversely affect the rating.
 - f. Upon completion of the sight reading selection, the adjudicator will read or explain the following statement: *"Put your part back in the envelope/folder and pass it back to me. Failure of a student to pass in a part at this time will result in a five-point deduction."*
 - g. If time permits, the adjudicator may give verbal comments to the group on their performance.
 - h. The adjudicator will dismiss the group when the room assistant has accounted for all parts of the sight-reading selection.

IX. Solo/Ensemble Festival

1. Solo and ensemble literature should be suited to the capability of the performers. Popular solos or selections from musicals are not appropriate for Solo/Ensemble Festival. Participants in the State Solo Contest must perform from the current IMEA State Solo List in their category. The current list is available from District Music Presidents or on the IMEA website (www.idahomusiced.org).
2. Memorization is required for vocal and piano solos and ensembles, and is encouraged but optional for instrumental solos and ensembles.
3. A commercial copy of each music score with measures numbered must be provided for each adjudicator. Failure to provide a commercial, measure-numbered copy of the music score for each adjudicator will result in a one grade reduction in the rating for the soloist or ensemble. Federal copyright law allows use of photocopies only with permission from the publisher. A letter giving such permission must be attached to any photocopies.
4. Vocal soloists may enter in only one vocal category.
5. The maximum time allowed will be ten minutes for instrumental and eight minutes for vocal performances.
6. Where required, soloists and ensembles may be accompanied by any capable keyboard musician.

X. State Solo Regulations

1. This will be a solo & ensemble contest. To qualify for participation, a student must:

- Be eligible for and participate in their District Solo/Ensemble Festival
- Perform a solo, string ensemble, woodwind ensemble, brass ensemble, or percussion ensemble from the [IMEA State Solo List](#) or the [Texas UIL Prescribed Music List](#). All instruments solos must come from the Texas List, Grade 1. The Idaho list for instrumental solos has been discontinued. Vocal solos will continue to use the Idaho list, **but vocal soloists must use the edition listed**. All ensembles must come from the Texas List. The Texas list is updated each year by September 1st, so be sure to check it after that date for additions and deletions.
- Receive a Superior (1) rating;
- Be placed in the top two instrumental soloists or ensembles for each category or the top three vocal soloists for each category in the District.
- Students must perform the same solo or ensemble at the State Solo Contest that they used to qualify at the District Festival. Total time limit for each performer will be: vocal-8 minutes; instrumental-10 minutes; string-12 (which includes tuning). Electronic timers will be used by Room Monitors to ensure that time limits will not be exceeded. No student will be allowed to perform before their scheduled time. Digital Clocks will be provided each performance area and will be synchronized with the Tabulation Room Clock. "Smart Music" or similar computer generated accompaniment may be used, but the program and all equipment, (computer, speakers, microphone, extension cords, etc.) must be furnished by the student and no extra time for set up or tear down is allowed, they must stay within their time limits. Recorded, i.e. CD, MP3, etc. accompaniments are not allowed. The accompaniment must follow the performer, not vice versa.
- All ensemble members must be enrolled at the same school.
- All ensembles may only have one person on each part.

2. Judges at District Music Festivals (i.e. Districts I-VI and Gem State) will prepare [prioritized lists](#), by category, of all students who have entered the State Solo & Ensemble Contest at the district level and received a Superior rating. The first two students in instrumental categories and the first three for vocal categories on each list will represent their District at the State Solo Contest. The remainder of each list will be alternates and may be selected by the State Contest Chair to fill vacancies in their category not used by other Districts. In the event that there are more vacancies than alternates, the 1st alternate from each District will be selected. If there are more 1st alternates than vacancies, then none will be selected. It is possible that a District may send several entrants in a given category if there are not qualified entrants and alternates from other districts.
3. The following categories are available: (NOTE: All ensembles can have no more than one on a part. For example, an Octet means 8 people each performing on their own part. No doubling.)

- **Woodwind:** Flute, Clarinet, Bass Clarinet, Oboe, Bassoon, Alto Saxophone, Tenor Saxophone, Baritone Saxophone
- **Woodwind Ensembles:** Trio, Quartet, Quintet, Sextet, Septet, Octet..
- **Strings:** Violin, Viola, Cello, Double Bass
- **String Ensembles:** Duet, Trio, Quartet, Quintet, Sextet, Septet, Octet.
- **Percussion:** Snare Drum (Concert or Rudimental), Keyboard Percussion (Xylophone, Marimba, or Vibraphone), Multiple Percussion/Drum Set, Timpani
- **Percussion Ensembles:** Trio, Quartet, Quintet, Sextet, Septet, Octet. Percussion ensembles may not be led by a director.
- **Brass:** Trumpet/Cornet, French Horn, Trombone, Euphonium/Baritone, Tuba
- **Brass Ensembles:** Trio, Quartet, Quintet, Sextet, Septet, Octet.
- **Voice:** Soprano, Mezzo, Alto, Tenor, Baritone, Bass.
- **Vocal Ensembles:** Vocal ensembles will be categorized in only 3 groups: Mixed (treble and bass), Non-mixed Treble, and Non-mixed Baritone/Bass. No duets. No more than one person on a part. The piece cannot be something that the students have previously performed with their school's large ensembles. Vocal Ensembles may not be led by a director.

4. Students may enter more than one category, but may not participate in more than one vocal category.
5. Each soloist and ensemble at the state contest will be judged by at least two category competent judges.
6. Judges will award points to each participant using the adjudication forms provided. Selection of 1st, 2nd, and 3rd place winners and a 4th place winner in vocal categories will be determined using the judges score. 1st, 2nd, 3rd and vocal 4th place winners will receive medals. All contest participants will receive a certificate of participation.
7. Students are not allowed to perform any solo or ensemble more than once during their school career. A different State Solo or Ensemble must be learned each year they compete which means that a different State Solo Number from the official State Solo Music List must be used each year. For example, if a student performs only one movement from a concerto or one selection from a collection, they must choose an entirely new concerto or collection to play as all other movements/selections have the

same State Solo number. The student's director will verify that the selection has not been performed by this student at a prior State Solo & Ensemble Contest.

8. Memorization is required for all vocal solos and is encouraged but optional for instrumental solos.
9. For adjudication purposes, soloists and ensembles shall furnish a (1) published score of the music. All measures need to be numbered and the contestant's number placed on the title page. **NO STUDENT OR SCHOOL NAMES ARE TO BE WRITTEN ON THE MUSIC.** The contestant number will be used to return the scores. Photocopies are prohibited unless accompanied by a permission letter from the copyright holder (publisher) making it a permissible copy. Furnishing an illegal photocopy will disqualify the participant.
10. The Student Entry Forms must be completed [online](#) by the directors of the student participants **after** they have been selected for the state competition. Students are not allowed to compete their form but they are required to type an electronic signature verifying information. The form may be found [HERE](#). Directors that are not members of IMEA must contact the IMEA Web Master to receive needed information prior to registering their students. Instructions for completion are on the web site. The contestant's individual [Student Entry Forms](#) for all participants will be completed and submitted on line (see the IMEA Website, State Solo Contest) within one week following the District Solo/Ensemble Festival but **not later than the first Monday of April**. Participant's fees must follow within one week of submission of the on-line form or that district's contestants may not be allowed to perform. Checks should be made payable to IMEA and mailed to: Eva Hale, State Solo Chair, #1 Indian Territory, Buhl, ID 83316. School Districts may pay for all student's fees from their school in one check but please list who the check is paying for. Forms for alternates must be completed within one week of notification that they have been entered into the State Solo & Ensemble Contest. Fees for alternates may be paid at a later time, but before the contestant performs.
11. Each contestant must pay a non-refundable participation fee, only checks made payable to IMEA-State Solo will be accepted. The fee structure for students whose directors are members of IMEA is: Early Bird Fee = \$45.00; Fees postmarked after April 25th = \$70.00. The fee structure for student's whose directors are not members of IMEA is: Early Bird Fee = \$156.00; Fees postmarked after April 25th = \$181.00. Students must secure their own transportation to the contest site. Alternates will pay the Early Bird Fee. Parents, booster clubs, or schools may assist. Students should be properly chaperoned and appropriately involved in contest activities. If you need an invoice to facilitate payment, you may download it from the IMEA website.
12. District Presidents or District Festival managers should forward via [email](#) the [District Prioritized Lists](#) Excel file listing all qualifying students and potential alternates from their District who qualify to the State Solo Chair within three days of their Solo/Ensemble festival but no later than the first Monday of April, (postmark determines date of mailing).
13. Awards will be announced and medals given at the end of the event in an Awards Ceremony. Complete results of the contest will be posted by contestant number on the IMEA Web Site within one week following the contest.

XI. Music Festivals/Clinics Fees and Expenses

1. District music festival entry fees are determined by the IMEA district music board in which the festival or clinic is held. If required, the IHSA region board also approves fees.

2. District Music Festival adjudicator fees will be as follows:
 - a. 1 session /one half day - \$125.00
 - b. 2 sessions / one day - \$225.00
 - c. 3 sessions in one day - \$350.00
3. The current commercial rate for adjudicators lodging will be allowed. The current State Department of Education per diem rate will be allowed for meals. Adjudicators' travel expenses may be paid at the least expensive current commercial carriers rate or the current SDE mileage rate. For the current rate, contact the music office at the SDE, the IMEA state president, or state treasurer. Verification of adjudicator lodging and travel expenses incurred must be submitted to the festival or clinic manager for payment.

XII. District Music Festival Regulations and Regulations for Selection of Adjudicators

1. The festival committee shall consist of the festival manager and the district music president.
2. It is recommended that all large groups be adjudicated by a panel of adjudicators (three recommended).
3. Professional care must be exercised in selection of adjudicators. Input as to who is hired should be sought from district music educators.
4. An IMEA contract form (obtainable from District Presidents or the IMEA website) should be used in hiring adjudicators. These contracts shall be sent to the adjudicator as early as possible. The contract should be completed, signed, and returned to the festival manager before an adjudicator is officially hired. Adjudicators' services may be secured by telephone; but must be confirmed in writing well in advance of the scheduled event by use of official contracts. Upon receipt of the completed contract from the adjudicator, a copy of the appropriate judging forms should be sent to the adjudicator.
5. Official judging sheets are to be obtained from the IMEA website, district presidents, or IMEA business manager. The district president will secure and provide to each festival manager one copy of each necessary festival form.
6. Judging forms should be sent to participating schools at least one month prior to the festival. One judging form for each Festival event should be mailed with instructions to each participating music director. Directors in turn should provide complete information for each participating student or group to be entered in the festival.
7. Directors should be given a deadline for the return of forms to the festival manager that allows sufficient time for effective scheduling of festival events.
8. The best possible performance venues should be used for festival performances. A large, well-monitored large group warm-up room should be provided, with ample chairs, stands, or risers. The room should be scheduled to facilitate the festival performance schedule, one group at a time.
9. The festival manager should arrange an orientation meeting with adjudicators prior to the beginning of the festival. Adjudicators should be instructed in the desired procedures for completing the festival judging forms. The festival should instruct adjudicators how to complete judging forms;
 - a. Record only raw scores in the various categories.
 - b. Assign points in each category; add scores for a point total.
 - c. Adjudicators should start with a 3 (middle) rating in mind and go up or down based on the performance.
 - d. Half-points (.5) are allowed in every rating category.
 - e. Adjudicators must not consult over numerical rating scores.

10. Festival managers are encouraged to arrange festival format so that adjudicators may discuss the musical performance with student(s) and directors. Scheduling several groups in a common pod of time, without a set performance order may be considered by the manager.
11. Equipment provided for the festival should be of sufficient quantity to supply the needs of all events.
12. Comfortable arrangements for adjudicator's needs such as transportation, food and per diem should be provided to insure the orderly performance of judging duties.
13. Professional or other high-quality recording devices should be provided for adjudicators to make comments during performance. In addition, an audio-only recording of the festival performance should be made for the director. It is recommended that tapes or other recording media be provided by the Festival manager and the cost included in the group entry fee.
14. No festival entry should be required to perform before its scheduled time.
15. Groups performing for critique-only must be identified to adjudicators before performing.
16. The festival manager should distribute an *Adjudicator Evaluation Form* to the participating directors. This form can provide valuable input as to the quality of festival adjudication. For reference, a copy of the evaluation form should be included with each contract mailed.
17. The Festival Manager should become familiar with rules and regulations contained in the music portion of this manual that govern the operation of an appropriate music festival. Rules and regulations, should be applied fairly and consistently.
18. The District IMEA Board should provide that the payment of a festival managers fee be part of the budgeting for all music festivals and clinics.

XIII. Instruction to Adjudicators

1. Proper ethics in adjudicating requires that the influence of personalities and all other types of affiliation be completely eliminated in the rendering of decisions.
2. To provide uniformity and consistency in judging, points shall be assigned to each of 8 categories on the form as follows:
 - 5 A Superior performance with very few technical errors, exemplifying truly musical expression. This rating should be reserved for a truly outstanding performance.
 - 4 An Excellent performance in many respects but not worthy of the highest rating because of minor defects in performance or interpretation.
 - 3 A Good performance showing some accomplishment but lacking in one or more essential qualities.
 - 2 A Fair performance with weakness in most fundamental factors.
 - 1 A poor performance revealing an almost total lack preparation and understanding.
3. Half-points (.5) may be given in any category.
4. It is critical that adjudicators give positive critiques to group well as to students, remembering that it is much better to encourage rather than discourage. Sincerity in giving evaluations is of utmost importance. The adjudicator should be inspiring while pointing out areas of needed improvement. Opinions should be honest and given in a tactful manner effort to inspire students to strive for future improvement.
5. Generalities should be avoided. For example: Pitch suffers in some places; at times rhythm is uneven; tone is occasionally lacking in support. If an adjudicator is astute enough to notice these problems, they should note exact instances where the

problem occurred and suggest steps for correction or improvement.

6. It is important that adjudicators be on time for all events and make every possible effort to keep on schedule. Completing each form before beginning the next will insure a smooth-running festival.
7. Comments and critique should be written without interrupting the performance of the group and directors need not wait a signal from the adjudicator before beginning or continuing the performance.
8. Adjudicators will be familiar with the regulations about required music, so that no points are deducted for music selection based on a philosophical belief held by the adjudicator.
9. Memorization of the music for choral ensembles, vocal solos and vocal ensembles and piano solos shall be required and optional but encouraged for instrumental solos and ensembles.
10. The Festival Manager will advise adjudicators as to how final scores and ratings will be tabulated.
11. The adjudicators should use the judging form as indicated, being careful to fill out the various sections as completely as possible and making additional comments as needed on back of the form. The age of participants and the classification chosen by the director may determine the assignment of points for the group.
12. A high quality tape recorder will be made available for use at the adjudicators discretion. The use of the tape recorder is often the best way to make comments; as writing during the performance may cause the adjudicator to miss parts of the performance.
13. It is of utmost importance to reinforce positive instruction given by the instructor of the group. Both director and students should be complimented when excellent instruction is observed. A positive comment from the adjudicator to the student's instructor can cement a concept from a year of instruction. Above all, find those areas where positive comments can be observed and highlight them.
14. Time may be given for adjudicators to make verbal comments to directors and students. Adjudicators should be especially careful of statements made in presence of the student's director if there is a chance of any misunderstanding.

XIV. Suggestions to Directors

1. Discuss with your students the reasons for preparing for and coming to Festival. Tell them about the regulations and what to expect from adjudicators.
2. Discuss proper etiquette when listening to other groups in the performance venue. Some directors assign a guided listening form to be completed while listening to another group's performance.
3. Read and re-read the regulations concerning the event you are preparing for. If you have questions, contact the festival manager or district president as soon as possible. Many problems can be solved if they are not saved for the week, or even the day of the festival/clinic/contest.

XV. Exceptions to Regulations

Any deviation from the rules and regulations contained in the MUSIC portion of the IHSAA Manual must be approved by a committee comprised of the festival manager, the district IMEA Music President, and the state IMEA President. Requests for exceptions to these regulations must be made in a timely manner, at least a week before the event, so they may be dealt with fairly.

XVI. Pep Band Policy for District Tournaments, Playoffs, and State Tournaments

1. Definition: an instrumental music group from the school's music program designed specifically to perform before games, between quarters, at time outs, and halftime. The band must contain typical pep band instrumentation (flute, saxophone, trumpet, etc. – keyboards and guitars are allowed)
2. All pep bands must make previous arrangements with the site director. The site director will arrange for admission either by passes, gate list, or other means.
3. The pep band must be under the direction of the school band director or his/her designee.
4. When a pep band is present, recorded music is not to be played over the speaker system unless the band chooses not to play. The band director will check in with the site host upon arrival.
5. Bands are allowed to play up to 20 minutes prior to the game (during warm-up time), between quarters, time-outs, and halftime if no other group is performing.
6. Bands may play their school fight song immediately following the announcement of their team's starting lineup. Band directors will need to communicate with the announcer if they choose to do this.
7. Band directors need to communicate with the site host, tournament manager, or announcer to determine if announcements are needed during halftime or at quarters.
8. **When two bands are present:**
 - a. The home team school will play the national anthem. Both bands should come prepared to play the national anthem.
 - b. Bands are to alternate playing times, every other time out, every other quarter. During warm-ups and halftime bands should alternate every song. Upon arrival, the band directors are responsible to communicate and determine who will play first.
9. Bands are not to play instruments while the ball is in play. Band directors should be aware of the game and be prepared to stop the group when play resumes.
10. Immediately after the final buzzer, the winning team's band may play their school's fight song or another victory song of their choice. The losing team's band may play their school's fight song afterwards.

2023-24 Speech Arts – General

Classification - based on grades 9-12

Debate and Speech

Three classifications; 1/3 of attending schools in each class.

Drama

5A (1280 and over); 4A (1279-640); 3A (639 and under)

1. No designated classification for individual event competition.
2. Teams compete by classification.
3. Any competition after the state tournament requires permission of the principal or superintendent and the IHSAA.

Eligibility

All students who participate in debate, speech and/or drama competition are subject to IHSAA eligibility rules 8-1 through 8-16, with the exception of Rule 8-4, Amateur Status.

Coaches

1. Speech Arts head coaches must be certified to teach in Idaho or have completed NFHS Fundamentals of Coaching online course.
2. All coaches must complete a first aid and CPR course from a school district recognized provider, as outlined in IHSAA Rule 3-2.
3. All coaches (includes head, volunteer and assistant coaches) must complete the St. Lukes online concussion course, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course on even-numbered years (i.e. 2024-25, 2026-27, etc...). Completion certificates shall be given to the school's administration.
4. Speech Arts head coaches are required to pass the recertification test in their discipline each year prior to their district tournament. Tests will be available at online after the rules webinar. Schools whose coach does not certify may be fined by their district board of control.

2023-24 State Tournaments

Drama	Dec 1-2	Century HS
Debate	March 8-9	Middleton HS
Speech	April 12-13	Canyon Ridge HS

State Tournament Fines

Schools will be assessed fines for the following:

1. Entries that withdraw after noon on the Wednesday before State: Fine - \$15.00.
2. Entries that withdraw within one hour before tournament check-in: Fine - \$25.00.
3. Coach leaves the tournament before his/her judging obligation is fulfilled or does not judge required number of rounds: Fine - \$100.
4. School does not bring the required number of "hired" judges: Fine - \$100.

Judges

1. Age: Speech arts judges shall have been graduated from high school for at least twenty months.
2. Certification: Judges shall register and participate in a certification clinic and score 80% on an online test every year.

State Tournament Judging

1. Coaches are required to judge up to four rounds. They will be paid for rounds in excess of four.
2. Schools are required to bring additional "hired" judges to state tournaments. Judging fees of certified judges will be paid by IHSAA, but schools are responsible for travel expenses. Requirements:
 - a. Drama / Speech - one judge
 - b. Debate - one judge for every seven students or fraction thereof.
3. Certified judges will be assigned before non-certified judges if possible. Only certified judges will be paid by the IHSAA.
4. Novice judges must attend a non-certifying rules clinic at the state tournament site.

Reporting District-to-State Qualifiers

1. District Tournament Manager Responsibilities
 - a. Submit "District Manager's Report" of state qualifiers to the IHSAA by *noon Monday* following the district tournament
 - b. Collect Principal Approval/Verification forms from qualifying schools and send to the IHSAA following the district tournament
2. Individual School Responsibilities
 - a. Register state qualifiers using the designated online platform by 4:00 p.m. Tuesday following the district tournament. Failure to register may result in denial of participation at State.
 - b. Ensure that the district manager has a signed Principal Approval/Verification form for submission to the IHSAA.

Coding Entries

A coding system shall be for state tournaments. A numerical or letter code shall be assigned to each school and also to each entry. Sectioning/pairing will be done by codes only.

Tournament Inquiry Procedure

1. 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. In order to be considered, grievances must be submitted within 7 days of the last round of the tournament.
2. A contestant who is found to have violated rules of an event may be disqualified.
3. Ethical misconduct at tournaments will be dealt with as outlined in the "Ethical Misconduct Procedures" form.

Ballot Review

1. All coaches will be permitted digital access to online ballots at the conclusion of each round. Breaks will be made available to all coaches at the conclusion of the final preliminary round.
2. If coaches believe errors in tabulation have occurred, they must first address the issue with the Tab Room staff in a timely fashion. If the tournament is still in progress, the protest should be lodged within one round of the audit being available to coaches.
3. Concerns about preliminary results and ballots must be expressed prior to the announcement of the first elimination round. No changes in preliminary results will be made after that time.

State Tab Rooms

Tab rooms will be staffed with representatives from each district if possible. The ISATA commissioner of that discipline will serve as head of the grievance committee.

2023-24 Debate

Season Tournament Limitations for District Eligibility

1. A school or individual may compete in up to ten tournaments for both speech and debate (ex. 3 debate only, 5 speech/debate combined, and 2 speech only). A tournament is defined as four or more schools.
2. No debater may miss more than eight days of school to attend tournaments.
3. Any school or individual exceeding the allowed number of tournaments (exception: NSDA) will be ineligible for district and state tournaments.
4. All students are required to follow IHSAA Rule 5-12-1: An organized scrimmage, drill or practice by teams or individual students with or against other member school teams or players is considered a contest, and counts toward the total number of contests a team is allowed.

Principal Verification

1. Tournament Limits: A signed Principal Verification Form must be submitted to both district and state tournament managers to verify the number of tournaments attended.
2. Appropriate Debating: A signed Principal Approval Statement must be submitted to both district and state tournament managers to acknowledge that:
 - a. Argumentation advanced by debaters from the school will meet the standards of conduct of that school, and
 - b. Constructive speeches, rebuttals and cross examinations will be appropriate in language and action for public performance by high school students.

District Tournament Format

1. State debate qualifiers will be determined at a district tournament in the manner approved by their Board of Control.
2. No school may enter more than sixteen (16) entries in the district tournament. (A Policy team, a Public Forum team, an LD debater and/or a Congressional debater each constitute one entry). No school may enter more than eight (8) LD entries, eight (8) policy entries, eight (8) public forum entries or eight (8) congressional entries.
3. The District Board of Control may approve an additional entry or wild card for the district debate tournament to avoid bye rounds (created by an odd number of entries). Note: Byes do not apply to Congressional debate.
4. Each district may hold one, two, or three qualifying tournaments based on the schools participating in the district tournament(s) with the approval of the local coaches and the District Board of Control. Districts will decide the format of their district tournament(s) by October 1st and notify the IHSAA.

State Debate Representation

1. Representation from district to state shall be based on the actual number of entries that complete all rounds of the district tournament.
2. Representation (LD, Policy, PF, Congress) quotas for state debate:

<u>Dist. Entries</u>	<u># to State</u>	<u>Dist. Entries</u>	<u># to State</u>
2 - 6	2	19 - 24	8
7 - 12	4	25 - 30	10
13 - 18	6	31 - 36	12

If there is only one entry in any event, the district manager shall contact the IHSAA for an appeal determining advancement to the State Debate tournament.

3. Honest Effort: If an entry does not complete all rounds at the district tournament, that entry may be included in the count used to determine the number of state qualifiers provided the tournament manager determines that the non-finish was due to emergency circumstances beyond the student's control.

Alternates

1. Alternates shall be determined at the district tournament, in the manner approved by the District Board of Control. Each district may designate two official alternates for each event. In the event a qualifying entry cannot attend State, the official district alternate entry will be entered. Note: Alternates do not receive repair rights at the state tournament.
2. Drops shall be reported to the IHSAA and changed on the tournament registration website by noon on the Wednesday preceding State. Drops reported after that time will result in a fine being levied against the school (see speech arts general regulations).
3. Alternates replacing late drops will be entered up to the start of the first round at State. First choice will be the alternates from the district reporting the drop. If that alternate is not available, another will be randomly selected from a pool of available district alternates, first from the #1 alternates' pool and then from the #2 alternates' pool.
4. Schools choosing to bring official district alternates to the state tournament must register them upon arrival at the tournament site.

IDC/NSDA Rule Precedence

1. The ISATA debate caucus will vote each year during the conference to adopt the current NSDA portion of the debate procedures and rules. This will serve to maintain consistency between the state and national rules.
2. All references to the NSDA district tournament should be understood as embodied in the state debate tournament. Procedures and references unique to the district NSDA tournament—including but not limited to the tabulation committee, tabulation method, the national office and a national office referee—should be considered null and void at the state debate tournament.
3. The NSDA is in no way affiliated with the state debate tournament. Duties and responsibilities tied to the national office defer to the state grievance committee who acts as the final arbiter at the IHSAA state debate tournament. All decisions rendered by this committee may not be appealed.

Judging Guidelines

1. State debate judges shall complete a digital paradigm posted for coach and student access on the www.isata.org website.
2. One policy debate constitutes a judging round. Two LD debates or two Public Forum debates constitute a judging round.

3. A judge should not judge an entry more than once.
4. Any re-assignment of officials (at the ballot desk or elsewhere) for all rounds of all forms of debate must be verified by re-assignment personnel to affirmatively maintain the same regional balance as determined in the tab room prior to ballots being delivered to the ballot desk for distribution.
5. Each school will be provided with a copy of their ballot at the conclusion of the tournament.
6. The ballot is the official decision of the judge. Judges are not obligated to “defend a ballot” or answer a coach’s questions regarding a ballot decision.
7. Oral critiques are not given at state debate.
8. Judges do not disqualify contestants. Rule violations shall be reported to the tournament manager.
9. When sending judge names to the IHSAA for state debate, coaches must declare all schools with which a judge is affiliated and coded against.
10. Any school entering a congressional debate entry in the State Debate tournament shall be required to bring a certified judge that is also a trained Parliamentarian. A trained Parliamentarian shall be defined as an appropriate (to judge) aged person whom the head coach personally verifies is conversant and familiar with Roberts Rules of Order as used by the NSDA at the national NSDA tournament. Such training and verification shall be the sole responsibility of the head coach of the entering school.
11. Each judge may select which debate events they prefer to judge at the State Debate tournament. They may choose as few as two or as many as four events on their digital paradigm.

General Tournament Rules

1. Recording: Permission to record audio, for educational purposes only, during the debate round must be obtained by all parties being recorded. Judges must be present when permission is given. Permission record both video and audio must be obtained in writing from all coaches and debaters involved. Only active competitors and/or tournament officials are permitted to record. Observers and judges are not permitted to record. Recordings will not be considered when evaluating grievances or judging decisions.
2. Flowing is permitted. Any contestant still competing at the tournament may not observe any round. Prior to octafinals, the first break round, all observers must be affiliated with one of the competing teams. Observers may flow, but may not coach or communicate with judges or debaters in any manner during the debate.
3. Disqualification for code manipulation: Switching code numbers, divisions or partners is grounds for disqualification from the tournament.
4. Forfeiture of Round for Tardiness: An entry will forfeit a round for failure to appear within ten minutes of the scheduled time, unless the delay is caused by the tournament itself. A forfeiture will result in a loss, a rank of 7 (in policy) or a rank of 9 (in congress), and 0 speaker points.
5. Timed Road Maps: To ensure that rounds stay on time, speakers will be allotted a ten second ‘road map’ before their speech time begins. No arguments may be advanced during this time period.

General Argumentation Rules

1. Topicality: The first affirmative must define the terms of the proposition either literally or operationally. The first negative may either accept or reject the definition of terms. Any topicality arguments must be initiated in the first negative constructive speech.
2. Plans: In policy debate, the affirmative must present their specific plan or advocacy, during the first affirmative constructive speech. The affirmative in Lincoln-Douglas may choose to present a plan--although it is not required--but it must be presented during the first affirmative constructive. Note: Plans are not permitted in public forum debate.
3. Counterplans: In Policy debate and Lincoln-Douglas debate, the negative may choose to present a counterplan – although it is not required – but it must be presented during the first negative constructive speech. A counterplan will be defined as a policy option proposed as an alternative to the Affirmative’s plan. The counterplan must not affirm the resolution advanced by the Affirmative side.
NOTE: Counterplans are not permitted in public forum debate.
4. New Arguments: New issues shall not be advanced in rebuttal speeches; however, additional evidence and extensions on previous arguments are appropriate.
5. Speaker Points: In Public Forum, Policy Debate and Lincoln Douglas Debate each speaker will be awarded speaker points on a 30-point scale with no partial points permitted. Speaker points should reflect the holistic presentation of the speaker.

Idaho Congressional Debate Adaptations

Due to state tournament time limitations and differing means of registration from the NSDA district tournament format the following changes are made from NSDA Congress Guidelines:

1. A session is defined as including:
 - a. 3 ½ hour sessions.
 - b. 12-17 students as the optimum number for a 3 and one half (3½) hour session; otherwise, a session should be lengthened by 10 minutes per each additional student beyond 17. Chambers may not be larger than 20 students.
2. As students are not divided into the house and senate, chapter 9.3 Assigning Students to Chambers §1 is null and void. 9.3 Assigning Students to Chambers §2 is the first section applied for purposes of the IHSAA rules.
3. The main motion to “Suspend the Rules” in any regard shall not be considered or allowed in Congressional Debate at the State Debate tournament.
4. The Tuesday of the week previous to State Debate shall be determined to be the State Student Congress Workday. On this day, the Student Congress Subcommittee shall meet to collect and determine the legislative packet for the State Championships under the direction of the State Debate Manager. Meetings may be in person or via electronic means as determined by the members of the subcommittee. Each school with one or more State Student Congress qualifiers may submit up to two bills or resolutions to be received by the IHSAA by the date of the State Congress Workday. A member from each District in Idaho shall be named to the Student Congress Subcommittee at the choosing of their members in their district and must be selected prior to the Workday. It shall be the work of the Subcommittee to select the legislation for the preliminary, semi-final, and final sessions. One bill from each school will be selected for the preliminary legislation packet. If a school submits a second

piece of legislation, those will be blind drawn into the semi-finals or finals packet. The Student Congress Subcommittee shall select not fewer than ten bills or resolutions to be designated as the Official Agenda for each preliminary chamber. The remaining pieces of legislation shall be split evenly between the semi-final and final packets. Bills and resolutions selected for the Official legislation packet shall be posted on the appropriate tournament website by 4pm on the Thursday the week prior to the State Debate tournament. It shall be the responsibility of each Chamber to set their own agenda and docket order.

5. Setting the Chamber Agenda: Each Chamber should begin by setting the agenda (legislation order). Each school present in the chamber shall select one representative to draw a number. The representative who selects the lowest number (1) shall choose the first piece of legislation for the agenda. The representative with the next lowest number (generally 2) shall choose the second piece of legislation and so on, until the order is set for all legislation. After one rotation the order would then be snaked to allow the last school to choose the next piece of legislation until all pieces have been placed on the agenda.
6. Announcing Chambers: Each chamber shall be announced twenty-four hours before the beginning of the first round of competition. Students may interact with each other during that time but no official actions (motions, agendas, etc.) may take place before the beginning of the first session.
7. Scorers' ranks are inputted, with non-ranked students considered as ranks of 9. The parliamentarian's ranks, up to eighth are inputted as well, with subsequent ranks considered as ranks of 9. Each individual chamber is tabulated independent of the others. Legislators with the lowest cumulative rank total advance to the next level of competition, employing the following tiebreakers: 1) Judges' preference, 2) Reciprocal fractions, 3) Adjusted cumulative rank total after dropping highest and lowest ranks, 4) Reciprocals of adjusted cumulative rank total, and 5) Rank by the parliamentarian.
8. For Congressional Debate, in all rounds, prelims and eliminations, Presiding Officers shall be elected for a single hour allotment and be scored on the appropriate point scale for that hour of service for the equivalent of a single speech.
9. In Congressional Debate, speakers will indicate a desire to speak by raising their placard for recognition by the presiding officer.
10. Preset, randomized recency will be used in every round of Congressional Debate.
11. Direct questioning will be used in every round of Congressional Debate.
 - a. Direct questioning: The presiding officer will open the floor for questions following each speech. The presiding officer will recognize questioners for a cross-examination period of no more than 30 seconds. Questioners will be chosen according to a separate questioning recency.

Policy, Public Forum and Lincoln Douglas Adaptations

1. The tournament management will assign five random preliminary rounds. No round will begin later than 9:00 p.m. on the first day.
2. Contestants will debate two affirmative and two negative preliminary rounds in Lincoln-Douglas and policy debate. These styles of debate will flip for sides in round five. When possible, contestants should meet neither competitors from their own school nor prior opponents.
3. At the conclusion of the five preliminary rounds, the tournament management will create an octafinal bracket. Octafinals, quarterfinals, semifinals and finals are single elimination rounds. NOTE: If sixteen or

fewer entries qualify for the state tournament in a single debate event, that event will break straight to quarterfinals and qualifying entries will earn sweepstakes points from quarterfinals on.

- a. All competitors in the bracket will flip for sides except for prior opponents in Lincoln-Douglas and policy debate, who will be locked on opposite sides.
- b. Brackets will be broken to avoid teammates debating each other for as long as possible. When teammates are bracketed against each other, the lower-seeded of those entries will be replaced with the next lower-seeded entry in the bracket not from the same school.
- c. Congress will provide a semifinal round to the top thirty-two (32) competitors in the tournament. This may be adjusted up to thirty-six (36) students, depending upon presiding officer selection in (only) the semifinal round. The top eight (8) competitors from each house will advance to the final super congress round.
4. Tie Break Procedure: The determining factors shall be:
 - 1) Speaker ranking. If the tie still exists, the criteria shall be (in this order): 2) head to head, 3) speaker points, 4) drop high and low speaker points, 5) opponents' win-loss record, 6) additional tiebreaker calculations available in the tournament software to avoid ties. In the event that a tie still exists, a coin will be flipped to break the tie. The debate commissioner and tournament manager will oversee this.
5. Strike Privilege: Prior to the beginning of Round 1 of the State Debate tournament, the head coach of each school will be given the opportunity to strike a single judge. Those judges will not judge that school in any debate event for the entirety of the tournament.

Determining Team Champions

1. Team winners will be determined based on a combined total of points earned in all four disciplines.

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
First	16	Semifinalists	12
Second	14	Quarterfinalists	8
		Octafinalists	4

2. In Congressional Speaking, each of the sixteen competitors in the final super session will earn the equivalent points awarded in the other styles of debate. First place will receive 16 points, second place will receive 14 points, semifinalists (third – fourth places) will receive 12 points. Quarterfinalists (fifth – eighth places) will receive 8 points. Octafinalists (ninth – sixteenth places) will receive 4 points.
3. Ties in team placement will be broken by:
 - a. Number of entries advancing into break rounds, then
 - b. Number of state qualifying entries.

2023 Drama

State Drama Representation

1. No more than the top 1/3, or any fraction thereof, of the entries that complete all rounds of an event at district drama will advance to State provided each qualifier received an excellent or superior rating.
2. State qualifiers shall be determined by a cumulative two or three-round ranking and rating. If a tie exists in the last qualifying position, both entries may advance.
3. Honest Effort: If a participant does not finish all rounds at District, he/she may be included in the count that determines the number of state qualifiers, provided the tournament manager determines that the non-finish was due to emergency circumstances beyond the student's control.

District-to-state Representation

1-3 = 1 qualifier	13-15 = 5 qualifiers
4-6 = 2 qualifiers	16-18 = 6 qualifiers
7-9 = 3 qualifiers	19-21 = 7 qualifiers
10-12 = 4 qualifiers	22-24 = 8 qualifiers

Alternates

1. Alternates shall be determined at the district tournament. Each district may designate two official alternates for each event, provided they received a superior or excellent rating at the district tournament.
2. If a qualifying entry cannot attend State, an official district alternate will be entered, but will not receive redraw rights.
3. Alternates will not be entered if the number of district qualifiers exceeds allowed representation due to ties in the last qualifying position.
4. Drops shall be reported to the IHSA and changed online by noon on the Wednesday preceding State. Drops reported after that time will result in a fine being levied against the school (see speech arts general regulations).
5. Alternates replacing late drops will be entered up to the start of the first round at State. First choice will be the alternates from the district reporting the drop. If that alternate is not available, another will be randomly drawn from a pool of available district alternates, first from the #1 alternates' pool and then from the #2 alternates' pool.
6. Schools choosing to bring official district alternates to the state tournament must register them upon arrival at the tournament site.

Entry Limitations – District & State

1. At district and state tournaments, students may enter a maximum of three events as follows:
 - a. two acting and one technical theatre event, or
 - b. two technical theatre and one acting event
2. Students may enter an event only once.
3. At district tournaments, schools may enter a maximum of four entries per acting event.
4. At district tournaments, schools may enter a maximum of ten technical entries in any combination with a maximum of four entries per category.

State Drama Tournament Rounds / Sectioning

1. Acting events shall have two or three preliminary rounds with one judge. Three judges are used in semifinal & final rounds.
2. Technical Theatre events shall have one preliminary round with two or three judges. The final round uses three judges.

3. The number of preliminary rounds sections will depend on the total number of entries. Sectioning priorities will be followed to the extent possible:
 - a. Entries will be randomly placed into sections of 5-8.
 - b. Entries will not be in the same section as teammates.
 - c. Entries will compete against different entries each round.
 - d. Performance order should rotate each round.

Use of Materials

1. Material presented shall be appropriate for competition and public performance by high school students. A signed Principal's Approval Form must be submitted to both district and state managers to verify the principal's approval of all material presented by his/her students.
2. Materials and/or presentations may not be altered significantly from round to round or from district to state.
3. Contestants may not use any material that they have competitively performed at any previous years' competition.
4. Plagiarism is prohibited. Plagiarism shall be defined as an exact or near exact replication of a work, idea or performance with or without giving the artist(s) credit.
5. Coaches must produce scripts and/or source materials upon request from tournament management.

Grounds for Disqualification at District and State

The following are grounds for disqualification from an event:

1. One or more rounds of "no show"
2. Violation of "Use of Materials Rules" above
3. Violation of the weapons rule
4. Use of properties in pantomime
5. Any outside assistance in any event
 - a. Outside assistance is defined as: (1) any assistance given by a student, model, judge, parent or adult beyond the registered number of contestants for the individual entry once the round has begun; (2) any assistance given beyond the registered technical theatre contestants toward the construction of required technical elements for properties and costume design and (3) any application of makeup and hair prior to the application round during district and state tournaments.

Note: Judges do not disqualify competitors. Violations shall be reported to tournament manager for appropriate action. Any other rule violation shall be considered a "minor violation" and shall result in dropping one rank.

Timing Regulations

1. Timing violations in preliminary rounds will result in being dropped one rank. There are no "grace periods".
2. Timing penalties are not given in semifinals and finals.

Evaluation Scores

Entries receive two scores from each judge:

Rank - Entries shall be evaluated against one another and ranked 1, 2, 3, 4, 4, 4, etc. There can be only one first, one second, and one third. All other entries shall be ranked fourth.

Rate - Entries shall also be evaluated against a standard of performance and rated as Superior, Excellent, Average, or Below Average according to performance quality. Any rating may be awarded to more than one entry. "Below average" will not be used at State Drama. "6" will be the lowest rate given in semifinals or finals at State.

Rating Scale

<u>Superior</u>	<u>Excellent</u>	<u>Average</u>	<u>Below Avg.</u>
10 9	8 7	6 5	4

Determining Advancement at State Drama

1. Semi-Finals (Acting Events)
 - a. The top 16 entries from preliminary rounds will be selected by rank and rate totals. Ties will be broken by the parameters set in the tabulation software.
 - b. Two semi-final sections will be set by dividing the power based on preliminary rounds rank totals, and then rating totals as needed.
2. Finals
 - a. (Acting Events) The top four speakers in each semi-final section will advance to the final round. Selection will be based on: 1) rank totals, 2) rating totals, 3) judge preference in the semifinal round, 4) preliminary round rank and rate totals (#2 - #4 in case of ties).
 - b. (Technical Events) The top 8 (7-9 to accommodate ties) entries from preliminary rounds will advance to the final round. Selection will be based on: 1) rank totals, 2) rating totals, 3) judge preference in the preliminary round (#2, #3 in case of ties). Tech entries that advance to finals will be awarded both semifinal and final points.
 - c. Final round results will be based on: 1) rank totals, 2) rating totals, 3) judge preference in the final round, 4) semifinal rank totals, 5) semifinal rate totals, 6) preliminary rounds rank totals, 7) preliminary rounds rate totals (#2 through #7, will be used in case of ties).

Determining Team Champions

1. Team winners are determined by event finish. Points listed are the maximum possible.

1 st place	5 points	finalist	2 points
2 nd place	4 points	semifinalist	1 point
3 rd place	3 points		
2. A tie for team placement will be broken by: a) number of entries breaking to finals, b) most first place finishers, c) number of entries breaking to semi-finals, d) squad efficiency.

ACTING EVENTS

Solo Humorous	Solo Serious	Musical Theatre
Ensemble Humorous	Ensemble Serious	Pantomime
Original Humorous	Original Serious	Solo Audition
Solo Musical Theatre		

General Rules-Acting Events

1. Makeup, costumes, and props are optional and shall not be part of the evaluation. Props are not allowed in pantomime.
2. Ensembles are composed of 2-5 actors.
3. Time limits include set-up, intro, performance and strike.
4. Competitors shall receive no outside assistance once the round has started.
5. Presentations may not contain more than 25% singing, *except* the Musical Theatre category.
6. Props as Weapons
 - a. The use of real weapons is prohibited.
 - b. Props that represent weapons must be made out of unpainted, undecorated wood, foam or cardboard and must not have moving parts, sharp points or sharp edges.
 - c. All props representing firearms must be made out of unpainted, undecorated wood or cardboard.
 - d. Props that represent weapons must be checked in at the tab desk immediately upon arrival by the coach.
7. Discharge of any type of dispersing machine or pyrotechnic device (i.e., fog machine, flash pot) is prohibited. Violation of this rule will result in immediate disqualification. Airbrush

equipment and aerosols may be used during the makeup process under the supervision of the assigned proctor.

8. The performance will be staged for $\frac{3}{4}$ arena or proscenium with the acting area not larger than 15 feet by 15 feet.
9. Recording of a competitor's performance in any format, photographs or video, during the rounds is strictly prohibited.

Ensemble Acting - Humorous / Serious

Time Limits: 2-10 min.

1. Scenes must be from a published, non-published, or copyrighted script* not written by a high school student. Recordings or videos shall not be used as the primary source. *Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.
2. The emphasis shall be on acting and direction rather than on technical aspects (lighting, makeup, stage setting, etc.).

Ensemble Acting - Musical Theatre

Time Limit: 2-10 min.

1. Scenes and songs must be from a single published, non-published, or copyrighted script* not written by a high school student. Recordings or videos shall not be used as the primary source. *Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.
2. The emphasis shall be on acting, singing and movement rather than on technical aspects (lighting, makeup, stage setting, etc.) and may include dialogue.
3. Students may perform *a cappella*, or will provide recorded instrumental accompaniment without lead or backup vocals. No live instrumental accompaniment shall be allowed.
4. Students will provide their own sound equipment.

Solo Acting - Musical Theatre

Time Limit: 2-6 min.

1. Scenes and songs must be from a single published, non-published, or copyrighted script* not written by a high school student. Recordings or videos shall not be used as the primary source. *Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.
2. The emphasis shall be on acting, singing and movement rather than on technical aspects (lighting, makeup, stage setting, etc.) and may include dialogue.
3. The student may perform *a cappella*, or will provide recorded instrumental accompaniment without lead or backup vocals. No live instrumental accompaniment shall be allowed.
4. The student will provide their own sound equipment.

Solo Acting - Humorous / Serious

Time Limit: 2-6 min.

1. Scenes must be from a published, non-published, or copyrighted script* not written by a high school student. Recordings or videos shall not be used as the primary source. *Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.
2. The student may act the part of one or more characters.

Original Acting - Humorous / Serious

Time Limits: 2-10 min. - ensembles; 2-6 min. - solos

1. Original Acting scenes must be written and dated by a current high school student or students, although not necessarily by the student(s) who are performing them.
 - a. Original scenes will be considered ineligible for Original events after use in a singular competition season, but may be used in Ensemble and Solo acting events in subsequent years.
2. The student(s) may act the part of one or more characters.

3. Ad-libbing and/or improvisation are not permitted.
4. Adaptations, paraphrases and parodies of existing scripts are prohibited and will be considered plagiarism.
 - a. Definition of parody: a literary or musical work in which the style of an author or work is closely imitated for comic effect or in ridicule.
 - b. Definition of paraphrase: a restatement of a text, passage, or work giving the meaning in another form.

Pantomime

Time Limits: 2-6 min.

1. Pantomimes may be performed as a solo or an ensemble.
2. No properties shall be allowed. Intentional use of clothing will result in a drop in rank.
3. Pre-recorded instrumental music and/or sound effects may be used.
4. No human vocal sounds, live or recorded, are allowed.
5. With the exception of "OH" and "AH", all mouthing of words is prohibited.
6. A maximum of three black cubes (16" – 18") may be used during the performance. The cubes will be made available by the tournament host for each Pantomime room. Cubes may not be intentionally moved once the contestant completes the introduction.
7. A printed title and the contestant's entry code of the presentation must be used only to introduce the piece.
8. Pantomime scripts/routines can be original or adapted from plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.

Solo Audition

Time Limits: 2-5 min.

1. The contestant acts the part of a character in each of two contrasting pieces. Choices may include serious v humorous; modern v classical; contrasting characters, etc.
2. Scenes must be from a published, non-published, or copyrighted script* not written by a high school student. Recordings or videos shall not be the primary source. *Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.

TECHNICAL THEATRE

Technical Theatre is composed of four categories in which contestant displays support the action on the stage.

General Rules - Technical Theatre

1. All technical entries must fit into an 8'x8'x10' area and must be able to fit through a standard double door.
2. A maximum of two (2) student-contestants may design and present a single technical entry. One (1) additional high school student model may be used to model a costume design, makeup design, or property. The model may not speak in the presentation, and must be asked to move (in order to model the design) by the student-contestants.
3. Contestants shall be available for interviews during the judging period and must be prepared to answer questions from the judges. Only the judges may ask questions.
4. The contestant's presentation shall be 2-8 minutes. Total time for each entry (including judges' questions) shall not exceed 15 minutes.
5. Contestants must provide a summary (at least one paragraph in length) of the script and the student's intentions in preparing the entry. The summary may be displayed or handed to the

judge. The summary shall include: a) the intended mood; b) the general style of production, theatrical period; or type of stage; c) title of the script for which the entry was produced.

6. The contestant's entry code must be displayed.
7. Props as Weapons
 - a. The use of real weapons is prohibited.
 - b. Props that represent weapons must be made out of unpainted, undecorated wood, foam or cardboard that has no moving parts or sharp points or sharp edges.
 - c. All props representing firearms must be made out of unpainted, undecorated wood or cardboard.
 - d. Props that represent weapons must be checked in at the tab desk immediately upon arrival by the coach.
8. Discharge of any type of dispersing machine or pyrotechnic device (i.e., fog machine, flash pot) is prohibited. Violation of this rule will result in immediate disqualification. Airbrush equipment and aerosols may be used during the makeup process under the supervision of the assigned proctor.
9. Recording of a competitor's performance in any format, photographs or video, during the rounds is strictly prohibited.
10. Script shall refer to plays, librettos, ballets, film and television scripts, song lyrics and cuttings from literature.

Technical Theatre Events

1. **Scene Design:** Hand or computer-generated renderings and/or models for one script with a floor plan, or light plots, or examples of special staging effects.
2. **Costume Design:** A set of hand or computer-generated renderings (including swatches) for three characters of a script and one student-contestant constructed/assembled costume for one of those characters. Makeup shall not be included as part of a costume.
3. **Makeup:** Hand or computer-generated renderings and/or photographs of three characters from a script and one actual completed makeup (done at the tournament) of one of those characters.
 - a. Makeup must be applied at the tournament by the student-contestant in a designated public location. The makeup model must not leave the application room. The makeup area will be available three hours prior to the start of the makeup round.
 - b. Application of makeup must be completed by the start of the round. Makeup may be applied to all parts of the body except the torso, defined as the area from the armpits to length of fingertips on the model's thighs. The torso must be covered in clothing that is not see-through or flesh-toned.
 - c. Hair shall be included in the makeup.
 - d. Costume shall not be included as part of makeup design presentation.
4. **Properties:** A complete property plot and one or more actual student-contestant constructed properties of a produced / non-produced script. Note: Types of properties categories may include: a. stage furniture; b. set dressing; c. hand props; d. personal props; e. visual effects.

2023-24 Speech

Season Tournament Limitations

1. A school or individual may compete in up to ten tournaments for both speech and debate (ex. 3 debate only, 5 speech/debate combined, and 2 speech only). A tournament is defined as four or more schools.
2. No individual may miss more than eight days of school to attend tournaments.
3. Any school or individual exceeding the allowed number of tournaments will be ineligible for district and state tournaments.

State Speech Representation

1. No more than the top 1/3, or any fraction thereof, of the entries that complete all rounds in an event at district speech will advance to State, provided each qualifier has an excellent or superior rating.
2. State qualifiers will be determined by a cumulative two or three-round ranking and rating. If a tie exists in the last qualifying position, both entries may advance.
3. Honest Effort: If a student does not finish all rounds at District, he/she may be included in the count used to determine the number of state qualifiers provided the tournament manager determines that the non-finish was due to emergency circumstances beyond the student's control.

District-to-state Representation

1-3	= 1 qualifier	16-18	= 6 qualifiers
4-6	= 2 qualifiers	19-21	= 7 qualifiers
7-9	= 3 qualifiers	22-24	= 8 qualifiers
10-12	= 4 qualifiers	25-27	= 9 qualifiers
13-15	= 5 qualifiers	28-30	= 10 qualifiers

Alternates

1. Alternates shall be determined at the district tournament. Each district may designate and list up to two official alternates for each event, provided they received a superior or excellent rating at the district tournament.
2. In the event a qualifying entry cannot attend State, the official district alternate(s) will be entered. Alternates do not receive redraw rights.
3. Alternates will not be entered if the number of district qualifiers exceeds representation due to ties in the last qualifying position.
4. Drops shall be reported to the IHSA and changed on the "Tabroom" website by noon on the Wednesday preceding State. Drops reported after that time will result in a fine being levied against the school (see speech arts general regulations).
5. Alternates replacing late drops will be entered up to the start of the first round at State. First choice will be the alternates from the district reporting the drop. If that alternate is not available, another will be randomly selected from a pool of available district alternates.
6. Schools choosing to bring official district alternates to the state tournament must register them upon arrival at the tournament site.

Entry Limitations – District & State

1. At district tournaments, students may enter any two events, excluding double entry in two draw events (extemporaneous, panel discussion, retold story, radio broadcast journalism). State Speech events will be patterned after numbers of

qualifiers from district speech tournaments are verified. Speech events will be patterned first to balance entry numbers across the two patterns and second, to place students in one A on one B event. Students that double qualify may have both of their events placed in the same pattern.

2. At district tournaments, schools may enter up to six entries per event, with a maximum of 56 entries total.

State Speech Tournament Regulations

1. All rounds at State Speech are open to observers.
2. Contestants will compete in three preliminary rounds with one judge for each section.
3. Contestants will be placed into sections of 4–8 for each preliminary round. Round sections will be created using the default priorities of the tabulation software.
 - a. Judges will not judge the same entry in the same event more than once. Judges should identify conflicts with other schools or students before the tournament begins. Judges will not judge entries from their own school or any school they have an identified conflict.
4. Final rounds at State Speech may be recorded for educational purposes. Permission to record final rounds must be obtained in writing from all coaches and speakers involved.
5. A prepared text (not an outline) for Informative Speaking, Original Oratory, After Dinner, Sales Speaking, Communication Analysis, and photocopies of Interp. event materials must be on file with district and state managers. Failure to provide required materials will result in disqualification. District managers are required to collect all scripts and take them to state speech.
6. Students who arrive late to a round and speak out of turn will be dropped one rank, unless written permission is obtained from the tournament manager.

Use of Materials

1. **Verification:** Material presented by all contestants shall be appropriate for competition and public performance by high school students. A signed Principal's Approval Form must be submitted to both district and state tournament managers to verify the principal's approval of all material presented by his/her students.
2. **Alterations:** Materials and/or presentations for platform and interpretation events may not be significantly altered between rounds of the state tournament.
3. **Previous Pieces:** Contestants may not use any material that they have competitively performed at any speech arts competitions in a previous competitive season.
4. **Previous District and State:** Materials previously performed at district or state tournaments in the current school year shall not be used by that same student in a second district or state tournament.
5. **Plagiarism:** Plagiarism is prohibited. Plagiarism shall be defined as "The practice of taking someone else's work, performance, or ideas and passing them off as one's own."
6. **Sourcing (Material):** NSDA sourcing guidelines shall be followed and enforced at all IHSA speech tournaments.

Grounds for Disqualification

Grounds for disqualification from an event:

1. One or more rounds of "no-show".
2. Violation of "use of materials" rules above.
3. Violation of the weapons rule.

4. Repeated minor violations.
5. Violation of the “General Rules–Speech Events”.

Note: Judges do not disqualify competitors. Violations shall be reported to the tournament manager for appropriate action. Any other rule violation shall be considered a “minor violation” and shall result in dropping one rank.

Timing Regulations

1. Timing violations in preliminary rounds of all speech events will result in being dropped one rank.
2. Timing penalties are not given in semi-finals and finals at State Speech in After Dinner Speaking or Interp events.
3. Students may time themselves for reference, but the judge is the official timekeeper.
4. Time signals are provided by the judge in Panel Discussion, Impromptu, Extemporaneous, and Retold Story only.

Judging Procedures for State Speech

1. Oral critiques are not given at state.
2. Competitors will receive two scores:

Rank - Contestants in each section of each round will be ranked 1, 2, 3, 4, 5, 6, 7, etc., with 1 going to the best entry. There can be only one 1st, one 2nd, one 3rd, etc. in a section.

Rate - Entries are rated Superior, Excellent, Average, or Below Average according to performance quality.

- a. Ratings may be given to more than one entry.
- b. The rating of “below average” is not used at State
- b. In the semi-final and final rounds at state speech, no rating below “6” will be given.

Rating Scale

Superior	Excellent	Average	Below Average
10 9	8 7	6 5	4

3. Any student who breaks the listed Event Rules must be ranked last in the round. In the case of multiple violations, multiple students may receive last place. Judges must explain the broken rule on the ballot and confirm with the tab room before submitting their ballot.

Determining Advancement at State Speech

1. Semi-Finals – A semi-final round shall be no larger than 50% of the total entries in an event. If an event has fewer than 16 entries, no semi-final round shall be held.
 - a. If an entry has 28 or more entries, the following procedure will determine advancement to the semi-final round: The top 14 speakers from preliminary rounds will be selected by the rank and rate totals. To accommodate ties, contestants will advance on the first natural break occurring in this order: 14,16,15,13.
 - b. Two semi-final sections will be set by dividing the power based on the first three rounds ranks totals and then rating totals as needed.
2. Finals
 - a. The top three speakers in each of the semi-final rounds will advance to the final round. Selection will be based on: 1) rank totals, 2) rating totals, 3) judge preference in the semi-final round. (#2 and #3 will be used in case of ties.)
 - b. In events with fewer than 16 entries, the top 6 (7-9 to accommodate ties) entries from preliminary rounds will advance to the final round. Selection will be based on: 1) rank totals, 2) rating totals, 3) judge preference in the preliminary rounds (#2 and #3 will be used in case of

ties). Entries from these events that advance to finals will be awarded both semi-final and final points.

- c. Final round results will be based on: 1) rank totals, 2) rating totals, 3) judge preference, 4) semifinal rank totals (prior to cumulative), and 5) preliminary rounds rank totals (prelim cumulative). (#4 and #5 will be used in case of ties.)

Determining Team Champions

1. Team winners are determined by the total combined points in event place finish. Points listed are the maximum possible for the placement.

First	5 points	Finalist	2 points
Second	4 points	Semi-Finalist	1 point
Third	3 points		
2. A tie for team winners will be broken by:
 - a. largest number of entries breaking to finals
 - b. largest numbers of first, second, and third place finishers
 - c. largest number of first place finishers

General Rules – Speech Events

1. Costumes and/or human assistance are not permitted in any speech event, including draw preparation.
2. Visual /audio aids are permitted only in Sales Speaking, Informative Speaking, and Communication Analysis.
3. Contestants shall receive no outside assistance once the round has started. In draw events, contestants shall receive no assistance during preparation time.
4. The use of real weapons, facsimiles thereof, or look-alikes is prohibited.
5. The total time of singing in any speech is not to exceed one minute.
6. No live animals may be used in competition.

Speech Events

Duo Interpretation – 10 minutes with a 30-second “grace period.” No time signals provided. Duo performance of either emotive appeal, with selections drawn from published, printed: novels, short stories, plays, poetry, or other printed, published works, PDFs, e-books, as well as limited online and recorded works as provided for in the rules below.

1. **Length:** The time limit in Duo Interpretation is ten minutes with a 30-second “grace period.” If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge’s discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.
2. **Performance:** The presentation may not use physical objects or costuming. During the presentation, the contestant/team must name the author and the book or magazine from which the cutting was made. Additionally:
 - a. Duo Interpretation selections must be presented from memory.
 - b. In Duo Interpretation, each of the two performers may play one or more characters so long as performance responsibility in the cutting remains as balanced as possible.
3. **Focus:** In Duo Interpretation, focus may be direct during the introduction [the performers may look at each other] but must be indirect [off-stage] during the performance itself.

Informative Speaking - 10 minutes with a 30-second “grace period.” No time signals provided.

1. **Purpose:** An informative speech is an original speech designed to explain, define, describe, or illustrate a particular subject. The general purpose of the speech is for the audience to gain understanding and/or knowledge of a topic. Any other purpose such as to entertain or to convince shall be secondary. The use of audio/visual aids is optional.
2. **Contest:** This contest comprises only memorized speeches composed by the contestants and not used by them during a previous contest season.
3. **Length:** The time limit is 10 minutes with a 30-second “grace period.” If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge’s discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.
4. **Aids:** Audio/visual aids may or may not be used to supplement and reinforce the message. If used, the audio/visual aids should enhance or support the message rather than distract from the overall effectiveness of the presentation. Electronic equipment is only permitted for audio sounds. Electronic equipment is defined as any object requiring an electrical cord, battery, or solar power to operate it (projectors, cell phones, radios, iPads, computers, etc.). The use of live animals or any additional people as visual aids is not allowed during the speech. Items of dress put on and/or removed for illustration during the course of the presentation are considered costumes and may not be part of the contestant’s presentation. Visual aids may not violate policies as dictated by local and state law (weapons, drugs, etc.) Contestants may not distribute items to the judges or audience before, during, or after the round. This includes but is not limited to food, objects, handouts, flyers, and promotional merchandise. The host school is not responsible for providing any facilities, equipment, including tables, chairs, or easels, or assistance in a contestant’s use of visual aids. In order to facilitate the video recording of the final round at the State Tournament, one table will be provided for use by the contestants. This provision is only for the final round. Expedient set up and take down of aids is expected. If a visual aid displays published pictorial material, the source must be included in the work-cited page but does not need to be cited orally.

Extemporaneous Speaking - 7 minutes with a 30-second “grace period.” Time signals provided.

1. **Notes:** Contestants may make notes during the preparation time, but the use of notes, cards, briefs or other aids is prohibited during the speech.
2. **Time:** The time limit is seven minutes with a 30-second “grace period.” If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge’s discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.

3. **Observation:** Students in Extemporaneous Speaking are encouraged, but not required, to stay and watch the remaining speakers after they deliver their speech.
4. **Performance:** Students shall enter the room one at a time. They should not watch others prior to speaking, but they may stay in the room to observe once they have spoken. Students should clearly answer the prompt question and provide support for their answer using various types of evidence including quotes, sources, stories and historical examples. Emphasis should be placed on presentation and organization.

Panel Discussion - 40-minute round with no time penalties

1. **Event Procedure:** Panel members do not make formal speeches but remain seated and discuss the topic informally. Notes may be taken during the discussion. Emphasis is on problem solving through working towards group consensus. Panelists should be familiar with the topic and be prepared to discuss facts and opinions. Contestants may bring a pen or pencil and research limited to one page, one sided (8.5 x 11) to the round.
2. **Selection of Topics:** At the state tournament, each topic will be used once. A blind draw at the beginning of the tournament will determine which topics are used for all preliminary rounds as well as the semifinal and final rounds.
3. **Time:** This event has a 40-minute maximum. Time signals are provided. Students may time themselves for reference, but the judge is the official timekeeper of the round.

Program Oral Interpretation - 10 minutes with a 30-second “grace period.” No time signals provided.

1. **Purpose:** POI is a program of oral interpretation of thematically-linked selections chosen from two or three genres: prose, poetry, drama (plays). At least two pieces of literature that represent at least two separate genres must be used. Unlike the other interpretation events, Program Oral Interpretation may use multiple sources for the program. The title or author of all selections must be verbally identified in either the introduction and/or transitional phrases.
2. **Contest:** The use of a manuscript during the performance is required. Common practices include the use of a binder or folder. Reading from a book or magazine is not permitted. The intact manuscript may be used by the contestant as a prop, so long as it is in the contestant’s control by remaining in contact with the body at all times. No costumes or props other than the manuscript are permitted. Pictures, graphics, and/or illustrations are considered a visual aid, even if included in the original manuscript, and may not be displayed. The contestant must address the script; however, introduction and transitional material may be memorized.
3. **Length:** The time limit is 10 minutes with a 30-second “grace period.” If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge’s discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.

Radio/Broadcast Journalism - 5:30-6:00 minutes, no “grace period.” No time signals provided.

1. **Performance:** This speech must include a minimum of three pieces of news. The speech shall be a news broadcast with an

original commercial of no fewer than 30 seconds and an editorial commentary about a news item covered in the provided material. The editorial commentary, which shall be an original extemporaneous editorial reflecting the opinion of the contestant on a news story used in the presentation shall consume between 1-2 minutes of the total speech and shall be presented in the last half of the broadcast.

2. **Procedure:** Students shall enter the room one at a time. They should not watch others prior to speaking, but they may stay in the room to observe once they have spoken. Contestants shall sit with their back toward the judge. Contestants must give the judge the news article that they use for their commentary after completing their speech.
3. **Expectations:** Emphasis should be placed on presentation of the news stories, commercial and editorial commentary. Note this is not an interpretation event.
4. **Time:** Contestants may time themselves but may not have another person assist with timing. This event has a 5:30 minimum-6:00 maximum with no grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are not provided. Students may time themselves for reference, but the judge is the official timekeeper of the round.

Retold Story - 6:00 minutes maximum, no "grace period." Time signals provided.

1. **Performance:** Competitors shall retell the story as if they are presenting in front of an elementary-age audience. The story shall follow the basic storyline of the book being retold.
2. **Expectations:** The story shall be retold without notes but must not be memorized.
3. **Procedure:** Contestants will enter the round in staggered intervals and will hand the selected book to the judge before starting his/her presentation. The judge will return books to the tab room after each round but will not read each book while the contestant is retelling the story. At the conclusion of the presentation, judges shall review the selected book to ensure the competitor followed the basic storyline of the book.
4. **Time:** This event has a 6:00 minute maximum with no grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are provided. Students may time themselves for reference, but the judge is the official timekeeper of the round.

After Dinner Speaking - 7:00 minutes maximum with a 30-second "grace period." No time signals provided.

1. **Performance:** Competitors are speaking as if they are a keynote speaker addressing a specific group. The group being addressed (real or fictional) should be identified in the speech introduction. Delivery must be memorized.
2. **Intent:** The intent of ADS is to develop a thesis, idea, or observation of some personal or societal importance through the appropriate use of satire, quips and humor. ADS is not intended to be an interpretive event with multiple characters.
3. **Material:** Material presented must be original. While humorous quips and jokes are appropriate, they must have purpose and fit the occasion.
4. **Time:** This event has a 7-minute maximum with a 30 second grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are not provided. Students may time themselves for reference, but the judge is the official timekeeper of the round. Timing

penalties are not given in semi-finals and finals at State Speech.

Humorous Interpretation - 10 minutes with a 30-second "grace period." No time signals provided.

Individual (solo) performance of humorous literature of either emotive appeal, with selections drawn from published, printed: novels, short stories, plays, poetry, or other printed, published works, PDFs, e-books, as well as limited online and recorded works as provided for in the rules below.

1. **Length:** The time limit in Humorous Interpretation is ten minutes with a 30-second "grace period." If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge's discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.
2. **Performance:** The presentation may not use physical objects or costuming. During the presentation, the contestant must name the author and the source from which the cutting was made. Additionally:
 - a. Humorous Interpretation selections must be presented from memory.
 - b. Monologues, prose, and poetry selections are acceptable in Humorous Interpretation.
 - c. The contestants should be evaluated on poise, quality and use of voice, physical expression and especially the ability to interpret characters correctly and consistently. This allows full body movement (bending, kneeling, turning).

Dramatic Interpretation - 10 minutes with a 30-second "grace period." No time signals provided.

Individual (solo) performance of dramatic (serious) literature of either emotive appeal, with selections drawn from published, printed: novels, short stories, plays, poetry, or other printed, published works, PDFs, e-books, as well as limited online and recorded works as provided for in the rules below.

1. **Length:** The time limit in Dramatic Interpretation is ten minutes with a 30-second "grace period." If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge's discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.
2. **Performance:** The presentation may not use physical objects or costuming. During the presentation, the contestant must name the author and the source from which the cutting was made. Additionally:
 - d. Dramatic Interpretation selections must be presented from memory.
 - e. Monologues, prose, and poetry selections are acceptable in Dramatic Interpretation.
 - f. The contestants should be evaluated on poise, quality and use of voice, physical expression and especially the ability to interpret characters correctly and consistently. This allows full body movement (bending, kneeling, turning).

Impromptu Speaking - 7 minutes (including prep) maximum, no "grace period." Time signals provided.

1. **Procedure:** Each speaker will be designated three topics from which to choose and may use a total of 7 minutes between preparation and speaking. The contestant may take notes during the preparation time but may not refer to the notes during the presentation. Speakers may not use or reference any prepared notes during their speaking prep time.
2. **Time:** This event has a 7-minute maximum including prep time with no grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are provided. Students may time themselves for reference, but the judge is the official timekeeper of the round.

Communication Analysis - 10 minutes maximum with a 30-second "grace period." No time signals provided.

1. **Performance:** An original speech by the student designed to offer an explanation and/or evaluation of a communication event such as a speech, speaker, movement, poem, poster, film, campaign, etc., through the use of rhetorical principles. Manuscripts are permitted.
2. **Visual Aids:** Audio-visual aids may or may not be used to supplement and reinforce the message.
3. **Time:** This event has a 10 maximum with a 30 second grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are not provided. Students may time themselves for reference, but the judge is the official timekeeper of the round.

Original Oratory - 10 minutes with a 30-second "grace period." No time signals provided.

1. **Purpose:** The general purpose of the speech is to persuade in order to accomplish a response of feeling, belief, or action. Any other purpose such as to inform or entertain shall be secondary.
2. **Contest:** This contest comprises only memorized orations actually composed by the contestants and not used by them during a previous contest season. No visual aids are permitted.
3. **Subject:** Any appropriate subject may be used, but the orator must be truthful. Any non-factual reference, especially a personal one, must be so identified.
4. **Length:** The time limit in Original Oratory is ten minutes with a 30-second "grace period." If there are multiple judges in the round, all must agree that the student has gone beyond the grace period. Should a student go beyond the grace period, the student may not be ranked 1st. There is no other prescribed penalty for going over the grace period. The ranking is up to each individual judge's discretion. Judges who choose to time are to use accurate (stopwatch function) timing devices. No minimum time is mandated.

Sales Speaking - 7:00 minutes maximum with a 30-second "grace period," plus 3-5 questions by the judge only. No time signals provided.

1. **Purpose:** The purpose of this event is to sell a singular, legitimate product and may include variations of that product. "Services" are not considered legitimate products.
2. **Performance:** Contestants must identify brand. The actual product (not a model) must be displayed and/or demonstrated. Presentation may be memorized. Notes on one side of a 4 x 6 card may be used, but texts are not permitted.

3. **Visual Aids:** Video /audio aids are optional, except for the actual product. In order to demonstrate the function of a product, that product may be put on as the demonstration begins and then removed following the demonstration. The contestant may not wear the product into the room, nor leave it on once the demonstration of that product is concluded. Additional items of clothing that might serve to enhance the visual effect of the product are considered costuming and are prohibited.
4. **Time:** This event has a 7-minute maximum with a 30 second grace period. After which a timing violation will result in being dropped one rank by the judge. Time signals are not provided. Students may time themselves for reference, but the judge is the official timekeeper of the round. Following the presentation, the judge should ask the competitor 3-5 questions about the product and/or presentation.

**ARTICLES OF INCORPORATION OF
IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.**

The undersigned, acting as incorporators of the corporation under the Idaho Nonprofit Corporation Act, hereby adopt the following Articles of Incorporation:

I —NAME

The name of the corporation is IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.

II —STATUS

This corporation is a nonprofit corporation organized under the Idaho Nonprofit Corporation Act exclusively for educational purposes within the meaning of Section 501(c) (3) of the Internal Revenue Code of 1954.

III —DURATION

The period of the duration of this corporation shall be perpetual.

IV —PURPOSES

The purposes for which this corporation is organized are as an educational activities and athletic association to:

- (1) Continue the activities of its unincorporated predecessor, "the Idaho High School Activities Association", and receive all of its assets and assume all of its liabilities;
- (2) Select, foster and govern interschool competitions and activities in athletics, music, speech arts, drill teams and other similarly related school activities for secondary schools within the State of Idaho;
- (3) Encourage, regulate and give direction to wholesome amateur interschool activity and athletic competition between the schools who are members of the corporation;
- (4) Assure that all interschool activity and athletic competitions governed by the corporation shall be subservient to and complementary with the academic and curricular functions of the member schools which are their primary purposes;
- (5) Determine qualifications of individual students, coaches and officials and provide and establish standards of eligibility, competition and sportsmanship;
- (6) Develop, promulgate and make appropriate uniform rules and interpretations governing high school athletic and activities contests and meets and to provide programs and training for the administration thereof;
- (7) Protect the activity and athletic interests of high schools and the student participants;
- (8) Prevent the exploitation of school pupils in the school activities and athletic programs;
- (9) Transact any and all lawful business that corporations may conduct under the Idaho Nonprofit Corporation Act which are consistent with and in furtherance of the educational purposes for which this corporation is organized.

No substantial part of the activities of the corporation shall be the carrying on of propaganda, attempting to influence legislation or participating in political campaigns.

V —REGISTERED OFFICE

The initial registered office of this corporation shall be at 620 North 6th, Boise, Idaho 83702, and the name of its initial registered agent at such address is Richard A. Stickle.

VI —MEMBERSHIP

Section 1. The corporation shall have two classes of members, regular members and associate members, whose qualifications and rights shall be set forth in the By-Laws.

Section 2. Memberships in this corporation shall be subject to dues, fees and assessments to carry on the business of the corporation as determined by the Board of Directors in the manner provided for in the By-Laws.

VII — DIRECTORS

Section 1. The affairs of the corporation shall be managed by a Board of Directors, as provided for in the By-Laws. The number of directors constituting the initial Board of Directors is thirteen (13).

Section 2. The Board of Directors shall, in addition to their other powers, have the power to alter, amend or repeal the By-Laws of the corporation and to adopt new By-Laws.

Section 3. The names and addresses of the persons who are to serve as the first Board of Directors until the first annual meeting of members or until their successors are elected and qualified as provided for in the By-Laws are:

Gerald E. Diehl	Jerome High School Route 5 Jerome, ID83338	William C. Young	Vallivue High School Route 8, Box 474 Caldwell, Idaho 83605
Benjamin L. Kerfoot	Box 387 Fruitland, ID83619	Alan C. Hale	Minico High School Route 2, Box 348 Rupert, Idaho 83350
Robert H. Leonard	P. O. Box 1389 Sandpoint, ID 83864	Linda D. Elliott	Meridian High School 1900 West Pine Meridian, Idaho 83642
Gerald Currin	Clearwater Valley H.S. P. O. Box 130 Kooskia, ID 83539	Earl R. Marks	3410 Davis Drive Meridian, Idaho 83642
Richard K. Kugler	827 Fort Hall Avenue American Falls, ID 83211	Richard L. Kearns	State Dept. of Education Len B. Jordan Building Boise, Idaho 83720
Thales L. Johnson	P. O. Box 427 Ririe, Idaho 83443	Richard A. Stickle	P.O. Box 1400 Boise, Idaho 83701
Rubylee F. Walker	Blackfoot High School 870 South Fisher Blackfoot, Idaho 83221		

VIII —DISTRIBUTION OF EARNINGS

This corporation is not organized for profit and no part of its earnings shall inure to the benefit of any member or any individual. No member, director, officer or employee of this corporation shall receive, or be lawfully entitled to receive, any profit of any kind from the operation thereof excepting only reasonable compensation for services actually rendered for the corporation in affecting one or more of its authorized purposes.

IX —DISSOLUTION AND LIQUIDATION

Upon dissolution or liquidation of this corporation, all of its remaining assets, after payment of its obligations shall have been made or provided for, shall be transferred and distributed to one or more organizations organized and operated exclusively for educational purposes as shall at that time qualify as an exempt organization under Section 501(c) (3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law) or to state or local governments for a public purpose, as the Board of Directors shall determine.

X —INCORPORATORS

The name and street address of each incorporator is as follows:

Gerald E. Diehl

Jerome High School
Route 5
Jerome, Idaho 83338

Benjamin L. Kerfoot

Box 387
Fruitland, Idaho 83619

Richard A. Stickle

620 North 6th
P. O. Box 1400
Boise, Idaho 83701

IN WITNESS WHEREOF, we have hereunto set our hands this 13th day of June, 1983.

Gerald E. Diehl

Benjamin L. Kerfoot

Richard A. Stickle

BY-LAWS

The superintendents of the secondary schools of Idaho having many years ago recognized the need for a voluntary association of schools to plan, organize and regulate a wholesome and amateur program of interschool activities and athletic competition in which member schools of such association would participate, and to that end having organized such voluntary association known as the Idaho High School Activities Association, which has for many years functioned and been operated as such and which association now having been incorporated under the Idaho Nonprofit Corporation Act, the Board of Directors of said Corporation hereby establish the following as the By-Laws of Idaho High School Activities Association, Inc.

ARTICLE I. MEMBERSHIP

Section 1. A. Regular Members. Any public or private school within the State of Idaho that meets the accrediting standards of secondary schools as required by the State Board of Education and facility and program requirements for interscholastic competition as outlined by the IHSAA Board of Directors is eligible to become a regular member of the corporation. Application for membership by schools in the State must be approved by a two-thirds vote of the Board of Directors as a Final Reading at the January IHSAA Board of Directors meeting the school year prior to membership.

All applicants for regular membership in the IHSAA must meet the following facility and program requirements.

1. Facility Requirements
 - a. Demonstrate the ability to host competition and provide a safe and appropriate environment for those activities the school chooses to sponsor.
 - b. Demonstrate the ability to meet the following field and gym conditions:
 1. Meets National Federation field/court specifications (ex. – size, length, ceiling height)
 2. Playing surface – safe and adequately maintained, properly marked
 3. Crowd control capabilities – (Security barrier)
 - c. Demonstrate the ability to meet the following facility amenities:
 1. Adequate spectator seating/viewing area
 2. Available restrooms
 3. Score boards – public address system when needed
 4. Crowd control management
 5. Adequate locker room for visiting teams
 6. Adequate team areas – (sideline benches, etc.)
 7. Adequate parking for visiting team buses and spectators
2. Program Requirements
 - a. Schools seeking membership in the IHSAA that are established for the purpose of selecting students on the basis of skills and technique in an IHSAA-sponsored activity would be ineligible to compete against member schools in that activity.
 - b. Associate Members. Schools not meeting the State Board of Education accreditation standards are eligible to become associate members of the corporation. An associate member shall have the same privileges as a regular member except that it shall have no right to vote, shall not be entitled to participate in district or state tournaments, and shall not be entitled to championship awards.
 - c. With the payment of annual membership dues to the corporation, both classes of members agree to subscribe to the by-laws, rules and regulations promulgated by the corporation.

B. The procedure for out-of-state schools requesting regular membership in the IHSAA is as follows:

1. Schools will send a letter to the IHSAA requesting membership.
2. The IHSAA will notify the appropriate state association of the request.
3. The IHSAA Board of Directors will approve or deny moving forward with the request.
4. The IHSAA will notify the District Board of Control who will initiate the formal application process in conjunction with the school.
5. The District Board of Control will submit the signed application to the IHSAA along with a recommendation by the district.
6. The IHSAA Board of Directors will approve or deny the request for membership of the school.

Section 2. Dues. The annual dues shall be fixed by the Board of Directors and are payable to the corporation on or before October 1 for regular members. Associate member dues are payable to the corporation before the starting practice date of the sport or activity in which they are requesting to compete. A school in arrears for dues, fines or assessments shall not be eligible to compete in any interscholastic contest held under the rules of the corporation, and shall not receive credit toward championship honors for games or contests won or lost during the period of ineligibility. If any game or contest is played it shall be declared "no game or contest" in competition for championship honors. Any school in violation of this section may be suspended by the Board of Directors.

Section 3. Evidence of Membership. The Executive Director of the corporation shall maintain a roster each year of the member schools of the corporation that shall evidence the membership rights of a member school.

ARTICLE II.

MEETINGS OF MEMBERS

Section 1. Annual Meeting. The annual meeting of the members of this Corporation shall be held at the place and time determined by the Board of Directors. At least 10 days prior to the date of each annual meeting of members, a notice in writing setting forth the date, hour and place of the meeting shall be mailed to each member school by the Executive Director.

Section 2. Special Meeting. Special meetings of the members of the Corporation may be called at any time by the President or by resolution of the Board of Directors. It shall be the duty of the Executive Director to give notice of such meeting to the members within five days following the call of the meeting. Notices of special meetings of members shall contain a general statement of the nature of the business to be transacted at the special meeting for which the notice was given.

Section 3. Quorum. The presence in person by the authorized representative, or by proxy, as defined in this section of one-fourth (1/4), but in any event not less than thirty (30), of the regular members of the corporation shall constitute a quorum for the transaction of business at any meeting of members. The members present at a duly organized meeting of the members may continue to do business until adjournment notwithstanding the withdrawal of enough members to leave less than a quorum present.

Section 4. Voting Rights. Each regular member school shall be entitled to one representative with one vote at all regular and special meetings of members. The authorized representative of a member school shall be either the superintendent of schools or the principal of that member school. Any other substitute delegate of that member school must be authorized by written proxy.

Section 5. Proxies. At all meetings of members, a member may vote in person or by proxy executed in writing by the member. Such proxy shall be filed with the Executive Director before or at the time of the meeting. The proxy shall be valid for only one meeting.

Section 6. Mail Vote. Any action required to be taken by the members may, when deemed necessary by the President, be submitted to the members for a vote by mail.

ARTICLE III.

DISTRICTS

Section 1. Composition. For administrative purposes, for better regulation of interscholastic activities and for purposes of representation and election, the State shall be divided into the following districts by schools which may from time to time, be modified by the Board of Directors:

- | | |
|--------------|---|
| District I | Bonnars Ferry, Clark Fork, Coeur d'Alene, Coeur d'Alene Charter Academy, Genesis Prep, Kellogg, Kootenai, Lake City, Lakeland, Lakeside, Mullan, Post Falls, Priest River, St. Maries, Sandpoint, Timberlake, Wallace |
| District II | Clearwater Valley, Culdesac, Deary, Genesee, Grangeville, Highland (Craigmont), Kamiah, Kendrick, Lapwai, Lewiston, Logos, Moscow, Nezperce, Orofino, Potlatch, Prairie, St. John Bosco Academy, Timberline (Weippe), Troy |
| District III | Ambrose, Bishop Kelly, Boise, Borah, Caldwell, Cambridge, Capital, Cascade, Centennial, Centennial Baptist, Gem State Academy, Cole Valley Christian, Columbia, Compass Charter, Council, Eagle, Emmett, Forge International, Fruitland, Garden Valley, Greenleaf Friends, Horseshoe Bend, Homedale, Idaho Arts Charter Academy, Idaho City, Kuna, Liberty Charter Academy, Marsing, McCall-Donnelly, Meadows Valley, Melba, Meridian, Middleton, Midvale, Mountain View, Nampa, Nampa Christian, New Plymouth, North Star Charter, Notus, Owyhee, Parma, Payette, Renaissance, Ridgevue, Rimrock, Riverstone International, Rocky Mountain, Sage International, Salmon River, Skyview, Timberline (Boise), Vallivue, Victory Charter Academy, Vision Charter, Weiser, Wilder |
| District IV: | Bliss, Buhl, Burley, Camas County, Canyon Ridge, Carey, Castleford, Declo, Dietrich, Filer, Glens Ferry, Gooding, Hagerman, Hansen, ISDB, Jerome, Kimberly, Lighthouse Christian, Magic Valley Alternative, Minico, Mountain Home, Murtaugh, Oakley, Raft River, Richfield, Shoshone, Sun Valley Community School, Twin Falls, Valley, Wendell, Wood River, Xavier Charter |
| District V | Aberdeen, American Falls, Bear Lake, Century, Grace, Grace Lutheran, Highland (Pocatello), Malad, Marsh Valley, North Gem, Pocatello, Preston, Rockland, ShoBan, Snake River, Soda Springs, West Side |
| District VI | Alturas Preparatory Academy, American Heritage Charter, Blackfoot, Bonneville, Butte County, Challis, Clark County, Firth, Hillcrest, Idaho Falls, Leadore, Mackay, Madison, North Fremont, Rigby, Ririe, Salmon, Shelley, Skyline, South Fremont, Sugar-Salem, Taylor's Crossing Charter, Teton, Thunder Ridge, West Jefferson, Watersprings |

Section 2. Membership. Membership in each District shall be confined to those schools that are registered members of the Corporation and are designated in the By-Laws as belonging to such District. The same qualifications shall be required for representatives in the District organization as apply to the State organization.

Section 3. Local Organization. Representatives of the member schools in each District shall organize and elect a Chairman, a Vice-Chairman, a Secretary, its member on the State Board of Directors and other officers deemed necessary to constitute a District Board of Control. These officers shall be elected for a term not to exceed three years, except the member of the State Board of Directors who shall be elected for a three-year term or, in the case of a vacancy, for the completion of the unexpired three-year term. Election of its officers and representative shall be held at the District's annual meeting held prior to the Corporation's annual meeting. New officers shall take office immediately after election, except the member of the State Board of Directors who shall take office on June 1 following his/her election.

Section 4. District Board of Control. The duly elected officers of the District shall constitute the District Board of Control. The function and duties of the Board shall be the handling of the business of the District regarding authorized interscholastic contests, tournaments and festivals, enforcing orders and decisions of the State Board of Directors and performing such other duties and responsibilities as may be delegated to the District Board of Control by the Board of Directors.

Section 5. Leagues and Conferences. Leagues or conferences may be established within a district or districts with the approval of the State Board of Directors. The function and duties of a league or conference shall be to assist the District Board or the State Board of Directors in the administration of interscholastic activities. After establishment, modifications of a league or conference by the addition or deletion of schools must be approved by the State Board of Directors.

Section 6. Limitation of Powers. The District Board of Control or any league or conference shall not have any power to nullify or modify any by-law, rule or regulation of the Corporation or to change any ruling or action of the Board of Directors.

Section 7. Supplemental Rules. The Board of Directors shall have the authority to formulate any supplemental general rules governing District tournaments and meets.

Section 8. Financial Reports. Each District member school shall be furnished an annual financial statement by each District Secretary. The District Board of Control shall certify all reports connected with District meets and shall submit a copy to the Board of Directors.

ARTICLE IV.

BOARD OF DIRECTORS

Section 1. Number. The business of this corporation shall be managed by a Board of Directors (formerly called Board of Control) having fifteen (15) members consisting of one representative from each District, an elected representative of the Idaho Music Educators Association, Idaho Speech Arts Teachers Association, Coaches Association of Boys' Sports, Coaches Association of Girls' Sports, a representative of the Idaho School Boards Association, State Department of Education, Executive Board of the Idaho Association of Secondary School Principals, Executive Board of the Idaho School Superintendents Association, State Athletic Directors Association, and the Executive Director of the Corporation, who shall be a non voting member. A Director representing a District shall be a superintendent of schools or a high school principal from a regular member school elected by the District members at the annual meeting preceding the expiration of the term of office of its representative.

Section 2. Term of Office. All elective terms of Directors shall be for three years commencing on July 1, following election or for the remainder of an unexpired term in case of a vacancy. No director shall serve more than two (2) consecutive terms.

Section 3. Vacancies. In case of a vacancy on the Board of Directors, the Board of Control of the District in which the vacancy occurs or the appropriate represented organization shall immediately name a successor to serve until such time as a successor can be duly elected. A vacancy shall exist when a Director is no longer employed by a member school in his District or when a Director representing a group organization ceases to be a member of that organization or upon termination of the membership of a member school employing a Director.

Section 4. Meetings.

- A. All meetings of the Board of Directors shall be held at such place as designated by resolution of the Board of Directors or by written consent of all members of the Board of Directors.
- B. The Board of Directors shall hold six (6) regular meetings during the year for the purpose of transacting such business as may properly come before the meetings.
- C. Special meetings of the Board of Directors may be called for any purpose at any time by the President, or by the Vice-President, or by any two Directors.
- D. The presence at a meeting of a majority of the members of the Board of Directors shall be necessary to constitute a quorum for the transaction of business, and the act or decision of a majority of the Directors present at a meeting, duly held at which a quorum is present, shall be regarded as the act or decision of the Board of Directors.
- E. Any action required or permitted to be taken by the Board of Directors at a meeting may be taken without a meeting if consent in writing setting forth the action so taken shall be signed by all of the Directors.

- F. The Board of Directors, or any committee appointed by the Board, may hold a meeting by means of a webinar or conference call of which all persons participating in the meeting can hear each other at the same time and participating by such means shall constitute presence in person at a meeting.
- G. If a member of the Board of Directors' is unable to attend a meeting, a designated substitute will be permitted with full voting privileges. The IHSAA office must be notified no later than 48 hours prior to the work session.

Section 5. Compensation. Members of the Board of Directors shall not receive any salary or compensation for their services as Directors; but by resolution of the Board of Directors, expenses incurred by Directors while performing corporation business, may be paid to them.

Section 6. Powers and Duties of Directors. The affairs of the corporation shall be managed by the Board of Directors. In carrying out its duties, the Board shall, in addition to its general powers, have the power to:

- A. Adopt rules and regulations for the regulation of interscholastic activities and athletic competitions.
- B. Interpret by majority vote any provision of these By-Laws and such other rules and regulations as are adopted by the Corporation.
- C. Make provisions for and set qualifying standards for state level competition in interscholastic contests.
- D. To provide for the hearing and determination of all protests (except protests of playing rules), appeals and charges submitted to the corporation, and reprimand, fine, suspend or expel any member school for violation of the rules and regulations of the corporation.
- E. Suspend or expel any contestants under the jurisdiction of the corporation and discipline any party in case of violation of the rules and regulations of the corporation.

Section 7. Conflict of Interest. When a member of the Board of Directors may have a conflict of interest regarding any matter under consideration by the Board of Directors, the other Board members shall decide the issue.

Section 8. Surety Bond. The Board of Directors shall provide an adequate surety bond for the Director and/or all other persons who handle funds in which the Association has a vested interest.

ARTICLE V.

OFFICERS

Section 1. Number. The officers of this corporation shall be a President and a Vice President, who shall be members of the Board of Directors.

Section 2. Election. The officers shall be elected by the Board of Directors annually at the first regular meeting of the Board of Directors held in each fiscal year.

Section 3. Vacancies. A vacancy in any office may be filled at any regular or special meeting of the Board of Directors. Withdrawal from the teaching profession or changing residence to a place outside the District or State by an officer or lapse of membership of the school employing the officer shall constitute a vacancy in that office.

Section 4. Powers and Duties.

- A. **President.** The President shall preside at meetings of members and at meetings of the Board of Directors and shall have such powers and duties as are or shall be prescribed by the Board of Directors or the By-Laws.
- B. **Vice President.** In the absence or disability of the President, the Vice President shall perform all duties of the President and have such other powers and duties as are or shall be prescribed by the Board of Directors or the By-Laws.

ARTICLE VI.

EXECUTIVE DIRECTOR

Section 1. Appointment. The Board of Directors shall appoint an Executive Director who shall be responsible to the Directors for the detailed management of the Corporation and shall serve at the pleasure of the Board of Directors.

Section 2. Duties. The duties of the Executive Director shall be to:

- A. Have custody of all funds, records and property of the Corporation.
- B. Collect all dues, fees, fines and assessments due the Corporation and keep complete and accurate records thereof.
- C. Perform the duties of Secretary of the Corporation and keep a book of the minutes at the Corporate office of all meetings of the members and Board of Directors.

ARTICLE VII.

COMMITTEES

Section 1. Executive Committee. By resolution of the Board of Directors, three (3) or more members of the Board of Directors may be elected to serve as an executive committee or executive committees of the Board of Directors. The executive committee or committees shall have and exercise the authority and powers granted to it or them by resolution of the Board of Directors, and, by such resolution, the Board of Directors may vest in an executive committee all or any part of the power and authority vested in and held by the Board of Directors by the Articles of Incorporation, these By-Laws and the statutes of the State of Idaho. An executive committee shall meet at such time and place and upon such notice as shall be provided by it in a resolution spread upon its minutes and shall keep minutes of its proceedings and at each meeting of the Board of Directors shall report its actions and activities. A majority of an executive committee shall constitute a quorum for the transaction of any business that the committee has power or authority to transact.

Section 2. Special Committees. The President shall have the authority to appoint special committees to perform particular functions for the Board of Directors as may be designated by the President. The number of members appointed to serve on special committees shall be discretionary with the President. Special committees shall not have authority to bind the Board of Directors or the Corporation but shall act only in an advisory capacity.

Section 3. Eligibility Committee. An eligibility committee, consisting of at least three (3) directors, shall be appointed by the Executive Director. More than one such eligibility committee may be appointed and a director may serve on more than one such committee. A majority of the committee shall constitute a quorum. An eligibility committee shall have the authority to hear and consider applications for approval of eligibility and waivers of eligibility under the Association's rules and regulations. A committee shall record the action taken on each application. A committee decision shall be a decision of the Board subject to review upon request of the applicant.

ARTICLE VIII.

MISCELLANEOUS

Section 1. Corporate Seal. The corporate seal of this corporation shall contain the following wording and be in the following form, to-wit:

Section 2. Fiscal Year. The fiscal year of the corporation shall begin on the 1st day of July and end on the 30th day of June in each year.

Section 3. Contracts. The Board of Directors may authorize any officer or agent to enter into any contract or execute and deliver any instrument in the name of and on behalf of the corporation, and such authority may be general or confined to specific instances.

Section 4. Loans. No loans shall be contracted on behalf of the corporation and no evidences of indebtedness shall be issued in its name unless authorized by a resolution of the Board of Directors. Such authority may be general or confined to specific instances.

Section 5. Checks, Drafts, etc. All checks, drafts or other orders for the payment of money, notes or other evidences of indebtedness issued in the name of the corporation, shall be signed by such officer or officers or agents of the corporation and in such manner as shall from time to time be determined by resolution of the Board of Directors.

Section 6. Deposits. All funds of the corporation not otherwise employed shall be deposited from time to time to the credit of the corporation in such banks, trust companies or other depositories as the Board of Directors may select.

Section 7. Review and Audit. A report of Review of Financial Statements will be conducted for three years. An Audit of Financial Statements will be conducted every fourth year.

Section 8. Contingency Reserve Fund. The IHSAA Board of Directors will designate \$500,000 of the Association's unrestricted net assets for a contingency reserve fund. The net assets designated for the contingency reserve fund may only be used to cover the Association's operating expenses during a period when the Association's revenue is not sufficient to cover its expenses as determined by the Association's Board of Directors.

ARTICLE IX.

DISSOLUTION OR WINDING UP



In the event of the dissolution or winding up of the affairs of this corporation as described in Article IX of the Articles of Incorporation, the Board of Directors holding office on the effective date of such dissolution or winding up the affairs of the corporation shall, by resolution, select and designate the organization or organizations meeting the qualifications set forth in the Articles of Incorporation and the law and regulations referred to therein, to which the property and assets of this corporation shall be transferred and conveyed.

ARTICLE X.

RULES AND REGULATIONS

Rules and regulations governing the activities and programs of the Idaho High School Activities Association may be adopted, amended or repealed from time to time by the Board of Directors or Members in the manner set forth below in Article XI.

ARTICLE XI.

AMENDMENTS

Section 1. Action by Board of Directors. Pursuant to the provisions of Article VII, Section 2, of the Articles of Incorporation of this corporation, and Article X of these By-Laws, the power to repeal and amend the By-Laws and adopt new By-Laws, or to adopt, amend or repeal Rules and Regulations, shall be vested in the Board of Directors.

Section 2. Procedures for Action by Board.

- A. The By-Laws may be adopted, amended or repealed at any regular or special meeting of the Board of Directors upon a two-thirds (2/3) vote of the Directors at any such meeting duly called and held. Rules and Regulations may be adopted, amended or repealed at any regular or special meeting of the Board of Directors upon a majority vote. A By-Law or Rule or Regulation so adopted or amended shall become effective on June 1 of the following year unless an earlier effective date is provided.
- B. Any proposed adoption or amendment to a By-Law or Rule or Regulation submitted to the Board of Directors for consideration and action by the Board, shall be introduced only at one of the six regular meetings, but shall not be acted upon by the Board of Directors until a subsequent regular or special meeting of the Board of Directors.

Section 3. Limitation of Authority. The authority granted to the Board of Directors to make, amend or repeal these By-Laws and Rules and Regulations shall not extend to or be interpreted to permit the adoption by the Board of Directors of any amendment fixing the qualification, classification, term of office or compensation of Directors, and any amendment of that nature may only be adopted by the members at an annual meeting of members or at a special meeting of members duly called for that purpose, by the affirmative vote of at least two-thirds (2/3) of the members.

Section 4. Revocation of Authority. The authority extended to the Directors to adopt, repeal and amend the By-Laws and Rules and Regulations may be revoked at an annual meeting of members or at a special meeting of members duly called for that purpose, by the affirmative vote of at least two-thirds (2/3) of the members.

Section 5. Action by Members. This authority delegated to the Board of Directors shall not be exclusive. The members may, by a two-thirds (2/3) vote, adopt, repeal or amend the By-laws. Rules and Regulations may be adopted, amended or repealed by a majority vote at the annual meeting of members or at any special meeting duly called for that purpose.

Section 6. Procedures of Action by Members. The members shall have the authority to adopt, amend or repeal a By-Law of the Association by a two-thirds (2/3) affirmative vote or Rule or Regulation by a simple majority at the annual meeting subject to the following:

- A. Proposed amendments shall only be submitted by or through a school administrator or a District Board of Control to the Executive Director.
- B. Proposed amendments shall be submitted in writing no later than February 15. Proposed amendments shall be distributed to all of the members by the Executive Director no later than March 1. Proposed amendments affecting classification shall be reviewed by the classification committee prior to being voted on as a resolution at the annual meeting.
- C. Proposed amendments by the members shall only be voted upon at an annual meeting and any By-Law or Rule or Regulation adopted at such a meeting shall not become effective until June 1 of the following year unless an earlier effective date is provided.
- D. Proposed amendments by the members that pertain to rules and regulations of specific activities shall be voted on at the annual meeting by only those members who sponsor a team or individual in said activity.

RULES & REGULATIONS

RULE COVERAGE

The Association Rules and Regulations apply to all athletic, dance, cheerleading, speech arts and music participants in grades 9, 10, 11, and 12 who participate in any IHSAA recognized contest, tournament, meet, or competition between member schools or with teams from outside Idaho who are in good standing with their respective state association.

The Association shall provide member schools with access to its By-laws and Rules and Regulations. Member school administrators are responsible to familiarize themselves, their staff members, school board members, coaches, participants and parents with the Association rules. The rules and regulations shall be available online for reference by the general public.

Following are the IHSAA-sponsored sports and activities:

Boys Cross Country	Dance
Girls Cross Country	Baseball
Football	Softball
Volleyball	Boys Track
Boys Soccer	Girls Track
Girls Soccer	Boys Golf
Boys Swimming	Girls Golf
Girls Swimming	Boys Tennis
Boys Wrestling	Girls Tennis
Girls Wrestling	Drama
Boys Basketball	Debate
Girls Basketball	Speech
Cheerleading	Music

RULE 1 - ADMINISTRATIVE AUTHORITY AND RESPONSIBILITY

1-1 GENERAL

- 1-1-1** The principal of each member school is recognized as the school representative and, as such, is accountable to the Association for the conduct of the activities program of that school.
- 1-1-2** The principal or an authorized adult representative shall accompany each team to all contests.
- 1-1-3** The principal has the authority to designate a faculty member employed in that school system to act as activities director of the teams representing the school.
- 1-1-4** The principal must provide adequate team and crowd control at all contests in which his/her school participates and assure that participants and fans conduct themselves in a proper and sportsmanlike manner. Failure of the principal to provide adequate control or failure of the school's participants and/or fans to conduct themselves in an appropriate manner shall be deemed sufficient reason for disciplinary action by the Board of Directors.

- 1-1-5** Any school may narrow the scope of its activities and may have rules governing participants in addition to these rules provided the same do not conflict with or violate the Association rules.

- 1-1-6** The Board of Directors will not overrule a local school policy that is consistent with these rules and regulations.

- 1-1-7** Mutual agreements that violate the rules of this Association may result in disciplinary action being taken against the schools involved.

- 1-1-8** All new principals and athletic directors are required to attend annual IHSAA rules and regulations workshops that are held in each activity district at the beginning of the school year.

1-2 CERTIFICATION OF ELIGIBILITY

- 1-2-1** The eligibility of all contestants in sports and specific activities shall be certified by the school principal in accordance with the rules hereby adopted. An ***Eligibility Verification*** form must be filed with the IHSAA office for each sport and specifically named activity in which a school participates.
- 1-2-2** The filing dates for eligibility verification have been determined by the Board of Directors. A late fee of \$5.00 per sport/activity will be charged for failure to file the form on or before the deadline.

RULE 2 - CLASSIFICATION

- 2-1** School enrollment will be the primary basis for establishing classification. Final placement may be determined by consideration of the following factors:
1. Minimizing loss of instructional time.
 2. Reducing travel time and distance.
 3. Facilitating equitable scheduling.
 4. Evaluating safety concerns relative to competitive scheduling and pairing.
 5. Competitive equity of schools' program/s.

- 2-2** Classifications shall be reviewed every two years. Grades 9-12 enrollment numbers are obtained during the enrollment year from the State Department of Education and as outlined in Rule 8-14, 15, 16, 17. Figures are compiled during a one-year period, with a one-year grace period as illustrated below. The average of enrollment figures used in calculating classification shall not be rounded up.

<u>Enrollment Year</u>	<u>Grace Year</u>	<u>Classification Period</u>
2020-2021	2021-2022	2022-2023 / 2023-2024
2022-2023	2023-2024	2024-2025 / 2025-2026
2024-2025	2025-2026	2026-2027 / 2027-2028

- 2-2-1** Classifications for the current school year:

Sports/Spirit/Drama

- 5A 1280 & over
4A 640-1279
3A 639-320
2A 319-160
1ADI 159-85
1ADII 84 and below

- 2-2-2** All proposals for reclassification shall be reviewed by the IHSAA Classification Committee before being considered by the Board of Directors.
- The proposal must be submitted to the Classification Committee by February 15 of the enrollment year.
 - The proposal must be submitted as outlined on the IHSAA Classification Proposal Form.
- 2-3** The IHSAA Board of Directors shall make the final determination on all classification petitions during their annual September meeting. Classification petitions will be considered for two-year cycles. Petitions must be submitted to the IHSAA by September 10 of the grace year.
- Schools may petition to move down a classification in specific team sports (see 2-3-1).
 - Schools may petition to move up a classification in specific team sports (see 2-3-1).
 - Schools may petition to move up a classification in specific individual sports (those not listed in 2-3-1).
 - Schools may petition to move up a classification as a school (all sports/activities).
- 2-3-1** Cheer, dance, football, boys soccer, girls soccer, volleyball, boys basketball, girls basketball, baseball and softball are considered team sports for the classification petitioning process.
- 2-3-2** Petitions must include the following to be considered when petitioning down a classification:
- The IHSAA office will tabulate votes from all superintendents of the classification in which the school wishes to be placed as well as the classification they will be leaving. A simple majority of the superintendent votes, one vote per high school, must be obtained to move the petition to the Board for a final decision.
 - Cover letter and letters of support.
 - Evidence that the varsity, JV, and freshman combined winning percentage is near or below 25% during the most recent two years of competition against their assigned classification.
 - Evidence that the varsity, JV, and freshman teams finished near or below the bottom 33% of their postseason tournaments during the most recent two years of competition.
 - The IHSAA office will organize team sport committees to review all petitions prior to coming to the IHSAA Board of Directors to be used as advisory information.
- 2-3-3** Petitions must include the following to be considered when petitioning up a classification:
- The IHSAA office will tabulate votes from all superintendents of the classification in which the school wishes to be placed as well as the classification they will be leaving. A simple majority of the superintendent votes, one vote per high school, must be obtained to move the petition to the Board for a final decision.
- Cover letter and letters of support.
 - The IHSAA office will organize team sport committees to review all petitions prior to coming to the IHSAA Board of Directors to be used as advisory information.
- 2-4** When school attendance boundaries change, causing an alteration in the enrollment and classification status of member schools within that school district, the following procedure will be used to determine the classification for the next school year:
- The Board of Directors, at their December meeting, will review the fall enrollment figures obtained from the State Department of Education of each school in question.
 - The Board will place each school in their proper classification beginning at the start of the next school year.
- 2-5 REPRESENTATION**
- 2-5-1** State tournament representation in volleyball, soccer, swimming, football, basketball, wrestling, track, softball and tennis will be determined for a two-year period based on a percentage of schools in that classification. Note: Representation may be altered periodically to reflect the historical representation of each classification.
- Representation to state competition will be determined by the percentage of the number of teams from a district or region that qualify for state tournament competition.
 - State play-in games should be used when the percentage of the representation between districts or regions can be more equitable.
 - When there are three or more schools within a region or district, representation should be at least 1.5 if possible.
 - When state play-in games are used, they should be played at neutral sites and between regions or districts of the state that would not cause unrealistic travel requirements. Note: It is considered unrealistic travel if a team cannot travel to a play-in site, compete and return to their own school in one day.
- 2-5-2** State tournament representation for cross country, golf, speech, debate, drama, cheer and dance will be determined yearly by the total number of team and/or individual finishers at a district/regional qualifying competition.
- 2-5-3** State tournament brackets for girls' soccer, boys' soccer, volleyball, girls' basketball, boys' basketball and softball will be seeded using MaxPreps rankings. Each school year, brackets will be flipped to balance the bracket time slots, based on a 4-year rotation. The higher seed will be the home team in all contests.
- | <u>23-24</u> | <u>24-25</u> | <u>25-26</u> | <u>26-27</u> |
|--------------|--------------|--------------|--------------|
| 4 vs 5 | 3 vs 6 | 1 vs 8 | 2 vs 7 |
| 1 vs 8 | 2 vs 7 | 4 vs 5 | 3 vs 6 |
| 2 vs 7 | 1 vs 8 | 3 vs 6 | 4 vs 5 |
| 3 vs 6 | 4 vs 5 | 2 vs 7 | 1 vs 8 |

- a. MaxPreps rankings will include all regular season games and district tournament games.
- b. Regular season and district tournament game scores must be posted by each member school on MaxPreps prior to midnight the Saturday prior to the state tournament. Scores posted and/or altered after the Saturday deadline will NOT be included in the final rankings.
- c. Official and final rankings will be published by the IHSAA the Monday prior to the state tournament.

RULE 3 - COACHES

- 3-1** The head coach of any IHSAA sport or activity must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course.
- 3-1-1** Assistant and sub-varsity coaches need not be certified teachers as long as they have been officially approved by their local Board of Trustees. Assistant and sub-varsity coaches are strongly encouraged to complete a coaching principles course.
- 3-1-2** All new coaches (includes head coaches, directors, assistant coaches and volunteers) that are not certified to teach in Idaho must take the NFHS Teaching and Modeling Behavior course prior to the first day of practice. This course is only required upon being hired in Idaho for the first time.
- 3-2** All coaches (includes head coaches, directors, assistant coaches, and volunteers) of IHSAA activities must complete:
- a. A First Aid course with a CPR component from a school district-recognized provider. A “recognized provider” is one whose curriculum is similar to the American Red Cross and American Heart Association. New coaches must complete the course during his/her first year of coaching. At no time may a team practice, travel or compete without at least one adult present who has met this requirement.
 - b. Coaches must take the St. Luke’s online concussion course prior to the first day of practice. All coaches are required to review the St. Luke’s Online Concussion Course on even numbered years. IHSAA statewide review dates: 2024-25, 2026-27, etc. Only courses completed after May 1 will be accepted. The IHSAA Board of Directors must approve alternative concussion courses or seminars.
 - c. Coaches must take the NFHS Sudden Cardiac Arrest course prior to the first day of practice. All coaches are required to review the NFHS Sudden Cardiac Arrest Course on even numbered years. IHSAA statewide review dates: 2024-25, 2026-27, etc. Only courses completed after May 1 will be accepted.
 - d. Coaches must take the NFHS Student Mental Health and Suicide Prevention course prior to the first day of practice. All coaches are required to review the NFHS Student Mental Health and

Suicide Prevention course on even numbered years. IHSAA statewide review dates: 2024-25, 2026-27, etc. Only courses completed after May 1 will be accepted.

- 3-3** No coach or athletic director may accept remuneration or reimbursement of any kind from sources outside the local board of education in return for services rendered in instructing, coaching or chaperoning any member of the high school athletic/activity team. Coaches may receive appreciation gifts from team members, parents or community organizations that do not exceed the value of an IHSAA player award (\$300). Appreciation gifts may not include cash of any value or reimbursement for travel/chaperoning expenses.
- 3-4** If additional funding sources are used for instructing or coaching any high school team, funding must be approved and distributed through the local Board of Education.

RULE 4 - CONDUCT/DISCIPLINE

- 4-1** The conduct of participants and school personnel at all IHSAA sponsored activities shall be such that it does not bring discredit to the school or the Association. Such conduct must not disrupt the discipline, order, safety, or educational environment of high school activities. (Also see Rule 1-1-4)
- 4-2** The member school principal is responsible for initiating appropriate disciplinary measures against students or school personnel for improper or unethical practices. A report of such action shall be forwarded to the Executive Director and the appropriate District Board of Control.
- 4-3** **EJECTIONS**
- 4-3-1** In any athletic contest, including jamborees, any coach or player ejected for an 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. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests 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 not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.

- 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 earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
- f. Other Persons (staff/fan/spectators that are not parents) 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.

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.

RULE 5 - CONTESTS

5-1 Interscholastic contests must not be arranged without the knowledge and sanction of the school principal.

5-2 Interscholastic contests in IHSAA-sponsored activities must be held under the direct supervision and management of the schools involved, with the exception of state competition, which shall be under the supervision and management of the IHSAA.

5-3 A school administrator or his/her appointed adult representative shall accompany participants to all interschool contests. A school representative, if someone other than the coach or director, must check in with the contest manager and must maintain direct supervisory control of students during the event. (Also see Rule 1—Administrative Responsibilities)

5-4 Interscholastic competition is not allowed against schools that are not regular or associate members of this Association, or of another state high school association. Exception: Associate member schools (not eligible for district / state competition) are allowed to compete against non-member schools.

5-4-1 No interschool competition may be held against a school that is under suspension by the IHSAA.

5-5 Idaho schools may participate in out-of-state competition under the following conditions:

- a. Idaho schools comply at all times with the rules and regulations of the IHSAA.

- b. All requirements for sanctioning of the competition are met.

- 5-6 High school events may be sponsored by outside groups, but member school administrators must retain control of school-related events. Use of school programs by non-school sponsors to add dignity and status to an event they are promoting is prohibited.
- 5-7 IHSAA-sponsored competition may be held on any day of the week if all schools involved approve such play.
- 5-8 Withdrawal of a school team from an interscholastic contest once the contest has commenced will jeopardize the standing of the school in the Association, unless withdrawal is by consent of competing schools.
- 5-9 Contests shall be scheduled primarily on Friday nights and Saturdays. When possible, no more than two additional nights shall be used for interscholastic activities.
- 5-10 Once a student participates at the varsity level in a district tournament contest, he/she may not compete in the sub varsity level district tournament.

- 5-11 A member school and its students are not permitted to participate in contests or scrimmages which take place during the time period between district tournaments and state tournaments.

5-12 SCRIMMAGES / PRACTICES

- 5-12-1 An organized scrimmage, drill or practice by teams or individual students with or against other member school teams or players is considered a contest, and counts toward the total number of contests a team is allowed.
- 5-12-2 Member school teams and individuals are prohibited from scrimmaging or practicing with or against non-member/non-high school teams, non-high school players or coaches in a team sport, except in the following situations:
 - a. Practice is allowed between 9th and 8th grade in a junior high that has an 8-9 configuration.
 - b. In the sport of track, high school teams may practice with junior high/middle school teams in the same school district.
 - c. In the sports of volleyball and basketball, 1A Div. II teams may practice with 8th grade students if they cannot field enough athletes to have an intersquad scrimmage in game type conditions. The 8th graders must meet all other IHSAA requirements.
 - d. No more than two district-approved coaches may participate, as a player, in practice at one time. 1A schools are exempt from Rule 5-12-2d.
 - e. 1A/2A/3A teams may practice together in the pole vault. Proof of insurance/liability must be given to the host school administration by the sending school administration before athletes can vault at the host school.

5-13 CONTEST LIMITATIONS

In the event a school or athlete exceeds the game/match limitation the following will apply:

- a. Exceeds by one game/match
 - 1. IHSAA assessment up to \$1500.
 - 2. Head coach shall be suspended for district and state competition.
 - 3. The program will be placed on probation for three years. Any violation during the probation period will result in contestants becoming ineligible for district, state, or any further IHSAA sponsored competition in that activity.
- b. Exceeds by two or more games/matches
 - 1. IHSAA assessment up to \$1500
 - 2. Head coach shall be suspended for district and state competition.
 - 3. Contestants and coach will become ineligible for district, state, or any further IHSAA sponsored competition in that activity.
 - 4. The program will be placed on probation for three years.

RULE 6 - CONTRACTS

- 6-1 The *Interscholastic Activities Contract* must be used to arrange varsity contests in football, volleyball, soccer, basketball, and wrestling. The principal or activities director of each school must sign the contract. When a school has two or more teams competing in the same sport, the teams must be clearly designated as "first", "second", or "third" team. (See contract form for additional information.)
- 6-2 If the contract is breached by either party, the IHSAA Board of Directors or District Board of Control, whichever is appropriate, will determine reasonable damages to be paid to the contracted opponent by the school that breaches the contract. In no case will the damages exceed three times the Association annual membership fee. The Board will not review oral contracts.
- 6-3 Contracts may be cancelled by mutual written consent of the contracting schools.
- 6-4 The Board of Directors may cancel any contest or contract if the Board determines that the contest should not be held because of death, fire, flood, disease, abandonment of an activity, or other reasons of impossibility of performance. No contest shall be ruled a forfeit until the Board has reviewed the facts of each case.

RULE 7 - COOPERATIVE PROGRAMS

- 7-1 Cooperative programs allow teams or individuals an opportunity to compete in IHSAA sanctioned activities in which they would not otherwise be able to compete. All member schools of the IHSAA are eligible to participate in a cooperative program.
- 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. 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 5A 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 programs will be in effect for a minimum of two years.

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. Requests for cooperative programs shall be submitted to the IHSAA Board of Directors for fall activities by August 1; for winter activities by October 15; and for spring activities by January 15. The Board may, at its discretion, act on applications after these dates.
- b. The local school boards of the participating member schools must submit an official application for the cooperative program to the IHSAA Board of Directors.

RULE 8 - INDIVIDUAL ELIGIBILITY

These rules determine a student's eligibility to participate on a school athletic team or in specific competitive activities.

NON-SPORT ACTIVITY ELIGIBILITY

Cheerleading

Students who participate in competitive cheer are subject to rules 8-1 through 8-15, with the exception of Rule 8-4, Amateur Status, 8-5 Awards, and Rule 8-11, Outside Competition. Members of cheer teams that do not compete must be regularly enrolled students at the time of participation. *Non-traditional students – See Rule 8-16.*

Dance

Students who participate in dance competition are subject to rules 8-1 through 8-15, with the exception of Rule 8-4, Amateur Status, 8-5 Awards, and Rule 8-11, Outside Competition. Members of teams that do not compete must be regularly enrolled students at the time of participation. *Non-traditional students – See Rule 8-16.*

Speech Arts

Students who participate in debate, speech and drama competitions are subject to Rules 8-1 through 8-15, with the exception of Rule 8-4, Amateur Status. *Non-traditional students – See Rule 8-16.*

Music

All students who compete in the State Solo Contest are subject to Academic Eligibility Rules 8-1 through 8-1-5.

8-1 ACADEMIC

To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following criteria:

3 classes attempted	must pass all three
4 classes attempted	must pass at least three
5 classes attempted	must pass at least four
6 classes attempted	must pass at least five
7 classes attempted	must pass at least five
8 classes attempted	must pass at least six

- a. Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report).
- b. Being "on target to graduate by State Board of Education requirements" means: a student not having the necessary number of credits to graduate with their class through the normal school day program, must have a graduation plan that provides for receiving a diploma by the end of the summer following their senior year in order to be eligible for activity participation. (The number of students with a graduation plan will be reported on the Eligibility Verification Report.)
- c. Schools may adopt stricter academic eligibility policies.

8-1-1 Credit is granted for an approved course meeting for five periods a week, for the prescribed 18 weeks (semester) or an approved equivalent. Approved trimester scheduling is acceptable. Approval of equivalent scheduling must be approved by S.D.E. (See 8-1 to determine equivalent scheduling.)

8-1-2 An approved course is one which is taken for credit toward graduation. A college credit course that is also allowed for high school graduation is acceptable.

8-1-3 When a student from a member school enrolls in any college course, summer school, night school course, or correspondence course approved by the Idaho State Department of Education and such student desires to have the credits count toward IHSAA scholastic eligibility requirements, the student must obtain written approval from the high school principal stating that each specific course credit will be accepted and counted toward graduation.

8-1-4 An incomplete or conditional grade received at the end of a semester counts as a failure until the deficiency is removed.

8-1-5 A student must have satisfactorily completed the preceding semester/trimester and the academic eligibility requirements to be eligible for the current semester/trimester.

8-1-6 For students enrolled in an approved special education program in which the I.E.P. is the standard of measurement for progress toward graduation, the district shall verify that the student is making satisfactory progress and meeting the standards of the I.E.P.

8-2 **AGE**

A student becomes ineligible for athletics upon completion of the sport season in which he/she turns twenty (20) years of age.

8-3 **ALL-STAR COMPETITION**

8-3-1 Only those students who have completed the sport season of their senior year may participate in all-star, benefit, or similar contests. Such contests may not be held during the IHSAA sport season and must be submitted for approval by the IHSAA at least 30 days prior to the contest. All-star competitions held after the first week of June, in which only graduated seniors participate, do not require IHSAA approval. Students, parents, and coaches should examine NCAA regulations prior to participation in any all-star contest.

8-3-2 While the IHSAA allows conferences to select an "all-conference" team, the Association does not recognize any type of all-tournament or all-state selections. If school personnel participate in the selection process, they must not do so as a school representative.

8-4 **AMATEUR STATUS**

8-4-1 A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived therefrom.

- a. An athlete forfeits amateur status in a sport by capitalizing on athletic fame by receiving money, compensation, endorsements or gifts of monetary value in affiliation or connection with the student's school team, school, league, district or IHSAA (scholarships to institutions of higher learning are specifically exempted).

1. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team, school, league, district or IHSAA affiliation.

- b. An athlete forfeits amateur status in a sport by signing a professional contract in that sport.
- c. It is permissible for a player to accept necessary meals, lodging and transportation if such are accepted in service rather than in money or any other material form. Examples of such events

include NCAA Academies, McDonald's All-American games, USA Basketball, etc... State or district level all-star games will not be considered for this.

8-4-2 Amateur status will not be jeopardized by accepting a nominal, standard fee or salary for instructing, supervising or officiating in an organized youth sports program (school or non-school) or recreation, playground or camp activities.

8-4-3 A student may receive the benefits of participation in carnival type / luck-of-the-draw / lottery style activity that is open to the general public. This type of competition must be limited to individual type competition and not put one contestant against another.

8-4-4 A high school student who loses amateur status may apply to the Association for reinstatement in the interscholastic program.

8-5 **AWARDS**

8-5-1 A student may not receive cash of any amount or an award, playing equipment or prize, which exceeds the retail value amount of \$300, including, but not limited to, attendance at an instructional camp or all-star game.

8-5-2 A student is governed by IHSAA rules when he or she participates in IHSAA competitions. If a student competes outside the IHSAA sports season, awards are governed by the amateur governing body of that sport. If no regulations exist for that sport, 8-5-1 is in effect.

8-6 **ELIGIBILITY RULE WAIVER REQUEST**

The Board of Directors has the authority to waive an eligibility rule when, in the opinion of the Board, the rule fails to accomplish the purpose for which it is intended. This request must be completed and submitted by the principal of the school the student will be attending. The request should include any hardship that has a bearing on the case. The order for review will be as follows:

- a. The Executive Director will first consider each case after they receive an Eligibility Regulation Waiver form.
- b. An eligibility committee of the Board will consider each case after they receive an Eligibility Regulation Waiver form.
- c. An appeal committee, consisting of Board and community members who did not hear the first appeal will then consider the case.

8-6-1 A written notification of the decision will be sent from the Executive Director. The decision of the eligibility is final.

8-7 **ENFORCEMENT**

8-7-1 The administration of the member schools shall be responsible for administering and enforcing eligibility rules, and shall have the responsibility of educating and

guiding students in the rules of eligibility which govern member schools of the Association.

- 8-7-2** In the event an ineligible student is discovered to have participated, the member school principal shall:
- Immediately notify the IHSAA office.
 - Send a written report to the Executive Director and the District Board of Control Secretary. The report must include the name of the ineligible student, the cause of ineligibility, dates of contests in which the student participated when ineligible, and how the error was made.
 - Declare the student ineligible for further competition until notification of a decision has been received from the Executive Director.

8-8 ENROLLMENT / ATTENDANCE

- 8-8-1** A participant shall be enrolled as a full-time student in the school sponsoring the team on which he/she participates unless the school is in an approved cooperative program or the participant is in compliance with Rule 8-16.

- 8-8-2** A student is entitled to athletic eligibility, providing all other eligibility requirements are met, for eight consecutive semesters after the student first enrolls in the ninth grade. The semesters of eligibility continue to be spent even though a student might not participate every semester.

- 8-8-3** No student shall be permitted to participate in more than four seasons of any one activity or more at the high school level.

- 8-8-4** No student shall be permitted to participate in more than one season per sport each school year.

- 8-8-5** Students who have not entered the ninth grade, but are taking the credit equivalency of a full-time high school student, may compete in interscholastic athletic contests against high school students. If the student does compete, however, that season will mark the beginning of his/her eight semesters of eligibility.

8-9 FOREIGN STUDENTS

A foreign exchange student is a student who is under the auspices of and placed by a CSIET listed exchange program (*see list Rule 8-9-4*). Foreign exchange students may participate in the host high school athletic program provided the ***Foreign Student Transfer Form*** has been submitted and filed by the principal with IHSAA and approved by the Executive Director.

- 8-9-1** A foreign exchange student is considered to be placed with a host family when written notice of placement is provided by the exchange organization to the student and his/her parents, and to the host family.
- Neither the school the student attends nor any person associated with the school shall have input into the selection of the student.
 - No member of the school's coaching staff, paid or voluntary, shall/can serve as the host family unless the student is participating at the JV level or lower.

- 8-9-2** The foreign exchange student must possess a current visa issued by the US State Department.

- J-1 Visa: Student may be granted varsity eligibility for one year.
- J-1 Visa Direct Placement: Student may be granted junior varsity eligibility for one year. Direct placement is reported to the IHSAA by the NFHS.
- F-1 Visa: Student may be granted junior varsity eligibility for one year.
- F-1 Visa, Non-Foreign Exchange International Student: see Rule 8-9-7

- 8-9-3** The foreign exchange student must comply with all eligibility requirements set forth by the IHSAA of which the school he/she attends is a member.

- 8-9-4** The exchange program must be one of the following programs approved by the Council on Standards for International Education Travel.

Academic Foundation for International Cultural Exchange
AFS-USA, Inc.
AIFS Foundation Academic Year in America
American Councils for International Education: ACTR/ACCELS
American Cultural Exchange Service (ACES)
AnB Education
ARISE
Aspect Foundation
ASSE & World Heritage International Student Exchange Program
ASSIST
Association for Teen-age Diplomats (ATAD)
Ayusa International
Borderless Friends Forever Foundation
Children Around the World II
Children of All Nations
Council for Educational Travel, USA (CETUSA)
Council on International Educational Exchange
Cultural Academic Student Exchange Inc.
Cultural Homestay International
Education Travel & Culture
Educational Resource Development Trust (ERDT/SHARE!)
EF High School Exchange Year
Face the World Foundation
Foreign Links Around the Globe
Forte International Exchange Association (FIEA)
Foundation for Academic Cultural Exchange (FACE)
Foundation for Worldwide International Student Exchange (WISE)
German American Partnership Program (GAPP)
Global Insights
Greenheart Exchange
High School in the USA
Inter-Ed, LTD
International Cultural Exchange Services (ICES)
International Experience (iE)-USA
International Fellowship, Inc.
International Student Exchange (ISE)
Iowa Resource for International Service (IRIS)
Nacel Open Door
Northwest Student Exchange (NWSE)
NW Services PEACE Program
Organization for Cultural Exchange Among Nations (OCEAN)
Pan Atlantic Foundation
PAX and Laurasian Institution
Reflections International, Inc.
Rotary International
Rotary Youth Exchange Programs
States' 4H International Exchange Programs
STS Foundation
Student American International
Terra Lingua USA
United Cultural Exchange (UCEUS)
United Studies, Inc. Student Exchange
WESSEX
World Link, Inc.
Youth for Understanding USA

8-9-5 An exchange student from any other program is considered a transfer student and must follow the eligibility waiver process to gain eligibility.

8-9-6 Approved foreign exchange students are eligible for athletic competition for a maximum of one school year. The one school year includes enrollment in member schools in Idaho or other states.

8-9-7 Non-Foreign Exchange International Students

International students who are not under the auspices of, and placed by, a CSIET-listed exchange program will be ineligible for varsity interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school. International students must meet the following requirements in order to be considered for interscholastic athletic/activity eligibility:

- a. Must file a Foreign Student Transfer Form with the IHSAA Office and be approved.
- b. The student must possess a current F-1 visa, issued by the U.S. Immigration and Naturalization Service.
- c. The student must provide to the principal of the school he/she attends an official untranslated transcript and a transcript that is translated into English, by an acceptable agent or agency, which indicates work taken in all grades in which the student was enrolled.
- d. The international student must pay tuition to the high school he/she attends as prescribed in Section 625 of U.S. Public Law 104-208. A receipt of their paid tuition must be included in the paperwork.
- e. No member of the school's coaching staff, paid or voluntary, shall/can serve as the host family unless the student is participating at the JV level or lower.
- f. The international student must comply with all eligibility requirements set forth by the state high school association of which the school he/she attends is a member.

Non-compliance with one or more of the foregoing provisions shall render the international student ineligible for interscholastic athletics at any high school that is a member of any NFHS member state high school association.

8-10 GRADUATES

8-10-1 A graduate of any high school is ineligible for participation in interscholastic activities. Exception: A newly graduated student who participates in a spring sport will remain eligible until the end of that sport's season.

8-10-2 A student who has earned sufficient credits to graduate in less than eight semesters may remain eligible, providing the student does not actually graduate and is enrolled in and attending the high school as a full-time student.

8-11 OUTSIDE COMPETITION

8-11-1 Outside competition not allowed and is defined as a student who competes in organized, non-school contests or events during the high school season, except as provided in Rule 12.

8-11-2 Violation of this rule will result in the following:

- a. The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season contest, district, and state.
- b. Infractions will be reported to the District Board of Control, who may levy additional fines or penalties.

8-11-3 A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:

- a. The student will be ineligible for the school team for the remainder of that sports season.
- b. Additional assessments may be possible.

8-11-4 Contests may not be scheduled to create eligibility.

8-12 PRACTICE BEFORE CONTESTS

8-12-1 Practice is defined as a scheduled physical fitness activity designed for the preparation of athletes for the ensuing sports season. Practices must be conducted under the supervision of the school coach or supervisor.

8-12-2 A student must have ten days of practice prior to the day of the first contest of an interscholastic athletic competition season. Football and wrestling participants must have ten days of practice in that sport.

- a. The day of the first scheduled contest shall not be allowed to count as one of the ten days in meeting the ten-day practice rule.
- b. Athletes who have participated in an IHSAA sanctioned sport during the preceding sport season may count ten days of practice/or games in the previous sport during a three-week period prior to the first contest of the current sport.
- c. Participation in physical education classes does not constitute a practice.
- d. A student may count only six days of practice in a seven-day calendar week (with the week beginning on Sunday) towards his/her required ten days of practice.

8-12-3 A school team may compete in one officially sanctioned jamboree in each sport during the school year prior to the first competition in that sport.

- a. Jamborees must be registered through the Idaho Youth Endowment for Activities Foundation.
- b. In the sport of football, a participant must have ten days of practice before they can participate in a football jamboree.
- c. In the sport of wrestling, a participant must have five days of practice before they can participate in a wrestling jamboree. Wrestling jamborees must follow the take-down tournament format. The jamboree may count as one of the wrestlers ten days of practice.
- d. In all other sports, a jamboree may be scheduled prior to the first contest in that sport and count as one of the ten days of practice.

8-13 **RESTRICTIONS**

8-13-1 Moving to another school district or school does not remove an ineligibility ruling by the preceding school or the Eligibility Committee.

8-13-2 A student who becomes ineligible under the rules of another state cannot remove that ineligibility simply by transferring to an Idaho high school.

8-13-3 Ineligible students may practice but must not appear in uniform or represent a school at a competition.

8-14 **TRANSFERS**

- a. A student is eligible at the school the student enters for the first time at the beginning of the ninth grade. A student who changes from one school to another school thereafter is subject to the regulation under this transfer rule.
- b. The IHSAA does not recognize transfers for athletic purposes. A student who changes schools for athletic purposes will be ineligible for interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school.

8-14-1 **Bona Fide Move** If the parents of a student, or legal guardian in case neither parent is living, make a bona fide move to a new permanent residence in the attendance area of a school to which the student transfers, he/she is immediately eligible provided an ***Athletic Transfer Form*** is submitted and approved. A permanent residence is the actual physical relocation by the parents or legal guardians of a student at a new residence and termination of all occupancy of the previous residence. The change in residence must be bona fide and used as the address for utilities, registration for voting, registration for driver's licenses, registration for motor vehicles, identification cards, and the attendance zone for other school aged family members for a minimum of 365 days. For the purpose of eligibility, there can be only one residence.

Move Less Than 50 Miles If the parents of a student move less than fifty miles from their present residence, the follow information must accompany the Athletic Transfer Form:

1. Letter from parents explaining the move.
2. Letter of support from school filing the request.
3. Proof of former residence address being terminated (lease termination letter, escrow closing papers).
4. Real estate documents indicating and verifying the valid change of residence OR proof of entering a long-term lease (minimum of 12 months).
5. Proof of at least two utility services/monthly bills in the family's name at the new residence address AND documentation of termination of the same at the former address (cell phone, auto insurance, pay stub, gas, water, electricity, cable TV, etc.)
6. Proof of change in address on the parent(s) and age-appropriate student's driver's license to new residence address.

The IHSAA Executive staff or Board of Directors may approve or deny varsity competition if circumstances warrant.

Parents, students or schools that provide false or misleading information will be subject to Rule 15-6.

- a. A student who transfers to a new school in advance of the parents move will become eligible the day the parents move into the new district, providing all other IHSAA requirements have been met.
- b. The student may remain in the old school until the close of the current semester or until the close of the school year and remain eligible at that school.
- c. The student may transfer to the new school at the time of moving or any time thereafter during the school year or prior to the beginning of the ensuing school year and be eligible upon enrolling in and attending the new school.
- d. If the student does not transfer to the new school within the time periods provided in (a), (b), and (c) above, the student will remain eligible at the original school but is ineligible at the new school unless otherwise approved by the school from which the student transferred and the Eligibility Committee.

8-14-2 **Transfer Without a Parental Move.**

- a. A student who changes schools without an accompanying move on the part of his/her parents will be ineligible for varsity interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school.
- b. A student who establishes eligibility outside of his/her resident school attendance zone and later transfers back to the school of his/her resident attendance zone will be ineligible for varsity interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school.

8-14-3 **Independent Student** A student who is "on his/her own" and not dependent upon parents or a guardian for a home, and wants to transfer eligibility of a prior residence, is required to attend one calendar year from the initial date of enrollment and attendance in the new school before becoming eligible.

8-14-4 **Transfers between Public and Private Schools** A student who transfers to, from or between a public and private school is ineligible for varsity interscholastic extracurricular activities for one year from the date of initial enrollment and attendance in the new school, unless there is a corresponding bona fide change of residence of the student's parents to the school attendance area to which the student is transferring.

8-14-5 **Transfer Due to Parental Divorce or Legal Separation**

- a. A student whose parents have a court decree of divorce or a court decree of legal separation (Idaho Code 32-704(2)) may establish eligibility in the

school district of either parent but not of both parents. After establishing initial residency with one parent, two subsequent transfers will be permitted, one to the other parent and one return.

- b. Any transfer after two without a change of residence of that parent will require submission and approval of an Eligibility Regulation Waiver.

8-14-6 Dependent Student The eligibility of a student who moves with a family upon whom the student has been continuously dependent for at least one year and with whom the student has made a home, requires approval of the Board of Directors.

8-14-7 Non-Member School A student who transfers from a school which is not a member of the IHSAA or an association of any state must have his eligibility approved by the Board of Directors.

8-14-8 Discontinued Schools A student transferring from a closed or discontinued school is eligible for interscholastic activities upon enrollment in another school, provided the student attends a school in the vicinity of his or her home which is close enough so the student may continue to reside at home.

8-14-9 Official Change in School Boundaries A student who transfers to another school as a result of official change in the school boundary shall be eligible provided the transfer is made to the school into which boundaries the student's home has been annexed and that enrollment in that school is not later than the opening of the school year following the official change of school boundaries. The student must have been attending school in his or her home district at the time of the change of the boundaries.

8-14-10 Parent Move to Create Eligibility A student who transfers from one school to another before or without regard to a move on the part of the student's parents does not become eligible if the parents move later for the purpose of making the student eligible.

8-14-11 Waiver of Transfer A student who transfers schools under conditions which do not meet the terms of the IHSAA transfer standards may be eligible to participate in interscholastic athletics or specific activities, except varsity level, in activities in which he/she competed, tried out for, or participated on any organized club, school or otherwise scheduled team during the 12 calendar months preceding the date of transfer, provided eligibility is approved by the principals of both the sending and receiving schools and the Board of Directors, and further provided that there is no participation purpose involved in the transfer. If either principal or the Board decline to approve eligibility, the student shall be ineligible for all activities for one calendar year from the date of transfer. This rule applies to all public to public, private to private, private to public, public to private school transfers and transfers from schools outside the U.S. to any school in Idaho. A student who is eligible for non-varsity competition only is ineligible for district and state competition.

8-14-12 Waiver of Eligibility Regulation (Hardship) If a student finds it necessary to change schools due to unusual circumstances that are unforeseen, unavoidable, or uncontrollable, and wishes to participate at the varsity level of a sport or activity in which he/she tried out for, participated on or competed for, during the twelve calendar months preceding the date of such transfer, the student may apply for a hardship waiver of the transfer rule to the Board of Directors. The Board may approve eligibility for varsity competition, if circumstances warrant.

8-14-13 Definitions in Transfer Rule

- a. District — "District" refers to the school district boundaries where there is only one high school located within a school district; and to the attendance boundaries established for a high school by the district school board in which there is more than one high school.
- b. Guardianship — The term "guardianship" is not recognized for eligibility while either parent is living. If both parents are deceased, only a court appointment to a full, personal and estate guardianship is recognized for eligibility.
- c. School Attendance Area — The "school attendance area" is the official district of a high school where there is only one high school within a district or, in the case of multiple high schools within a school district, it is the defined geographical attendance area designated by the school district for that school.

8-14-14 Transfer Forms An applicable transfer form must be submitted to the IHSAA.

Athletic Transfer Form — This form is to be used for each student who transfers to a member or associate member school, moves with his/her parents, and meets all other academic eligibility requirements.

Foreign Student Transfer Form — This form is to be used for each foreign exchange or international student who desires eligibility at a member or associate member school. (See Rule 8-9)

Waiver of Transfer Rule — This form is to be used for each student who transfers to a member or associate member school under conditions that do not meet the transfer standards set forth in Rule 8-14-11. The student may be eligible to participate in interscholastic activities, except varsity level competition in activities in which the student competed, tried out for, or participated on any organized club, school or otherwise scheduled team during the twelve calendar months preceding the date the transfer.

- a. In cross country, golf, track, swimming and tennis, the student may compete at the varsity level during the regular season but shall be ineligible for district and state competition.
- b. In wrestling the student may compete at the varsity level during the regular season under the following conditions:

1. If the student competes at the varsity level in any dual meet or dual tournament, the match shall be considered a forfeit.
2. The student may compete at the varsity level during the regular season at an individual tournament.
3. The student shall be ineligible for district and state competition.
- c. A student who is declared eligible for JV only, but participates at a school that does not have a JV team, will be allowed to participate at the varsity level during the regular season but will not be allowed to play in district or state competitions.

Eligibility Regulation Waiver— This form is to be used for each student who:

- a. Transfers without a corresponding move by his/her parents and desires varsity eligibility in sports he/she played in the previous 12 months.
- b. Does not meet criteria for eligibility as outlined in the Rules and Regulations.

8-15 ALTERNATIVE HIGH SCHOOL ELIGIBILITY

Students enrolled in and attending an alternative school program, who compete in IHSAA sponsored athletic programs, must comply with the IHSAA Individual Eligibility Rule.

General guidelines for students attending alternative programs:

- a. The student must comply with the eligibility requirements of the member school along with the eligibility requirements of the IHSAA.
- b. A student attending a cooperative alternative program of which his/her home school is a member would be eligible to participate in the school of his/her home (attendance) district.
- c. A student wishing to compete for another member school of the cooperative alternative program must request a waiver of the transfer rule.

8-16 NON-TRADITIONAL STUDENT

8-16-1 To be in compliance with the section of Idaho Code 33-203 that provides for dual enrollment, the following interpretation will be used:

Students who are enrolled in a nonpublic school shall be allowed to enroll in a public school for dual enrollment purposes. To be eligible for athletics or specific activities in the public school, the dual enrolled student must meet the following criteria:

- a. The student must reside with a parent or guardian in the attendance area of the public school for which the student will participate.
- b. The student must comply with the same rules and requirements that apply to any student's participation in the same activity with the exception of Rule 8-1 -Academic and Full Time Enrollment.
- c. In order for any nonpublic school student or public charter school student to participate in nonacademic public school activities for which public school students must demonstrate academic proficiency or eligibility, the nonpublic school or public charter school student shall demonstrate composite grade-level academic proficiency on any

state board of education recognized achievement test, portfolio, or other mechanism as provided for in state board of education rules. Additionally, a student shall be eligible if he achieves a minimum composite, core or survey test score within the average or higher than average range as established by the test service utilized on any nationally-normed test. Demonstrated proficiency shall be used to determine eligibility for the current and next following school year. School districts shall provide to nonpublic students who wish to take state tests or other standardized tests given to all regularly enrolled public school students.

Definition of Portfolio: A collection of materials that documents and demonstrates a student's academic and work-based learning. Although there is no standard format for a portfolio, it typically includes many forms of information that exhibit the student's knowledge, skills, and interests. By building a portfolio, students can recognize their own growth and learn to take increased responsibility for their education. Teachers, mentors, and employers can use portfolios for assessment purposes and to record educational outcomes. An example of a portfolio evaluation instrument, is on the IHSAA website, idhsaa.org

- d. It shall be the responsibility of the student to make all arrangements to take the required test and provide the principal of the school with the results of the test prior to being granted athletic eligibility at the public high school.

8-16-2 Public Charter Schools that participate in approved IHSAA activities shall be allowed to enroll non-traditional students for dual enrollment. The following interpretation will be used:

- a. Public charter schools must establish an attendance zone in the public school district in which it resides. For activity purposes, the public charter school attendance zone cannot extend outside the school district in which it resides.
- b. If a school district has a public school and a public charter school, non-traditional students may dual enroll in either the public school or public charter school.
- c. If a school district has two public schools and one public charter school, the public charter school will establish its attendance zone in conjunction with the nearest public school with both schools having the same attendance zone. Example: Public School A and Public School B. If school A's attendance zone is used then non-traditional students who reside in that attendance zone may dual enroll in either public school A or the public charter school. If a non-traditional student resides in public school B's attendance zone, he/she could only attend public school B for dual enrollment.
- d. For establishing attendance zones and dual enrollment in school districts that have multiple public schools and multiple public charter schools, interpretation (c) under Rule 8-16-2 will be used.
- e. Rule 8-16-1 applies to all public charter schools for dual enrollment purposes.

8-16-3 A member school student who is academically ineligible and withdraws from school to gain athletic eligibility as a non-traditional will be ineligible for the duration of that school year and the following academic year.

8-16-4 Students who are enrolled in a private IHSA member school are ineligible for dual enrollment in athletics at a public school in sports that are offered at the private IHSA member school.

8-17 **CHARTER SCHOOL STUDENTS**

Students enrolled in and attending a charter school that is a regular member in good standing of the Idaho High School Activities Association may participate in IHSA athletic programs, and are eligible under Rule 8 - Individual Eligibility. The charter school must have paid required membership dues and activity fees in those activities offered by the charter school.

A student attending a charter school, that is not a member of the IHSA, may be eligible to compete in IHSA activities under the regulations of a dual enrolled student. (See Rule 8-16 – Non-Traditional Student)

8-18 **UNDUE INFLUENCE**

8-18-1 Definition of Undue Influence: The use of influence by any person connected directly or indirectly with an IHSA member school, to induce a student to transfer from one member school to the other, or to enter the ninth grade at a member school for athletic competition purposes, whether or not the school presently attended by the student is a member of the IHSA. (Recruiting)

8-18-2 The use of undue influence to secure or retain a student for competitive purposes is prohibited, shall cause the student to be declared ineligible for high school athletics for a period of up to one calendar year, and may jeopardize the standing of the high school in the Association.

8-18-3 Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer by gifts or money, jobs, supplies, coaching, free transportation, admission to contests, invitation to attend practices and or games, free tuition or any other considerations not accorded to other students similarly situated.

8-18-4 Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis by the District Board of Control. Any school permitting such participation shall, upon satisfactory evidence submitted to the District Board of Control, be suspended from membership in the Association for a term not to exceed one calendar year.

RULE 9 – GAME MANAGEMENT

9-1 Students, parents and fans are not allowed on the playing surface during game time or after the game until

the opposing team and officials have left the playing area. Administration, or their designees, from each school is responsible for keeping their fans off the playing surface and in their designated seating areas. Rushing the court or field after games or interfering or attempts to interfere with any contest is not allowed.

9-2 Host school administrators are responsible for getting officials to, and from, the officials dressing areas before, during and after contests. Host school administrators are also responsible for letting the visiting teams and fans know where their seating sections will be.

9-3 Any conduct or violation of this rule may subject actors to any and all remedial measures available to the local District Board of Control and the IHSA.

RULE 10 - OFFICIALS

10-1 **GENERAL**

10-1-1 The officials for all interscholastic contests must be on the IHSA 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 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 IHSA 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

All officials must be at least 16 years old.

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. First and second year officials' registration fees will be waived.

10-3 CERTIFICATION REQUIREMENTS

10-3-1 Varsity officials must:

- a. 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.
- b. Attend a minimum of two local meetings in addition to the state rules clinic.
- c. Score 80 or better on the required NFHS test the previous year and the current year.
- d. Receive a recommendation from the district commissioner upon completion of a background check.
- e. Officials must complete the St. Luke's Concussion Course before officiating a regular season contest. All officials are required to review the St. Luke's Online Concussion Course on even numbered years. The IHSAA Statewide Concussion Review dates: 2024-25, 2026-27, etc. The IHSAA Board of Directors must approve alternative concussion courses or seminars.
- f. 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: 2024-25, 2026-27, etc. Only courses completed after May 1 will be accepted.

10-3-2 Non-varsity officials must:

- a. 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.
- b. Score 70 or better on the required NFHS test for the current year.
- c. Receive a recommendation from the district commissioner upon completion of a background check.
- d. Officials must complete the St. Luke's Concussion Course and NFHS Sudden Cardiac Arrest course as outlined above. If you are a new official in an odd year, you must take the course in that year and then again on even numbered year. The IHSAA Board of Directors must approve alternative concussion courses or seminars.

10-3-3 Testing

Part I is required for soccer, basketball, softball, baseball 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	4	3
Dist. II	3	5	2
Dist. III	7	11	7
Dist. IV	4	6	4
Dist. V	2	4	4
Dist. VI	3	6	4
	+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 swim and 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 ensure that officials will be able to officiate athletic competition in a supervised and safe environment.

10-4-1 Pre-Game Procedures

- 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.
- Officials' facilities should not be located where the officials would have to pass through a player locker room or coach's office, if possible.
- Officials should be paid by the school prior to the contest, if possible.

10-4-2 Procedures During Contest

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

- Arrangements shall be made by the host school management to escort officials from the playing area to their dressing room.

- Measures shall be taken to prevent unauthorized individuals from entering the officials' dressing room after the game.
- Adequate security must be provided for official in traveling from dressing room to their vehicles.

RULE 11 - NON-DISCRIMINATION POLICY

- 11-1** A school may sponsor separate girls and boys teams in a sport where selection for such teams is based on competitive skill or the sport is a contact sport, subject to the following rules:

- 11-1-1** If a sport is offered for both boys and girls, girls must play on the girls team and boys must play on the boys team.

- 11-1-2** Teams of the opposite sex shall not compete against each other in any interscholastic athletic contest.

- 11-2** A school may sponsor only one team in a sport for members of one sex and not sponsor a team in that sport for members of the opposite sex. Contact sports are football, basketball, and wrestling.

- 11-2-1** If a school sponsors only a single team in a sport:

- Girls are eligible to participate on boys' teams.
- Boys are not eligible to participate on girls' teams.

11-3 TRANSGENDER STUDENT PARTICIPATION

NOTE: Until the final legal status of Idaho Code 33-6203 is determined, the following guidelines will be implemented.

A transgender student, defined as a student whose gender identity differs from the student's assigned birth gender, shall be eligible to participate in interscholastic athletics that is consistent with the student's gender identity, under the following conditions:

- A female-to-male transgender student-athlete who is taking a medically prescribed hormone treatment under a physician's care for the purposes of gender transition may participate only on a boys team.
- A male-to-female transgender student-athlete who is not taking hormone treatment related to gender transition may participate only on a boys team.
- A male-to-female transgender student-athlete who is taking medically prescribed hormone treatment under a physician's care for the purposes of gender transition may participate on a boys team at any time, but must complete one year of hormone treatment related to the gender transition before competing on a girls team.
- Process: A student-athlete who has completed, plans to initiate, or is in the process of taking hormones under a physician's care as part of a gender transition shall submit the request to participate on a sports team to the administration of the student's school and to the IHSAA. The request shall include a letter from the student's physician documenting the student's intention to transition or the student's transition status if the process has already been initiated. This letter shall

identify the prescribed hormonal treatment for the student's gender transition and the date the hormone treatment was initiated. The Executive Director shall make a determination whether the student is eligible to compete under the above criteria.

- e. Once the transgender student has been granted eligibility to participate in the sport consistent with his/her gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year.
- f. Once the transgender student selects the gender or the team on which the student wishes to participate, the student thereafter must consistently participate on teams of that gender in all sports for the duration of their high school career.
- g. Appeals: The decision of the Executive Director may be appealed to the Eligibility Committee. The decision of the Eligibility Committee may be appealed to the IHSAA Board of Directors for a review and hearing.
- h. Confidentiality: All discussions among involved parties and the required written documentation shall be kept confidential.

RULE 12 - PARTICIPATION IN SPECIAL EVENTS

- 12-1** Exceptional student-athletes may participate in a maximum of two 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.

RULE 13 - PHYSICAL EXAMS

- 13-1** Students are required to undergo a physical examination (9th and 11th grade) or complete an *Interim Questionnaire* (10th and 12th grade), and have it on file with the school prior to their first practice in any IHSAA sponsored sport, cheerleading, or dance activity. Forms are available online at idhsaa.org.
- 13-2** Physical exams must be taken and on file with the school prior to the first day of practice in the 9th and 11th grades. Any physical taken before May 1 of the 8th grade year will not be accepted.

- 13-3** Physicals are required in the 9th and 11th grade year. Students who have a physical in their 10th grade year must have another for the 11th grade. Students will not be required to take an additional physical examination during the 10th and 12th grades unless:
 - 1. The physician recommends the student have an additional examination.
 - 2. The parents request an examination in the *Interim Questionnaire*.
 - 3. Affirmative answers on 1-10 of the *Interim Questionnaire* indicate a possible need for a repeat physical examination.
 - 4. A student has transferred to Idaho from another state.
- 13-4** Physical exams must be conducted by a licensed physician, physician's assistant or nurse practitioner.
- 13-5** The *Interim Questionnaire* must be completed by the parents/guardians of the athlete during the 10th and 12th grade years. The form must be on file in the administrator's office prior to the first day of practice.
- 13-5-1** It is the principal's responsibility to consult with the physician regarding any answers to questions on the *Interim Questionnaire* that may indicate a possible need for a repeat physical examination.

RULE 14 - PROTESTS

- 14-1** Contest decisions made by sports officials are final and may not be protested.
- 14-2** If an administrative decision, guideline, rule, the use of a specific contestant or specific official is protested in an interscholastic contest, the contest shall be completed as scheduled. Then, a formal protest containing all available evidence must be submitted to the Executive Director. If deemed necessary, the Executive Director may submit the protest to the Board of Directors for decision.
- 14-2-1** Protests must be filed with the Executive Director no later than the end of the semester following the semester in which the offense was committed. Once a protest has been filed it may not be withdrawn by the protesting school. The principal of the school involved must furnish the Executive Director with all pertinent information that is required.

RULE 15 - RULE VIOLATIONS

- 15-1** School administrators are responsible to familiarize their staff members, school board members, coaches, participants and parents with the IHSAA rules. The Rules and Regulations shall be available in each high school (and online at idhsaa.org) for reference by the general public.
- 15-2** When it comes to a principal's attention that an IHSAA rule may have been violated, the principal will conduct an investigation to determine if, in fact, a violation has occurred.

- 15-2-1** The principal will determine if a violation has occurred, and if so, notify the Executive Director.
- 15-2-2** If the principal determines that he/she is unable to conduct the investigation and decide the matter, he/she shall refer the matter to the Executive Director.
- 15-2-3** The Executive Director shall examine the facts and review information submitted by the principal of the school involved and other persons. The Executive Director shall then refer the matter to the Board of Directors or, if appropriate, to the District Board of Control for further review and determination.
- 15-3** Violations at State Tournaments The IHSAA shall have the right to initiate and conduct an investigation into reported violations of its By-Laws or Rules and Regulations by a member school, its employees, coaches, officials, students or any other party subject to the Rules and Regulations at playoffs and state tournament events.
- a. If the violation comes to the attention of tournament management after the tournament has begun, but before the conclusion of the tournament, the following guidelines shall be used:
 1. For individual sports/activities (i.e. cross country, wrestling, swimming, tennis, golf, track, speech arts), the individual(s) shall be deemed ineligible for the remainder of the tournament. Any team points earned by ineligible participant(s) shall be vacated, and brackets (if applicable) will move forward with a bye. No games/contests will be replayed.
 2. For team sports/activities (i.e. soccer, football, volleyball, basketball, softball, cheer, dance), the team will forfeit the last game played, and the team will be able to continue without the ineligible player(s). The ineligible player(s) shall be removed from further competition in the tournament. No games/contests will be replayed. No team or individual awards shall be given to the violating team.
- 15-3-1** The Executive Director will provide a written notice of the alleged violation to the accused party. The notice shall contain a statement of the alleged violation and provide a date that the matter will be discussed by the Board of Directors. The accused party will be given the opportunity to be heard by the Board before a penalty, if any, is assessed. Following the hearing, the party shall be promptly notified in writing of the Board's decision.
- 15-3-2** If the accused party does not appear before the board on the designated date, the Board of Directors or its authorized designee, shall determine the merits of the alleged violation. The party shall be promptly notified in writing of the Board's decision.
- 15-4** For violation of the rules, a student may be declared ineligible for participation in IHSAA sports/activities for such period as deemed appropriate, not to exceed one calendar year; a coach may be temporarily barred from coaching if the violation reflects an unethical, unsportsmanlike or general disregard of Association

rules; a member school may be warned, fined, or suspended from membership, or placed on probation for a period deemed appropriate in the particular case.

- 15-5** If a student is ineligible according to IHSAA rules but is permitted to participate in interscholastic competition contrary to such rules, but in accordance with the terms of a court restraining order or injunction against his/her school and/or the IHSAA, and said injunction is subsequently voluntarily vacated, stayed, reversed, or finally determined by the courts that injunctive relief is not or was not justified, the Board may take one or more of the following actions against such school in the interest of restitution and fairness to competing schools:
- a. Require that individual or team records and performances achieved during participation by such ineligible students shall be vacated or stricken.
 - b. Require that team victories shall be forfeited to opponent.
 - c. Require that team or individual awards earned by ineligible students be returned to the Association.
- 15-5-1** If a student is found to be ineligible according to IHSAA rules after the IHSAA sport season, but was allowed to participate in state and post district competition without a court order, the Board shall review the findings and may take action against the school and/or student in accordance with IHSAA Rules 15-3 and 15-4. The penalties assessed, if any, will be based on the merits of each individual case.
- 15-6** If a school, parent/guardian or student provides false information that creates eligibility for an individual in IHSAA competition, the IHSAA Board or District Board of Control shall review the findings and take action against the school and or student in accordance with IHSAA Rule 15-4. The penalties assessed, if any, will be based on the merits of each individual case.
- 15-7** Official interpretations of the rules and regulations shall be in writing from the Executive Director.

RULE 16 - SANCTIONING

- 16-1** Athletic Sanctioning Interscholastic competition in football, boys cross country, girls cross country, girls soccer, boys soccer, tennis, volleyball, boys basketball, girls basketball, swimming, wrestling, boys track, girls track, girls golf, boys golf, baseball, softball, may require district and state sanctioning. Athletic sanctioning requirements are as follows:
- 16-1-1** Any interstate athletic competition in which an Idaho school is host for a Canadian school that must travel 300 miles or more one way.
- 16-1-2** Any interstate athletic competition involving two or more schools which is cosponsored by an organization outside the high school community (e.g., a university, a theme park, a shoe company), in addition to being sponsored by a member school, requires sanctioning by the IHSAA and NFHS. Go to nfhs.org for details.

- 16-1-3** Any interstate athletic competition involving non-bordering states if either:
- Eight or more schools, at least one of which is from a state that does not border Idaho; or
 - Five or more states, at least one of which does not border Idaho.
- Both (a) and (b) require NFHS approval 90 days prior to event. Go to nfhs.org for details.
- 16-2** All sanctioning requests must be initiated at least 90 days in advance of the contest.
- 16-3** Non-athletic Sanctioning: In-state competitions or events in cheerleading, dance, music or speech arts that are sponsored or co-sponsored by an organization other than an IHSAA member school or activity district must be sanctioned. See non-athletic sanctioning procedures on page 23 of this manual.

RULE 17 - SEASONS

17-1 SPORT SEASONS

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

- 17-1-1** The School Year The school year is considered to begin August 1 and conclude after the final IHSAA spring sport state championship. Coaching restrictions are in effect during the school year.

- 17-1-2** Regular Season Practices are held during the sport season and include items that are not allowed at any other time.

The following are usually a part of regular season practice:

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

- 17-1-3** Summer Programs Summer programs must be voluntary and must be terminated by the last day of July. The IHSAA supports member schools' involvement in voluntary summer programs. However, the IHSAA believes that students need time off during the summer and strongly recommends that member schools schedule at least ten days of non-student contact during the summer each year.

- Coaching restrictions are suspended during the summer (the day after the spring state tournaments through July 31st). A high school

coach can coach his/her players anytime, anywhere, during this period. During this period a team can scrimmage against another team without violating the out-of-season contest requirements (renting facility etc.). Practice, competition and facility use during the summer, is not covered by IHSAA insurance (liability, catastrophic, concussion etc.).

- A high school coach who coaches a team during the summer that advances to a regional or national qualifying event can continue to coach after July 31st until the completion of the tournament/s. IHSAA must approve a written request prior to participation during August.
- Students will only be allowed to attend team camps during the summer, not during the school year.
- Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools during the month of August.

- 17-1-4** Protective Equipment No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp or clinic for a period of seven days within a ten-day period upon written request from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any and all liabilities rest solely with the school, camp, or clinic. Individual students from a specific school are not required to use the school's protective equipment in the same camp as other team members. Each individual student will only be allowed to use an IHSAA member school's protective equipment by renting or loaning for a period of seven days within a ten-day period.

17-2 PRE & POST SEASON REGULATIONS

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

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

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

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

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

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

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

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

17-2-4 Moratoriums The intent of IHSAA moratoriums is to allow students and teachers/coaches quality time with their families without the pressure of losing a level playing field.

Coaching Limitations

- a. Coaches are not allowed to coach students of the school during the following times:
 1. The 7-consecutive days prior to the Fall Practice start date listed in the IHSAA calendar.
 2. The 3-day, consecutive no contact period during the winter break

3. Winter and spring activity coaches may contact students after the Fall Practice start date.

- b. Sport specific activities lead by coaches, captains, volunteers or parents such as practices, retreats, camps, weight room and conditioning/workouts are prohibited 7 days prior to the Fall Practice start date.
- c. Meetings with medical professionals, parent meetings, registration, equipment handout and fundraising are allowed. These meetings shall be non-mandatory.

17-3 FOUR-SPORT SEASON

Junior high school leagues are allowed to offer four seasons of play in sports. Athletes are still restricted to one season in each sport.

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

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

RULE 18 - APPEALS

18-1 Any student, his/her parent or guardian, or any member school aggrieved by a decision of the Executive Director, Assistant Executive Director, or the Board of Directors Eligibility Committee of the IHSAA or any of its officers or employees, may appeal the decision to the Board for a review and hearing. All appeals must originate with, and go through, the member school.

18-2 Within ten (10) days of the Board's decision, the member school principal may request an appeal in writing to the Executive Director.

18-3 The appeal will be scheduled for a hearing before the Board at its next regular meeting. Information for the appeal must be turned in two weeks prior the board meeting. If any student, his/her parent or guardian, or any member school wishes to proceed with the appeal before the next regular meeting, the information will be sent out electronically. If an electronic appeal is used, the hearing process in front of the board will be waived and the electronic appeal will be considered the final appeal.

18-3-1 The President of the Board will preside at the hearing, or he/she may appoint a hearing officer to hear the matter. An agenda may be prepared for the hearing and, if so, a copy thereof shall be furnished to the parties.

18-3-2 All parties are entitled to attend hearings and be represented by counsel of their choice, and present all pertinent facts. Counsel for IHSAA may attend the hearing and assist the hearing officer in the conduct of the hearing.

- 18-3-3** In support of the finding and decision appealed from, the Executive Director or an assistant may present, either orally or in written form or both, a report of the investigation and findings.
- 18-3-4** The technical rules of evidence will not be applicable.
- 18-3-5** When more than one party has requested an appeal, and where the facts are substantially the same for all parties, a single hearing may be conducted when deemed advisable by the hearing officer.
- 18-3-6** The Board shall make its decision in the matter based upon the facts and information presented and such decision shall be mailed to the parties.

RULE 19 - TEAMS/INDIVIDUALS UNABLE TO ARRIVE AT STATE CHAMPIONSHIP EVENTS

- 19-1** Competing school(s) must notify the IHSAA office or the state tournament manager if the school is having difficulty traveling to the event site and may not arrive in time for the scheduled event(s). Notification shall be made as soon as possible after it becomes evident that the team/individual is having difficulty.
- 19-2** Specific circumstances not covered by this policy are left to the discretion of the Executive Director and/or the IHSAA Board of Directors.
- 19-3** If a team/individual is unable to arrive at a site for their scheduled competition due to circumstances beyond their control, that team/individual will be allowed to participate in their scheduled event provided they arrive at the event site and are able to compete in the first round on the day of their scheduled event. The Executive Director, in cooperation with the event manager, shall adjust the schedule of the event for the purpose of allowing maximum participation for all schools.
- 19-4** If the team/individual is unable to arrive to compete during the first round of its event, a forfeit is recorded and that team/individual shall move into the consolation bracket or be dropped from competition, whichever is applicable to the particular event.
- 19-5** When the number of teams/individuals unable to reach the event site for their scheduled event exceeds 25% of those participating, the event manager, the IHSAA Executive Director, shall consider postponement or cancellation of all or part of the day's activities. An alternative schedule shall be set by the events manager after consultation with the Executive Director and a representative of the participating schools.
- 19-6** For the purpose of this rule, the total number of teams/individuals scheduled to attend the event shall be the number used to obtain the percentage of those needed, regardless of the number of classifications scheduled to attend the event. For example, if a tournament will include 16 teams with each IHSAA classification participating, the number 16 will be used to determine the procedure to follow.

- 19-7** For the purpose of this rule, when the percentage used results in less than a whole number, it shall be rounded up to the next whole number. For example, if a tournament is being held for 30 teams, 25% of the total would be 7.5 which would be rounded up to 8.
- 19-8** In football, should one team be unable to arrive at a culminating site due to circumstances beyond its control, the contest shall be re-scheduled to allow maximum participation for all qualified schools.

RULE 20 - RESCHEDULING SUSPENDED STATE COMPETITION

- 20-1** When state competition cannot be completed due to weather or conditions beyond the control of the host facility, the following procedures will be followed:
 - a. Reschedule the event at a site that is in the general vicinity of the scheduled contest. Resume play as soon as possible (same day).
 - b. Consolidate the schedule where the tournament can be completed in the normal time frame by eliminating the consolation game(s).
- 20-2** If the championship game cannot be played during the normal tournament time frame, the following procedures will be followed:
 - a. Consult the administration of both schools and the IHSAA to determine if the contest can be played.
 - b. If the contest cannot be played, both teams will be declared co-state champions.
 - c. If the contest can be played, it should be resumed at the earliest possible time with the least amount of travel. If a team refuses to play for reasons that are not school related, the game shall be forfeited.

Scheduling Requirements

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

a. Friday nights and Saturdays are primarily to be used for interscholastic activities. When possible, no more than two additional nights should be used for scheduling interscholastic activities. Students participating in extra-curricular activities shall be required to meet all minimum attendance regulations.

b. The IHSAA Board of Directors approved the following items to provide a minimum:

1. Loss of instructional time of participants of interscholastic activities of the IHSAA.
2. Loss of instructional time of students of classes taught by coaches and directors.
3. Loss of instructional time by elimination of long distance travel in the middle of the week by competitive interscholastic activities.

c. Interscholastic activities shall be scheduled on non-school time when possible (this does not include travel time) and shall not exceed the following, but may be further limited by the local boards of trustees:

1. Football: 9 games maximum for regular season play.
An individual may not play in more than four quarters per day and five quarters per week. 1A and 2A football players may play in six quarters per week and five quarters per day providing they are not a varsity starter on offense or defense.
2. Volleyball: No team or individual shall play more than 16 regular season dates. (A) A maximum of 8 dates tri-matches. Any school playing two schools on the same date must count that competition as a tri-match. (B) Two dates may be tournaments (more than 3 schools involved). (C) A team may substitute one additional tournament for 2 dates. A school desiring to play in 3 tournaments may only play on 15 dates.
Rules for tournament play: (A) A tournament may be of any format. (B) A tournament held on Friday after 3:00 p.m. and Saturday will count as one date and one tournament. (C) A two-day tournament starting prior to 3:00 p.m. on Friday will be counted as two of the sixteen allowed dates. (D) Number of games or matches played will not be counted.
3. Soccer: No team shall participate in more than 16 games per season. An individual is permitted to play in no more than 32 halves during regular season and no more than four (4) halves per day.
4. Cross Country: No team or individual shall participate in more than 8 meets per season, nor exceed 2 meets per week.
5. Swimming: No team or individual shall participate in more than 7 meets per season.
6. Basketball: 18 games strongly recommended and not to exceed 20 games (21 if playing a 3 game tournament). 5A, 4A, 3A and 2A individuals may not play more than 80

quarters (84 if playing a 3 game tournament) per regular season and 4 quarters per day when playing one game. 1A players may play 100 quarters per regular season. 1A players may play five (5) quarters per day when playing one game. All athletes are permitted to play eight (8) quarters per day when playing two games in one day against different schools. Any 2A, 3A, 4A or 5A basketball program may request a waiver of the 4/80 quarter limitation, increasing the number of quarters their sub-varsity players are allowed to play to 5 per night and 100 per season upon a petition, signed by the school principal and athletic director. *See Game Limitations for Individuals for details on how to request a waiver.*

7. Wrestling: An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 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.
8. Tennis: No team or individual shall play more than 18 dates. Friday after 3:00 p.m. and Saturday count as one date. A two day tournament that starts prior to 3:00 p.m. on Friday will count as two dates.
9. Track: No team or individual shall participate in more than 9 meets and may not exceed 2 meets per week.
10. Baseball / Softball: A team or individual is limited to 22 games OR 20 games plus one tournament, not to exceed 24 games.
11. Golf: No team or individual shall play more than 10 matches and may not exceed 2 matches per week.
12. Cheerleading: No school or individual may enter more than four competitions during the season plus district and state competitions.
13. Dance: No school or individual may enter more than four competitions during the season plus district and state competitions.
14. Debate / Speech: No team or individual shall participate in more than ten tournaments during the season. Ex: 8 debate + 2 speech = 10
15. Drama: Competitions shall be scheduled on non-school time.
16. Competitive Music: Events shall be scheduled on non-school time.
17. Non School Time Exceptions: Requests for exceptions to the non-school time rules may be allowed in order for a school to participate in competitions where facilities or special sites are not available during non-school time. Such requests must be submitted to the Superintendent and be approved by the school trustees of the schools involved.

d. The above standards do not apply to, nor include, district, state or national tournaments and contests.

- e. It is recommended that each of the six activity districts make an effort to restrict the number of dates scheduled for district tournament competition.
- f. YEA jamborees shall not be counted as one of the allowable regular season contests.

Fall Sports Practice Model

Fall Sports Practice Model – Football only

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

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

- a. An individual shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of ten days of actual on-field practice.

Fall Sports Practice Model – Cross Country / Soccer

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

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

Sportsmanship Rules for State Tournaments

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

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

Hazing

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

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

Supplement Use

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

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

Heat Stress and Athletic Participation

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

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

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

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

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

HEAT STROKE - An acute medical emergency related to thermoregulatory failure. It is associated with nausea, seizures, disorientation, and possible unconsciousness or coma; it may occur suddenly without being preceded by any other clinical signs. The

individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

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

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

WHAT TO DO IN AN EMERGENCY

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

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

SUMMARY

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

Proper Procedures for Handling Apparent Concussions

Action Plan

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

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

Signs and Symptoms

Signs Observed by Coaching Staff

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

Symptoms Reported by Athlete

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

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

Air Quality

In the event of a high fire season and air quality is compromised, the IHSA Sports Medicine Committee recommends that students be monitored closely, especially those with respiratory issues. All schools must have an air quality check site. For game situations, both administrations will meet before the game to determine what air quality site to use. The host school's administration will have the official site for this. The site airnow.gov is recommended. It is suggested that in instances where the Air Quality Index is over 150, the games be suspended or cancelled.

Unmanned Aerial System (Drone) Policy

The use of unmanned aerial systems will be allowed during regular season games at member school sites, and member school sites who are hosting playoff games, with the following stipulations:

1. May not be flown over the crowd, sidelines, or playing surface at anytime.
2. May only be flown at the end of the field.
3. Game officials will have the final ruling on the use of drones as it pertains to safety and game situations.
4. All local school district policies and game management rules will take precedence in regards to usage by visiting teams.
5. They will not be allowed at college campus sites for state playoffs and tournaments.
6. Host sites will communicate their rules regarding usage of unmanned aerial systems to the visiting schools a minimum of 24 hours before game time.

All Federal Aviation Administration guidelines will supersede school and district policies. The following rules must be followed:

1. Limit the altitude to less than 400 feet above the ground.
2. Be operated using specified FAA safety guidelines. This information can be found at www.faa.gov
3. Not weigh more than 55 pounds.
4. Be operated in a manner that would not interfere with any manned aircraft.
5. Provide notification to the airport operator and the airport air traffic control tower of a planned use of an UAS within five miles of any airport.

Lightning

NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

QUESTIONS & ANSWERS

1. **Q. Who is held responsible for a member school's observance of IHSAA regulations?**
A. The principal of the member school.
2. **Q. When does the eight-semester rule begin?**
A. When a student first enters the ninth grade.
3. **Q. How many classes must a student-athlete carry to be eligible?**
A. A student must be considered a full-time student as determined by the State Department of Education.
4. **Q. Does P.E. or music count as one of the required classes that the athlete must pass the previous semester?**
A. Yes – The student must receive a full credit for those classes in order for them to count.
5. **Q. A student changes schools, without a change in his/her parents' residence. What is his/her status?**
A. He/she becomes eligible for varsity competition one calendar year after the date of enrollment and attendance in the new school.
6. **Q. Is an athlete eligible if he/she changes schools without a change of residence by his/her parents, if a power of attorney is granted?**
A. No - A power of attorney has no bearing on athletic eligibility.
7. **Q. If a transfer student is 18 years of age, is it required for the parents to move with him/her before the student is eligible?**
A. Yes - The fact that an athlete is 18 years old has no bearing on eligibility.
8. **Q. Can an athlete accept money or gifts in rodeo without jeopardizing his/her eligibility in other sports?**
A. Yes - Rodeo is not an activity sanctioned by the IHSAA and, consequently, does not affect eligibility in sanctioned activities.
9. **Q. Do IHSAA regulations apply to junior high schools or middle schools?**
A. IHSAA regulations apply only to grades 9 through 12. IHSAA does not regulate grades 6, 7 and 8.
10. **Q. Must member schools complete "paper work" on any transfer student?**
A. Yes – Except for students beginning the ninth grade. An *Athletic Transfer*, *Foreign Student Transfer*, *Eligibility Regulation Waiver*, or *Waiver of Transfer Rule* form must be submitted and approved by the IHSAA for each transfer student.
11. **Q. Can a member school be fined or suspended or otherwise penalized for failure to follow or enforce Association rules?**
A. Yes - Each member school is responsible to know the rules and follow them and may be penalized for failure to do so.
12. **Q. Does a coach have to be a teacher in the school district where he/she coaches?**
A. No – However, in order to be a head coach, he/she must be either a certified teacher in Idaho or have taken IHSAA approved courses.
13. **Q. Does the IHSAA have a rule that prohibits school personnel from publicly criticizing officials?**
A. No - However such action would be unethical. Officials are charged with the responsibility of applying the rules in pressure situations that require subjective judgment, and the official should be given the benefit of the doubt. It is inappropriate for coaches and officials to criticize one another.
14. **Q. Do IHSAA regulations apply to members of the varsity teams only?**
A. All regulations apply to members of any team which participates in interschool contests, whether they are members of the varsity, junior varsity, sophomore or freshmen teams.
15. **Q. Does an athlete need a physical examination to practice?**
A. Yes - An athlete must have a consent form and physical exam on file before his/her first day of practice.
16. **Q. Is it possible for an athlete to take a physical in the 9th grade year and not be required to take an additional physical the next three years?**
A. No - An athlete must have a new physical prior to the 9th and 11th grade years. The physical shall not be taken prior to May 1 of the 8th and 10th grade years.
17. **Q. Does the IHSAA require parents to purchase athletic insurance?**
A. No – School administrators should have parents sign a waiver if they do not wish to purchase school insurance. All high schools are enrolled in the catastrophic insurance program.
18. **Q. Is an ineligible student covered under the catastrophic insurance program?**
A. No – If the student is knowingly ineligible and/or is allowed to play in a game or contest, he/she would not be covered.
19. **Q. May a student attend a football, wrestling, basketball, or other sports camp in the summer?**
A. Yes – However, no one outside the athlete's immediate family can sponsor the athlete. The athlete or his/her parents must pay all fees. For invitational camps, contact the IHSAA office.
20. **Q. May a football player participate on Thursday afternoon in two quarters and play three quarters in another game on Friday night?**
A. Yes.
21. **Q. May a team scrimmage with another team?**
A. Scrimmages are only allowed against another member or associate member schools, and then only when both teams have not scheduled their maximum number of games. Scrimmages count as a scheduled contest and cannot be held before the competitive season. Pre-season scrimmages must be registered through the Youth Endowment for Activities (YEA) and all proceeds must go toward schools' YEA accounts.
22. **Q. May an athlete participate in a road run?**
A. Cross country participants may not compete in any kind of a road run during the cross country season, but participants in any other sport, e.g. track, may enter road runs.
23. **Q. May an athlete wrestle and play on his high school basketball team during the same season?**
A. The Association has no rule that would limit the number of sports during any season.

24. **Q. A varsity basketball team has three sophomores on it. May these sophomores play in a postseason sophomore tournament?**
A. Only if they have not played in a varsity district tournament game.
25. **Q. May a boy or girl play in both varsity and junior varsity basketball games in the same week?**
A. Yes, any 5A, 4A, 3A or 2A athlete may participate in a maximum of four quarters per day, 80 quarters (20 games) or 84 quarters (24 games) prior to the district varsity tournament. Any 1A athlete may participate in five quarters per day, 100 quarters prior to the varsity district tournament.
26. **Q. After an Idaho school sport season has commenced, may an athlete postpone turning out for the school team in order to remain eligible for non-school competition in the same sport, then join the school team at a later time?**
A. No, the student must choose one organization or the other. If an athlete participates in non-school competition after the start of the school sport season (first day of practice), he/she will be subject to penalties outlined in Rule 8-11, Outside Competition.
27. **Q. May a football coach work with a center, holder, and place kicker prior to or after the season?**
A. Yes. Each program is allotted 10 hours of instructional practice outside of the season during the school year.
28. **Q. May a football coach pass the ball to a receiver covered by a defender prior to or after the season?**
A. Yes. If no other individuals are involved, it would not count toward their 10-hour limit.
29. **Q. May football players use an Association member high school's protective equipment in an athletic camp?**
A. Yes, upon written request to the IHSAA from the trustees of the school.
30. **Q. During the fall or spring, may a basketball coach work with two offensive players while another coach works with the defenders (two on two)?**
A. Yes, but it would count toward their 10 hours of instruction practice outside of the season during the school year.
31. **Q. Could three or more members of a high school team become members of a church team or non-school league after the regular season?**
A. Yes, as long as the high school coach is not coaching them.
32. **Q. May a track coach work with three or four members of a relay team on exchanges prior to the season?**
A. Yes, but it would count toward their 10 hours of instruction practice outside of the season during the school year.
33. **Q. May a tennis coach instruct two doubles teams during a pre/post-season practice?**
A. Yes, but it would count toward their 10 hours of instruction practice outside of the season during the school year.
34. **Q. What is the ten-day practice rule?**
A. Ten days of practice for any sport (with the exception of golf) must be conducted before an individual plays in a contest regardless of when he/she becomes a participant on the team.
35. **Q. Is there an IHSAA requirement that student-athletes must be in attendance at school on the day of a contest in order to participate in the contest?**
A. No, this is a policy that may be established by an individual school.
36. **Q. Is it legal for any individual to run/participate "unattached" in a track meet during the track season?**
A. No, individuals participating in any IHSAA contest must be a team member of an IHSAA member school and meet all IHSAA eligibility requirements.
37. **Q. May a football team attend a football team camp during the month of August?**
A. No. High School teams may only attend team camps from the last day of IHSAA state competition to the last day of July. However, individuals may attend a skill or technique camp/clinic at any time.
38. **Q. May high school players wear shoes with "metal cleats" while playing baseball or softball?**
A. Yes, the rules allow the use of "metal cleats" while playing baseball or softball.
39. **Q. May a high school tennis player practice or scrimmage against high school tennis players from other high schools at a club or anywhere else during the season?**
A. Yes, if it is strictly recreational and non-competitive.
40. **Q. May a tennis pro scrimmage with a high school student during the season?**
A. Yes, as long as it is instructional in nature and not competition.
41. **Q. During the season may a high school tennis player hit some balls with an adult?**
A. Yes, as long as the adult is not part of an organized competition.
42. **Q. May an ineligible player suit up with the team for competition?**
A. No. An ineligible player may practice with the team but may not suit up for competition.
43. **Q. If a student graduates after the first semester of the senior year, would they be eligible to complete the basketball and wrestling season?**
A. No. The participant must be enrolled in and attending the high school as a full-time student. (Rule 8-10-1)
44. **Q. Are district tournament results used in the MaxPreps rankings?**
A. Yes.
45. **Q. Can a coach use their allotted 10 hours of non-season instructional time to coach their high school players on a club or "outside" team?**
A. No. All non-season instructional time shall be used for high school programs only. Rule of Two would apply for club or "outside" team instruction.

SCHOOLS ARE RESPONSIBLE FOR ENFORCING IHSAA RULES

YOUTH ENDOWMENT FOR ACTIVITIES (YEA)

THE PROBLEM: Each year it costs the 165+ Idaho high schools thousands of dollars to send their students to state tournament competition in cheer, dance, music, speech arts, and athletics. Many schools are finding it increasingly more difficult to find this money when it is needed.

IN RESPONSE, the Idaho High School Activities Association established a separate perpetual funding organization called the Youth Endowment for Activities, Inc. This non-profit organization is working to raise seven million dollars to invest in an interest-bearing account. The interest earned will then be used to reimburse member schools for the travel expenses of their state tournament participants.

Competitive seasons in high school soccer, volleyball, football, cross country, swimming, basketball, wrestling, track, baseball and softball can be started with YEA Jamborees. Proceeds from ticket sales and/or team entry fees for these events are donated to the Youth Endowment for Activities, Inc., and will be credited to participating schools. Officials of the jamboree generously donate their expertise and time to help keep expenses at a minimum. Corporate assistance to match gate receipts or entry fees may also be solicited.

Participation in the jamborees demonstrates that Idaho schools are trying to help themselves. But - **THEY NEED YOUR HELP.** For more information, contact Julie Hammons, YEA Executive Director, yea@idhsaa.org, or the IHSAA office.

District Board of Control

The District Board of Control shall assist in the administration of activities within their respective districts, with duties and responsibilities as outlined in Article III of the By-Laws.

One responsibility of the District Board of Control shall be to resolve or decide issues or rules violations within the district. Some rules violations will be under the purview and responsibility of the District Board, and when violations occur, they shall review the alleged violation, hear or examine the facts and issue a decision based upon the evidence, and forward the results to the IHSAA Executive Director. The IHSAA Board of Directors will serve as an appeal board.

The person or school who is making the complaint shall submit a letter to the District Board of Control or the Executive Director outlining the alleged violation and any facts relative to the violation. Letters sent to the Executive Director will be forwarded to the District Secretary so appropriate action may be taken by the District Board.

All violations, whether they are written and substantiated with the facts, or if the information is presented anonymously should be investigated. The allegations should be submitted to the principal of the school named in the violation so that he/she may respond or provide evidence or information in their behalf.

If the charges are not denied and/or dropped, then a hearing process should be afforded by the District Board, and all parties involved in the issue should be notified and be given an opportunity to present their side of the issue.

The District Board of Control shall use the following guidelines when hearing alleged rule violations and assessing penalties to a member school:

- A. Each rule violation should be handled on an individual basis and judged on the merits of the alleged violation.
- B. Penalties that are the result of school personnel must be levied against the member school and not against a coach, student, or support personnel.
- C. Penalties for rule violations should be levied according to the severity of the case, which could include the following: fines, suspensions, forfeiture of games, probation, and a letter of reprimand.
- D. All fines levied against a member school should be set at a minimum of \$75 and a maximum of \$1500.
- E. Any member school aggrieved by a penalty assessed by the District Board of Control should be granted reconsideration by the Board of Control if so requested. Additional information is required for these appeals.
- F. Any member school may appeal to the IHSAA Board of Directors any sanction or fine(s) levied against them by the District Board of Control for an alleged rule violation.

The Board should then make its decision, notify the parties in writing of its decision and send a copy to the Executive Director.

Some of the rules violations which might be considered by the District Board of Control:

Sanctioning violations within the district boundaries.

Unsportsmanlike action on the part of a school person or athlete within the district.

Playing an ineligible player.

Rule violations of the individual or the school.

Failure to file eligibility applications for students.

Failure to file Athletic Transfer forms for transfer students.

Glossary of Terms

Association.....	Idaho High School Activities Association, Inc. (IHSAA).
Board of Directors	IHSAA Board of Directors, the executive body of the Association.
Board of Control..	The elected officials of each activities district who establish policy, employ personnel and conduct the business of the activities district.
Contest.....	Any race, game, debate, etc., where there is competition.
Corporation.....	Idaho High School Activities Association, Inc.
District.....	An IHSAA Activity District.
Enrollment.....	For school classification purposes, the member school's enrollment in grades 9-12, as reported to the State Dept. of Education, shall be computed as the number of individual students.
Exec. Director....	The chief administrator of the IHSAA.
Foreign Exchange Student.....	A student that is in attendance in one of our member schools under a CSIET-approved foreign exchange program. Students from a foreign country who are not here on a CSIET-approved foreign exchange program are considered transfer students and must follow the appeal process to gain eligibility.
Game.....	A contest with adopted rules with one person or a side/team trying to win; any specific amusement of sport involving competition under specific rules, as in football or chess, is a game.
Hardship.....	See Rule on Eligibility.
IHSAA.....	Idaho High School Activities Association, Inc.
Interscholastic Contest.....	A contest between representatives of two or more schools.
Match.....	An athletic event involving two or more teams or individuals. A match, in wrestling, is to compete in opposition, to meet an opponent. In volleyball and tennis, a match shall be won by the team that has won a majority of games.
Meet.....	An athletic event involving two or more teams or individuals, such as a swimming, track or cross country meet.
Members.....	The members schools of the Corporation.
Non-public Sch..	A private or parochial school.
Practice.....	Repeating mental or physical actions for the purpose of learning or acquiring proficiency and skill in some activity.
Principal.....	The school administrator directly in charge of the day-to-day operation of a high school or junior high school, and designated in that capacity by the school district's school board.
Residence.....	The place where one has established his/her home with his/her parents. The place where a student is habitually present and to which, when departing, the student intends to return. There can be only one family residence. (See Transfer Rule.)
School.....	An individual member school.
School Boards....	The school board of each school district is the authority for that school district.
School Districts.	School districts are established by the laws of the State of Idaho and encompass a designated area over which the school board establishes policy.
Scrimmage.....	A practice session played by two sides or individuals from the same team/squad, or from another school.
Semester.....	One half of the school year, usually an 18-week period. The first semester lasts from the beginning of school through the 18th week; from this point, the second semester extends through another 18 weeks until the last day of school.
Session.....	A period of time, usually designated as a morning session, afternoon session or evening session.
Squad.....	Any group of people participating together. An athletic team is called a squad; a number of teams can be from a squad.
Team.....	A group of people playing together, especially as one side in a contest.
Tournament.....	A contest in which more than two teams or participants are involved, with the winner playing winner to determine an ultimate winner of the contest.
Transfer.....	Any student who enrolls and attends a secondary school different from the school previously attended as an enrolled student. Transfer rule specifically refers to transfers between schools.
Trimester.....	An alternative plan of division of the school year which the year is divided into three equal periods of twelve weeks each.
Turnout.....	A form of practice in which the team/squad gathers for a practice session, chalk talk or discussion of past and future plans.
Week.....	A calendar week is seven full days on the calendar.