

Football Questions -- 2006-07

IHSA Handbook

By-law 3.150 Special Provisions For Summer Participation

- 3.151** Participation by high school students in summer programs must be voluntary and in no way be an actual or implied prerequisite for membership on a high school team.
- 3.153** 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.
- 3.154** Schools may transport students from their schools to summer league contests, coaching schools, clinics or other non-school contests in the summer during the contact day period outlined in By-law 3.153.
- 3.155** Schools may conduct coaching schools, camps or clinics during the summer, provided:
- The event is conducted between the close of school in the spring and Sunday of Week 5 in the IHSA Standardized Calendar;
 - The event is open to any high school student and is not restricted to students who have been or expect to be high school athletes; and,
 - The event provides common instruction and activities for all participants.
- 3.157** Schools may not organize or participate against other schools in a football scrimmage or game with the exception of 7-7 (touch only) passing leagues.

Scrimmage Definition

Scrimmage -- Practice under actual or simulated game-play conditions, involving members of one or more individual teams.

Interpretation - Any action, regardless of whether it would involve 11 on 11, 9 on 8, 4 on 4, etc., which simulates any game play conditions where members of one school would be organized against members of one or more schools would be considered a scrimmage.

For football, during summer contact days, the scrimmage action described above can only take place with members of your own school. This means any half line drills, inside game drills, outside game drills, lineman inside blocking schemes with 3 on 3 or 4 on 4, etc. could only be done with members from your own school.

Any scrimmage (contact) between two schools, during the summer contact days, would be limited to 7 on 7 passing games.

By-law 5.060 -- Boys Football

5.061 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.

5.062 Pre-Season Practice Requirements:

A student shall become eligible to participate in an interscholastic contest or scrimmage in Boys Football after completing a minimum of 1 1/2 hours of actual field practice on twelve (12) different days excluding Sunday and any day on which the student actually plays in an interscholastic football contest. These practices must be conducted in accordance with Association By-laws.

5.063 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.

12. School Equipment Use Policy

A member school may loan or rent any school owned player protection equipment to its students for use in summer camps. A member school may loan or rent football helmets only to its students for use in 7 on 7 passing leagues which are conducted during the summer in compliance with the specifications of IHSA By-law 3.157.

13. Football Policies –

Football Pre-Season Practice

It is required that the first three (3) days of football practice for each player be conducted with a restriction involving player equipment. This requirement applies whether a school begins football practice on Wednesday of Week No. 6 (the earliest permitted date) or at a later date. This restriction is specific: football helmets and football shoes are the only football equipment which may be worn during these practice periods. The purpose of the policy is to address safety and liability considerations of early season practice. It was recommended by the IHSA Football Advisory Committee, and supported by the IHSA Athletic Administrators Advisory Committee.

The By-laws also specify that each individual football player must participate in on-the-field practice for at least ninety (90) minutes per day on twelve (12) different days prior to playing in a contest. Please note that a practice on the day of a contest will not be counted toward this requirement.