

**2013-14 – Proposal No. 1**

Amend By-law 2.030 – Cooperative Team Sponsorship

Submitted by Randy Oberembt, Official Representative, Winnetka (New Trier)

**By-law 2.030 Currently Reads:**

The Board of Directors shall have the authority to approve the formation of cooperative athletic teams or activity programs by two or more member schools under the following conditions:

- (a) The schools are located in the same geographical area;
- (b) All schools participating in the cooperative are Class A (in a 2-class system) or Class 1A or 2A (in a 3 or 4-class system) schools according to the IHSA Classification System; or, in the event one or more of the cooperating schools is a Class 3A or 4A public school, the cooperative team is for a sport other than Boys Football or Boys or Girls Basketball; In the event one or more of the schools involved in the cooperative is a public non-boundary school, that school's actual enrollment, not multiplied enrollment is used to determine the eligibility of the cooperative team request.
- (c) Only private schools with non multiplied enrollments of 200 or less are eligible to form cooperative teams.
- (d) The combined enrollments of all schools involved in the cooperative team, calculated according to the IHSA Classification System, is utilized to determine the classification for the cooperative team;
- (e) The cooperative sponsorship agreement is established for a period of two consecutive school years;
- (f) The governing boards of all schools participating in the cooperative team agreement jointly make the application to the IHSA Board of Directors for approval of the cooperative team agreement;
- (g) The joint application includes:
  - (1) Written approval from the conference(s) of which the cooperating schools are members, and/or in which the cooperative team will participate, or, in the event the cooperative team will not be affiliated with a conference, written approval from a minimum of seven schools included in the cooperative team's schedule of competition;
  - (2) A statement signed by the principals of all cooperating schools designating the name under which the cooperative team will compete;
  - (3) A report of the number of students from each of the cooperative schools expected to participate on the cooperative team;
  - (4) A report of the number of students, if any, from each of the cooperating schools who have been participating in the sport involved, in programs offered on a non-cooperative basis by their own schools;
  - (5) A statement expressing the reasons for the formation of a cooperative team;
  - (6) Written assurance that the cooperative team will not limit participation opportunities for students in any of the cooperating schools.

When a cooperative team completes two years of approved operation and the boards of education involved wish to renew the agreement for another two-year period, the involved school(s) shall submit to the IHSA, by the established date, notification that they wish to continue the cooperative with no changes.

**Revise By-law 2.030 to Read:**

The Board of Directors shall have the authority to approve the formation of cooperative athletic teams or activity programs by two or more member schools under the following conditions:

- (a) The schools are located in the same geographical area;
- (b) All schools participating in the cooperative are Class A (in a 2-class system) or Class 1A or 2A (in a 3 or 4-class system) schools according to the IHSA Classification System; or, in the event one or more

of the cooperating schools is a Class 3A or 4A public school, the cooperative team is for a sport other than Boys Football or Boys or Girls Basketball; In the event one or more of the schools involved in the cooperative is a public non-boundary school, that school's actual enrollment, not multiplied enrollment is used to determine the eligibility of the cooperative team request.

- (c) Only private schools with non multiplied enrollments of 200 or less are eligible to form cooperative teams.
- (d) The combined enrollments of all schools involved in the cooperative team, calculated according to the IHSA Classification System, is utilized to determine the classification for the cooperative team;
- (e) The cooperative sponsorship agreement is established for a period of two consecutive school years;
- (f) The governing boards of all schools participating in the cooperative team agreement jointly make the application to the IHSA Board of Directors for approval of the cooperative team agreement;
- (g) The joint application includes:
  - (1) Written approval from the conference(s) of which the cooperating schools are members, and/or in which the cooperative team will participate, or, in the event the cooperative team will not be affiliated with a conference, written approval from a minimum of seven schools included in the cooperative team's schedule of competition;
  - (2) A statement signed by the principals of all cooperating schools designating the name under which the cooperative team will compete;
  - (3) A report of the number of students from each of the cooperative schools expected to participate on the cooperative team;
  - (4) A report of the number of students, if any, from each of the cooperating schools who have been participating in the sport involved, in programs offered on a non-cooperative basis by their own schools;
  - (5) A statement expressing the reasons for the formation of a cooperative team;
  - (6) Written assurance that the cooperative team will not limit participation opportunities for students in any of the cooperating schools.

When a cooperative team completes two years of approved operation and the boards of education involved wish to renew the agreement for another two-year period, the involved school(s) shall submit to the IHSA, by the established date, notification that they wish to continue the cooperative with no changes **and written approval from the conferences.**

#### **Rationale of Submitter:**

The current renewal process for cooperative teams prevents conferences from having any voice in the process. Given their local connection to the cooperating schools, conferences should maintain a voice in the renewal process, and stripping that voice from them prevents a certain sense of 'checks and balances' that that voice would allow. Conferences would know participation levels for cooperative teams in their respective leagues and should be able weigh in on whether or not the cooperative teams should be renewed or not.

**2013-14 – Proposal No. 2**

Amend By-law 2.120 – Coaches' Attendance at Rules Interpretation Meetings  
Submitted by Tim McConnell, Principal, Erie

**By-law 2.120 Currently Reads:**

Each member school shall be represented by a member of its coaching staff for the sport/activity at an annual rules interpretation meeting sponsored by the Association in each sport or activity it offers, provided rules interpretation meetings are conducted in that sport or activity. Failure to comply with this requirement may be penalized by the Board of Directors. This shall include all individual as well as team entries.

**Revise By-law 2.120 to Read:**

In every sport and activity, each member school shall be represented by its **head coach** at an annual rules interpretation meeting or online rules presentation sponsored by the Association, provided rules interpretation meetings or online rules presentations are conducted in that sport and activity. Failure to comply with this requirement may be penalized by the Board of Directors. This shall include all individual as well as team entries.

**Rationale of Submitter:**

Rules Interpretation meetings are important meetings and often contain critical information for head coaches beyond just rule changes for an up-coming season. Now that the IHSA holds on-line meetings, head coaches have no reason to not represent their school at these meetings by viewing the presentations. The presentations are available for an extended period each season, and having head coaches be required to view them will improve the head coach's knowledge of rules changes and IHSA updates for their season.

**2013-14 – Proposal No. 3**

Eliminate Policy 10 – Travel Policy

Add By-law 2.180 – Travel Policy

Submitted by Steve Rockrohr, Official Representative, Glenview (Glenbrook South)

**Policy 10 Currently Reads:**

Schools may travel any distance provided the participating students miss no more than one school day, including travel to and from the competition.

**Add By-law 2.180 to Read:**

School teams may travel out of state any distance provided the participating students miss no more than **two** school days, including travel to and from the competition. The number of instances that any single school team can use this provision is limited to two occasions per school year.

**Rationale of Submitter:**

With teams competing over weekends, often early Saturday and/or late Sunday, this policy would allow for travel days on Friday and Monday surrounding the competition. This is a modest increase from one day to two days. It would also limit the number of times any one school team could use the policy to a reasonable number.

**Note: This proposal would take effect 30 days after passage.**

**2013-14 – Proposal No. 4**

Add By-law – 3.011 Attendance

Submitted by Blondean Y. Davis, Official Representative, Richton Park (Southland College Prep Charter)

**By-law 3.011 Currently Reads:**

A student must attend a member school and may only represent in interscholastic competition the member school the student attends. For purposes of this by-law, the term “attend” shall mean that the student is enrolled at the member school, and is taking at, or under arrangements approved by the member school, a minimum of twenty five (25) credit hours of work for which credit toward high school graduation will be granted by the member school upon the student’s completing and passing the courses. The school which enrolls the student shall be exclusively responsible to verify the student’s compliance with all of the eligibility requirements of all IHSA by-laws.

The Board of Directors shall have the discretion to waive the requirement of this by-law for the Illinois schools for the deaf or blind. In unit systems having a 6-3-3 or 6-4-2 type of organization, ninth grade students may participate on senior high school athletic teams at the member high school in the district designated by the Board of Education, provided:

- (a) such participation is approved by the district’s superintendent of schools;
- (b) the senior high school principal shall certify that the ninth grade students:
  - (1) are eligible under the requirements of these By-laws,
  - (2) are students at a junior high school located in the district which supports the senior high school, and
  - (3) are not members of a grade or junior high school team in the same sport; and,
- (c) the senior high school principal assumes full responsibility for the conduct of these students during all athletic contests in which they represent the senior high school.

**Revise By-law 3.011 to Read:**

A student must attend a member school and may only represent in interscholastic competition the member school the student attends. For purposes of this by-law, the term “attend” shall mean that the student is enrolled at the member school, and is taking at, or under arrangements approved by the member school, a minimum of twenty five (25) credit hours of work for which credit toward high school graduation will be granted by the member school upon the student’s completing and passing the courses. The school which enrolls the student shall be exclusively responsible to verify the student’s compliance with all of the eligibility requirements of all IHSA by-laws. **A student who attends a public charter high school with boundaries, excluding all Chicago Public Schools, may participate in interscholastic activities and athletics for the non-charter public high school that the student would have attended if the public charter high school did not exist, only if the activities or athletic teams do not exist at the charter school.**

**The charter school shall be exclusively responsible to verify the student’s compliance with all the eligibility requirements of all IHSA by-laws.**

The Board of Directors shall have the discretion to waive the requirement of this by-law for the Illinois schools for the deaf or blind. In unit systems having a 6-3-3 or 6-4-2 type of organization, ninth grade

students may participate on senior high school athletic teams at the member high school in the district designated by the Board of Education, provided:

- (a) such participation is approved by the district's superintendent of schools;
- (b) the senior high school principal shall certify that the ninth grade students:
  - (1) are eligible under the requirements of these By-laws,
  - (2) are students at a junior high school located in the district which supports the senior high school, and
  - (3) are not members of a grade or junior high school team in the same sport; and,
- (c) the senior high school principal assumes full responsibility for the conduct of these students during all athletic contests in which they represent the senior high school.

**Rationale of Submitter:**

Students that have talents that cannot be developed at the public charter school in the district, because the charter school does not offer a program in that particular sport or activity, will have the opportunity to develop that talent. The student would develop that talent at the public school in the district he or she would have normally attended if the public charter school did not exist.

**2013-14 – Proposal No. 5**

Revise By-law – 3.034.3 International and Foreign Exchange Students  
Submitted by Michelle Mershon, Principal, Peru (St. Bede)

**By-law 3.034.3 Currently Reads:**

**International and Foreign Exchange Students:** Students attending school in Illinois under the auspices of approved student exchange programs shall be considered eligible regarding residence and transfer for a maximum period of one calendar year, commencing with the date of their enrollment and beginning attendance at an IHSA member school. To be considered for approval, a foreign exchange program must **be approved by the IHSA and the Council on Standards for International Educational Travel (CSIET). It must also** assign students to schools by a method which insures that no student, school, or other interested party may influence the assignment for athletic or other purposes. The Board of Directors shall establish additional criteria by which it shall approve foreign exchange student programs. **International students attending school in Illinois who are not participating in an approved student exchange program will not be eligible with respect to residence or transfer for the duration of their high school attendance unless they meet the requirements of the applicable provisions of the residency and transfer By-Laws as determined in an official ruling from the Executive Director. For purposes of this By-Law, the residential school exception set forth in By-Law 3.034.1 shall not apply to establish a student’s residency.**

**Revise By-law 3.043.3 to Read:**

~~International and~~ Foreign Exchange Students: Students attending school in Illinois under the auspices of approved student exchange programs shall be considered eligible regarding residence and transfer for a maximum period of one calendar year, commencing with the date of their enrollment and beginning attendance at an IHSA member school. To be considered for approval, a foreign exchange program must **be approved by the IHSA and the Council on Standards for International Educational Travel (CSIET). It must also** assign students to schools by a method which insures that no student, school, or other interested party may influence the assignment for athletic or other purposes. The Board of Directors shall establish additional criteria by which it shall approve foreign exchange student programs.

**International students attending school in Illinois who are not participating in an approved student exchange program will not be eligible with respect to residence or transfer for the ~~duration of their high school attendance~~ first year of attendance *commencing with the date of their enrollment* at a member school unless they meet the requirements of the applicable provisions of the residency and transfer By-Laws as determined in an official ruling from the Executive Director. *After a year of ineligibility, international students shall be considered eligible with regard to residence and transfer to participate in interscholastic athletics during the regular season only provided there is no evidence of recruiting.* For purposes of this By-Law, the residential school exception set forth in By-Law 3.034.1 shall not apply to establish a student’s residency.**

**Rationale of Submitter:**

As educators we value the contribution that interscholastic activities have on students. We profess that these activities teach teamwork, self-sacrifice for a greater goal and commitment. International students who come to the United States to study for multiple years should also have the opportunity to learn these values. Participation on extra-curricular teams often bridges the language and cultural differences

between students and eases the apprehensiveness/shyness among international students the experience of participation also aids in the socialization process, far more successfully than through classroom experiences.

It is true that today's students will live in a global community. Through extra-curricular participation all students can benefit from participating with students from other countries. All students will experience greater opportunities to learn the values and beliefs of other cultures.

International Students and Foreign Exchange Students are two unique and different groups of students and each should have an opportunity to experience interscholastic activities while attending member schools.

Additionally, International Students are different. Some International Students were previous Foreign Exchange Students other International Students are attending legitimate boarding schools for the purpose of educational opportunities over multiple years and on track to graduate from a member school.

International students are included in enrollment figures for the purpose of determining postseason classification. If the International student attends a private school they are in fact multiplied (1.65). Currently International students have no opportunity to play in actual events and the member private school they attend is penalized by extending them educational opportunities.

**2013-14 – Proposal No. 6**

Revise By-law – 3.034.3 International and Foreign Exchange Students  
Submitted by Chris Schoenleb, Principal, Crystal Lake (Faith Lutheran)

**By-law 3.034.3 Currently Reads:**

International and Foreign Exchange Students: Students attending school in Illinois under the auspices of approved student exchange programs shall be considered eligible regarding residence and transfer for a maximum period of one calendar year, commencing with the date of their enrollment and beginning attendance at an IHSA member school. To be considered for approval, a foreign exchange program must be approved by the IHSA and the Council on Standards for International Educational Travel (CSIET). It must also assign students to schools by a method which insures that no student, school, or other interested party may influence the assignment for athletic or other purposes. The Board of Directors shall establish additional criteria by which it shall approve foreign exchange student programs. International students attending school in Illinois who are not participating in an approved student exchange program will not be eligible with respect to residence or transfer for the duration of their high school attendance unless they meet the requirements of the applicable provisions of the residency and transfer By-Laws as determined in an official ruling from the Executive Director. For purposes of this By-Law, the residential school exception set forth in By-Law 3.034.1 shall not apply to establish a student's residency.

**Revise By-law 3.043.3 to Read**

International and Foreign Exchange Students: Students attending school in Illinois under the auspices of approved student exchange programs shall be considered eligible regarding residence and transfer ~~for a maximum period of one calendar year~~, commencing with the date of their enrollment and beginning attendance at an IHSA member school. ~~To be considered for approval, a foreign exchange program must be approved by the IHSA and the Council on Standards for International Educational Travel (CSIET). It must also assign students to schools by a method which insures that no student, school, or other interested party may influence the assignment for athletic or other purposes. The Board of Directors shall establish additional criteria by which it shall approve foreign exchange student programs.~~ International **and Foreign Exchange** students attending school in Illinois ~~who are not participating in an approved student exchange program~~ **will be granted eligibility to participate during the regular season provided there is no evidence of recruiting. However, they will not be eligible to participate in any IHSA state series.** For purposes of this By-Law, the residential school exception set forth in By-Law 3.034.1 shall not apply to establish a student's residency.

**Rationale of Submitter:**

Under current rules, international students coming to Illinois on multi-year (F-1) visas are forbidden to participate in IHSA sports for up to four years of high school. Almost all of these students, (a very high percentage come from communist China and Vietnam) are being sent by their parents to the United States for political freedom and educational opportunities. Some of these students initiate contact with private schools through distant family members or family

friends living in Illinois. Several students initially come to Illinois on a one-year J-1 visa through a CSIET approved agency and return to the following year to the same school under a multi-year F-1 visa in order to by-pass the agency and save between \$10,000 - \$20,000 per year in unnecessary fees. Under current rules, none of these students are eligible to participate. The home page of the IHSA website touts, "*The IHSA governs the equitable participation in interscholastic athletic and activities that enrich the educational experience.*" Under current rules, only American-born students and the pockets of "approved" exchange student agencies are being enriched. This is an exclusionary practice that violates the civil rights of Illinois high school students born outside the United States by denying them equal access to athletic opportunities for up to four years of high school.

**2013-14 – Proposal No. 7**

Amend By-law 3.043.3 – Transfer

Submitted by Robert Nolting, Principal, Tinley Park (Andrew)

**By-law 3.043.3 Currently Reads:**

In the event the student transfers attendance from any high school to any other high school, and the transfer is not in conjunction with a change in residence by both the student and his or her parents, custodial parent, surviving parent, or guardian to a residence outside the boundaries of the public school district attendance area the family originally resided in, the Executive Director then grants eligibility based on documentation that the transfer was necessitated by one or more of the following:

- Change in family's financial position
- Extenuating circumstances documented by the sending school's principal or official representative

**Revise By-law 3.043.3 to Read:**

In the event the student transfers attendance from any high school to any other high school, and the transfer is not in conjunction with a change in residence by both the student and his or her parents, custodial parent, surviving parent, or guardian to a residence outside the boundaries of the public school district attendance area the family originally resided in, the Executive Director ~~then grants~~ **may grant** eligibility based on documentation that the transfer **met one of the following conditions:**

- **The student is enrolling for the first time in the student's home public member high school with boundaries;**
- Change in family's financial position;
- Extenuating circumstances documented by the sending school's principal or official representative.

**Rationale of Submitter:**

The spirit of the by-law proposal from 2012 was to provide clear guidelines and reduce the amount of transfers. The new by-law did create greater scrutiny for families who transferred schools. However, the provision creates an undue burden on families and schools based on the need to justify the transfer beyond parent/student preference. This had a disproportionate impact on younger students who wanted to return to public schools. Many of these families were restricted to participate in athletics due to his language. The change in the by-law reflects a single transfer to the student's home school. Any transfers beyond that would have to be vetted through financial hardship or extenuating circumstances.

**2013-14 – Proposal No. 8**

Amend By-law 3.153 – Special Provisions for Summer Participation  
Submitted by Dan Klett, Principal, Wauconda

**By-law 3.153 currently reads:**

Persons who coach a sport at a member school may have a maximum of 25 days of contact in that sport with students from that school during the period between the last day of classes or Monday of Week 49 in the IHSA Standardized Calendar (whichever date is earlier) in the spring each year and Sunday of Week 5 in the IHSA Standardized Calendar. Students may have a maximum of 25 days of contact per sport with persons who coach that sport at the school they attend during the same time period. A day of contact is defined as any date on which any coaching or instruction in the skills and techniques of any sport takes place. These limitations apply to all sports except Baseball and Softball. An exception may be made by the Executive Director under the guidelines adopted by the Board of Directors for competitions sponsored and conducted directly by the National Governing Body for the sport.

**Revise By-law 3.153 to read:**

Persons who coach a sport at a member school may have a maximum of 25 days of contact in that sport with students from that school during the period between the last day of classes or Monday of Week 49 in the IHSA Standardized Calendar (whichever date is earlier) in the spring each year and Sunday of Week 5 in the IHSA Standardized Calendar. **Additionally, there may be no contact during the mandatory “Dead Week” for Week 1 of the IHSA Standardized Calendar.** Students may have a maximum of 25 days of contact per sport with persons who coach that sport at the school they attend during the same time period. A day of contact is defined as any date on which any coaching or instruction in the skills and techniques of any sport takes place. These limitations apply to all sports except Baseball and Softball. An exception may be made by the Executive Director under the guidelines adopted by the Board of Directors for competitions sponsored and conducted directly by the National Governing Body for the sport.

**Rationale of Submitter:**

This proposal would shorten the amount of time programs at a school could utilize their 25 summer contact days by only one week. Coaches would still have a minimum of seven weeks in which they could utilize their 25 days. The gain from having one uninterrupted week in the summer for coaches, athletes, and the athlete’s family, far outweighs the benefit of having an extra week provides. Athletes are having more and more demands placed on them at younger and younger ages, so having one week in the summer that would be devoid of any contact (including weightlifting, conditioning, open gyms, summer leagues, etc.) would provide a welcome break for all involved. At least four other state association’s have a “dead week” during this time in the summer.

**2013-14 – Proposal No. 9**

Add By-law 3.157 – Special Provisions for Summer Participation

Submitted by Julia A. Barthel, Official Representative, Arlington Heights (Hersey)

**By-law 3.157 Currently Reads:**

“Schools may organize and participate in football activities during the summer under the following conditions:

- a. A high school team may wear full pads for the school’s summer football camp. Before wearing full pads, student-athletes must build up to full pads in the following manner:
  1. 1st two (2) days of camp: helmets only
  2. Days three (3) and four (4): helmets and shoulder pads
  3. Day five (5): full pads
- b. 7 on 7 pass skeleton (touch only) games are allowed against other schools in the summer, and helmets, mouth pieces, and appropriate footwear may be worn during these 7 on 7 contests.”

**Revise By-law to Read:**

“Schools may organize and participate in football activities during the summer under the following conditions:

- a. A high school team may wear ~~full pads~~ **helmets and shoulder pads** for the school’s summer football camp, ~~Before wearing full pads, student athletes must,~~ **building up full pads to this** in the following manner:
  1. 1<sup>st</sup> ~~two (2)~~ **four (4)** days of camp: helmets only
  2. ~~Days three (3) and four (4): helmets and shoulder pads~~
  3. Day five (5): ~~full pads~~ **helmets and shoulder pads**
- ~~b. 7 on 7 pass skeleton (touch only) games are allowed against other schools in the summer, and helmets, mouth pieces, and appropriate footwear may be worn during these 7 on 7 contests.”~~
- b. The following limitations are in effect for summer football activities:**
  - 1. Practices with helmets and shoulder pads are limited to two days per week. Players may only participate in live action drills and game situations for a maximum of 90 minutes per week. There is to be only controlled contact between any players. Players may participate in “air”, “bags”, “wrap”, or “thud” drills at any time.**
  - 2. Practices are limited to a maximum of 3 hours on any given day.**
  - 3. No players are to be taken to the ground at any time.**
  - 4. At any point in a practice, if a helmet becomes removed during play the athlete must be removed and the helmet inspected. If the athlete is displaying signs or symptoms consistent with a concussion, the athlete will be removed from the activity and become subject to the IHSA Return to Play protocols.**
- c. 7 on 7 pass skeleton (touch only) games are allowed against other schools in the summer, and helmets, mouth pieces, and appropriate footwear may be worn during these 7 on 7 contests.

**Rationale of Submitter:**

The purpose of this proposal is to make the game of football safer for athletes. The CDC estimates that 1.6 to 3.8 million concussions occur in sports & recreation activities, and the range of the estimate is so large because most concussions are still not recognized or diagnosed, especially in high school and youth athletes.

Multiple studies surveying high school and college football players have found that 50%-70% report having symptoms, a “ding” or a “bell-ringer” every season, but only inform coaches and parents 10% of the time (Langburt 2001, Delaney 2000 & 2002), making prevention of concussions critical.

A recent study showed that roughly 90% of all football related concussions were the result of player-to-player contact (Marar, McIlvain, Fields, & Comstock, 2012). 50%-75% of impacts to the head occur in practice, making limiting impacts to the head in practice the #1 way to make football safer (Mihalik JP 2007, Broglio SP 2011)

Illinois currently allows the most days of off-season hitting in the country with 20 days. 21 states currently BAN off-season full-contact practice, and as few as five states explicitly allow for more than 10 days of full-contact practice. (source: Sports Legacy Institute research)

Many organizations have recognized this opportunity to limit brain trauma (and other injuries) by setting limits to the amount of contact that can occur during football practices:

- National Football League: 1 contact practice per week during the season; no contact practices in the off-season.
- Pac-12: 2 days of contact during the season; 8 full-contact days during spring practice, with no more than two per week.
- Ivy League: 2 days of contact during the season; 5 full-contact days during spring practice.
- The University Interscholastic League (governing body for high school sports in **Texas**): 90 minutes per week of full contact. <http://www.uiltexas.org/football/page/practice-limits-effective-august-1-2013>
- Similar limits have been or are going to be enacted in
  - **Alabama**  
<http://www.ahsaa.com/Portals/0/pdf/sports/Football%20Practice%20Guidelines.pdf>
  - **Arizona** [http://www.aiaonline.org/story/uploads/Article\\_23\\_1374005134.pdf](http://www.aiaonline.org/story/uploads/Article_23_1374005134.pdf)
  - **Maryland**  
[http://www.marylandpublicschools.org/m/docs/MSDEProvidesRecommendationsMitigateInjuries\\_0813r\\_.pdf](http://www.marylandpublicschools.org/m/docs/MSDEProvidesRecommendationsMitigateInjuries_0813r_.pdf)

#### **Michigan**

<http://www.mhsaa.com/news/blogfromthedirector/articletype/articleview/articleid/2248/football-practice-proposals.aspx>

**2013-14 – Proposal No. 10**

Amend By-law 4.021 – Activity Eligibility - Scholastic Standing  
Submitted by James Bryan, Principal, Kewanee (H.S.)

**By-law 4.021 Currently Reads:**

They shall be doing passing work in at least twenty (20) credit hours of high school work per week.

**Revise By-law 4.021 to Read:**

They shall be doing passing work in at least **twenty-five (25)** credit hours of high school work per week.

**Rationale of Submitter:**

Currently IHSA Activities are required to pass 20 credit hours per week and IHSA Athletics are required to pass 25 credit hours per week. Thus having two different standards for participation. By adopting the proposed change, IHSA Activities will be held to the same standards as IHSA Athletics By-law 3.021 for Scholastic Standing, passing 25 credit hours per week.

**2013-14 – Proposal No. 11**

Amend By-laws – 5.011 Fall Sport Season Limitation

Submitted by Dan Klett, Principal, Wauconda

**By-law 5.011 Currently Reads:**

5.010 BOYS FALL BASEBALL

5.011 Season Limitation

- a. No member school shall organize a Boys Fall Baseball team if it organizes a Football team, or if more than 15 percent of its male student body participates in a cooperative Football program.
- b. No school belonging to this Association shall organize its Boys Fall Baseball teams, practice or participate in interscholastic contests earlier than Monday of Week 7 or later than Saturday of Week 16 in the IHSA Standardized Calendar.
- c. A member school may conduct its first interscholastic contest in Boys Fall Baseball no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

**Revise By-law 5.011 to Read:**

- a. No member school shall organize a Boys Fall Baseball team if it organizes a Football team, or if more than 15 percent of its male student body participates in a cooperative Football program.
- b. No school belonging to this Association shall organize its Boys Fall Baseball teams, practice or participate in interscholastic contests earlier than Monday of Week 7 or later than Saturday of Week 16 in the IHSA Standardized Calendar.
- c. **The first two days of practice (Monday and Tuesday of Week 6) are limited to two hours of conditioning, and no equipment related to the sport may be used.**
- d. A member school may conduct its first interscholastic contest in Boys Fall Baseball no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

**Rationale of Submitter:**

Having two days of conditioning-only activities might help athletes better transition into the season. This proposal would allow full practices starting on Wednesday of Week 7, which is currently the norm.

**Note: This by-law amendment adds Item C to the following by-laws: 5.061 Boys Cross Country, 5.071 Boys Football, 5.081, Boys Fall Golf, 5.111 Boys Soccer, 5.211 Girls Cross Country, 5.221 Girls Fall Golf, 5.261 Girls Fall Softball, 5.291 Girls Swimming, 5.301 Girls Fall Tennis and 5.321 Girls Volleyball.**

**2013-14 – Proposal No. 12**

Amend By-laws 5.041 and 5.191– Boys and Girls Basketball Season Limitation

Submitted by Brendan Conroy, Principal, Chicago (St. Rita)

**By-law 5.041 Currently Reads:**

- a. No school belonging to this Association shall organize its Boys Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 19 or later than Saturday of Week 37 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Basketball no earlier than Monday of Week 21 in the IHSA Standardized Calendar.

**Revise By-law 5.041 to Read:**

- a. No school belonging to this Association shall organize its **Varsity** Boys Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 19 or later than Saturday of Week 37 in the IHSA Standardized Calendar, **except that a school may organize its non-varsity Boys Basketball teams and begin practice starting on Saturday of Week 18.**
- b. A member school may conduct its first interscholastic contest in Boys Basketball no earlier than Monday of Week 21 in the IHSA Standardized Calendar.

**Rationale of Submitter:**

- a. Having tryouts on non-school day (Saturday and Sunday) would allow more time to properly evaluate players. This is especially important for freshman and sophomores.
- b. Many schools have one gym to conduct tryouts. Conducting tryouts for 3 teams on a school day is difficult to schedule, if the tryouts are to be thorough and fair.
- c. This change would benefit the student/athletes, giving them more opportunity to showcase their skills.

**By-law 5.191 Currently Reads:**

5.191 Season Limitation

- a. No school belonging to this Association shall organize its Girls Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 37 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Basketball no earlier than Monday of Week 20 in the IHSA Standardized Calendar.

**Revise By-law 5.191 to Read:**

- a. No school belonging to this Association shall organize its **Varsity** Girls Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 37 in the IHSA Standardized Calendar, **except that a school may organize its non-varsity Girls Basketball teams and begin practice starting on Saturday of Week 17.**
- b. A member school may conduct its first interscholastic contest in Girls Basketball no earlier than Monday of Week 20 in the IHSA Standardized Calendar.

**Rationale of Submitter:**

- a. Having tryouts on non-school day (Saturday and Sunday) would allow more time to properly evaluate players. This is especially important for freshman and sophomores.
- b. Many schools have one gym to conduct tryouts. Conducting tryouts for 3 teams on a school day is difficult to schedule, if the tryouts are to be thorough and fair.
- c. This change would benefit the student/athletes, giving them more opportunity to showcase their skills.

**2013-14 – Proposal No. 13**

Amend By-law 5.071 – Boys Football Season Limitation  
Submitted by Phil Morrison, Jr., Principal, Tolono (Unity)

**By-law 5.071 currently reads:**

**5.071 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Football teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 21 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Football no earlier than Friday of Week 8 in the IHSA Standardized Calendar.

**Revise By-law 5.071 to read:**

**5.071 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Football teams, practice or participate in interscholastic contests earlier than **Monday** of Week 6 or later than Saturday of Week 21 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Football no earlier than Friday of Week 8 in the IHSA Standardized Calendar.

**Rationale of Submitter:**

This proposal would shrink the time for football programs between summer contact and the beginning of the football season. Doing so would allow for football programs to better transition from summer contact into the season and help players maintain the acclimatization they build up during the summer. The IHSA Sports Medicine Advisory Committee has discussed this issue a number of times over the past few years and has supported this concept from the standpoint of acclimatization.

**2013-14 – Proposal No. 14 (Combination of Proposal 14 & 17)**

Amend By-law 5.341 and 5.351 – Competitive Cheerleading and Competitive Dance Season Limitation  
Submitted by Robert Nolting, Principal, Tinley Park (Andrew)

**By-law 5.341 Currently Reads:**

5.341 Season Limitation – Competitive Cheer

- a. No school belonging to this Association shall conduct its Competitive Cheer team practice earlier than Monday of Week 18 or later than Week 31 in the IHSA Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Cheerleading squad to participate in interscholastic contests earlier than Wednesday of Week 18 or later than Saturday of Week 31 in the Standardized Calendar.

**Revise By-law 5.341 to Read:**

- a. No school belonging to this Association shall conduct its Competitive Cheer team practice earlier than Monday of **Week 17** or later than Week 31 in the IHSA Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Cheerleading squad to participate in interscholastic contests earlier than **Monday** of Week 18 or later than Saturday of Week 31 in the Standardized Calendar.

**Rationale of Submitter:**

1. Currently the Competitive Cheer and Girls' Basketball seasons start on the same day. By starting the Cheer season one week earlier it will allow cheer teams to use gym space for tryouts and not overlap with the girls' basketball and dance tryouts. Smaller schools with less gym space are projecting issues with both tryouts on the same day.
2. Currently the first day for a cheer contest is on a Wednesday. This was left unchanged when the by-law was last changed. Making the first contest day on a Monday is uniform to other sports in the winter.

**By-law 5.351 Currently Reads:**

5.351 Season Limitation – Competitive Dance

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

**Revise By-law 5.351 to Read:**

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of **Week 17** or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

### **Rationale of Submitter:**

1. Currently the Competitive Dance and Girls' Basketball seasons start on the same day. By starting the Dance season one week earlier it will allow dance teams to use gym space for tryouts and not overlap with the girls' basketball and cheer tryouts. Smaller schools with less gym space are projecting issues with both tryouts on the same day.
2. Currently the first day for a dance contest is the same as the first day of participation. By starting the dance season one week earlier it will give teams time to prepare for any contest at the end of Week 18 without the temptation of illegal practices before the officials starting date.

**2013-14 – Proposal No. 15 (Combination of Proposal 15 & 19)**

Amend By-law 5.342 and 5.352 – Competitive Cheerleading and Competitive Dance Contest Limitation  
Submitted by Robert Nolting, Principal, Tinley Park (Andrew)

**By-law 5.342 Currently Reads:**

5.342 Contest Limitation – Competitive Cheerleading

No Competitive Cheerleading team representing a member school shall, in any one season, participate in more than five (5) meets exclusive of the IHSA state series.

**Revise By-law 5.342 to Read:**

No Competitive Cheerleading team representing a member school shall, in any one season, participate in more than **six (6) dates** exclusive of the IHSA state series.

**Rationale of Submitter:**

1. The six contest rule is the standard by which all other teams in the state must compete to be permitted to enter the state series as a team.
2. Many conferences have added a conference championship at the end of the season before the state series. The current limitation of five effectively reduces the number to 4 contests over a 13 week season.

**By-law 5.352 Currently Reads:**

5.352 Contest Limitation – Competitive Dance

No Competitive Dance team representing a member school shall, in any one season, participate in more than five (5) meets exclusive of the IHSA state series.

**Revise By-law 5.352 to Read:**

No Competitive Dance team representing a member school shall, in any one season, participate in more than **six (6) dates** exclusive of the IHSA state series.

**Rationale of Submitter:**

1. The six contest rule is the standard by which all other teams in the state must compete to be permitted to enter the state series as a team.
2. Many conferences have added a conference championship at the end of the season before the state series. The current limitation of five effectively reduces the number to 4 contests over a 21 week season.

**2013-14 – Proposal No. 16**

Amend By-law – 5.343 Competitive Cheerleading Individual Limitation  
Submitted by Dan Klett, Principal, Wauconda

**5.340 COMPETITIVE CHEERLEADING**

**By-law 5.343 Individual Limitation Currently Reads:**

No individual shall be permitted to participate on a member school's Competitive Cheerleading team unless he/she is a rostered participant on the member school's winter (basketball) sideline cheerleading team.

**Revise By-law 5.343 to Read:**

- a. No individual shall be permitted to participate on a member school's Competitive Cheerleading team unless he/she is a rostered participant on the member school's winter (basketball) sideline cheerleading team.
- b. **No member of a Competitive Cheer Team representing a member school shall, in any one season, participate on more than 6 dates, exclusive of the IHSA series.**

**Rationale of Submitter:**

This clarifies that as a team or as an individual you are only limited to 6 competitive appearances, regardless if it's a JV or Varsity contest. (highlighted section would be consistent with by-law 5.342)

**2013-14 – Proposal No. 17 (Combined with Proposal 14)**  
Amend By-law 5.351 – Competitive Dance Season Limitation  
Submitted by Robert Nolting, Principal, Tinley Park (Andrew)

**By-law 5.351 Currently Reads:**

5.351 Season Limitation

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

**Revise By-law 5.351 to Read:**

5.351 Season Limitation

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of **Week 17** or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

**Rationale of Submitter:**

1. Currently the Competitive Dance and Girls' Basketball seasons start on the same day. By starting the Dance season one week earlier it will allow dance teams to use gym space for tryouts and not overlap with the girls' basketball and cheer tryouts. Smaller schools with less gym space are projecting issues with both tryouts on the same day.
2. Currently the first day for a dance contest is the same as the first day of participation. By starting the dance season one week earlier it will give teams time to prepare for any contest at the end of Week 18 without the temptation of illegal practices before the officials starting date.

**2013-14 – Proposal No. 18 (Withdrawn by Submitter)**

Add By-law – 5.351 Competitive Dance Season Limitation

Submitted by Steve Adams, Official Representative, Park Ridge (Maine South)

**By-law 5.351 Currently Reads:**

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

**Revise By-law 5.351 to Read:**

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week **17** or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week **17** or later than **Sunday** of Week **40** in the Standardized Calendar.

**Rationale of Submitter:**

There is currently a conflict with our state competition and the national competition. By starting the season a week earlier, it gives the IHSA the flexibility to move the state competition to avoid this conflict. Also, the national competition includes Sunday performances so that is why the day was changed.

**2013-14 – Proposal No. 19 (Combined with Proposal 15)**  
Amend By-law 5.352 – Competitive Dance Contest Limitation  
Submitted by Robert Nolting, Principal, Tinley Park (Andrew)

**By-law 5.352 Currently Reads:**

5.352 Contest Limitation

No Competitive Dance team representing a member school shall, in any one season, participate in more than five (5) meets exclusive of the IHSA state series.

**Revise By-law 5.352 to Read:**

No Competitive Dance team representing a member school shall, in any one season, participate in more than **six (6) dates** exclusive of the IHSA state series.

**Rationale of Submitter:**

1. The six contest rule is the standard by which all other teams in the state must compete to be permitted to enter the state series as a team.
2. Many conferences have added a conference championship at the end of the season before the state series. The current limitation of five effectively reduces the number to 4 contests over a 21 week season.

**2013-14 – Proposal No. 20**

Add By-law – 5.353 Competitive Dance Individual Limitation

Submitted by Dan Klett, Principal, Wauconda

**5.350 COMPETITIVE DANCE**

**By-law 5.353 Individual Limitation**

- a. No individual shall be permitted to participate on a member school's Competitive Dance team unless he/she is a rostered participant on the member school's winter (basketball) game day performance team.
- b. No member of a Competitive Dance Team representing a member school shall, in any one season, participate on more than 6 dates, exclusive of the IHSA series.

**Rationale of Submitter:**

This clarifies that competitive dance team members must be rostered on a school sponsored performance team.

This clarifies that as a team or as an individual you are only limited to 6 competitive appearances, regardless if it is an individual, JV, or Varsity contest. (highlighted section would be consistent with by-law 5.352)

**2013-14 – Proposal No. 21**

Add By-law 7.000 – Boys Football Contest Limitation and Playoff Structure  
Submitted by Hanns Meyer, Official Representative, Gilman (Iroquois West)

**By-law 5.073 Currently Reads:**

## 5.073 Contest Limitation

No Boys Football team representing a member school shall, in any one season, participate in more than nine (9) games exclusive of the IHSA series and exclusive of the City of Chicago Prep Bowl series, participated in by the Chicago Public League and the Chicago Catholic League.

**Revise By-law 5.073 to Read:**

Any team wishing to participate in the state play-off series shall play no more than 8 regular season games beginning Friday of Week 8 of the IHSA Calendar.

A team's playoff qualification would be determined strictly by playoff points. Each team in the IHSA will receive 2 points for every win their team attains and 1 point for every win that their season opponent attains.

The teams attaining the top 64 point totals for each class by Saturday of Week 15 of the IHSA Calendar shall qualify for the playoffs to begin the weekend of Week 16 of the IHSA Calendar. 512 teams would qualify for the playoffs based on the points they attained during the regular season.

Any team wishing to opt out of the state playoff series must do so by Friday of Week 15 of the IHSA Calendar.

**Rationale of Submitter:**

In this proposal, more teams would qualify for the playoffs, and basing playoff entry on the point system described will more fairly place teams in the playoff series based on the strength of their team and of their schedule (opponents).

The strength of a team's schedule would be used to their benefit rather than against them in determining playoff opportunities, making teams less likely to pad their schedule with weaker opponents as well as travel greater distances to win a minimum number of games to qualify for the playoffs.

Fewer teams would seek conference realignments because of competition disparities, particularly if the strength of their schedule was a positive consideration in determining their playoff opponents.

And finally, it is hoped that team and coaches' morale will be sustained throughout the season since teams will be playing for a playoff seed throughout the season.

**2013-14 – Proposal No. 22**

Add By-law 7.000 – Boys Football Contest Limitations and Playoff Structure

Submitted by Tricia Betthausen, Official Representative, Lincolnshire (Stevenson) on behalf of the North Suburban Conference Athletic Directors

**Current By-law Reads:**

No Boys Football team representing a member school shall, in any one season, participate in more than nine (9) games exclusive of the IHSA series and exclusive of the City of Chicago Prep Bowl series, participated in by the Chicago Public League and the Chicago Catholic League.

**Revise By-law to Read:**

No Boys Football team representing a member school shall, in any one season, participate in more than **eight (8)** games exclusive of the IHSA series and exclusive of the City of Chicago Prep Bowl series, participated in by the Chicago Public League and the Chicago Catholic League. **Any school (varsity and lower levels) not qualifying for the IHSA Playoffs may play a 9<sup>th</sup> game during the first week of the Playoffs.**

**Rationale of Submitter:**

By introducing more teams into the IHSA playoff experience through Proposal 23, the season will need to be reduced by one week in order to complete the season by week 21 (Saturday). It also allows those teams not qualifying for the IHSA playoffs to pick up a 9<sup>th</sup> game.

**2013-14 – Proposal No. 23 (Combined with Proposal 22)**

Add By-law 7.000 – Boys Football Contest Limitations and Playoff Structure

Submitted by Tricia Betthausen, Official Representative, Lincolnshire (Stevenson) on behalf of the North Suburban Conference Athletic Directors

**By-law 7.000 to Read:**

Week 9 will be the first round of the playoffs. The playoff field will include 448 teams. Each class will consist of 56 teams, with the top 8 teams receiving a first round bye. The playoff point system will be used to seed teams for the first round of the playoffs. The IHSA State Series football entry deadline will be September 30<sup>th</sup>.

**Rationale of Submitter:**

This format allows more teams in the playoffs, which in turn provides more participation for student-athletes. A majority of the football student-athletes will experience an IHSA playoff atmosphere. Football is the only IHSA sport that currently affords this opportunity to only 50% of its student-athletes.

This format will also alleviate some of the pressure of non-conference scheduling, especially for conferences or divisions with less than nine teams.

**2013-14 – Proposal No. 24**

Add By-law 7.000 – Boys Football Contest Limitations and Playoff Structure

Submitted by Andy Lutzenkirchen, Official Representative, Naperville (Central)

**Add By-law 5.074 to Read:**

Week 10 will begin the first round of the playoffs. The playoff field will include 384 teams. Classes 1A through 4A will have 32 teams per class, with championship games being played the Saturday of IHSA Week 21. Classes 5A through 8A will have 64 teams with championship games being played the Saturday of IHSA Week 22. Determination of all playoff teams will be made in accordance with the provisions outlined in the IHSA Football Terms and Conditions.

**Rationale of Submitter:**

This format puts 128 more teams into the playoffs. All 4-5 and some (almost 50%) of 3-6 teams will make the playoffs. Provides better parity throughout the 8 classes. Class 1A through 4A would be closer in enrollment numbers. Allows for more teams to qualify for the playoffs and should help with all the conference realignment. Provides for easier non-conference scheduling.