



IHSAA Football Rules Review

Summer Participation

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Rule 15-3.1 - During Summer

Whether summer athletic activities are sponsored by a member school or a non-school organization, students may participate so long as:

- a. Participation is voluntary,
- b. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Students must remain an amateur,
- c. **For football there shall be no full contact and protective equipment is limited to helmet, shoes, shoulder pads and mouthpieces.**

Rule 15-3.2 - Camps and Clinics

Students may participate in non-school sponsored camps provided the following standards are met.

- a. Attendance is limited to non-school time.
- b. Fees, if charged, must be provided solely by the student, parent or guardian except for underprivileged students. No school or athletic funds shall be used for such.
- c. No school-owned uniforms (jerseys, shirts, shorts, pants, singlet, or swim suits, etc.) shall be worn by the student.
- d. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
- e. Length of attendance is unlimited.
- f. **For football camps there shall be no full contact and protective equipment is limited to helmet, shoes, shoulder pads and mouthpieces.**
- g. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.
- h. *For all school sponsored camps and clinics and non-school sponsored camps and clinics for fall sports, attendance must be terminated prior to Monday, Week 4. For non-school sponsored camps and clinics in other sports, attendance must be terminated prior to Monday, Week 5. (See IHSAA calendar for week numbers.)*

Rule 15-3.3 - Open Facility Program (Commonly known as "Open Gym")

Program in which the gymnasium, playing fields, or other school facilities are open to all students for participation on a voluntary basis. Specific equipment related to a particular sport, i.e. balls, goals, nets, etc., may be used.

- a. Member schools may operate open facility programs in which the gymnasium, playing field or other school facilities are open to all students for participation.
- b. Member school coaches may supervise the program, communicate with students and offer correction provided that:
 - (1) The program is open to all students of that member school;
 - (2) Attendance and participation is voluntary and not required by the member school coaches for membership on a team;
 - (3) Operation of open facility programs must be terminated prior to Monday of Week 4 for all sports. *Open facility programs may resume on the first day of school.* (See IHSAA calendar for week numbers) (A conditioning program may be extended through Saturday of Week 4).

Rule 15-3.4 - Moratorium

Effective in 2004-05, each member school shall observe a moratorium week during the week which includes July 4th, either IHSAA calendar Week 52 or Week 1. (IHSAA calendar weeks begin on Sunday) During this six day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

The First Two Days of Football Practice

Rule 54-4

All organized football practices by players or teams shall be limited to the period beginning Monday of IHSAA calendar week 5 and terminating on the date the team is eliminated. **The first two days shall be non-contact practices limited to two 90-minute sessions per day or less with a two-hour break between sessions. There shall be no live contact between participants and protective equipment is limited to helmet, shoes, shoulder pads and mouthpieces. Footballs may be used. The two days are to be used primarily for physical conditioning, sprints, agility drills, etc.**

Football Quarters for a Player

Rule 54-3.1

Interschool football participation by a player shall be limited to a maximum of:

- 36 varsity quarters, limited to four (4) varsity quarters per week; or
- 45 season quarters limited to five quarters during a week with no more than two varsity quarters included. It shall not count as a varsity quarter if a player participates only in a kicking down. A kicking down is defined as a kickoff, kickoff return, punt, punt return, field goal or kicked extra point. In order to place emphasis on the varsity squad, the record of quarters of each student shall start on the day of the varsity scheduled game and end the day before the next varsity game scheduled or seven days, whichever comes first.

Varsity Quarters	Reserve Quarters
4	0
3	1
2	3
1	4

During the School Year Out-of-Season

Rule 15-2.2 - Team Sports - Contests

(Baseball, Basketball, Football, Soccer, Softball and Volleyball)

a. Students may participate in team sport contests as members of a non-school team provided no more than the following number of students who have participated in a contest the previous *season* as a member of one of their school teams in that sport are *rostered on* the same non-school team, at the same time.

Baseball – 5

Softball – 5

Soccer – 6

Football – 6

Basketball – 3

Volleyball – 3

The following standards also must be met:

(1) Participation is limited to non-school time.

(2) Fees, if charged, must be provided solely by the student, parent or guardian. No school or athletic funds shall be used for such when students of grades 9-12 are involved.

(3) Participation shall be open to all students.

(4) Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.

b. Students may not receive instruction from individuals who are members of their high school coaching staff.

c. Coaches, from a member school coaching staff, may not instruct students who have participated in a contest as a member of their school's team. (Exception: Coaches may instruct their sons or daughters.)

d. Member schools may not organize, supervise or operate athletic practices.

e. Member schools may not provide school-owned uniforms (shorts, pants, singlet, or swimsuits, etc.) worn by the student in non-school contests.

Rule 15-2.3 – Camps

a. Students may attend during non-school time provided the following standards are met.

(1) Attendance is limited to non-school time unless camp is a verified Olympic development camp.

(2) Fees, if charged, must be provided solely by the student, parent or guardian except for underprivileged students. No school or athletic funds shall be used for such.

(3) No school-owned uniforms (jerseys, shirts, shorts, pants, singlet, or swimsuits, etc.) shall be worn by the student.

(4) No more than three students in basketball and volleyball, five students in baseball and softball, or **six students in football** and soccer who have participated in a contest the previous year as a member of one of their school teams in that sport may participate on the same team or in the same work station or drill at the same time. All work stations or drills must be held independent of each other and may not be integrated to simulate a game.

(5) Member schools may not organize, supervise or operate school-sponsored camps; however, schools may rent or lease their facilities to non-school sponsors.

(6) Coaches from a member school coaching staff may not instruct students who have participated in a contest as a member of their school's team in that sport.

(7) Competition must be limited to intra-camp practices, contests and instruction.

(8) Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.

(9) Length of attendance is unlimited.

(10) Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.

Rule 15-2.4 – Clinics

a. Students may attend during non-school time provided the following standards are met.

(1) Attendance is limited to non-school time.

(2) Fees, if charged, must be provided solely by the student, parent or guardian except for underprivileged students. No school or athletic funds shall be used for such.

(3) No school-owned uniforms (jerseys, shirts, shorts, pants, singlet, or swimsuits, etc.) shall be worn by the student.

(4) No more than three students in basketball and volleyball, five students in baseball and softball, or six students in football and soccer who have participated in a contest the previous year as a member of one of their school teams in that sport may participate on the same team or in the same work station or drill at the same time. All work stations or drills must be held independent of each other and may not be integrated to simulate a game.

(5) Member schools may not organize, supervise or operate school-sponsored clinics; however, schools may rent or lease their facilities to non-school sponsors.

(6) Coaches from a member school coaching staff may not instruct students who have participated in a contest as a member of their school's team in that sport.

(7) Competition must be limited to intra-clinic practices, contests and instruction.

(8) Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.

(9) Length of attendance is unlimited.

(10) Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.

b. Coaches may use students, school owned equipment in schools, camps and/or coaches clinics held in the State of Indiana or in an adjacent state, when the coach is a presenter. A record of students used as demonstrators must be kept by the school. Coaches may not use a student for demonstration purposes in more than three (3) such clinics per sport between July 1 and June 30 each year. No more than one (1) such clinic may be in an adjacent state.

c. Member schools may not organize, supervise or operate school-sponsored student-clinics.

Rule 15-2.5 - Conditioning Program

Program designed for and limited to activities which promote physical fitness and exclude game drills. Examples of permissible activities are weight lifting, running and aerobic exercising. Specific equipment related to a particular sport, i.e. balls, goals, nets etc. shall not be used.

- a. Students may participate in a conditioning program at the member school.
- b. Member schools may operate a conditioning program.
- c. Member school coaches may supervise the program provided:
 - (1) The program is open to all students of that member school;
 - (2) Attendance and participation are voluntary and not required by the member school coaches for membership on a team;
 - (3) Specific equipment related to a particular sport, i.e. balls, goals, nets, etc. shall not be used.

Rule 15-2.6 - Open Facility Program (Commonly known as "Open Gym")

Program in which the gymnasium, playing field or other school facilities are open to all students for participation. Specific equipment related to a particular sport, i.e. balls, goals, nets, etc., may be used.

- a. Member schools may operate open facility programs in which the gymnasium, playing field or other school facilities are open to all students for participation.
- b. Member school coaches may supervise the program, communicate with students and offer correction provided that:
 - (1) They do not organize teams or assign individuals to teams;
 - (2) The program is open to all students of the member school;
 - (3) Attendance and participation is voluntary and not required by the member school coach for membership on a team.
 - (4) The coaching staff may offer instruction and work directly with a maximum of two athletes at a time.

IHSAA Calendar for Football

Summer - begins with Monday of Week 49 (June 7, 2004) or the close of the school year, whichever comes first, and ends prior to Monday of Week 4 (July 26, 2004) for fall sports and Monday of Week 5 (August 2, 2004) for all other sports.

Week 1 – July 4-10, 2004 – IHSAA Moratorium – See Rule 15-3.4 above.

Week 4 – July 26-31 – Schools may continue conditioning programs. Open facility programs must end prior to July 26, 2004.

Monday, August 2, 2004 & Tuesday, August 3, 2004 – 1st Two Days of Football Practice – See Rule 54-4 above.

Wednesday, August 4, 2004 – Full Contact Football Practices Begin.

Friday, August 20, 2004 – 1st Contest Date.

Football Q & A

Q.1 When a player participates in more than the allowed number of football quarters on successive days or during a week, what action is required? A. Forfeit the game in which the player exceeded the limit and charge the player with each quarter of participation. (3-9)

Q.2 When must attendance at summer football camps end for football players? A. Attendance must be terminated prior to Monday, Week 4. (15-3.3b)

Q.3 Is a football player charged with a quarter of participation if he participates in a kicking down? A. No. A kicking down is defined as a kickoff, kickoff return, punt, punt return, field goal, and kicked extra point. (54-3.1)

Q.4 How many overtimes may be played in below varsity level contests? A. All teams below varsity level shall be limited to two overtimes. (54-3.4)

Q.5 Is it permissible for a member school to rent/lease a football helmet to their players for \$1.00 to take to a summer camp? A. No. This would be interpreted that the member school is indirectly providing school owned equipment worn by the student for a camp. (15-3.3c)

Q.6 During the IHSAA pre-season practice period in August, may a student who is a member of and is practicing for his high school football team play in a non-school sponsored baseball tournament? A. Yes. However, the high school football coach may not permit the football player to do same.

Q.7 A school is doing some repair work on their regular football field making it impossible to hold practice on the field for at least the first two weeks of practice. There is another field located in a city park about ten blocks from the school. Would it be a violation if the first two weeks of practice are held on the other field? A. No.