

Advisory Committee Terms and Conditions Recommendations
Consent Items
June 13, 2022

Boys/Girls Basketball

Terms and Conditions Recommendations:

1. **Non-Consent Item – See Board Agenda**
2. **Girls' Terms and Conditions VI. B and C and IX. K & Boys' Terms and Conditions VI. B and C**

Recommendation: The committee recommends adjusting the amount of time for warm-up for all state series games to 18 minutes.

Rationale: Adding three more minutes to pre-game warm-ups in the state series will allow players to get acclimated to the various settings, particularly as the tournament advances past the Regional level. In many instances, schools may not be familiar with the Sectional, Super-Sectional, or State Final venues, and providing a few more minutes for warm-up will help players and teams while not unduly impacting the overall administration of any tournament.

Basketball Administrative Recommendation – Three Point

1. **Non-Consent Item – See Board Agenda**

Basketball State Association Adoption

1. **Recommendation:** The committee recommends the adoption of the following rules for the 2022-23 season:
 - a. **Mercy Rule:** A Mercy Rule will be used in all regular-season contests, regular-season tournament games, and through the Super-Sectional level in the IHSA State Series. A running clock shall be used in the fourth quarter in which there is at least a 30-point differential score. Once a game reaches this differential and the clock starts running, it will continue running and stop only for one of the following:
 - i. A team timeout
 - ii. An injury timeout or the removal of a disqualified player
 - iii. The administration of a penalty for a technical foul
 - iv. An officials' timeout
 - v. Correctable error situation

NOTE: The Mercy Rule will not be during the Girls' or Boys' State Final contests.
 - b. 28' Coaches Box

Rationale: These adoptions are allowed for through the NFHS Basketball Rules Book. These two adoptions are identical to the same adoptions used in interscholastic basketball over previous years in Illinois, and the committee believes it is prudent to continue their use.

Boys/Girls Bowling

Terms and Conditions Recommendations:

1. **VIII. Tournament Rules E. The Game 1) Bowling Practice and Warm-ups: New b)**

Recommendation: If a lane breakdown occurs during warm-ups, and no alternate lane is available, teams on the broken pair will receive additional warm-up time, no longer than 10 minutes. Time should be prorated based on the length of time of the breakdown and the length of time left in the warm-up.

Rationale: This recommendation should help hosts determine how much time is to be given for breakdowns during warm-ups so that additional time isn't gained, and play isn't delayed for the whole block.

2. **VII. Advancement of Winners G. Regional/Sectional Individual Tie Breaker and K. State Final Individual Tie Breaker**

Recommendation: The bowlers shall be placed in reverse order based on their final game score. The bowler with the highest final game score bowls last. Once bowlers are placed in order based on their scores, the odd number bowlers will bowl on the left lane and even number bowlers will bowl on the right lane of the predetermined pair.

Rationale: There was a roll off at girls' state finals this year, which brought to light the lack of direction on which bowler goes first. This language will clear up that question for regionals through the state finals.

3. **VI. Tournament Structure and Time Schedules**

Recommendation: Girls lunch period on Saturday will be adjusted to 30 minutes.

Rationale: It has become apparent that the girls are ready to bowl before the 45 minutes lunch period is over. The girls are usually congregating in the pit areas ready to start warming up for the afternoon round. Adjusting to 30 minutes will mirror the boys time schedule as well as keep the girls day moving, which is what the athletes seem to be wanting.

4. **VIII. Tournament Rules B. Player Equipment and Uniform 3) Electronic Devices:**

Recommendation: Competitors and coaches are prohibited from playing music with or without headphones, using cell phones, electronic devices or any unusual equipment that might be distracting or assist a bowler in receiving outside coaching or instruction at any time including during warmups. Players are also prohibited from wearing any SMART watch that can receive information at any time during warmups or competition. Any player caught wearing a SMART watch will receive a zero for the frame they are caught in and a zero in any subsequent frame until the watch is removed.

Coaches are allowed to electronic devices in the pit area (for example: for statistic taking purposes). Any videotaping or photographs taken can only be reviewed during the break between rounds. Competitors will not be allowed to use electronic devices during competition.

Rationale: The Committee feels players are consistently receiving information from outside coaches or parents during competition through their smart watches. There has been an attempt to curtail this over the past few years, to no avail. The only remaining option is to remove SMART watches completely and impose a penalty.

5. **VIII. Tournament Rules B. Player Equipment and Uniform 6) Bowling Balls in Competition Area:**

Recommendation: Bowlers are limited to no more than two bowling balls per competitor in the pit area. Any bowling ball in the pit area must be secured on a ball rack, on a ball cup, or be placed on the floor in a ball bag or cup. At no time can bowling balls be stored on tables or counters without a ball cup or be placed loose on the floor. Any additional ball would be required to be stored in a tote or on a ball rack adjacent to the pit area that is identified by the tournament management.

Rationale: The Committee feels this is another area that continues to be a problem that is ignored and has become a safety issue. Players put bowling balls on tabletops resting on thumb holes, but as soon as the table gets bumped into the balls roll. In the past there has been a ball roll off a table onto a player's foot. Teams should be allowed to bring in additional racks but are encouraged to check with the host school prior to the event. Stacey will put reminders in rules video, host checklists, etc.

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| Competitive Cheerleading |
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Terms and Conditions Recommendations:

1. **VI. Tournament Structure and Time Schedules H. State Final School Packets**

Recommendation: At the state final, school packets, which include important state final information, updates, state final credentials, and state final qualifiers pins may be picked up Thursday, February 3 from ~~6:30~~ **6:00**

p.m. to 8:30 ~~8:00~~ p.m. at the Arena VIP south entrance and after 7:00 a.m. on Friday, February 4, at the Bloomington Ice Rink main entrance located on the south of the Arena.

Rationale: This minor adjustment in time for school packet pick up best reflects the timeline when most schools attend and allows for a more efficient use of staff and arena personnel's time. This schedule still provides ample time for schools to arrive for packet pick up after the school day.

2. VI. Tournament Structure and Time Schedules E. Warm-up Time 2.

Recommendation: Schools entered in the competition will only be allowed warmup/practice time as scheduled by the IHSA. Mats should be provided for all three warm-up stations: stretching – + 2 mats, tumbling – 2 3 mats, full warm-up – 9 mats.

Rationale: By increasing 1 mat for static stretching and 1 mat for tumbling, teams will be provided more area for warmups.

Administrative Recommendations:

1. In lieu of an in-person coaches meeting prior to competition at the state final, A virtual coaches meeting will be conducted at 8 p.m. on the Tuesday prior to the State Final.
2. Recommended that the standard practice of care is the 2" mat.
3. Recommended partnering with Clean Mat'ers – The Mat Cleaning Specialists as the official provider of mats for the IHSA Cheer State Final and continue to have on site cleaning and disinfecting services.

Competitive Dance

Terms and Conditions Recommendations:

1. B. Coaches State Final Meeting

Recommendation: A State Final coaches' meeting will be ~~conducted prior to each division of competition.~~ **pre-recorded and emailed to coaches prior to the State Final.** A coach (or their school representative) from each school qualifying a team for the State Final ~~must attend that meeting.~~ **is responsible for the information in that meeting.**

Rationale: The continuation of a pre-recorded and emailed coaches' meeting allows for coaches to have flexibility to watch the meeting at their convenience. This allows coaches to prepare their teams during the week of the State Finals and to remain with their team at State. In addition, this gives teams flexibility for their arrival on the day of State Finals depending on their performance time.

2. D. State Final School Packets:

Recommendation: At the State Final, school packets which include state final passes ~~and programs~~ may be picked up Thursday evening, January 27, 2022, from ~~6:30-8:30~~ **6:00-7:00 pm** at the VIP entrance.

Rationale: The current pickup times are underutilized; teams rarely arrive after 7:30 pm. Programs are no longer printed and now are provided to teams in a digital format. The adjusted language will be a better and more efficient use of personnel and will still provide the opportunity for packet pickup for those teams that want get their passes the night before the State Final.

Boys/Girls Gymnastics

Terms and Conditions Recommendation:

1. (GIRLS) Terms and Conditions. E. Order of Performance b. Event Finals.

Recommendation: The order of performance for the individual event finals at the girls gymnastics state finals shall be determined according to a random draw of all competitors who qualify for the finals. **If a conflict arises the individual with the conflict shall be dropped 4 positions in the final's performance order.** The random lot shall not allow an individual gymnast to perform first or last twice on a any event.

Rationale: This will allow adequate rest time for a gymnast competing on multiple events during finals.

Administrative Recommendation:

1. (GIRLS) Warm-up Rotation

Recommendation: Hold Friday's warm-up rotations. An announcement will be made letting athletes and coaches know when a new warm-up rotation will begin.

Rationale: Some events move faster than others and take longer to set equipment. Holding warm-ups will keep all events on the same schedule.

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| Boys/Girls Soccer |
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Terms and Conditions Recommendation:

1. Non-Consent Item – See Board Agenda

Administrative Recommendations:

- 1. Recommendation:** The committee recommends the continued use of the current Soccer State Association Adoptions and any needed editorial changes to be made by Beth Sauser for 2022-23 seasons.

Rationale: The State Association Adoptions are in accordance with provisions set forth in the NFHS Soccer Rules Book. The adoptions have been in place in Illinois for years, and the committee favors their continued use since the rules have been accepted and successfully administered over the years.

2. Non-Consent Item – See Board Agenda

3. Non-Consent Item – See Board Agenda

- 4. Recommendation:** The committee recommends that substitutes not carry any additives (pinny, jacket, towel) onto the field.

Rationale: Players exiting the field may exit from anywhere. Often, when a substitute carries an item on the field to hand off to their exiting teammate, it is used as a stalling tactic.

- 5. Recommendation:** The committee recommends the team caution count continue for the 2022-23 seasons. Officials must continue to report all yellow cards given in a game, and the IHSA office will continue to track yellow card accumulations. The committee recommends updating the list of cautions awarded in the following categories that count towards the team accumulations.

Rationale: This updated list follows the NFHS rules book modification but emphasizes the unsportsmanlike behavior and fouls to give a more accurate view of the game.

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| Boys/Girls Swimming and Diving |
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Terms and Conditions Recommendations:

1. Item VII-B – State Swim Qualifying Standards

Recommendation: To adopt the following qualifying standards. Sectional Qualifying Standards for the Boys' and Girls' State Finals will be determined in the following manner. The Qualifying Standards for each individual swimming event will be calculated by determining the 30th place time from all sectionals. That time will then be used to obtain an average of the last FIVE years' average times in each event. In relay events the same process will be implemented but the 24th sectional place time will be used to make the calculations. Any time calculated to be slower than the existing qualifying time would not be used in that event. The existing time would remain. Using this process, the proposed qualifying standards for the 22-23 seasons are:

BOYS STANDARDS 2023

| | |
|------------------|----------|
| 200 Medley Relay | 1:37.02* |
| 200 Free | 1:44.12 |
| 200 IM | 1:56.88 |
| 50 Free | :21.74 |
| 100 Butterfly | :51.90 * |
| 100 Free | :47.63 |
| 500 Free | 4:44.11* |
| 200 Free Relay | 1:27.29 |
| 100 Back | :52.79 |
| 100 Breast | :59.24 |
| 400 Free Relay | 3:12.86* |

GIRLS STANDARDS 2022

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|------------------|----------|
| 200 Medley Relay | 1:47.96* |
| 200 Free | 1:54.88* |
| 200 IM | 2:08.95* |
| 50 Free | :24.33 |
| 100 Butterfly | :57.89* |
| 100 Free | :52.86* |
| 500 Free | 5:09.03* |
| 200 Free Relay | 1:37.82* |
| 100 Back | :58.40 |
| 100 Breast | 1:06.36 |
| 400 Free Relay | 3:34.55* |

*Same State Qualifying Time as Previous Year

Rationale: The committee agrees that it is time to return to using this method after pausing any changes to the standards for two years as a result of the pandemic.

2. Non-Consent Item – See Board Agenda

3. Non-Consent Item – See Board Agenda

Wrestling

Terms and Conditions Recommendations:

1. Non-Consent Item – See Board Agenda

2. Non-Consent Item – See Board Agenda

3. V. Tournament Assignments and Seeding Meetings: C. Dual Team Roster

Recommendation: Add a reference to NFHS rule 11-1-4 that requires wrestlers to weigh in at the same weight on both days of a dual team tournament.

Rationale: Now that the Dual Team State Finals is a two-day event, wrestlers must meet this rule in order to participate on both days of the tournament.

4. V. Tournament Assignments & Seeding Meetings: E. 3) Seeding the Girls Individual State Finals

Recommendation: Adjust the seeding chart for each Girls Individual Sectional champion to award points for the following number of regular season victories.

20 or more wins = 15 points
15-19 wins = 10 points
10-14 wins = 7 points

Rationale: This adjustment reflects a more realistic win total for girls based on the number of matches they wrestle during the regular season.

5. **Non-Consent Item – See Board Agenda**

6. **VI. Tournament Structure and Time Schedules: B. 1) Dual Team Tournaments**

Recommendation: Dual Team Sectional semifinals will begin at 6:00 p.m.

Rationale: Current language says Dual Team Sectional semifinals will begin no later than 5:30 p.m. Starting at 6:00 will give host schools more time to allow other teams to practice after school before the hosts need to set up the gym for wrestling.

7. **VI. Tournament Structure and Time Schedules: Girls Individual State Finals Tournament**

Recommendation: Begin Round 1 wrestling on Friday morning at 9:00 a.m. with weigh-ins at 7:30 a.m.

Rationale: We estimated times for the inaugural Girls Individual State Finals Tournament. We learned that we can start at 9:00 instead of 8:30 and will still have plenty of time to wrestle the portion of the Girls Tournament we need to complete on Friday.

8. **VI. Tournament Structure and Time Schedules: Dual Team State Finals Tournament**

Recommendation: Begin weigh-ins on Friday afternoon at 3:30 p.m.

Rationale: With the new rule that requires wrestlers to weigh in while wearing their competition uniforms, weigh-ins are completed much more quickly. Moving weigh-ins to 3:30 creates less down time between the start of weigh-ins and the start of competition at 5:00.

9. **VI. Tournament Structure and Time Schedules: Dual Team State Finals Tournament**

Recommendation: Begin Championship and 3rd place duals at 6:00 p.m. on Saturday.

Rationale: We estimated times for the inaugural Girls Individual and Dual Team State Finals Tournament. We had a significant amount of down time between the end of the girls tournament and the beginning of the championship and 3rd place duals. Moving the championship and 3rd place duals to 6:00 will allow the tournament to run more efficiently.

10. **VIII. Tournament Rules: H. Team Tiebreaker**

Recommendation: Edit this section to state: In the event that a tie score exists in a dual meet at the Sectional or State Finals, refer to NFHS rule 9-2-2.

Rationale: Our current Terms and Conditions lists all the rule language from rule 9-2-2 (letters a.-p.). The NFHS rule added a letter in a recent year. Now the rule is letters a.-q. Our Terms and Conditions don't need to repeat the entire rule verbatim. If we state we will follow NFHS rule 9-2-2, that simplifies our Terms and Conditions.

11. **Non-Consent Item – See Board Agenda**

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| Athletic Officials |
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Administrative Recommendations:

1. **Non-Consent Item – See Board Agenda**

2. **Non-Consent Item – See Board Agenda**

3. **Non-Consent Item – See Board Agenda**

4. **Recommendation:** Change the promotion process to replace letters of recommendation with a check box verification system from a principal, athletic director, head coach, or certified official. The submitter would check a box to verify that the official is a high-quality official who possesses the rule knowledge and game management skills to deserve promotion to the next level.

Rationale: This streamlines the promotion process without changing the fundamental principle that officials must receive recommendations from school administrators, head coaches, and Certified officials in order to promote to the next level.

5. **Non-Consent Item – See Board Agenda**

6. **Non-Consent Item – See Board Agenda**

7. **Non-Consent Item – See Board Agenda**

Chess

Terms and Conditions Recommendations:

1. **V. Tournament Assignments And Seeding Meetings C. Pairing Procedures – Sectional**

Recommendation: 1. In sectional tournaments, teams will be paired ~~using an accelerated pairing system~~ based on their seeds.

Rationale: Because of the number of schools assigned to each sectional, determining the qualifying schools for the state final (the primary purpose of the sectional tournament) does not require the use of the accelerated pairing system.

2. **IX. Tournament Policies H. Apparel**

Recommendation: 2. Failure to wear proper apparel ~~shall~~ may be penalized by ~~up to a minor~~ up to a major violation ~~at the discretion of the floor chief~~. A ~~player team~~ team may be penalized once per day of competition. ~~A team may be penalized for up to five minor violations per day~~. Willful refusal to comply with the uniform rule shall constitute unsportsmanlike conduct and may be penalized by team disqualification.

Rationale: Uniform expectations shall be established by the head coach. A violation shall be immediate to the team and at the discretion of the floor chief depending on the severity of the violation.

3. **Non-Consent Item – See Board Agenda**

Administrative Recommendation:

1. **Virtual Matches**

Recommendation: The IHSA will permit virtual matches to count towards the six-contest requirement. The virtual match consists of all players from each team in a single location with play being monitored by the coach. The tournament requirement would still need to be completed in-person and cannot be virtual.

Rationale: As virtual matches have become acceptable post-COVID, this will allow schools to be flexible in how they choose to fulfill their six-match requirement. However, in order to give players and coaches live tournament experience similar to the IHSA State Series, the in-person tournament requirement shall remain.

Journalism

No Terms and Conditions Recommendations Forwarded.

Music Solo/Ensemble

Terms and Conditions Recommendations:

1. IV. Host Financial Arrangements B. Penalty Fees I. Late Event Entry Fees

Recommendation: Late Event Entry Penalties:

- Entries received 2 days late - \$50.00 flat fee
- Entries received 3 days late - \$100.00 flat fee
- Entries received more than 3 days late - may not be accepted by the host manager (discretion of the manager), \$100.00 flat fee will apply • Entries received after the contest entry period of February 4, 2022, will be assessed a \$5 per event late fee. Contest managers have the authority to waive these fees in extreme or exigent circumstances. Entries received more than 3 days after the February 4, 2022, deadline will only be entered at the discretion of the contest manager.

Late Event Entries Penalties shall be paid directly to the host school and mailed to the host school manager. Any individual solo or ensemble withdrawal(s) after the event fees have been paid to the contest manager will result in forfeiture of all fees paid.

Rationale: A \$5. per event late fee better reflects the work needed to add additional entries by the contest host manager.

2. XVIII A. 6 MEMORIZATION

Recommendation:

a. Instrumental Events

- i. There is no memorization requirement for instrumental entries.

b. Vocal Events

- i. All vocal entries shall be performed from memory.
There is no memorization requirement for vocal entries.

Rationale: By allowing memorization to be optional and not a requirement for contests, more students could have the opportunity to participate.

3. B. Rules for Solo Events I. Approved Solo Events Vocal

Recommendation:

501. Treble Solo

502. Bass Solo

501. Treble Solo Jazz & Musical Theatre

502. Bass Solo Arias and Art Songs

503. Contemporary and Commercial

Note: Update adjudication sheets

Rationale: The change in listing genres rather than sound better reflects the styles of available music. By adding category 503, CCM could include bluegrass, blues, contemporary Christian, country, folk, gospel, jazz, pop, rap, rock, rhythm and blues (R&B), soul, and ethnic music selections.

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| Music Organization |
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Terms and Conditions Recommendation:

1. VIII. Music Organizational Contest Rules B. Program a. Scores are required. 3. Chorus:

Recommendation: Each chorus shall perform selections with a minimum time of seven (7) minutes and a maximum time of twelve (12) minutes. No director or accompanist may sing with the chorus in the concert portion of the performance. All selections must be sung from memory. All Class B, C, or D choruses (bass, treble and mixed), regardless of classification, must perform at least three-part music. All Class A or AA treble

or bass choruses must perform at least three-part music, while Class A or AA mixed choruses must perform at least four-part music.

Rationale: By allowing memorization to be optional and not a requirement for contests, more students could have the opportunity to participate.

Scholastic Bowl

Terms and Conditions Recommendations:

1. II.F – Dates and Sites

Recommendation: Adjust the state final date to be on Saturday of Week 37 of the IHSA Standardized Calendar as opposed to Friday of Week 37.

Rationale: Conducting the State Final on a Saturday does not require coaches, participants and host school student volunteers to miss a day of school in order to participate. Additionally, for many others, it may allow them to attend the State Final without having to take a day off of work. This also would provide qualifying teams an extra day to prepare for the State Final.

2. VI.E – Recommended Time Schedule

Recommendation: Make the following adjustments to the State Final time schedule:

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| 8:00a.m. | Schools may begin to Check-In |
| 9:15a.m.-9:00a.m. | Coaches/Captains/Moderators Meeting (optional) |
| 9:30a.m.-9:15a.m. | Opening Ceremonies |
| 10:00a.m.-10:50a.m. | First Round of Preliminary Pool Play |
| 11:00a.m.-11:50a.m. | Second Round of Preliminary Pool Play |
| 11:50a.m.-12:50p.m.1:05p.m. | Break |
| 1:00p.m.-1:50p.m.1:15p.m.-2:05p.m. | Third Round of Preliminary Pool Play |
| 2:10p.m.-3:00p.m.2:25p.m.-3:15p.m. | Championship and Consolation Rounds |
| 3:00p.m.-3:45p.m.3:30p.m.-4:15p.m. | Awards Ceremony |

Rationale: Now that Scholastic Bowl is being held at a new venue with competition locations a bit more spread out, it makes sense to adjust the State Final times in order to provide a more accurate schedule.

3. VIII.I - Dress

Recommendation: Adjust the language regarding uniforms as follows:

Dress: All Scholastic Bowl teams must wear appropriate matching tops for competing in the state series. Matching tops shall be defined as being similar in style, color, and markings. Members of the same gender must have similar tops, though males may wear slightly different tops than females.

1. Team competitors and coaches will appear in appropriate attire. Acceptable apparel will include, but not be limited to: school uniform, slacks, turtlenecks, sport shirts with collars, sport coats, T-shirts, sweatshirts, hooded sweatshirts (analogous to hats, hoods shall not be worn during competition), sweaters, nice jeans, skirts and dresses.
2. Unacceptable apparel will include, but not be limited to: tank tops, cutoffs, short-shorts, clothing that advertise alcohol, drugs, or explicit material, jeans with holes or patches, hats or non-religious head gear, boxer-type shorts, spandex tights, hooded sweatshirts or pants worn below the hips.

Rationale: The committee feels that the language pertaining to gender in regard to uniforms is unnecessary, because the wording "similar in style, color, and markings" already permits this as an option. Additionally, the committee feels that it is acceptable for a team to compete in a school uniform that they are required to wear during the school day (even if the uniforms do not match). Lastly, the committee feels that hooded sweatshirts that are similar in color, style and markings are acceptable for teams to wear as long as the participants do not have the hood up during competition.

Speech Individual Events

Terms and Conditions Recommendations:

1. IV Financial Arrangements D. E. F.

Recommendation:

Entry fees increase to \$20.

For each event in which a school has entered participants in the contest, an event fee of ~~\$15.00~~ \$20.00 dollars (per event) shall be paid...

Rationale: This would align the individual event fee with the Performance in the Round fee that is currently \$20.

2. Speech Event Summaries Prose Reading pullout section

Recommendation: Remove "Compilations are permissible" from the material section of the rules.

Material: Material must come from appropriate printed, published sources and must meet high standards for good literature. Material must come from prose literature. Sources of material include cuttings from novels, short stories, biographies, nonfiction, letters and diaries. The use of dramatic literature is not permitted. ~~Compilations are permissible.~~ Each contestant will prepare one (1) Prose Reading selection. Cuttings must contain less than 50% dialogue.

Rationale: Compilations are not a competitive norm nor does continuing to allow them does not have much utility in an era where short stories are plentiful from a variety of sources. Considering there is no minimum time on the event, a shorter story could work in competition as well and not need to be paired with additional stories.

Speech Debate

No Terms and Conditions Recommendations Forwarded.

Speech Drama/Group Interpretation

Terms and Conditions Recommendations:

1. VIII B 4 a - Group Interpretation Time Keeping

Recommendation: Set-up/Strike: Groups will be allowed two (2) minutes to move the universal set pieces into the best set-up position behind the strike line or outside the performance box as determined by the contest management. The time limit for Group Interpretation Set-up & Strike is a total combined 5 minutes. For setup, once the director requests the clock to be stopped, it cannot be restarted. Group Interpretation takedown must be done in the remaining time not used in set-up. Any group exceeding this time limit shall automatically be dropped one (1) rank per judge per 30-seconds overtime. Any universal set pieces not being used by a performing school will be placed in a designated storage area after set-up timing is completed by combined host/performing personnel - this will not be counted on official set-up timing.

Rationale: With the addition of standardized pieces, the timing language needs to reflect the time required to properly execute set-up/strike.

2. VIII B 6 - Group Interpretation Standards of Excellence

Recommendation: Standardized Group Interpretation pieces (boxes, platforms, ramps) shall be provided by the host and used by all competing schools. The performance space will be carpeted, or a temporary carpeted flooring will be in place (provided by host). Performers, including musicians, are prohibited from performing underneath set pieces. While set pieces may be moved to represent a new general location, they may not be arranged to suggest a specific location. (For example, boxes may not be piled on top of each, turned on their

sides or held by actors to represent specific formations such as walls, columns, doorways, or specific large props such as a desk.) Smaller pieces may not be used as hand-props.

Rationale: Have the set language properly match the transition to standardized sets.

3. VIII. B 6 g - e

Recommendation: Group Interpretations (GI) shall be performed in a 20' x 20' space. When performing, all standardized GI pieces used must be placed inside the 20 x 20 performance space. Performers and musicians may perform outside of that space without penalty.

Rationale: To clarify to competing schools, host sites, and judges regarding the performance space dimensions and parameters of the performance space.

Sports Medicine Advisory Committee

Administrative Recommendations:

1. **Recommendation:** The Committee recommends adding an emergency contact person in the Official's Center so that schools know who to contact in the event an official goes down.

Rationale: Schools do not know who to contact in emergency situations. Administrators or first responders don't have time to search for phones to find next of kin. At times officiating crews don't even know each other well enough to know emergency contacts. This will ensure that officials are properly cared for if necessary.

2. **Recommendation:** The Committee recommends the following update to the Wet Bulb Globe Temperature Policy:

Wet Bulb Globe Temperature

These requirements represent minimum standards that IHSA member schools must follow for all athletic activities and competitions, both outdoors and indoor facilities that are not airconditioned. Schools with more restrictive guidelines are not expected to modify any pre-existing guidelines in order to meet this policy. These guidelines will also be used by managers or their designees at all IHSA state series events when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. Decisions to suspend and resume activity will be in accordance with these guidelines.

Pre-Practice Preparation:

1. Thirty minutes prior to the start of an activity, and minimally every 30 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity or a similar location. Using a Wet Bulb Globe Thermometer is required.
 - a. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.
2. Provide cooling stations such as shade, ice towels, misting fans, etc. for before, during, and after activity.
3. Provide ample amounts of water. This means water should always be available and athletes should be able to take in as much water as they desire.

Use the Table 1 (see below) with an on-site WBGT reading for appropriate exercise modifications during exercising in the heat:

| Cat 2 | Activity Guidelines |
|--------|---|
| < 79.9 | Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout. |

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| 80.0 - 84.5 | Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 5 min each. Cold Water Immersion must be available. (see below) |
| 84.6 - 87.5 | Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: There must be 20 min of rest breaks distributed throughout each hour of practice. Cold Water Immersion must be available. (see below) |
| 87.6 - 89.9 | Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. Cold Water Immersion must be available. (see below) Consider postponing games or practices until a cooler time of day. |
| > 89.9 | No outdoor workouts. Delay practice until a cooler WBGT is reached. |

Table 1 (all temperature readings as measured by WBGT devise)

Treatment of Exertional Heat Stroke and Cold-Water Immersion:

In the event of potential Exertional Heat Stroke (EHS), each school participating in interscholastic sports shall be properly prepared and equipped to activate EMS and initiate rapid whole-body cooling using an evidence-based cooling modality. The current best practice for the treatment of exertional heat stroke is rapid whole-body cooling via Cold Water Immersion (CWI) on-site followed by transport to advanced medical care (Cool first transport second). If whole-body CWI is not readily available, alternate evidence-based whole-body cooling techniques can be utilized (e.g. TACO method). The best practices shall be carried out by a licensed athletic trainer, designated healthcare provider, or EMS provider. In the event that these medical providers are not available and heat illness is suspected, cooling should be initiated until advanced medical personnel arrives.

The cooling modality shall be ready for immediate use when WBGT is at or above 80F. At WBGT temperatures below 80F the cooling modality should be readily available.

Rationale: This update comes from the KSI TUFSS conference held in March of 22 in Champaign. The conference kept WBGT policy at the center of the conference with the intention that this will become a by-law recommendation in the 2022 cycle.

Student Advisory Committee

Administrative Recommendation:

- Recommendation:** The committee recommends the annual Student Advisory Committee retreat be held on July 31 and August 1, 2022.

Rationale: During the retreat, members will have time to meet with each other outside of the IHSA office, prepare for the Student Leadership Conference, record PSA's, attend workshops for growth in leadership and public speaking skills, and create a bond to strengthen our committee before the school year begins. The retreat will also serve as the first scheduled meeting for the 2022-23 committee members.

Do What's Right - Sportsmanship

No Recommendations Forwarded.

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| Athletic Administrators |
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No Recommendations Forwarded.

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| Activities Directors |
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No Recommendations Forwarded.