

2012-2013
REGULAR SEASON SPORTS

WINTER MANUAL

**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION
BOONE, IOWA**



TABLE OF CONTENTS

INTRODUCTORY INFORMATION

Concussion Management Protocol; Iowa Code	Concussion Management 1
Return to Participation Protocol.....	Concussion Management 3
Heads Up: Fact Sheet Concussion in High School Sports	Concussion Management 4

BASKETBALL

Rules Governing Games; Regulations Pertaining to Games and Practice.....	Basketball 1
Start of Practice for 9th-Grade; IHSAA Practice Policy; Regulations Governing Jamborees; Pregame Meeting	Basketball 2
Secondary/Auxiliary Gym Use; Regulations Pertaining to Scrimmages; High School Graduates Rule; Uniform Adaptations; Pre-Game Warm-Up; Late Scheduling of Games; Mercy Rule	Basketball 3
Mandatory Reporting of Stats; Coaching Rule; Coach Ejection	Basketball 4
Student-Athlete Ejection; Regulations Governing Clinics; Tournament Pairings & Site Information Cheerleaders Rules; Game Protests Not Upheld; IHSAA Basketball Tournament Manual	Basketball 5

BOWLING

Definitions; Important Dates; Participation; Classification; QuikStats; Regular Season Limitations; Rules	Bowling 1
Uniforms	Bowling 2
Post Season Play; State Qualifying Tournament; State Qualifying Tournament Awards; State Qualifying Tournament Expenses; State Tournament; State Awards; State Expenses; Spectators	Bowling 3
Alcohol and Tobacco Policy; Pets/Animals Prohibited	Bowling 4

SWIMMING

Regulations Pertaining to Meets and Practices; Mandatory Reporting of Stats; Recommended Water Depth; Proper Supervision at Practices & Meets	Swimming 1
Warm-Up Guidelines; Use of Tobacco Prohibited; NFHS Rule Adoptions & Exceptions; Swimming Meet Checklist Coach Ejections; Student-Athlete Ejection; Game Protests Not Upheld.....	Swimming 2

WRESTLING

Wrestling Regulations	Wrestling 1
Mandatory Reporting of Dual Meet Scores; Contest Protests Not Upheld; Bench Area Restriction Rule; Official Weigh-Ins; End of Match Protocol; Scrimmage Rule.....	Wrestling 2
Penalty for Violation (Practices and Scrimmages); Practice Room Temperature and Ventilation; High School Graduates Not Practicing; Coach-Athlete Contact	Wrestling 3
Scale Certification; Weight Management Philosophy; Body Composition Assessment	Wrestling 4
Appeals; Body Composition Assessment Protocol; Body Composition Assessment Methods; Hydration Assessment; Hydration Assessment Methods	Wrestling 5
NWCA Optimal Performance Calculator; Minimum Wrestling Weight; Minimum Wrestling Weight Class; Certifying Minimum Wrestling Weight Class; Growth Allowance	Wrestling 6
Weight Loss Descent Plan; Consequences for Violations of Weight Management Rules; Use of Illegal Methods for Weight Reduction; Weigh-In Procedures	Wrestling 7
Administering On-Site Weigh-Ins Grades 9-12; Post-Season Wrestling Information	Wrestling 8

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INTRODUCTORY INFORMATION – All Sports

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT PROTOCOL

Iowa Code Section 280.13C states, in part, “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve. If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.

For the purposes of this section, a licensed health care provider means a physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer.

For the purposes of this section, an extracurricular interscholastic activity means any extracurricular interscholastic activity, contest, or practice, including sports, dance, and cheerleading.”

1. **No student should return to play/competition (RTP) or practice on the same day of a concussion.**
2. **A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion on the same day the injury occurs.**
3. **After medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.**
4. **Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide a variety of educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
5. **Removing an injured student from participation, deciding whether he or she has sustained a concussion, and return to participation protocol.**
 - It is the responsibility of the contest officials’ and the student’s coach to recognize that a student may be exhibiting signs, symptoms, & behaviors of a concussion and remove him or her from the contest. Once the student has been removed from the contest, the officials’ responsibility for the student’s safety is over and the student is in the care of the school’s coach and/or a licensed health care provider as defined in Iowa Code 280.13C.
 - A student removed from participation due to exhibiting signs, symptoms, & behaviors of a concussion shall not recommence such participation until a licensed health care provider as defined in Iowa Code 280.13C has provided written clearance for the student to return to participation.

- Licensed health care providers as defined in Iowa Code 280.13C should follow return to participation (*practice and competition*) protocol before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to any kind of participation (practice and/or competition).
6. In cases where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have designated licensed health care providers as defined in Iowa Code 280.13C for their sponsored events/tournaments, the decision of those licensed health care providers regarding a student who is exhibiting signs, symptoms, and behaviors consistent with a concussion returning to competition at any time during those events/tournaments shall be final.

RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION
(INFORMATION FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet **ALL** of the following criteria in order to progress to return to activity. While the protocol below is not mandatory, it will help licensed health care providers as defined in Iowa Code Section 280.13C determine when return to participation is appropriate:

- **Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance** from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer. ****Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!***
- Once the criteria above are met, **the student should progress back to full activity following the stepwise process** detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.
- **Progression to return is individualized and should be determined on a case-by-case basis.** Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities (or normal cognitive functions).

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance*, full contact practice or training.

Step 7. Normal competition in a contest.

NOTE: Generally, **each step should take a minimum of 24 hours.** If post concussion symptoms occur at **ANY** step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2009; "Consensus State on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - “**Licensed health care provider**” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - “**Extracurricular interscholastic activity**” means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. **OBEY THE NEW LAW.**
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must annually sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

Signs Reported by Students:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's Grade

Student's School

BASKETBALL

RULES GOVERNING BASKETBALL GAMES

The Iowa High School Athletic Association abides by the Basketball Rules Book published by the National Federation of State High School Associations. Each member school receives one of these rule books. **Unless other rules are adopted by the Board of Control, the member schools will follow the National Federation Rule Book to the letter.**

REGULATIONS PERTAINING TO BASKETBALL GAMES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2012-13	Week 20/November 12	Week 22/November 26
2013-14	Week 20/November 18	Week 22/December 2
2014-15	Week 20/November 17	Week 22/December 1
2015-16	Week 20/November 16	Week 22/November 30

1. Basketball practice sessions may not be held prior to November 12, 2012.
2. No interscholastic basketball contest may be played by member schools of the Association prior to November 26, 2012.
3. All scrimmages must take place in or on one of the school's facilities involved in the scrimmage. Penalty for violation, see "Penalty for Violation of Rule Pertaining to Scrimmages".
4. All member schools of the Association are permitted to play a maximum of 21 interscholastic basketball games during the season. This does not include district, substate or state tournament games. A member school may elect to play in an invitational tournament or conference tournament. However, each game played is included in the 21 game limitation.
5. The limitation rule applies to individual teams representing the school and individual player participation on those teams. No individual player may play in more than 21 games during the season, exclusive of tournaments.
6. An individual may play in six quarters in any one day.
7. Player participation in three (3) quarters constitutes a game. Participation in three (3), or any subsequent number of quarters up to a total of six, in one (1) day, will constitute one (1) game being charged against the individual season limitation rule. (Participants may not be in more than two (2) games in one day.)

EXAMPLE:

- (a) Player A plays in two or three quarters of the first game of a sophomore/junior varsity doubleheader and three quarters in the second game. EFFECT Charged with one game.
 - (b) Player A plays in one quarter in the first game and two quarters in the second game. EFFECT Charged with one game.
 - (c) Player B plays in one quarter of a Friday game and three quarters of a Saturday game. EFFECT Charged with one game for Saturday and no games for Friday.
 - (d) Player C plays in four (4) quarters of the sophomore/JV game and two (2) quarters in the varsity game. EFFECT Charged with one game.
 - (e) Player B plays in three or more quarters on Friday and three or more on Saturday. EFFECT Charged with two games, one each day.
 - (f) Player A plays in three games on Friday. EFFECT Violation; forfeiture of third game. The important thing to remember is that an individual can play a maximum of six quarters in one day; participation in three or more quarters in a given day constitutes a game. **Exception:** When an invitational tournament is played on a Saturday with each team playing two games, the six-quarter limitation will be waived.
8. A school may elect to play every night of the week if they desire. There is no limitation on the number of days in a week that a school can play games.
 9. A school may participate in three non-varsity basketball tournaments involving not more than four schools. This tournament must be held on a Saturday with each game played in the tournament counting toward the player and team 21-game limitation rule. Each school and individual player may play two games in this one-day (Saturday) tournament. The six quarter rule will be waived for this one-day tournament.
 10. Member schools may not practice or participate in any interscholastic basketball contest later than the date on which the final game of the state tournament is played.
 11. Member schools are not permitted to play any interscholastic basketball game from December 24 through January 1. This does not exclude the school from practicing or using one of its scrimmages if they desire.
 12. Those schools playing in the football championship games are entitled to 10 days of practice, exclusive of Sunday and Thanksgiving Day, before their first basketball game. The Monday following the football championship games starts the 10-day practice period. If the school decides to play sooner, it is their prerogative, but they need not play until after they have had the opportunity for 10 days of practice.
 13. In conference basketball tournaments, there will be no loser's bracket except semifinal losers can play for third and fourth places. **Exception:** Teams not advancing to the semifinals of the conference tournament may schedule additional games (not exceeding 21) at the discretion of the conference without IHSAA approval.
 14. In invitational basketball tournaments, there can be four teams; each team is permitted to play only two games; and the tournaments must be back-to-back dates or the entire tournament may be played on a Saturday with each team and each individual player playing a maximum of two games. If the tournament is played on Saturday, the six-quarter limitation rule will be waived. A REGULAR SEASON CONFERENCE OR NON-CONFERENCE GAME CANNOT BE

SCHEDULED AS PART OF AN INVITATIONAL TOURNAMENT. All conference tournament games played count toward the 21-game limit.

15. The Board of Control adopted a policy that will allow schools changing classifications from one year to the next to be permitted to find an opponent to play one additional game to assist them in having competition during the 7 to 10-day layoff caused by the classification change. **EXAMPLE:** School A has previously been a class 2-A school, their tournament has started one week prior to the 3-A and 4-A classes starting their tournament. Team A becomes a 3-A school. Due to their classification change, they have 7 to 10 days without competition. School A will be permitted one additional game with a Class 3A or Class 4-A school to alleviate the long layoff in their schedule. This school is also permitted one additional game with regard to the limitation rule.
16. The coach may have one meeting with his team prior to the start of the basketball season for the purpose of handing out information and materials to his players. However, the players may not be dressed in uniforms for this meeting. No equipment may be issued prior to the first legal practice. (This does not prohibit the taking of shoe sizes to order basketball shoes.)
17. Videotaping or filming is permissible in scouting your opponent--your opponent shall be notified. Space for taping or filming for scouting is not required of the host school. Hand-held cameras are recommended.
18. The basketball the IHSAA will be using in IHSAA tournaments for the 2012-2013 school year will be the Spalding LEGACY.
19. Overtime: Overtime games in grades 9-12 will be ½ the regular quarter time (ex. 8 minute periods, 4 minute overtime; 7 minute periods, 3 ½ minute periods.)

START OF PRACTICE FOR NINTH-GRADE BASKETBALL

If the 9th grade is part of the high school basketball program, their practice may not start prior to November 16, 2009. However, there are 9th-grade students who are not in the high school building and are not permitted to practice with sophomores, juniors and seniors. So there will be no misunderstanding, those 9th graders who are truly in a junior high building, who are only under the auspices of 9th-grade supervision, there is no starting time for the junior high basketball program. PLEASE KEEP ONE THING IN MIND: THOSE STUDENTS WHO FALL INTO THAT CATEGORY DO NOT PLAY OR PRACTICE WITH SOPHOMORES, JUNIORS OR SENIORS. It is strictly a freshman team and their season doesn't go nearly as long as the high school season due to split seasons or facility reasons.

IHSAA PRACTICE POLICY

1. Iowa High School Athletic Association member schools may use practice facilities, other than their regular school facilities, with no prior approval from the IHSAA as long as the following criteria are met:
 - a. Member schools holding practice at a practice facility other than their regular school practice facility, one time per week or more, must have a written agreement between the member school and the member school where the practice will be held or the organization operating the practice facility
 - b. Member schools holding practice at a practice facility other than their regular practice facility, on an occasional or emergency basis, must have local school administration approval before each practice session.
 - c. Only a school's bona-fide coaches may provide instruction during practice regardless of where the practice takes place.
 - d. Member schools may not practice with another member school except in scrimmage situations.
 - e. No school practice shall take place at an IHSAA state tournament venue.

REGULATIONS GOVERNING BASKETBALL JAMBOREES

1. The first legal playing date for a jamboree is Week 20 (November 12, 2012) and thereafter.
2. Jamborees shall be permitted for varsity teams only.
3. The IHSAA will permit a regular county jamboree or a regular conference jamboree. If all the teams in the county or all the teams in the conference are invited to participate and there should be less than eight teams involved, the IHSAA would sanction a county or conference jamboree to include not more than two teams from outside the county or conference provided the teams invited are located in the adjacent county of the site of the jamboree.
4. No member schools shall participate in more than one jamboree during a season.
5. Schools and/or individuals participating in a basketball jamboree will not be charged with a game participation under the basketball limitation rule.
6. A basketball jamboree will not allow any school to participate in more than two 8-minute quarters.
7. A jamboree is not considered one of the high school's three allowable scrimmages.

PREGAME MEETING

Per the request of the Iowa Basketball Coaches, the pre-game meeting with the captains and head coach of the level of competition being played, should be held off the playing floor at an open spot on bench side or wherever the least amount of noise and open space presents itself. The head coach at the level of competition being played is responsible for taking part in this pre-game.

SECONDARY/AUXILIARY GYM

The Iowa Basketball Coaches Association recommends that if a host school has second or auxiliary gym available for warm-up during the regular season, in the name of good sportsmanship, it should be offered to both teams, with the requirement that a coach from each team is present.

REGULATIONS PERTAINING TO SCRIMMAGES

A member school may have a maximum of three practice scrimmages against other high schools provided:

- a) The scrimmage is a bona fide scrimmage where no public announcement has been made, no admission charged, and no score is to be kept or recorded.
- b) Schools engaged in a practice scrimmage may not travel further than 100 miles to engage in such a scrimmage.
- c) Member schools are permitted three scrimmages during the season. These scrimmages may be used anytime during the season. This is not three scrimmages per level, but three high school scrimmages.
- d) No school time may be used for traveling and participating in a scrimmage session.
- e) Up to four schools may be involved in a scrimmage. There can be four schools at a site and each team may scrimmage each other. This counts as one scrimmage.
- f) Scrimmages must take place at one of the school's regular practice facilities.

PENALTY FOR VIOLATION OF RULE PERTAINING TO SCRIMMAGES

By Board action, violators of the scrimmage rule will be automatically eliminated from the tournament series. If the violation occurs during the tournament series, the team they last defeated in the tournament will advance. If the championship games have been played prior to knowledge of the violation, then all trophies, medals, and certificates will be collected and returned to the Association. If it is the championship team that violated the rule, the runner-up becomes the champion. If it is the runner-up team that committed the violation, the third-place team will become the runner-up. If it is the third-place team who committed the violation, the fourth-place team will become third-place. If it is the consolation runner-up team that committed the violation, there will be no consolation runner-up team for that year.

HIGH SCHOOL GRADUATES NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES

The question is often asked, "Can graduates practice or participate with or against the high school team or a member of that team?" Simply stated: High school graduates cannot practice or participate with or against a team or a member of a high school team during the given sport season. NOTE: This does not prohibit a student from participating under Student Eligibility Rule 36.15(7) "Nonschool Team Participation Rule."

Rationale: Student eligibility rules pertain to high school athletes and not graduates. The liability concerns for local boards of education and school districts are multiplied should an accident occur involving high school graduates practicing or participating with or against the high school team or a member of that team. Rules and regulations do not prohibit the local school district, should they desire, to permit high school graduates to use their facilities for practicing and/or participating, but not for the purpose of practicing and/or participating with or against a team member of a team representing the school.

UNIFORM ADAPTATIONS (IHSA ONLY)

Reminder, headbands and wristbands can be white, black, beige or a single solid school color.

ALL team members must wear the same color for each wrist or sweatband worn by each individual participant.

PREGAME WARM-UP

There have been a few cases where schools are having their varsity basketball players warm up at the halftime of the JV game or before the JV game. This is against the rules and regulations of the Association. IT IS NOT TO TAKE PLACE.

LATE SCHEDULING OF BASKETBALL GAMES

No basketball game may be scheduled after the start of a season without the approval of the Board of Control. Those schools desiring to schedule an extra game, provided they have not used the number of games permitted, must write the IHSA Office and ask for permission to schedule the extra game.

MERCY RULE

Based on a recommendation from the Iowa Basketball Coaches Association and approval from the IHSA Board of Control, a 35-point differential rule is in effect for all games played in Iowa, grades 7-12. If there is a 35-point differential at the end of the first half or anytime after, the game will be continued with a running clock. Beginning with the ensuing possession when the 35-point differential becomes effective, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.

The clock will run continuously except for the following situations when it will be stopped:

- (1) Anytime a time-out is charged to a team;
- (2) **Stoppage to administer free-throws;**
- (3) Intermission between third and fourth quarter;
- (4) Extended injury time-out;

(5) Anytime officials determine it is necessary for safety reasons.

Please keep in mind we play the first half to completion with regular timing. If the differential is 35 points or more at half-time or anytime there is a 35-point differential during the second half, the running clock procedures will be used. If the score margin drops below 25 points, then normal timing will resume for the remainder of the game, or until the 35 point plateau is again reached.

MANDATORY REPORTING OF STATS

Based on a recommendation from the Executive Board of the Iowa Basketball Coaches Association, head varsity basketball coaches are mandated to enter required statistical data at the quik stats website, www.quikstatsiowa.com. Statistical data needs to be entered by 3:00 PM on Tuesday, December 18th, Tuesday, January 15th, and Tuesday, February 5th. All games **played** through the previous Saturday of each reporting date need to be included in the statistical data. Continuing to the conclusion of their season, statistical data must be entered after each contest. The penalty for failure to report on time is:

First offense, a letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate;

Second offense, a letter to the athletic director with a copy to the principal and superintendent from the IHSAA executive director, giving 3 days to comply with the mandate.

Third offense, IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

Beginning with the 2012-2013 basketball season, it will now be required to enter the statistical information for turnovers committed each game by the team, along with providing the defensive average for contests. This is in addition to the already required individual and team statistical data.

COACHING RULE

Coaches shall remain seated on the bench at all times during the game with the following exceptions:

- a) During a charged time-out, coaches may leave the bench to confer with players at or near the bench.
- b) In case of an injury, coaches may leave the bench to aid an injured player, provided they are beckoned by an official.
- c) During an intermission, coaches may leave the bench to attend their squads.
- d) Requesting a prevention or rectification of correctable error (Rule 2-10) as specified under Rule 5, Section 8, Item 4. (Responds to the scorer's signal to grant a coach's request that a correctable error be prevented or rectified. Such a request shall be presented while the ball is dead and the clock is stopped. The appeal by the official shall be presented at the scorer's table when a coach of each team may be present)
- e) Stand up to show approval for an exciting play in the game, when a basket is scored or an outstanding play takes place by a member of their team and then must immediately return to the bench.
- f) The coach may stand up to call time-out when his team has the ball, whether the clock is running or not, and signal, forming a "T," calling a time-out.
- g) The coach may stand up when the clock is stopped to congratulate a player being substituted for.
- h) The coach may confer with personnel at the scorer's table regarding a timing error, scoring error, or alternating possession error. If an error is not prevented or corrected, the team will be charged with a time out. **NOTE:** Some officials have been guilty of lacking the intestinal fortitude to enforce this rule. This rule is like any other rule: If it is violated, it must be called because your fellow officials are the ones who are going to have to pay the price for your lack of courage if you do not enforce this rule.
- i) A coach will be allowed to stand and confer with a player(s) whenever the clock is not running. Communication with the player(s) only, should be done in a positive manner and shall take place directly in front of where the coach is seated. When the clock starts following a throw-in or last missed free throw, the coach shall return to his seat. The officials will not delay a throw-in administration to permit a coach additional dead clock time to visit with a player(s). This will allow coaches additional opportunities to stand up and instruct players while the clock is not running during the game.
- j) Disqualified player: Upon the head coach's notification of the disqualified player, the coach may stand and congratulate the disqualified player and walk the confines of his/her bench to select a replacement for the disqualified player. The NFHS rule states a disqualified player must be replaced within 20 seconds from the time the coach is notified. Any unsporting acts on the coach's part are subject to being assessed a technical foul.

IT IS MANDATORY THAT THE COACH BE EJECTED FROM THE GYMNASIUM FOLLOWING THE SECOND "DIRECT" OR THE THIRD "INDIRECT" TECHNICAL FOUL ASSESSED TO HIM DURING THE GAME. THE COACH IS NO LONGER TO BE A SPECTATOR AT THE GAME. THE COACH IS TO GO TO THE DRESSING ROOM, THE BUS, OR TO A ROOM AWAY FROM THE GYMNASIUM.

COACH EJECTION

Any coach at any level grades 7-12 who is ejected from an IHSAA sanctioned sport be r equired to take the NFHS Fundamentals of Coaching elective course "Teaching and Modeling Behavior."

The course must be viewed prior to being able to return and coach an interscholastic contest and the certificate of course completion must be sent to the IHSAA office. In addition, the cost of the course will be the responsibility of the individual coach. This mandate is in addition to missing the next playing date at the level of competition he/she was ejected from and all games in the interim.

STUDENT-ATHLETE EJECTION

Any student-athlete at any level grades 7-12 who is ejected from an IHSAA sanctioned sport will be required to take the NFHS Coach Education/Certification Program elective course —Sportsmanship- It's Up to You. The course must be viewed prior to being able to return and participate in an interscholastic contest at any level and the certificate of course completion must be sent to the IHSAA office. This mandate is in addition to missing the next regularly scheduled game/meet which is defined as the next scheduled, rescheduled, or contracted date. There is no cost for this course.

REGULATIONS GOVERNING BASKETBALL CLINICS

Basketball clinics may be held provided they are sanctioned by the IHSAA and the teams invited will only play two quarters consisting of eight minutes each. The clinic must have clinicians and the primary purpose is to include the techniques of coaching. Teams cannot play in a clinic until the date of the first legal game.

TOURNAMENT PAIRINGS & SITE INFORMATION

Based on a recommendation from the Iowa Basketball Coaches Association and approval from the IHSAA Board of Control, all district and substate pairings will not be finalized or announced until one month prior to the opening of the state tournament series.

Class 1A and Class 2A are scheduled to begin on Monday, February 11, 2013. The districts would be released on Monday, January 7, 2013. Three week later, the week of January 28th, will be the release of the actual pairings and assignments.

Class 3A and Class 4A are scheduled to begin on Monday, February 18, 2012. The districts and substates would be released on Monday, January 14, 2013. Three weeks later, the week of February 4th, will be the release of the actual pairings and assignments.

CHEERLEADERS RULES

At all IHSAA Tournaments, district, substate and state, there will be a limit of six cheerleaders and one mascot, if in uniform. This includes any self-appointed individuals. During a tournament, you may have different individuals make up this limit of six cheerleaders. In other words, it does not have to be the same individuals during the entire tournament series. However, for any one tournament game you may have only six in uniform. There can be no alternating or substituting during that tournament game. Please keep in mind that during the school year, the limit of cheerleaders can be determined by the local school.

GAME PROTESTS NOT UPHOLD

The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

IHSAA BASKETBALL TOURNAMENT MANUAL

The IHSAA Basketball Tournament Manual will be placed on the IHSAA website in January stating all the rules and regulations which govern tournament play. No basketball manuals will be sent out to member schools.