

2023-2024 Proposal 1 – By-law 1.900 Amendments

Modify By-law 1.910 – Submission of Amendments

Submitted By: Mark Ribbens, Official Representative – Wauconda; Joe Reda, Official Representative – Chicago Heights (Bloom Twp.); Jim Soldan, Official Representative – Evergreen Park; Jack LeGrand, Official Representative – Elmhurst (Timothy Christian); Nicole Ebsen, Official Representative – Oak Park (O.P.-River Forest); Steve Schanz, Official Representative – Orland Park (Sandburg); Tim Chandler, Official Representative – Burbank (St. Laurence); Raeann Huhn, Principal – Wheaton (St. Francis); Anthony Tinerella, Official Representative – Aurora (Marmion Academy); Dan Tully, Principal – Niles (Notre Dame College Prep)

Summary of Proposed Changes:

Revises the language in the Constitution to require amendment proposals to be submitted with a brief video summarizing the changes and the rationale proposed from the submitter.

Rationale of Submitters:

By-law proposals often have nuances that are not explained by the printed rationale or summary of changes. Having the submitter provide a video to support the by-law proposal will give some insight as to the reason for the proposed changes.

Pros:

- Better communication among member schools in advance of voting on by-law proposals. Increased understanding and consistent communication at each town hall meeting about what is behind each proposal.

Cons:

Text of By-law with Proposed Changes

Modify By-law 1.910 – Submission of Amendments

Proposals to amend the Constitution and By-laws shall be submitted by the official representative of any member school provided they are filed with the Executive Director of the Association not less than twenty (20) days prior to consideration by the Legislative Commission at a first meeting which deals with such proposals. **Any proposal must include specific wording for the revised language of the Constitution or By-law and be accompanied by a brief video summarizing the changes and rationale proposed from the presenter. Video submissions will be shared with member schools at the same time as By-law proposals.** All proposals shall be considered and reported on by the Legislative Commission in accordance with the provisions of Section 1.721 through 1.740. All such proposed amendments to the Constitution and By-laws recommended by the Legislative Commission for final action by the membership must be voted on as provided in Section 1.920.

2023-2024 Proposal 2 – 2.030 Cooperative Team Sponsorship

Modify By-law 2.030

Submitted By: Tom Schergen, Principal – Chicago (De La Salle); Jason Dillon, Official Representative – Chicago (Cristo Rey Jesuit); Larry Daly, Principal – Decatur (St. Teresa); Greg Fearday, Principal – Effingham (St. Anthony); Jeremy Garrett, Principal – Peoria (P. Christian); Dan Beebe, Official Representative – Aurora (A. Christian)

Summary of Proposed Changes:

Expands the opportunity for private schools to form cooperative teams with enrollments up to 900 in single class sports with no competition restriction. In multiple class sports the team may compete in the regular season only. If a sport permits individual entries, the students could represent the home school. In team brackets sports, no state series entries permitted.

Rationale of Submitters:

- This amendment seeks to increase access to sports to more student athletes in Illinois through cooperative teams, and, in doing so, potentially increase the number of schools participating in emerging or declining sports within the IHSA.
- Would only have an effect on Single Class sports in the IHSA State Series, which many already have a significant number of coop teams between larger schools
- The spirit behind cooperative teams is that it enables high schools to offer more sports opportunities to students, sports that one school alone may not have the interest level or the resources to field.
- With the current enrollment cap of 200, only 53 Private schools have permission to form cooperative teams.
- Raising the enrollment cap on Private schools to 900, we hope to expand sports access to more students in 56 additional Private schools.
- The hope is that more cooperative partnerships between Private schools and between Public and Private schools will enable the continuation as well as increase the number of student-athletes participating in Illinois high school sports and activities.
- This would be a benefit to both private and public schools and their student-athletes.
- Current measures are already written into the language of the by-law, preventing schools with ill-intent from creating “super teams”.
- This amendment change could very well lead to Public and Private schools creating Cooperative Teams together that would not only benefit their students but also bring community cooperation.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 2.030 - Cooperative Team Sponsorship

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 the multiplied enrollment is used to determine the eligibility of the cooperative team request.

~~(e) Only private schools with non-multiplied enrollments of 200 are eligible to form cooperative teams.~~

(c) Private schools with non-multiplied enrollments of 200 or less are eligible to form cooperative teams in all sports and activities. Private schools with the non-multiplied enrollments of more than 200 and up to 900 are eligible to form cooperative teams in all activities and the following single class sports: Boys and Girls Lacrosse, Swimming/Diving, Bowling, Water Polo, Girls Gymnastics, Girls Badminton, Boys Volleyball. The following multi-class sports are eligible to form cooperative teams but may not compete in the State Playoff Series as a team but the student’s home school can enter individuals into the State Series: Boys and Girls Tennis, Golf, Track/Field, Wrestling and Cross Country. The following multi-class sports are eligible to form cooperative teams but may not compete in the State Playoff Series as a

team or individuals: Boys Football, Boys and Girls Basketball, Boys and Girls Soccer, Baseball, Softball, Girls Volleyball, Competitive Cheerleading, and Competitive Dance.

- (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 conference.

2023-2024 Proposal 3 – 2.030 Cooperative Team Sponsorship

Modify By-law 2.030

Submitted By: Ryan Martin, Official Representative – Chicago (Hancock)

Summary of Proposed Changes:

Modifies the cooperative team by-law to eliminate a restriction on enrollments of schools to form a cooperative team in the sport of football. All other requirements for cooperative approval remain.

Rationale of Submitter:

Help schools provide more athletic opportunities for their students.

Pros:

This would allow for schools who are larger in size, to still be able to offer a football opportunity to our students, when they don't have the means to do so. Possible reasons schools might not be able to field a team even though they have a high student enrollment:

- No space to practice or play games based on their location.
- School has never had a team before, so they do not have the financial resources to start a program.
- Have some interest, but not enough to field a full team to the level to be competitive.

Cons:

What if two larger schools with good teams decide to join together in order to beat a school they have struggled beating, or to become the best team in their division. I fully understand this concern, but in order for a team to co-op, every team in the conference must approve this. There is no chance, that a conference would let this happen. Also, when school's co-op they must move up a division as well. For example, I just don't see a world where two 5A teams join together to attempt to become the best 6A school in the state. Most large schools have their own facilities and wouldn't need to create a co-op at all.

Text of By-law with Proposed Changes

Modify By-law 2.030 - Cooperative Team Sponsorship

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 the 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 conference.

2023-2024 Proposal 4 – 2.090 Season Limitation in Athletic Activities
Modify By-law 2.090
Submitted By: Jason Bott, Official Representative – Crystal Lake (South)

Summary of Proposed Changes:

Expands opportunities for coaches to conduct out of season strength and conditioning workouts with limits of no more than 4 days per week and no more than 90 minutes per session outside the season and during the summer contact days. Conditioning training does not count against the summer contact day count. No coaching of the skills of a sport during any session.

Rationale of Submitter:

Most schools and programs are running some sort of strength, speed, agility, and conditioning in the off seasons when not in season. This allows for coaches to safely prescribe workouts along with providing technique instruction for athletes to allow for maximal performance while also giving feedback to safely perform exercises and workouts with their teams.

This falls within the NSCA (National Strength and Conditioning Association) [Professional Standards and Guidelines Executive Summary](#)
Standard 3 Program Supervision and Instruction.
Standard 3.1

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 2.090 - Season Limitation in Athletic Activities

No school belonging to this Association shall organize its teams, practice, scrimmage or participate in any interscholastic sport outside of the season limitations as prescribed in Section 5.000 of these By-laws; nor shall any person who coaches any sport at a member school, coach or supervise a non-school team in any interscholastic sport composed of students from that school, except within the guidelines promulgated by the IHSA Board of Directors.

Exception: For each sport, a school may hold one informational meeting prior to the start of its season to provide information regarding tryouts, procedures and forms that need to be on file. Coaches or school personnel may not use this meeting to organize out of season programs (example: fall, winter or spring leagues).

Add Exception 2:

Coaches will be allowed to conduct, prescribe, and coach off-season strength and conditioning workouts for athletes. These workouts will be limited to 4 days per week with a maximum time of 90 minutes per workout session. Coaches will be able to administer workouts and give feedback and coaching only for technique for the designated workouts within this time frame. There will be no coaching on any activities related to the individual sport.

2023-2024 Proposal 5 – 3.030 Residence

Modify By-law 3.031.4

Submitted By: Michelle Schaumburg, Principal - Westville

Summary of Proposed Changes:

Expands opportunities for students of public school employees to meet the residence by-law when a parent is a full-time staff member and the district has a Board Policy permitting students of employees to attend tuition free.

Rationale of Submitter:

Many IHSA member schools belong to districts that have adopted waivers that allow out of district students to attend school tuition free in the school their parent works. The IHSA currently allows students in these situations to fully participate in IHSA activities provided their parent is a licensed TRS employee. We propose the IHSA modify By-law 3.031.4 to allow students of non-licensed full-time (IMRF) employees (custodians, cooks, aides, secretaries, etc.) to also full participate in IHSA activities.

We feel the current by-law language creates a barrier that is a double standard for students based on the occupation status of their parent (is the parent licensed or unlicensed), and this negatively impacts student opportunities.

Pros:

Amending the by-law creates consistency between students of licensed (TRS) employees and students of non-licensed (IMRF) employees.

Cons:

Eliminating barriers for student participation does not appear to have disadvantages. The submitting school would point out that we are advocating only for full-time IMRF employees – not part-time stipend positions. This was an intentional decision to eliminate the possibility that a school might hire a part-time employee such as a stipend coach in an effort to attract students to the district through the coach.

Text of By-law with Proposed Changes

Modify By-law 3.031.4 - Residence

In the cases where a **local Board Policy** has been **established** for children of **faculty members employees** to attend the school tuition-free, the students shall have eligibility at the school where the parent **teaches works full-time**.

In the cases where a **local Board Policy** has been **established** for the children of **faculty members employees** in unit districts with one high school to attend the school tuition-free, the student(s) shall have eligibility in the district where the parent **teaches works full-time**.

2023-2024 Proposal 6 – 3.030 Residence

Modify By-law 3.031.4

Submitted By: Henry Robison, Official Representative – Stillman Valley

Summary of Proposed Changes:

Modifies the by-law to grant residence eligibility where local Board of Education Policy has been adopted to allow students residing outside the district to attend tuition free and a parent has worked for one calendar year and continues to work at least 30+ hours/week at the school.

Rationale of Submitter:

We are in a time in education where we are short-handed in all areas of support staffing, such as transportation, paraprofessionals, interventionists, food services, etc. Perhaps adding this to the current by-law language allows us to attract and retain employees.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 3.031.4 - Residence

In the cases where a **local Board Policy** has been **established** for children of faculty members **or support staff** to attend the school tuition-free, the students shall have eligibility at the school where the parent teaches **and/or has worked for one calendar year at least 30+ hours/week at the school.**

In cases where a **local Board Policy** has been **established** for children of faculty members or **support staff** in unit districts with one high school to attend the school tuition-free, the student(s) shall have eligibility in the district where the parent teaches **or works.**

2023-2024 Proposal 7 – 3.040 Transfer

Modify By-law 3.043.3 and Add By-law 3.043.5

Submitted By: Mark Ribbens, Official Representative – Wauconda; Joe Reda, Official Representative – Chicago Heights (Bloom Twp.); Jim Soldan, Official Representative – Evergreen Park; Jack LeGrand, Official Representative – Elmhurst (Timothy Christian); Nicole Ebsen, Official Representative – Oak Park (O.P.-River Forest); Steve Schanz, Official Representative – Orland Park (Sandburg); Tim Chandler, Official Representative – Burbank (St. Laurence); Raeann Huhn, Principal – Wheaton (St. Francis); Anthony Tinerella, Official Representative – Aurora (Marmion Academy); Dan Tully, Principal – Niles (Notre Dame College Prep)

Summary of Proposed Changes:

Establishes transfer guidelines for students based on their year in school and the number of transfers during their high school years.

3.043.3 additions:

Allows a transfer exception for full eligibility when the student is transferring for the first time from one private high school to another private high school.

When schools do not have lower levels and the transfer student is subject to limited eligibility, the student may compete at the varsity level but not in the state series.

Rationale of Submitters:

An increasing number of students are moving between schools in order to participate in various athletic programs or join coaching staffs. This transfer policy update would limit eligibility for those students who are transferring for a second or third time. Additionally, it would allow students who qualify for limited eligibility to participate in varsity sports if no lower levels are available. Those students, however, would be unable to participate in the state series.

Pros:

- Limits the number of students seeking multiple transfers and “school hopping,” especially in later years.
- Allows for participation in athletics for students even when there is no lower level team for students who qualify for limited eligibility.

Cons:

- Families who are truly transient may require multiple transfers.
- Difficult to have students who are able to play a sport during the regular season under limited eligibility rules be ineligible for postseason participation.
- Limited eligibility exception to varsity eligibility permits varied rulings for students at different types/sizes of schools.

Text of By-law with Proposed Changes

Modify By-law 3.043.3 and Add By-law 3.043.5 - Transfer

3.040

In addition, a student who transfers attendance from one high school to another high school pursuant to these by-laws, shall be ineligible unless:

3.043.1

The student transfers attendance **for the first time** in conjunction with a change in residence by both the student and his or her parents, custodial parent, surviving parent (in the case of a student with one deceased parent), or guardian from one public high school district to a different public high school district; or

3.043.2

The student transfers attendance **for the first time** from one public high school in a school district which supports two (2) or more public high schools to another public high school in that district, and the transfer is 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 within the boundaries established by the governing board of the school district for the high school to which the student transfers; or

3.043.3

In the event the student transfers attendance **for the first time** 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 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 students' home public member high school with boundaries;
- **The student is in or entering freshman or sophomore year and transferring for the first time from one private school to another private school;**
- Change in family's financial position.
- Extenuating circumstances documented by the sending school's principal or official representative.
- Limited eligibility may be granted when the student transfers schools prior to the beginning of the student's Junior year. **In schools where no lower level teams exist, students may participate in varsity competition but may not participate in the state series.**

3.043.4

The student, who is a child of divorced or legally separated parents, transfers attendance **for the first time** from one high school to another in conjunction with a change in legal custody between the parents by action of a judge of a court of proper jurisdiction, and a change in the student's residence from the former custodial parent to the parent to whom custody has been awarded by the court, provided that a copy of the petition and the court order so changing custody is on file with the principal of the high school to which the student transfers.

Add By-law 3.043.5 - Transfer

A student who is in or entering freshman or sophomore year and is making a second transfer will have only limited eligibility for 365 days from the date the student enrolls at the new school.

A student who is in or entering junior or senior year and is making a second transfer will be ineligible for 365 days from the date the student enrolls at the new school.

All students who transfer for a third time or more will be ineligible for 365 days from the date the student enrolls at the new school.

Chart For Reference Only:

Grade	1st Transfer	2nd Transfer	3rd (or more) Transfer
9th Grade	Eligibility based on updated transfer by-laws	Limited eligibility only	No eligibility for 365 days from date student enrolls at new school
10th Grade	Eligibility based on updated transfer by-laws	Limited eligibility only	No eligibility for 365 days from date student enrolls at new school
11th Grade	Eligibility based on existing transfer by-laws	No eligibility for 365 days from date student enrolls at new school	No eligibility for 365 days from date student enrolls at new school
12th Grade	Eligibility based on existing transfer by-laws	No eligibility for 365 days from date student enrolls at new school	No eligibility for 365 days from date student enrolls at new school

2023-2024 Proposal 8 – 3.040 Transfer

Modify By-laws 3.043 and 3.043.1; Remove Current By-laws 3.043.2 and By-law 3.043.3

Submitted By: John Catalano, Official Representative - Northbrook (Glenbrook North)

Summary of Proposed Changes:

Allows transfer eligibility for all transfer students at the varsity level and below but no state series competition for 365 days unless the family has moved to a new residence greater than 30 miles from the previous residence in conjunction with the transfer.

Rationale of Submitter:

It is common knowledge that the number of athletically motivated transfers have greatly increased over the last five years. It is also known that it has become increasingly more difficult for the IHSA and school districts to properly assess and then make a fair and equitable ruling in these cases. The IHSA does not have the resources nor do school districts to monitor the sheer number of transfers. There is great potential with the addition of this by-law that “athletically motivated transfers” will virtually halt or be slowed to a minimum, while still allowing all student-athletes that transfer to compete in dozens of approved interscholastic contests throughout the regular season. Additionally, using the already approved 30-mile radius as a guide, any student-athlete that moves beyond 30-miles is exempt from this by-law.

While past by-laws have attempted to regulate transfers, this change simplifies and quantifies for student-athletes, their families, coaches, schools, and the IHSA before the process of transferring even begins.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-laws 3.043 and 3.043.1; Remove By-laws 3.043.2 and By-law 3.043.3

Modify By-law 3.043 Transfer

In addition, a student who transfers attendance from one high school to another high school pursuant to these by-laws, shall be ineligible **to participate in any IHSA State Series for a period of 365 days** unless:

Modify By-law 3.043.1 – Transfer

The student transfers attendance in conjunction with a change in residence **that is greater than 30 miles** by both the student and his or her parents, custodial parent, surviving parent (in the case of a student with one deceased parent), or guardian from one public high school district to a different public high school district; or

Remove By-law 3.043.2 – Transfer

~~The student transfers attendance from one public high school in a school district which supports two (2) or more public high schools to another public high school in that school district, and the transfer is 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 within the boundaries established by the governing board of the school district for the high school to which the student transfers; or~~

Remove By-law 3.043.3 – Transfer

~~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 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;~~
- ~~• Limited eligibility may be granted when the student transfers schools prior to the beginning of the student’s Junior year.~~

2023-2024 Proposal 9 – 3.120 All Star Participation
Modify By-law 3.120
Submitted By: Brian Riddick, Principal – Chicago (Noble/Butler)

Summary of Proposed Changes:

Modifies the All-Star games participation limit to include all sports as opposed to just basketball, football, soccer and volleyball.

Rationale of Submitter:

One of the IHSA's founding core beliefs is not being upheld by having by-law 3.120 in the manual.

- IHSA believes equality and fairness must always be safeguarded.

It is our belief that having a by-law that does not place all students on an equal field should be removed or adjusted because that in itself goes against equality and fairness of all students that play IHSA sports.

Butler supports the IHSA when it states - each member school is equal and equally important to the association's existence, we hope our proposal to by-law 3.120 will be given full consideration.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 3.120 - All Star Participation

No student at a member school shall participate on an all-star team in ~~basketball, football, soccer, or volleyball~~ any IHSA Sport, during the student's high school career until completing their interscholastic athletic eligibility in that particular sport. A student may participate in no more than three (3) all-star contests in a sport.

2023-2024 Proposal 10 – 3.100 All Star Participation
Eliminate By-law 3.120
Submitted By: Brian Riddick, Principal – Chicago (Noble/Butler)

Summary of Proposed Changes:

Eliminates the All-Star games participation restriction for all.

Rationale of Submitter:

One of the IHSA's founding core beliefs is not being upheld by having By-law 3.120 in the manual.

- IHSA believes equality and fairness must always be safeguarded. It is our belief that having a by-law that does not place all students on an equal field should be removed or adjusted because that in itself goes against equality and fairness of all students that play IHSA sports.

Butler supports the IHSA when it states - each member school is equal and equally important to the association's existence, we hope our proposal to By-law 3.120 will be given full consideration.

Pros:

Cons:

Text of By-law with Proposed Changes

Eliminate By-law 3.120 - All Star Participation

~~No student at a member school shall participate on an all star team in basketball, football, soccer, or volleyball, during the student's high school career until completing their interscholastic athletic eligibility in that particular sport. A student may participate in no more than three (3) all star contests in a sport.~~

2023-2024 Proposal 11 – 3.150 Special Provisions for Summer Participation

Modify By-law 3.153

Submitted By: Mark Bacys, Official Representative – Danville (H.S.); Eric Benson, Principal – Somonauk on behalf of the Sports Medicine Advisory Committee

Summary of Proposed Changes:

Modifies the number of summer contact days restriction from 25 to 18 days.

Rationale of Submitters:

The Sports Medicine Advisory Committee feels this recommendation will help athletes' physical and mental health by reducing the number of contact days our high school athletes can have. Right now, many multi-sport athletes go year-round from sport to sport; this is weighing on our athletes to a point where they are more beat up coming out of summer than they are at the end of the season. This by-law amendment will still allow weightlifting and conditioning if no sport-specific training occurs. This by-law recommendation will keep our kids active in our schools and hopefully give them the break they need over the summer to rest, relax, and enjoy their breaks from school.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 3.153 - Special Provisions for Summer Participation

Persons who coach a sport at a member school may have a maximum of **25 18** days of contact **or school represented activities/competition** 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. ~~The 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 **or any organization of sport-related activities or competition outside of weights and conditioning** takes place. **A school represented activity/competition is a time where the students participate in sport specific leagues or camps while representing their school with or without their coach present.** 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.

Violations of said by-law will be subject to sanctions imposed by the discretion of the Executive Director.

2023-2024 Proposal 12 – 3.150 Special Provisions for Summer Participation

Modify By-law 3.153

Submitted By: Jason Bott, Official Representative – Crystal Lake (South)

Summary of Proposed Changes:

Expands opportunities for coaches to conduct strength and conditioning workouts with limits of no more than 4 days per week and no more than 90 minutes per session during the summer contact days. Conditioning training does not count against the summer contact day count. No coaching of the skills of a sport during any session in order for the session not to count as a summer contact day.

Rationale of Submitter:

Most schools and programs are running some sort of strength, speed, agility, and conditioning in the off-seasons when not in season. This allows for coaches to safely prescribe workouts along with providing technique instruction for athletes to allow for maximal performance while also giving feedback to safely perform exercises and workouts with their teams.

This falls within the NSCA(National Strength and Conditioning Association) [Professional Standards and Guidelines Executive Summary](#)

Standard 3 Program Supervision and Instruction.
Standard 3.1

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 3.153 - Special Provisions for Summer Participation

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. The 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.

Add:

If a school or team conducts a summer strength and conditioning program separate from any team contact days, these days will not count towards the 25 contact days provided the only contact is done with strength training, speed, agility, and conditioning drills. During the summer contact day period, strength training, speed, agility, and conditioning drills will be limited to no more than 4 days per week with a maximum of 90 minutes per training session.

2023-2024 Proposal 13 – 3.170 Classification

Modify By-law 3.170

Submitted By: Adam Eucker, Official Representative – Williamsville on behalf of the Sangamo Conference

Summary of Proposed Changes:

Removes the 1.65 multiplier and the multiplier waiver for all schools. Replaced with enrollments of non-boundary schools to be the average enrollment of all public/boundary high schools that are above that school's enrollment and within a 30-mile radius of the school. Takes effect 2025-2026 school year.

Rationale of Submitters:

Currently non-boundary schools can draw students from a thirty-mile radius as per by-law 3.032.3. All public/boundary schools are limited to the student population that is within the physical square miles of their school district. By allowing non-boundary schools to draw students from a larger area, this can give them a competitive advantage. This proposal would show the true population density that non-boundary schools can draw from.

Pros:

- A greater competitive balance can be established during the IHSA post-season
- Places non-boundary schools at the correct enrollment classification based upon the number of students they can draw from for enrollment
- Provides a clear picture of the true population density that non-boundary schools can draw from
- The current multiplier of 1.65 was established during a two-class system. This would bring things in alignment with the current classification system

Cons:

- Additional work would be put on IHSA in terms of calculating enrollments on a yearly basis

Breakdown of non-boundary trophy winners over past ten seasons:

<https://bit.ly/3t7lsZT>

Text of By-law with Proposed Changes

Modify By-law 3.170 - Classification

~~An enrollment multiplier of 1.65 will be added to all non-boundary school unless application of this multiplier is waived under a policy of waiver which would be established by the Board of Directors.~~

All non-boundary high schools will compete at the enrollment of the average of all public/boundary high schools that are above their enrollment within their thirty-mile radius.

This proposal would take effect at the end of the current classification cycle, which is in effect until the end of the 2024-2025 school year. Therefore, this change would be effective for the start of the 2025-2026 school year.

For implementation in the 2025-2026 classification cycle, the following limits are in place:

In three class sports and activities, non-boundaried schools will not move more than one class higher than their classification would have placed them using the 1.65 multiplier and the previous classification cutoffs during the previous enrollment cycle.

In four or more class sports and activities, non-boundaried schools will not move more than two classes higher than their classification would have placed them using the 1.65 multiplier and the previous classification cutoffs during the previous enrollment cycle.

In future classification cycles non-boundaried schools enrollments will be the average of all public/boundaried schools that are above their enrollment and within a thirty-mile radius.

2023-2024 Proposal 14 – 3.180 Pre-Contest Physical Examination

Add By-law 3.180

Submitted By: Paul Karafiol, Principal – Chicago (Lake View)

Summary of Proposed Changes:

References a Pre-Contest Physical Examination and offers a restriction on such an exam on students to determine eligibility for a contest other than weigh-ins for events that are separated by weight classes.

Rationale of Submitter:

Physical exams are intrusive and potentially embarrassing, for all people and particularly for adolescents, whose concerns about their own development and body image are well-documented. As it stands, nothing prohibits a school or official from requiring an on-the-spot physical exam for any reason as a condition of participating in a contest. While almost all of our adults are fully supportive of young people and their development, we know that some adults do abuse their authority to get access to students' physical persons. Additionally, other well-meaning coaches and referees may not understand the negative impact a physical exam can have on a young person, especially when made a condition of participation in athletics. This rule would clarify when and what kinds of physical exams are allowed to ensure that coaches, referees, etc. do not perform such exams for any reason other than the legitimate ones stated (weight requirements or injury assessment), protecting students' safety and privacy.

Pros:

- Protects athletes against potentially intrusive, unnecessary physical exams.

Cons:

- None

Text of By-law with Proposed Changes

Add By-law 3.180 - Pre-Contest Physical Examination

(a) No coach or official shall be allowed to conduct a physical examination of a student to determine eligibility for a contest or event, other than weigh-ins for events that are separated by weight classes, sports-specific nail or skin checks, or first aid procedures as needed after injury.

(b) No athlete shall be required to submit to a physical examination to determine eligibility for a contest or event, other than the standard pre-season IHSA physical required by 2.150, sports-specific nail or skin checks, weigh-ins for events that are separated by weight classes, or medical clearance post-injury.

2023-2024 Proposal 15 – 4.050 Use of Assumed Name
Modify By-law 4.051
Submitted By: Paul Karafiol, Principal – Chicago (Lake View)

Summary of Proposed Changes:

Modifies the participation under an assumed name to match the language passed two years ago in by-law 3.090.

Rationale of Submitter:

4.051 currently uses the same "other than their own" language, which the Legislative Commission rejected as being vague and confusing in passing rule 3.090 last year.

Pros:

- Brings language into alignment with 3.090.
- Makes rule clear.

Cons:

- None

Text of By-law with Proposed Changes

Modify By-law 4.051 - Use of Assumed Name

After entering a member school, students shall not compete under any name other than ~~their own~~ **those that are on their legal documents (birth certificate, school registration, etc.), or which they commonly use in school or social situations.**

2023-2024 Proposal 16 – 5.000 Sport Season By-laws
Eliminate By-law 5.004 Tournament Limitations
Submitted By: Katy Hasson, Principal – Taylor Ridge (Rockridge)

Summary of Proposed Changes:

Eliminate IHSA By-law 5.004 Tournament Limitations

Rationale of Submitter:

All sport season limitations have been modified to identify the number of contests or dates permitted in the regular season. Limiting the number of games/contests/matches during any given tournament is no longer necessary as there is no advantage gained when a tournament exceeds the current limit of five (5).

Pros:

- Teams are limited by the total number of matches in a season.
- A restriction in the number of contests/games/matches in tournaments no longer seems necessary.

Cons:

- Schools must factor in the number of contests in tournaments towards their overall season limitation.

Text of By-law with Proposed Changes

Eliminate By-law 5.004 - Tournament Limitations

~~Tournament Limitations~~

~~No athletic team, representing a member school, shall play in more than five (5) different games/contests/matches during any given interscholastic tournament, with the following exceptions:~~

- ~~• In wrestling, if the tournament takes place over two consecutive days.~~
- ~~• In baseball and softball, if the tournament takes place over the member school's official spring break.~~

2023-2024 Proposal 17 – 5.070 Boys Football

Modify By-laws 5.072 Boys Football Pre-Season Practice Requirements and 5.073 Boys Football Contest Limitation

Submitted By: Tom Ryerson, Principal - Geneseo

Summary of Proposed Changes:

Adds an opportunity for football teams to conduct a pre-season scrimmage with another school. Specific scrimmage limitations include the following: Use of IHSA Officials, 4 separate 12 play segments, no special teams, 48 total play limits per player, no live contact or thud in practice the day before or after the scrimmage. Scrimmage to be held on Friday or Saturday of IHSA Week 7. Players eligible after participating in 8 different days of practice.

Rationale of Submitter:

Safety:

- Small schools with low numbers are at a competitive and safety disadvantage when they can't field a scout team. Ten states were contacted to get information on this proposal. Kentucky's Athletic Association (KHSAA), specifically said that scrimmaging with another school has "really helped our smaller schools who can't do 1's vs. 1's a great deal due to smaller rosters."
- Even bigger schools have issues going against equal talent. Many times, there is a large drop off in a practice from a school's 1's to their 2's or 3's. This could be safer and more productive to match up.
- For small schools, it has become very challenging to do game simulated activities during the season due to lack of numbers and having few quality non-starters. You can't put Varsity players against Freshman for safety reasons.
- A controlled scrimmage will help "ease" teams into the season. We feel this would be an addition to the current Acclimatization Practice Plan that the IHSA has established.

Misc.:

- More schools would have the opportunity to use officials in a scrimmage setting to assist schools in seeing what needs to be adjusted and it allows officials a scrimmage opportunity prior to game #1.

Ten surrounding states Athletic Associations (Indiana, Minnesota, Oklahoma, Missouri, Arkansas, Ohio, Tennessee, Iowa, Kentucky and Kansas) were contacted, and they allow schools to have a pre-season scrimmage. Arkansas was the exception where they offer a "Benefit Game" in which each varsity team may participate in ONE interscholastic benefit game that does not count toward the season limitation for that sport. Rules and regulations vary that allow pre-season scrimmages. We are proposing that preseason scrimmages can be on Friday or Saturday of the IHSA Week 7 of the master calendar mainly for safety reasons and feel that it falls in line with the Acclimatization Practice Plan that the IHSA mandates that we follow. This scrimmage, albeit against another team, allows for things to be more controlled and allows players the opportunity to "ease" into a game situation. For small schools or teams with small rosters, this might be the first time they are able to practice in a 11 on 11 situation. Many schools go right from small group work right into a game. Even bigger schools have issues going against equal talent. Many times, there is a large drop off in a practice from a school's 1's to their 2's or 3's. We feel it is just the exact opposite of the Acclimatization Practice Plan philosophy.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 5.072 - Boys Football 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 ½ hours of actual field practice on twelve (12) different days excluding Sunday and any day on which the student plays in an interscholastic football contest. A student who is returning from the military service will only be required to complete ten (10) days of practice prior to the first contest. These practices must be conducted in accordance with Association By-laws. **A student shall become eligible to participate in a preseason scrimmage in Boys Football on Friday or Saturday of the IHSA Week 7 of the master calendar after completing a minimum of 1 ½ hours of actual field practice on eight (8) different days excluding Sunday and any day on which the student plays in a preseason football scrimmage.**

Text of By-law with Proposed Changes

Modify By-law 5.073 - Boys Football Contest Limitation

No Boys Football team representing a member school shall, in any one season, participate in more than nine (9) games and one (1) preseason scrimmage **and one (1) preseason scrimmage between two schools 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, and I8FA playoff series, participated in by members of the Illinois 8-Man Football Association.**

Scrimmage Restrictions:

- **IHSA approved officials must be used**
- **Teams may participate in up to four separate 12 play segments (two offense/two defense)**
- **There will be no kickoffs, punts, field goals allowed**
- **Teams may try for an extra point without a defense on the field without counting as a play**
- **No individual player shall participate in more than 48 total plays on the day of the scrimmage
ie – sophomore who plays varsity could go 24 plays in sophomore scrimmage and 24 plays in varsity scrimmage**
- **Individual players are not allowed to participate in live contact or Thud in practice the day before or after participating in scrimmage**

2023-2024 Proposal 18 – 5.070 Boys Football

New By-law 5.074 District Football Proposal Regular Season and Playoffs

Submitted By: Matt Hensley, Official Representative – Mahomet (M.-Seymour) on behalf of the Apollo Conference, Big Twelve Conference, DuPage Valley Conference, and Interstate 8 Conference

Summary of Proposed Changes:

Football Districts to be formed by geography and classification. 8 districts in each class with 8 schools in each district. District games in weeks 3 – 9 of the regular season. Top 4 schools in each district qualify for the IHSA Play-offs. Seeding procedures will be similar to current seeding procedures. Teams from the same district cannot play in the first round.

Rationale of Submitters:

- A. Conference Stability
 - I. In the last fifteen years, 20+ conferences have changed alignment due to departures or additions.
 - II. In the last five years, 4 new conferences have been formed.
- B. Eliminate creative scheduling to get the magic 5th win
 - I. Schedules are set by the state
- C. Give some type of system that the public understands
 - I. The public can see the standings to see where their team is in the standing
 - 1. Similar to how they follow their favorite pro teams
 - II. Can keep running total of the tiebreakers with the records
- D. Teams earning playoff bids versus like schools
 - I. Every year there are teams that earn playoff berths on the backs of schools that are significantly smaller.
 - II. The same can be said in reverse, some schools do not make the playoffs due to playing schools significantly larger.

Pros:

Cons:

Text of By-law with Proposed Changes

New By-law 5.074 - District Football Proposal Regular Season and Playoffs

I. CREATING A NEW BY-LAW TO GOVERN IHSA FOOTBALL

- a. **This proposal is creating a system for how the IHSA runs football.**
 - i. **Establishes regions of eight (8) schools to determine the teams that will make the IHSA Playoffs.**
 - ii. **This proposal will direct the IHSA Board of Directors to start district football in 2024.**

II. ESTABLISHING EIGHT (8) CLASSIFICATIONS – (1A, 2A, 3A, 4A, 5A, 6A, 7A, 8A)

- a. ***Enrollment***
 - i. **Each school will use their IHSA Enrollment during the cycle for class placement.**
 - ii. **The multiplier will then be enforced to the schools that have met the criteria.**
 - iii. **The Success Factor by-law will also be applied.**
 - iv. **A list will be formed from the greatest number to the smallest number.**
- b. ***Placing Schools in a Classification***
 - i. **The IHSA will divide the state into eight (8) classifications.**
 - ii. **The number of districts in each classification will be 8.**
- c. ***Moving Up in Classification***
 - i. **Any school interested in playing up a classification needs to notify the IHSA by Monday of Week 28.**

III. ESTABLISHING REGIONS WITHIN THE EIGHT (8) CLASSIFICATIONS

- a. **The IHSA will set the districts in all classifications.**
- b. **The districts will be set by geography.**
- c. **Three districts will be announced by the Monday of Week 31.**

- d. Each district will be labeled by their classification and a number.
 - i. Example – 8A-District 1

IV. ESTABLISHING SCHEDULES

- a. *District Schedules*
 - i. Each school will play seven (7) district games.
 - ii. All district games will be played Week 3-9 of the regular season.
- b. *Non-District Games*
 - i. All schools will be allowed to play two (2) non region games.
- c. *Levels of Play*
 - i. Schools will be playing all levels that schools offer.
 - 1. The preference would be to play one game before the varsity game.
 - 2. Other levels could be played on Thursday, Friday, Saturday, or Monday.
 - 3. If a school has a level and their opponent does not, they are free to seek another school to play for that specific week.
- d. *Game Times, Dates, Locations*
 - i. Schools must mutually agree upon dates and times by the Monday of Week 1 of the IHSA calendar.
 - ii. Schools need to be flexible for conditions that may necessitate dates of specific games. (Examples – Religious Holidays, Homecoming Traditions, Community Events, Travel, Stadium Availability)

V. ESTABLISHING PLAYOFF TEAMS

- a. The top 4 (four) schools in each district will make the IHSA Football Playoffs.
- b. If two schools are tied for a place, the following criteria will break the tie:
 - i. Head to Head Competition
- c. If 3 (three) or more schools are tied for a place, the following criteria will break the tie:
 - i. Head to Head Competition
 - ii. Total Point Differential for all games within the District
 - iii. Total Point Differential for all games won within the District
 - iv. Total Point Differential for all games lost within the District
 - v. Schools will be eliminated from the tiebreakers, when one position is determined, we will then return to the appropriate criteria for any remaining schools
- d. Point Differential
 - i. A maximum of +/-10 can be earned for point differential in a single game
 - 1. If Team A defeats Team B, 28-14, Team A has a +10 point differential, while Team B has a -10 point differential
 - 2. This number is set so that there is no need to ‘run up’ the score during a game.
 - ii. If a game goes to overtime, the winning team will have a +1 point differential, with the losing team having a -1 point differential, regardless of the final score

VI. BRACKETING THE IHSA PLAYOFFS

- a. Seeding will be determined by the number of wins a school has earned and their playoff points.
 - i. All schools with nine (9) wins will be seeded.
 - 1. Tiebreakers
 - a. Total Playoff Points=one (1) point for every opponent win in all nine (9) games.
 - b. Playoff Points in all Wins=one (1) point for every opponent win in games in which your school won.
 - c. Playoff Points in all Losses=one (1) point for every opponent win in games in which your school lost.
 - ii. This procedure will continue to the schools with eight (8) wins; then schools with seven (7) wins; then schools with six (6) wins; then the schools with five (5) wins; then schools with four (4) wins; this will continue until all seeds are filled.
- b. Teams from the same district cannot play in the first round of the IHSA Playoffs
 - i. If a match up occurs, the lower seeded team will move down one seed, to avoid this conflict.

VII. HOME SITES FOR THE IHSA PLAYOFFS

- a. In the first round, the better seed will host the game.
- b. In the second round through the semi-finals, the host will be the school that has hosted the least number of games.
 - i. If the number of games hosted is equal, the better seed will host the game.

VIII. OFFICIATING

- a. For all District games, the host school is responsible for the hiring of the officials.
 - i. It is recommended that the host school’s conference assignor be used.

- b. The host school is responsible for the payment of officials at all levels.
- c. The IHSA will assign and pay for all playoff games.

Appendix A – Regular Season Schedule

Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
A at B	B at F	C at E	A at D	C at A	A at G	C at D
C at H	E at D	D at B	B at C	D at F	B at E	E at A
D at G	G at C	F at A	E at G	E at H	D at H	G at F
F at E	H at A	G at H	H at F	G at B	F at C	H at B

2023-2024 Proposal 19 – 5.090 Boys Gymnastics
Eliminate By-law 5.090 and its sub-sections
Submitted By: Pete Schauer, Official Representative – Roselle (Lake Park)

Summary of Proposed Changes:

Eliminate the Boys Gymnastics season and contest limitation by-laws.

Rationale of Submitter:

The IHSA is no longer sanctioning a boys gymnastics state series therefore the language should be removed from the handbook and managed locally by the schools with teams.

Pros:

Cons:

Text of By-law with Proposed Changes

Eliminate By-law 5.090 and its sub-sections – Boys Gymnastics

~~5.091—Season Limitation~~

- ~~a.—No school belonging to this Association shall organize its Boys Gymnastics teams, practice or participate in interscholastic contests earlier than Monday of Week 33 or later than Saturday of Week 47 in the IHSA Standardized Calendar.~~
- ~~b.—A member school may conduct its first interscholastic contest in Boys Gymnastics no earlier than Monday of Week 35 in the IHSA Standardized Calendar.~~

~~5.092—Contest Limitations~~

~~No Boys Lacrosse team representing a member school shall, in any one season, participate in more than twenty (20) matches exclusive of the IHSA series.~~

**2023-2024 Proposal 20 – By-laws 5.150 and 5.320 Boys and Girls Volleyball
Modify By-laws 5.152 Boys Volleyball Contest Limitations and 5.323 Girls Volleyball Contest Limitations
Submitted By: Katy Hasson, Principal – Taylor Ridge (Rockridge)**

Summary of Proposed Changes:

Eliminate the match limit per tournament language in girls and boys volleyball.

Rationale of Submitter:

Limiting the number of matches volleyball teams may play in a tournament no longer creates an advantage to teams when the regular season limitation is solely based on the number of matches in a season.

Pros:

- Teams are limited by the total number of matches in tournaments.
- A restriction in the number of contests/games/matches no longer seems necessary.

Cons:

- Schools must factor in the number of contests in tournaments towards their overall season limitation.

Text of By-law with Proposed Changes

Modify By-law 5.152 - Boys Volleyball Contest Limitation

No Boys Volleyball team representing a member school shall, in any one season, participate in more than thirty-five (35) matches exclusive of the IHSA Series.

~~No Boys Volleyball team representing a member school shall play in more than five (5) different matches during any given volleyball tournament.~~

Modify By-law 5.323 – Girls Volleyball Contest Limitation

No Girls Volleyball team representing a member school shall, in any one season, participate in more than thirty-five (35) matches exclusive of the IHSA Series.

~~No Girls Volleyball team representing a member school shall play in more than five (5) different matches during any given volleyball tournament.~~

**2023-2024 Proposal 21 – 5.340 Competitive Cheerleading and 5.350 Competitive Dance
Modify By-laws 5.342 Competitive Cheerleading Contest Limitation and 5.343 Competitive Cheerleading Individual
Limitation; 5.352 Competitive Dance Contest Limitation and 5.353 Competitive Dance Individual Limitation
Submitted By: Ryan Goodisky, Official Representative – Marion (H.S.)**

Summary of Proposed Changes:

Increase the number of regular season contests in competitive cheerleading and competitive dance from 6 to 8.

Rationale of Submitter:

- Most programs compete in a Conference competition, which takes up one date of the 6 currently allowed contests, leaving teams only 5 other opportunities to compete prior to the State Series.
- There are 11 eligible weekends (following the date the first contest may be held) leading up to Sectionals in the winter season. Therefore, only being able to compete 6 times is limiting against the scope of the season. Due to each routine being roughly 2 ½ minutes long, with only 6 contests, dancers are spending an entire season training and preparing for a mere 15-30 minutes of performance time total for the season (depending on if they perform 1 or 2 routines at each contest). Often, with the scheduling of the contests overlapping, it is extremely difficult to participate in more than one contest per date.
- Other sports compete in many more matches prior to their playoff series. This allows for better team performance, overall team experience, and team unity heading into the State Series.
- Teams who choose to compete at the National level have to use 3 contest days to include the preliminary, semi-final, and final rounds of competition. However, there is no guarantee that teams will make it past the first round of competition. This typically happens after the IHSA State Series, which means 1-2 contest days may be wasted. With 3 contest dates being used by Nationals, these highly competitive teams are only able to compete in 3 IHSA competitions (including Conference) and receive feedback from 3 sets of officials. Other teams are able to receive feedback from up to 6 judging panels prior to the State Series, which puts these programs at a disadvantage.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 5.342 - Competitive Cheerleading Contest Limitation

No Competitive Cheerleading team representing a member school shall, in any one season, participate in more than ~~six (6)~~ **eight (8)** dates exclusive of the IHSA state series.

Modify By-law 5.343 – Competitive Cheerleading Individual Limitation

- 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 Cheerleading Team representing a member school shall, in any one season, participate on more than ~~six (6)~~ **eight (8)** dates exclusive of the IHSA series.

Modify By-law 5.352 - Competitive Dance Contest Limitation

No Competitive Dance team representing a member school shall, in any one season, participate in more than ~~six (6)~~ **eight (8)** dates exclusive of the IHSA state series.

Modify By-law 5.353 – Competitive Dance 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 ~~six (6)~~ **eight (8)** dates, exclusive of the IHSA series.

Note: If approved, amended By-laws 5.342, 5.343, 5.352 and 5.353 would take effect 30 days after IHSA board approval

(Rule in Effect for the 2023-2024 School Year)

2023-2024 Proposal 22 – 5.370 Girls Wrestling

Modify By-law 5.372 Team Limitation

Submitted By: Steve Gertz, Official Representative – Carpentersville (Dundee-Crown)

Summary of Proposed Changes:

Increase the number of girls' wrestling team contests from 18 to 25. (Matches with the Boys Wrestling by-law limit.)

Rationale of Submitter:

- To align the Girls Wrestling By-law to be the same as the Boys Wrestling By-law. This bylaw proposal allows girls to compete in equal number of dates as the boys are allowed.

Pros:

Cons:

Text of By-law with Proposed Changes

Modify By-law 5.372 - Girls Wrestling Team Limitation

No Girls Wrestling team representing a member school shall, in any one season, participate in no more than, ~~eighteen (18) dates~~ **twenty-five (25) dates** exclusive of the IHSA series.

2023-2024 Proposal 23 – 5.380 Girls Flag Football

Add By-laws 5.381 Season Limitation, 5.382 Pre-Season Practice Requirements, and 5.383 Contest Limitation

Submitted By: Dan Krause, Principal – Villa Park (Willowbrook) and on behalf of the Chicago Public League

Summary of Proposed Changes:

Establishes a fall season limitation (Monday of Wk. 6 to Saturday of Wk. 21); Pre-season practice requirement of 9 practices before a contest; Contest limitation of 25 games exclusive of the IHSA State Series.

Rationale of Submitters:

The sport of Girls Flag Football has seen an increase in participation throughout Illinois during the past three school years. It is estimated that there are currently more than 100 schools with active teams competing within the state. The Chicago Bears have served as the organizing body and support for teams as the sport has grown since 2021, including establishing a state championship series in 2022 and again in 2023. Establishing an IHSA season and state series will allow the sport to continue to grow throughout the state and provide structure, support, and the needed resources for schools and teams to compete on an equal playing field.

Pros:

Cons:

Text of By-laws with Proposed Changes

Add By-law 5.381 - Girls Flag Football Season Limitations

- a. No school belonging to this Association shall organize its Girls Flag 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 Girls Flag Football no earlier than Monday of Week 8 in the IHSA Standardized Calendar.**

Add By-law 5.382 - Girls Flag Football Pre-Season Practice Requirements

A student shall become eligible to participate in an interscholastic contest after completing practices on nine (9) different days excluding Sunday and any day on which the student actually plays in an interscholastic girls flag football contest. A student who is returning from military services will only be required to complete six (6) days of practice prior to the first contest. These practices must be conducted in accordance with Association By-laws.

Add By-law 5.383 - Girls Flag Football Contest Limitation

No Girls Flag Football team representing a member school shall, in any one season, participate in more than (25) games exclusive of the IHSA State Series.