



**Idaho High School Activities  
Association  
2023-2024  
Wrestling Coaches Packet**

***unbottled.***

# 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 IHSAA 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 IHSAA 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 IHSAA 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 IHSAA certified weight assessor.
2. Development of a sound, gradual and safe weight-loss plan, which includes nutritional education if weight loss is desired. The maximum weight loss per week shall not exceed 1.5 percent of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

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 IHSAA 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 IHSAA 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 IHSAA 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 1<sup>st</sup>*. 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**

<b><u>5A</u></b>		<b><u>4A</u></b>	
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	

<b><u>3A</u></b>		<b><u>2A</u></b>	
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.

**1<sup>st</sup> through 8<sup>th</sup> 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 1<sup>st</sup>-3<sup>rd</sup> at weight
  - b. Highest returning state placer 1<sup>st</sup>-3<sup>rd</sup> at a different weight
  - c. Highest returning state placer 4<sup>th</sup>-6<sup>th</sup> at weight
  - d. Highest returning state placer 4<sup>th</sup>-6<sup>th</sup> 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 18, 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

# Wrestling Rules Changes - 2023-24

By NFHS on May 04, 2023 [wrestling](#)

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## 1-4-3 SECTION 4 REPRESENTATION:

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than ~~five~~ six matches (championship or consolation), excluding forfeits in any one day of competition. ~~Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.~~

**Rationale:** With the rule change to allow six matches in post-season events after experiments were conducted by state associations last year, and there was no reported increase of injuries. Allowing six matches during the regular season events is a normal progression and will be monitored throughout the season.

## 1-4-4 SECTION 4 REPRESENTATION:

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a ~~45-minute~~ 30-minute rest between matches. The conclusion time of each match shall be recorded.

**Rationale:** The sentiment is that the recovery time of 30-minutes is adequate rest between matches and is of the opinion that since there is no peer-reviewed data to suggest any additional risk for using a 30-minute rest/recovery time versus a 45-minute rest/recovery time. This is a reasonable rule modification.

## 1-4-7 (NEW) SECTION 4 REPRESENTATION:

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

**Rationale:** The rule to allow 6 matches in a day was more for meet management on one-day tournaments and is not to allow more matches in a season.

## 3-1-1 SECTION 1 REFEREE:

ART. 1 . . . The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes ~~without colored highlights~~. Shoes with white or gray trim are allowed. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

**Rationale:** Allowing the referee's shoes to have trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

## 4-1-1a, 4-1-1b SECTION 1 WRESTLERS' UNIFORM:

ART. 1 . . . A legal uniform consists of:

- a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and belt line. A suitable

undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights with stirrups. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

**Rationale:** The tights worn by wrestlers today are compressed and form-fitting reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent. By removing the stirrups requirement wrestlers will not have to use tape at the ankles or wear long socks to hide the lack of stirrups while wearing full-length tights.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, button or pockets. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights.

c. Remains the same.

**Rationale:** For consistency, either uniform style is available for full-length tight-fitting tights usage.

#### **4-2-1 SECTION 2 WRESTLERS' APPEARANCE AND HEALTH:**

ART. 1 . . . Facial hair is permissible. Trimmed to a length so that the skin is visible for skin checks is allowed. Facial hair that does not allow for skin a check to be performed, as determined by the referee or a designated, on-site appropriate health care professional overseeing the skin checks, shall be immediately trimmed to within the guidelines. A wrestler may not compete until the facial hair is trimmed and the skin check is completed. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or the opponent are allowed. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

~~Wrestlers that do not meet the requirement shall wear a face mask.~~ All legal hair covers and face masks will be considered as special equipment.

**Rationale:** It is important to be cognizant about skin disease and keeping all involved safe. If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete. The length of the facial hair does not have any influence on the referee's decision.

### **5-13, 10-2-4 and 10-2-5 SECTIONS 13 and 2 FORFEIT/MEDICAL FORFEIT:**

It shall be considered a forfeit when the opponent, for any reason fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the Tournament Director.

**Rationale:** The term medical forfeit will better describe that the forfeit was due to injury or illness that occurred during the tournament. A medical forfeit would not count against the wrestler's record.

### **SECTION 2 ENTRIES**

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue.

Extenuating circumstances concerning the injury or illness as it relates to default, ~~or~~ forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

**Rationale:** By using a medical forfeit, it will clearly define that the wrestler was not able to report to the match due to injury or illness. Like regular forfeits the wrestler would not take a loss on their record.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

**Rationale:** There is confusion when choosing an injury default versus a forfeit in tournament situations. Rule 5-7 defines a default when one of the competitors is unable to continue wrestling for any reason. Rule 5-13 defines a forfeit when the opponent, for any reason, fails to appear for a match. Using medical forfeit versus an injury default will better define when a wrestler shows a loss on their record. A default counts as a loss a forfeit does not.

### **5-15-2a SECTION 15 INBOUNDS:**

Change: a. When down on the mat, the usual points of support are:

1. the knee(s)
2. the side of the thigh
3. the buttocks
4. the hand(s)
5. the head

6. foot/feet

**Rationale:** Feet are regularly supporting the wrestler's weight during the match while on the mat. We allow a wrestler's feet to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches and officials. No higher rates of injury will occur with this addition.

**6-5-2 SECTION 5 END-OF-MATCH PROCEDURE:**

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm. ~~wrestler's hand.~~

**Rationale:** Wrestling remains the only sport where it is required for the official to touch the student athlete as part of the post match/game procedure. There truly is no need for adult officials to contact the student athletes unless the health and safety of the athlete is in jeopardy. During the pandemic we adopted a number of protocols to help avoid the transmission of the disease, one of those was to no longer raise the hand of the wrestler, rather raise the color wristband of the wrestler who won, this was very successful and widely liked among officials. This is the end of match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete

## 6-Year Record of IHSAA Registered Officials

<u>2017-2018</u>	<u>2018-2019</u>	<u>2019-2020</u>	<u>2020-2021</u>	<u>2021-2022</u>	<u>2022-2023</u>
Basketball- 508	Basketball- 571	Basketball- 578	Basketball-563	Basketball-553	Basketball- 700
Football- 391	Football- 394	Football- 381	Football-370	Football-384	Football- 434
Volleyball- 212	Volleyball- 231	Volleyball- 223	Volleyball-165	Volleyball-191	Volleyball- 242
Wrestling- 107	Wrestling- 127	Wrestling- 148	Wrestling-86	Wrestling-97	Wrestling- 139
Baseball- 190	Baseball- 194	Baseball- 209	Baseball-174	Baseball-179	Baseball- 225
Track- 36	Track- 40	Track- 26	Track-23	Track-32	Track- 43
Softball- 179	Softball- 195	Softball- 208	Softball-17	Softball-179	Softball- 213
Soccer- 188	Soccer- 203	Soccer- 193	Soccer- 161	Soccer-168	Soccer- 206

### 2015-2022 IHSAA Registered Officials by District

<u>2015-16</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	43	31	69	14	27	20	2	32
District II	35	26	54	8	14	18	5	22
District III	125	79	168	36	51	60	8	59
District IV	79	32	89	16	32	38	6	31
District V	64	20	74	16	25	30	6	19
District VI	<u>66</u>	<u>37</u>	<u>78</u>	<u>20</u>	<u>27</u>	<u>24</u>	<u>5</u>	<u>35</u>
<b>Totals</b>	<b>412</b>	<b>225</b>	<b>532</b>	<b>110</b>	<b>176</b>	<b>190</b>	<b>32</b>	<b>198</b>

<u>2016-17</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	42	33	65	13	24	17	4	33
District II	34	25	49	6	21	21	6	21
District III	118	77	150	37	67	60	9	72
District IV	70	29	74	13	32	37	8	31
District V	59	23	75	17	21	26	6	18
District VI	<u>70</u>	<u>37</u>	<u>94</u>	<u>23</u>	<u>33</u>	<u>31</u>	<u>6</u>	<u>27</u>
<b>Totals</b>	<b>393</b>	<b>224</b>	<b>507</b>	<b>109</b>	<b>198</b>	<b>192</b>	<b>39</b>	<b>202</b>

<u>2017-18</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	42	28	65	14	26	16	4	28
District II	37	23	54	7	17	17	5	18
District III	116	69	164	34	57	54	11	68
District IV	77	27	76	16	39	41	8	29
District V	52	23	68	17	20	28	4	19
District VI	<u>67</u>	<u>42</u>	<u>81</u>	<u>19</u>	<u>31</u>	<u>23</u>	<u>4</u>	<u>26</u>
<b>Totals</b>	<b>391</b>	<b>212</b>	<b>508</b>	<b>107</b>	<b>190</b>	<b>179</b>	<b>36</b>	<b>188</b>



<u>2018-2019</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	42	29	65	17	24	18	3	32
District II	36	24	56	15	17	12	5	23
District III	124	68	186	33	61	63	13	63
District IV	71	41	93	21	38	41	9	32
District V	53	26	83	20	24	34	4	26
District VI	<u>68</u>	<u>43</u>	<u>88</u>	<u>21</u>	<u>30</u>	<u>27</u>	<u>6</u>	<u>27</u>
<b>Totals</b>	<b>394</b>	<b>231</b>	<b>571</b>	<b>127</b>	<b>194</b>	<b>195</b>	<b>40</b>	<b>203</b>

<u>2019-20</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	39	32	68	19	23	17	2	31
District II	30	22	42	12	19	18	2	17
District III	116	68	192	46	71	65	11	67
District IV	69	35	91	26	38	40	5	28
District V	52	25	80	18	23	32	2	24
District VI	<u>75</u>	<u>41</u>	<u>105</u>	<u>27</u>	<u>35</u>	<u>28</u>	<u>4</u>	<u>26</u>
<b>Totals</b>	<b>381</b>	<b>223</b>	<b>578</b>	<b>148</b>	<b>209</b>	<b>208</b>	<b>26</b>	<b>193</b>

<u>2020-21</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	39	23	65	12	18	16	2	17
District II	33	23	54	9	14	12	4	20
District III	87	25	192	23	53	53	4	56
District IV	72	36	103	13	39	40	6	15
District V	60	22	72	15	18	23	5	27
District VI	<u>79</u>	<u>36</u>	<u>77</u>	<u>27</u>	<u>32</u>	<u>28</u>	<u>2</u>	<u>26</u>
<b>Totals</b>	<b>370</b>	<b>165</b>	<b>563</b>	<b>86</b>	<b>174</b>	<b>17</b>	<b>23</b>	<b>161</b>

<u>2021-22</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	42	31	62	11	18	19	5	25
District II	28	22	54	8	16	18	4	11
District III	122	58	174	26	58	60	9	63
District IV	72	28	89	13	38	39	7	29
District V	49	18	76	16	17	20	6	14
District VI	<u>71</u>	<u>34</u>	<u>98</u>	<u>23</u>	<u>32</u>	<u>24</u>	<u>1</u>	<u>28</u>
<b>Totals</b>	<b>384</b>	<b>191</b>	<b>553</b>	<b>97</b>	<b>179</b>	<b>180</b>	<b>32</b>	<b>168</b>

<u>2022-23</u>	<u>FB</u>	<u>VB</u>	<u>BB</u>	<u>WR</u>	<u>BA</u>	<u>SB</u>	<u>TR</u>	<u>SOC</u>
District I	49	34	70	15	21	15	3	28
District II	43	24	66	15	27	21	7	16
District III	121	79	237	42	59	59	14	71
District IV	75	38	114	22	42	44	9	30
District V	62	21	87	20	18	19	8	28
District VI	<u>74</u>	<u>46</u>	<u>116</u>	<u>26</u>	<u>43</u>	<u>38</u>	<u>5</u>	<u>37</u>
<b>Totals</b>	<b>424</b>	<b>242</b>	<b>690</b>	<b>140</b>	<b>210</b>	<b>196</b>	<b>46</b>	<b>210</b>



## **Required Safety Courses:**

- \*Student Mental Health & Suicide Prevention**
- \*Sudden Cardiac Arrest**
- \*Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://www.idhsaa.org)
- ✓ Click officials
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

Test are taken on even numbered years, only new coaches are required to take safety courses this year. All coaches will take the test after May 1, 2024. Submit certificate of completion to your administration

**Help Desk (317) 565-2023**



**Check the appropriate box**

This individual was ejected for committing an unsportsmanlike act. IHSAA Rule 4-3 **is** in effect.

This ejection was not the result of an unsportsmanlike act. IHSAA Rule 4-3 is **not** in effect

**EJECTION REPORT FOR UNSPORTSMANLIKE CONDUCT**

I, \_\_\_\_\_, a certified official from the \_\_\_\_\_ District,  
Name District #  
officiated the \_\_\_\_\_ contest between \_\_\_\_\_ High School and  
sport  
\_\_\_\_\_ High School at the \_\_\_\_\_ level on \_\_\_\_/\_\_\_\_/\_\_\_\_.  
Junior Varsity/Varsity date

During the \_\_\_\_\_ of the contest, I ejected number (#) \_\_\_\_\_ from  
quarter/period/match/inning  
\_\_\_\_\_ High School.

**Describe the unsportsmanlike act and why IHSAA Rule 4-3 is or is not in effect:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This ejection report is filed on \_\_\_\_/\_\_\_\_/\_\_\_\_ and is being sent this \_\_\_\_/\_\_\_\_/\_\_\_\_  
date date  
to the \_\_\_\_\_ of the \_\_\_\_\_ District in the sport of \_\_\_\_\_.  
Commissioner's name District #

**Official's Signature** \_\_\_\_\_

**This report is being sent to:**

\_\_\_\_\_ at \_\_\_\_\_ High School,  
Principal's name

\_\_\_\_\_, Secretary of the \_\_\_\_\_ District Board of Control,  
District Secretary's name District #

\_\_\_\_\_, President of the \_\_\_\_\_ District Board of Control,  
District President's name District #

\_\_\_\_\_, Executive Director of the IHSAA by the District Commissioner.  
Name of IHSAA Executive Director

**District Commissioner's Signature** \_\_\_\_\_

### 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.