

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 6A, 5A or 4A 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 3A, 2A or 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. Yes, as long as it is completed prior to the start of the Fall no-contact period.
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 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 millions of dollars to invest in an interest-bearing account. The interest earned will then be used to help member schools with travel expenses for 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. Workers and officials often donate their time to help increase the money raised for the participating schools. 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 by the State Board 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.