

2013
REGULAR SEASON SPORTS

SPRING

MANUAL

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



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

TRACK & FIELD

TEAM PARTICIPATION RULES

1. The first day of practice will be February 11, 2013.
2. **Meet Limitation:** Teams will be allowed to compete in 12 meets.
Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays.
3. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after a school's outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation.
4. On occasion, a school will have an athlete who is very talented and the school believes he should have better competition than the rest of the team; therefore, they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the meet limitation if the outdoor season has begun. This does not include the Drake Relays.
5. A two-day meet shall be considered a one-day meet insofar as the limitation rule is concerned.
6. If you sign a contract to participate in a track meet, you cannot break that contract to attend a different meet. The IHSAA rules require you to honor your first contract.

INDIVIDUAL PARTICIPATION RULES

1. **Individual Meet Limitation:** Individuals will be allowed to compete in 12 meets. Meets not included in this limitation: IHSAA meets (state qualifying or state) and the Drake Relays. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. The indoor track season ends when a school has its first outdoor competition. Any indoor meet held after a school begins outdoor competition counts against the meet limitation. The only exceptions would be the excluded meets identified in item #2.
2. **A competitor may compete in only one meet per day, excluding the Drake Relays.** The only exception would be if you have a varsity/junior varsity meet or a sophomore/varsity meet held on the same day at the same site. An individual can participate in both meets as long as he does not violate the one-day individual event participation rule. In this instance, the competitor will be charged with only one meet.
3. **Individual Event Limitation:** Each contestant is limited to **four** events.
4. Preliminary events count as an event.
5. If there are no preliminaries, individuals entered will be charged with an event unless he scratches prior to reporting to the clerk of course or event judge.
6. The Board of Control of the IHSAA has adopted the National Federation rule with regard to a participant competing in too many events. Rule 4, Section 2, Article 2 requires the forfeiture of all individual points, team points, and places earned by a competitor exceeding the participation limit. This forfeiture applies to both individual and relay points and places.
7. **Concussion:** National Federation rules and the Code of Iowa require that a competitor displaying the signs or symptoms of a concussion shall be immediately removed from the meet and not allowed to return until cleared by an appropriate health-care professional. Please refer to Rule 4, Section 4, Article 2, in the National Federation Rules.
8. **Personal conduct:** Disqualification will be invoked for unsportsmanlike conduct. The referee has sole authority in this area however any official may request the referee to take such action. Please refer to the IHSAA Handbook for the current IHSAA disqualification rule. The use of tobacco products by coaches or participants is prohibited by IHSAA rule.

COACHES' RESPONSIBILITIES

1. Review Rule 4, Section 6, in the National Federation Rules concerns disqualification. At the same time, review the IHSAA disqualification rule.
2. Coaching should be done from the stands or other designated coaching areas. Only contestants and meet officials will be permitted on the track or in the competition areas.
3. If field events are held outside of the track area, coaches will be permitted in those areas.
4. Contestants shall not be assisted at the start, during the race, or following the finish by anyone other than meet officials. Coaches, teammates of participants, team managers, or anyone else, officially or unofficially connected to the team, shall not position themselves in the finish area to assist a teammate at the conclusion of a race.
5. **Uniform Rule:** Coaches are responsible for seeing their competitors are wearing the proper uniform. A legal uniform is well defined in Rule 4, Section 3, Articles 1-4 of the National Federation Rules. The athlete should always wear the uniform of his school. No contestant will be permitted to wear any head covering. **Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacturer's logo or school name or logo. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches. An athlete running without the proper and legal uniform will be disqualified.** An illegal uniform can be removed or corrected prior to the start of a race or event if done without delay. If a competitor is discovered wearing an illegal uniform during competition, the competitor will receive a warning and all subsequent violations of the rule by a warned competitor will result in disqualification from the event. In relay races each team member shall wear the same color and design school uniform (top and bottom). When other visible apparel is worn under the school uniform, it shall be the same color for all teammates choosing to wear them.

Jewelry: No jewelry, excluding watches, is permitted in any track and field meet. Meet management and meet officials will remind coaches and participants jewelry is prohibited however it is the coaches' and participants' responsibility to adhere to this rule. Jewelry can be removed or corrected prior to the start of a race or event if done without delay. If a competitor is discovered wearing jewelry during competition, the competitor will receive a warning and all subsequent violations of the rule by a warned competitor will result in disqualification from the event. Any medical or religious medallions that must be worn are covered by Rule 4-3-3.

MANDATORY REPORTING OF PERFORMANCES

Based on a recommendation of the Joint Track and Field Advisory Committee and action of the Board of Control, head varsity track and field coaches are mandated to enter track and field performances at the Quik Stats Iowa website, www.quikstatsiowa.com. Performances need to be entered by midnight on Monday, April 8; Monday, April 22; and Monday, May 6. The penalty for failure to enter performances on time is:

First Offense – A letter/e-mail to the head coach 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 – The IHSAA member school's expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

RELAY RULES

1. **Order of Events:** All meets shall use the qualifying meet order of events for all regular season meets.
2. **Restricted Events:** As a result of action by the IHSAA Board of Control, the following rule is in effect regarding relay and individual events at track and field meets: *Participation in track and field shall be limited to state meet events, with additional events being allowed that comply with National Federation rules and the rules of the IHSAA. No events will be allowed that are demeaning to the sport of track and field. If additional events, other than state meet events, are held, results from those events may not be used to determine the team score of the meet.*
3. **Relay Cards:** Coaches are to complete information on the relay cards. After the completed card is given to the clerk of the course, there can be no change made in the personnel. Six individuals may be listed on the relay card. Only those who participate will be charged with an event. Any substitutions must come from the six names listed on the relay card.
4. In relays, it is permissible for the order of running to be changed between heats and succeeding rounds of competition, including individual legs of the medley relay, where all runners do not run the same distance. (Rule 5-10-3)
5. **Relay Entry Rules:** Any runner reporting to the clerk of course will be charged with an event.
6. **State Meet Relays:** In the 4x100 and 4x200 meter relays, lanes shall be used all the way around the track. The 4x400 and the medley relay will be run on a three-turn stagger. The 4x800 relay will be run on a double waterfall.
7. In relays having preliminaries, final heat drawings will be by preliminary performance using lane 4 as the fastest lane then using lanes 5-3-6-2-7-1-8. In relay events at the state meet where preliminaries are not held, the team will be assigned lanes according to their qualifying meet performance. All state meet seeding will be done according to Rule 5, Section 6, "Forming Heats."

TRACK CLASSIFICATIONS

The 48 largest track schools are 4-A, next 64 largest 3-A, next 96 largest 2-A and the balance 1-A. In the co-educational sport of track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm on Friday, March 15, 2013 for track and field.

STATE QUALIFYING MEET - ALL CLASSES COACHES' INFORMATION

1. All state qualifying meets will be co-educational meets.
2. The 2013 qualifying meets will be held for all classes on Thursday, May 9, 2013. The rain date for all qualifying meets will be the following day excluding, Sunday. All qualifying meets will start at 4 PM. There will be a 45 minute break between the boys' 3200 and the boys' shuttle hurdle relay and a 10 minute break between the girls' 800 meter run and the girls' 200 meter dash. If the rain date is used, meet manager determines starting time.
3. **The Board of Control of the IHSAA has determined that races at the State Qualifying meets will run to the common finish. Races will not be reversed to gain a wind advantage even in fully automatic timing is available for the reversed race.**
4. **Qualifying Meet Assignment:** Your school will be assigned to a qualifying meet based on geographic location. This assignment cannot be changed.
5. Only two contestants may compete in an individual event from a member school. One relay from each school may compete.
6. **Scoring: Eight places will score at the qualifying meet.** Qualifying meet scoring shall be 10, 8, 6, 5, 4, 3, 2, 1 for relay events and individual events.

7. **Awards:** Medals for first eight places in all events. Qualifying meet team champions will be sent or presented with a qualifying champion banner.
8. Order of events for all qualifying meets is listed for your convenience. This is the running order for all qualifying meets.

ORDER OF EVENTS

All Field Events

High Jump B/G
 Discus WC (B)/B/G
 Shot G/B/WC (B & G)
 Long Jump G/B

Running Events

3000 meter run G (F)
 4 X 800 meter relay B/G (F)
 3200 meter run B (F)
45 minute break

Running Events:

Shuttle Hurdle Relay B/G
 100 meter dash G
 100 meter dash B
 100 meter wheelchair G/B
 Distance medley relay G
 400 meter dash G
 400 meter dash B
 400 meter wheelchair G/B
 4 X 200 meter relay G
 4 X 200 meter relay B
 100 meter hurdles G
 110 meter hurdles B
 1600 meter run B
 800 meter run G
10 minute break
 200 meter dash G

200 meter dash B
 200 meter wheelchair B
 400 meter hurdles G
 400 meter hurdles B
 1600 meter medley relay B
 Sprint medley relay G
 1500 meter run G
 800 meter run B
 4 X 100 meter relay G
 4 X 100 meter relay B
 4 X 400 meter relay G
 4 X 400 meter relay B

STATE QUALIFYING MEET INFORMATION

1. Information will be mailed to your school. A **Qualifying Meet Manual will be posted on the website.** Qualifying meet entries will be submitted online. Information for submitting qualifying meet entries will be emailed to member schools on Monday, April 29, 2013. All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. All entries shall be submitted as *FAT times*. **Substitution will be accepted until the completion of the coaches meeting. No adjustment will be made to heat and lane assignments.**
2. Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information. The IHSAA will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights.
 - a.) Field events will be in flights. Throwing order will be as stated in the Track and Field Rules Book.
 - b.) In events run in sections against time, the last section will contain the best performers, the prior sections the next best contestants, etc.
 - c.) Since all events are finals, sections will be filled by entry performances. The final section of each event will have the best entry performances.
 - d.) The highest ranked contestant will be placed in the lane in the center of the track. Lanes will be filled by alternating either side of the number-one ranked athlete. This will be (4-5-3-6-2-7-1-8) according to the number of individuals or teams in the heat and the lanes available.
3. Relay personnel may be changed after the meet has begun. Substitutes must come from the names on the original relay entry.
4. Each school will be given copies of the heat and lane assignments.
5. **Track Complimentary Admissions:**
 - 1) Any superintendent, principal, or athletic director, and their respective spouses, who present their current IHSAA identification card will be admitted free. It shall be understood that no members of the families of an administrator or coach shall be admitted free unless they qualify in one of the other categories.
 - 2) Any bona fide member of the press, radio, and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or year book.)
 - 3) One team bus driver.

Qualifying Meet Expense Reimbursement – There is no reimbursement for the track and field qualifying meet.

STATE MEET QUALIFICATION

In Class 4A, top two place winners in each event plus the next twelve (12) best performances statewide from qualifying meet place winners will advance to the state meet. Class 3A and Class 2A, the top two place winners in each event plus the next eight (8) performances statewide from qualifying meet place winners will advance to the state meet. In Class 1A, the top

placewinner in each event plus the next twelve (12) best performances statewide from qualifying meet place winners will advance to the state meet. If there are ties, the highest qualifying meet place winner will be the qualifier. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The first school name alphabetically will become the qualifier. There will be no more than 24 qualifiers in any event.

*****STATE MEET INFORMATION*****

The 2013 State Track and Field Meet will be a coeducational event held in cooperation with the Iowa Girls High School Athletic Union. The meet will be held at Drake Stadium in Des Moines. The meet will be held May 16, 17 and 18. The format for the meet will be different from the 2012 format. Classes 2A & 3A will compete in the afternoon. Classes 1A & 4A will compete in the morning. There are still pending details regarding the administration and organization of the meet. Specific details will be made available when the determinations have been made.

State Meet Expense Reimbursement – Schools with 1-6 qualifiers receive \$.30 per mile. Schools with 7-14 qualifiers receive \$.60 per mile. Schools with 15-22 qualifiers receive \$.90 per mile. Schools with greater than 22 qualifiers receive \$1.10 per mile. Mileage is paid for one trip to Des Moines.