



## 2021-22 All-School Mailing Information

Illinois High School Association

2715 McGraw Drive, Bloomington, IL 61704

Phone: 309-663-6377

Fax: 309-663-7479

E-mail: [general@ihsa.org](mailto:general@ihsa.org)

Web: <http://www.ihsa.org>

August, 2021

TO: The Principals and Athletic Directors of IHSA Member Schools

FROM: Craig Anderson, Executive Director

This memo summarizes the annual IHSA supplies included in the All-School Mailing. Member schools will be asked to access the Schools Center for a series of documents that, when coupled with the supplies found in the hard mailing, will constitute the entire All-School Mailing for the 2020-21 school year. The publications in the hard mailing should be dispersed to both the Principal and the Athletic Director. Additional copies of any of the IHSA Handbook may be ordered from the IHSA Office.

### HARD MAILING MATERIAL contents:

#### ADMINISTRATOR'S PACKET containing:

- 1 All School Mailing Cover Letter
- 2 IHSA Handbook with Illustrations
- 4 School Calendar
- 1 NFHS Soccer Rules Change Poster (for applicable schools)
- 1 NFHS Volleyball Rule Change Poster (for applicable schools)
- 1 National Federation Poster - "Use Your Helmet Properly" (for applicable schools)
- 1 National Federation Poster- "2020 Football Rules Revisions" (for applicable schools)
- 1 Swimming and Diving Rule Change Poster (for applicable schools)
- 1 Spirit Rules Book (for applicable schools)
- 1 Football Rules Book (for applicable schools)
- 1 Volleyball Rules Book (for applicable schools)
- 1 Soccer Rules Book (for applicable schools)
- 1 Swimming & Diving Rules Book (for applicable schools)

### ON-LINE MAILING MATERIAL contents:

#### PRINCIPAL'S PACKET containing:

- 1 Letter Summarizing Supply Mailing
- 1 All-School Mailing Cover Letter
- 1 New Administrators Workshop Letter
- 1 Rules Meeting Attendance Letter
- 1 Special Notice -- About Eligibility Rulings from IHSA
- 1 Nomination and Election Letter
- 1 Scholarship Recognition Certificate Program
- 1 Illinois Athletic Directors Association Brochure
- 1 Sports Medicine Information
- 1 Student Section Showdown Information
- 1 "Do What's Right" Sportsmanship Information
- 1 Student Advisory Committee Information
- 1 Athletes With Disabilities Information
- 1 Pre-Game Medical Huddle Information
- 1 IHSA Fall Sports Acclimatization Chart
- 1 IHSA Football Acclimatization Chart



## 2021-22 All-School Mailing Information

Illinois High School Association

2715 McGraw Drive, Bloomington, IL 61704

Phone: 309-663-6377

Fax: 309-663-7479

E-mail: [general@ihsa.org](mailto:general@ihsa.org)

Web: <http://www.ihsa.org>

To: Principals/Official Representatives and Athletic Directors  
From: Craig D. Anderson, Executive Director  
Date: August, 2021  
Subject: August All-School Mailing

On behalf of the IHSA Board of Directors and Staff, we want to thank you for your continued support of safely returning our students to their sports and activities. We are excited about the 2021-2022 school year and the opportunities ahead of us. We truly got through this together!

Included in this mailing are copies of the 2021-2022 IHSA Handbook and Calendar along with brochures and information that will be helpful. We would ask that you locate additional key information in the [soft mailing](#).

Please find some important notes regarding the upcoming school year below:

**Eligibility Rulings:** The IHSA utilizes special forms to assist in handling your requests for eligibility rulings regarding student residency and transfers. These forms and instructions are downloadable from the IHSA web site ([www.ihsa.org](http://www.ihsa.org)).

**2021-22 IHSA Town Meetings/Principals Rules Meetings:** IHSA By-law 3.120 requires attendance by the principal or principal's designee at an annual IHSA Town Meeting/Principals Rules Meeting. The meetings will begin at 9:00 a.m. with a presentation and review of the current legislative proposals by the Legislative Commission Member representing your District and an IHSA staff member. Following the discussion regarding the new by-law proposals, the agenda items for the Principals Rules Meeting will be presented. There will be opportunities to attend this meeting in-person or in a virtual setting. [Meeting options are available here.](#)

**2021-22 IHSA Rules Meeting Video:** IHSA By-law 2.120 requires the **head coach** from each member school, which participates in a sport or activity for which Rules Interpretation Meetings are held, to view an IHSA Rules Meeting Video in that sport or activity each year. **This shall include all individual as well as team entries.** In sports or activities where the same rules are used for boys and girls competition, both a boys head coach and a girls head coach must view the on-line Rules Meeting Video. **All rules meeting videos will be conducted on-line. The presentation will be accessed through the Schools Center and the Officials Center. Coaches and officials will be able to view the meeting and then redeem credit for viewing the rules meeting video.**

**Nominations and Elections for 2021-22:** Nominations and Elections will be conducted in the following Divisions and Districts for the 2021-22 school term: **Board of Directors** – Divisions 5 and 7 and At-Large Minority and At-Large Underrepresented School/Equity. **Legislative Commission** – Districts 1, 4, 10, 12, 16, 17, 19, 20, and 21; Athletic Administrator – Divisions 3 and 6; and, At-Large – Divisions 1, 4, 6 and 7. Nomination Ballots will go on-line on August 13, 2021 and are due by September 15, 2021.

**New Administrators Workshop:** A New Administrators Workshop will be held on September 29, 2021. If you are a first-year administrator, or a new administrator in Illinois, please plan to participate in this workshop. [Please complete the on-line invitation to register for the workshop.](#)

**All new principals within the first two (2) years of becoming a principal, must attend this workshop or view an on-line presentation developed for new administrators by the IHSA. (By-law 2.130.1)**

**Manuals for Sports and Activities:** All Manuals will be on the IHSA web site and will be listed on the specific sport or activity page. There will be a Manual for Schools and a Manual for Managers with links to the Terms and Conditions and the Interactive Forms that need to be completed.

**Title IX at 50 Years:** Throughout the 2021-2022 school year, IHSA and the NFHS will be celebrating the protections for all students affirmed with Title IX federal legislation signed into law nearly 50 years ago. We encourage you to join us in celebrating this significant historical event.

# New Administrators Workshop



## ILLINOIS HIGH SCHOOL ASSOCIATION

2715 McGraw Drive • Bloomington, IL 61704

• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

To: Principal Addressed

From: Craig D. Anderson, Executive Director

The Illinois High School Association is planning its annual New Administrators Workshop to be conducted on Wednesday, September 29, 2021.

The purpose of the workshop is to acquaint new administrators--either new to Illinois or new to high school administration--with the various responsibilities and services of the Association. The workshop will begin promptly at 10:00 a.m. with an orientation to the IHSA rules and By-laws. The balance of the agenda will focus on administrative and operational questions pertaining to Association activities. Lunch will be served in our office at noon and the workshop will adjourn at approximately 2:15 p.m.

If you are a first-year administrator, or a new administrator in Illinois, please plan to participate in this workshop. This workshop will satisfy IHSA By-law 2.130.1 which requires each new member school principal, within the first two (2) years of becoming a principal, to participate in the workshop or view an online presentation developed for new administrators by the IHSA. We will look forward meeting you at the workshop.

IF YOU PLAN TO PARTICIPATE, PLEASE [REGISTER ONLINE](#)

Registration will close on September 22, 2021

# IHSA Rules Meeting Requirement



[www.ihsa.org](http://www.ihsa.org) • [general@ihsa.org](mailto:general@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479

August, 2021

To the Principal/IHSA Official Representative Addressed:

IHSA By-law 2.120 requires **that a head coach** from each member school, which participates in a sport or activity for which Rules Interpretation Meetings are held, to view an IHSA On-line Rules Meeting video in that sport or activity each year. **This shall include all individual as well as team entries.**

The purpose of this by-law is not just to ensure that someone from the school views the rules meeting video. Rather, it is to ensure that a coach for each sport or activity views the video since it can affect each of the school's teams in a direct way. Therefore, in sports or activities where the same rules are used for boys and girls competition, both a boys program coach and a girls program coach must view the online Rules Meeting video.

Enforcement of the requirements of By-law 2.120 will include the following provisions:

1. Any school not meeting the requirement during the 2021-22 school term for a sport/activity in which it participates and for which Rules Meetings were conducted was placed on probation in that sport/activity for one year. Schools with sports/activities programs placed on probation for this reason were notified by letter.
2. If a school is currently on probation in a sport/activity and does not meet the 2021-22 Rules Meeting requirement for the sport/activity, the school will be suspended from participation in the State Tournament Series in that sport/activity for 2021-22. Refer to the Illustrations relative to By-law 2.120 in your new 2021-22 IHSA Handbook for additional explanation, if needed.

Be sure your coaches are aware of the Rules Meeting requirements and that they refer to the IHSA web site for all Rules Meeting information. All rules meetings will be on-line. Please be sure to check the Schools Center for any changes in dates.

**BE SURE YOUR HEAD COACH VIEWS THE ON-LINE RULES VIDEOS  
AS REQUIRED TO AVOID PENALTIES TO YOUR SCHOOL.**

Sincerely,

A handwritten signature in black ink that reads "Craig Anderson". The signature is written in a cursive, flowing style.

Craig Anderson  
Executive Director

CDA:tb

## **SPECIAL NOTICE -- ABOUT ELIGIBILITY RULINGS FROM IHSA for the 2021-22 SCHOOL TERM**

The IHSA utilizes special forms to assist in handling your requests for eligibility rulings regarding student residency and transfers. These forms are downloadable from the IHSA web site ([www.ihsa.org](http://www.ihsa.org)).

**Principals' Concurrence Regarding Transfer:** Complete this document to document concurrence with the student's transfer by *both the principal of the school from which the student transfers (Sending School) and the principal of the school into which the student transfers (Receiving School)*. This is a requirement of By-law 3.041. If you, as the receiving principal, experience any delay in obtaining the sending school principal's approval, contact the sending school and try to prompt their response. If there is a further delay, notify the IHSA Office immediately and we will intervene on the student's behalf. **Note: A student is not eligible to participate in an interscholastic contest until the Principals' Concurrence Regarding Transfer Form is fully executed by both principals and is on file in the office of the school to which the student transfers.**

**Please note:** *Concurrence with a transfer by both principals does not guarantee or assure eligibility.* A ruling by the Executive Director may still be required. In all cases where a ruling is sought, a fully completed Principals' Concurrence Regarding Transfer Form must be sent to the IHSA Office along with the fully completed Transfer Eligibility Form. Please include complete, correct, and accurate information on the forms.

**Transfer Eligibility Form:** Complete this form if your school receives a transfer from another school to facilitate determination of a student's compliance with IHSA eligibility by-laws for interscholastic athletics. This form is to be sent to the IHSA Office, along with the fully completed Principal's Concurrence Regarding Transfer in the event a ruling by the Executive Director on a student's eligibility related to transfer is to be requested.

**Transfer Component from Receiving School Coach:** Complete this form to facilitate determination of the eligibility of a student related to recruiting. The information on this form will provide clarification on a connection between one or more of the receiving school high school coaches and the transferring student.

**Residence Eligibility:** Complete this form to facilitate determination of the eligibility of a student related to residence. The information included on this form will substantiate whether the student is in full compliance with the residence eligibility by-laws and whether a determination of eligibility is required. If such determination is required, the completed form must be sent to the Executive Director for a ruling. In addition, an **Affidavit of Residence Form** is to be completed, signed by all appropriate parties and submitted with the Residence Eligibility Form to the IHSA Office.

**Affidavit of Residence:** The Affidavit of Residence Form must be completed and submitted along with the Residence Eligibility Form when a ruling is requested.

## IMPORTANT OBSERVATIONS CONCERNING USE OF THE ELIGIBILITY RULING FORMS

1. The forms do not ask the principal or representative to make any ruling nor should use of the forms suggest that any authority has been given to the principal or other school representative to make an eligibility ruling. As you are aware, the IHSA By-laws provide that eligibility rulings are the sole responsibility of the Executive Director of the IHSA. Also, interpretations of the By-laws can only be made by the IHSA Board of Directors. The IHSA staff is available to assist a member school and it is our hope that the principal or representative of a member school has become familiar with the By-laws to at least provide some assistance to a student, in the event of an eligibility question. However, neither the advice of the IHSA staff nor any statement by anyone other than the Executive Director or Board of Directors will constitute a ruling. If an eligibility question is raised, you are to contact or write the Executive Director for a ruling.
2. The eligibility by-laws may require you, as principal, to certify or approve a student's eligibility status or transfer. **Please note: Your approval or concurrence with an eligibility case or request does not constitute a ruling.** To certify means you acknowledge that the information provided to the IHSA for a ruling is complete and correct. Approval or concurrence constitutes acknowledgment that the information provided to the IHSA for a ruling is complete and correct. Approval of or concurrence with a transfer is an acknowledgment that you have no information to provide which is contrary to the By-laws regarding a student's residence information or the transfer. Advice to a student by a principal or school representative that he/she is eligible to participate is not binding on the IHSA and could result in sanctions involving both the student and the school if the advice is found to be inaccurate by the IHSA after full investigation and a ruling.

Because of the growing number of rulings required annually, the forms and information you provide are intended to speed up the ruling process so that minimal time is lost by a student in interscholastic activities. Your participation and cooperation are appreciated, and this notice is simply intended as a reminder of your responsibility and role in the process regarding student eligibility rulings. Thank you for your continued cooperation with the IHSA.



## 2021-2022 NOMINATIONS AND ELECTIONS FOR THE IHSA BOARD OF DIRECTORS AND THE LEGISLATIVE COMMISSION

The nomination and election process for the Board of Directors and Legislative Commission will be conducted electronically. Each school will be able to nominate and elect their representatives through the Schools Center on the IHSA web site ([www.ihsa.org](http://www.ihsa.org)). Voting instructions will be included on the web site and in an email sent to the principal/official representative and the athletic director.

Nominations and Elections will be conducted in the following Divisions and Districts for the 2021-22 school term:

### Board of Directors

Division 5 – Three-Year Term

Division 7 – Three-Year Term

At-Large Minority Representative – Three-Year Term

At-Large Under Representative School/Equity – Three-Year term

(Note: The At-Large Nominations may not come from Divisions 2 and 4)

### Legislative Commission

District 1 – Three-Year Term

District 4 – Three-Year Term

District 10 – Three-Year Term

District 12 – One-Year Term

District 16 – Three-Year Term

District 17 – Three-Year Term

District 19 – Two-Year Term

District 20 – One-Year Term

District 21 – Three-Year Term

Athletic Administrator – Division 3 – Three-Year Term

Athletic Administrator – Division 6 – Three-Year Term

At-Large – Division 1 – Three-Year Term

At-Large – Division 4 – Three-Year Term

At-Large – Division 6 – Two-Year Term

At-Large – Division 7 – Three-Year Term

### Important Dates

Aug. 13, 2021 -- Nomination Ballots on-line

Sept. 15, 2021 -- Nomination Ballots due on-line

Sept. 16, 2021 – Nomination Ballots counted and results on-line

Sept. 20, 2021 – Election Ballots on-line

Oct. 1, 2021 – Election Ballots due on-line

Oct. 4, 2021 – Election Ballots counted and results on-line

Please watch the Announcements section on the web site and in the Schools Center for important information about the nomination and balloting process.

Voting/21-22NominationsandElectionsVoting

# Student Recognition

## Team Academic Achievement Award:

### How will the program work?

- When one of your qualifying teams achieves a 3.0 grade point average for their entire season, a representative at your school will simply have the sport and year engraved on the plate and attached to the plaque. A seasonal report will be submitted to the IHSA informing the IHSA on the number of teams recognized during each season.

### Who may participate?

- IHSA Member School's whose varsity teams/groups achieve a grade point average (GPA) of 3.0 or higher (Non-Weighted) collectively.
- Teams that cooperatively sponsor an activity must include GPA's of each participating school's varsity team members.
- This is a Varsity Team Award; the team/group grade averages must include EVERY member of the official varsity team. If the varsity team includes students in grades nine through twelve, their grades must be included in the team average. Team Managers are **NOT** to be included. For those sports/activities without a varsity designation, the team entered for the IHSA State Series qualifies.

### What are the Guidelines for Selection?

- The grade point average for all varsity teams must be computed on a Non-Weighted 4.0 system (A= 4, B =3, C=2, D=1).
- Must include EVERY member of the team that enters the first level of state qualifying competition.

### How will the reporting work?

- Forms will be online at the IHSA website and available for submission after each of the three Sports/Activities Seasons (fall, winter, spring). The roster, including all varsity team members will be submitted with each individual members' GPA and the team total GPA. The Principal from each school will need to verify that the information submitted is accurate.

Click here for the form in [PDF Format](#).

- Eligible teams/groups will submit application for recognition to the IHSA according to the following schedule:

First and Second Quarter Grades:	All Fall Sports/Activities <b>Submit By January 15</b>
Second and Third Quarter Grades:	All Winter Sports/Activities <b>Submit By April 15</b>
Third and Fourth Quarter Grades:	All Spring Sports/Activities <b>Submit By June 30</b>

**NOTE:** Sports/Activities that overlap two quarters need to include the grade point average for both of those quarters.

### Awards

- The IHSA will provide the first plaque and plates to each member school, once the first plaque is full the member school will be responsible for ordering and purchasing additional plaques and plates through the IHSA Awards provider.

Click here for the [Team Academic Achievement Award Plaque Order Form in PDF Format](#).

### Recognition

- The IHSA will maintain records of the schools and teams honored. Such information will be included on the IHSA web page, in subsequent State Tournament programs, and in respective tournament announcements and publications.



## **All-State Academic Team:**

26 students will be selected each February to the All-State Academic Team sponsored by Caterpillar. Every IHSA member school was invited to nominate one female student and one male student by the February deadline.

Nominees needed: minimum 3.50 grade point average on 4.0 scale after their 7th semester, have participated in at least two IHSA sponsored activities during each of the last two years and demonstrated outstanding citizenship.

The nominations will be evaluated by a committee made up of IHSA principals, representatives of the Illinois Activities Directors Association and representatives of the Illinois Athletic Directors Association. One male winner and one female winner from each of the seven IHSA Board of Directors Divisions will be selected, with the final 12 spots on the team were then rounded out with at-large candidates from anywhere in the state.

## **Scholastic Recognition Certificate Program:**

The IHSA annually sends out over 10,000 certificates to recognize students who excelled in the classroom while participating in IHSA sponsored sports or activities. The IHSA will provide certificates of recognition to all students who meet the criteria following the completion of their 5th or 7th semester in high school. Scholastic Achievement Awards Criteria:

Scholastic Achievement Awards Criteria:

1. The student must currently be a junior or senior in an IHSA member school.
2. The student must have completed at least one full season in an IHSA interscholastic activity in good standing.

What is an interscholastic activity? Any activity that the IHSA either conducts a state series in or governs through its by-laws.

Examples of what the IHSA does not govern: student council, yearbook, jets, school clubs, school newspaper, etc.

3. The student must have a cumulative GPA of at least 3.5 on a 4.0 scale, or the equivalent on an alternate scale, after the 5th or 7th semester.

Each member school principal or official representative can log into the school center to print off the number of certificates for the eligible students they have in their school.

## **Scholastic Recognition Pins:**

Also available to schools are Scholastic Recognition pins for **\$1.50 each**. These pins are designed to easily attach to articles of clothing and are another way to recognize the academic achievements of students who participate in interscholastic programs in IHSA member schools. An order form is available online for your convenience.



Fellow Athletic Directors and Principals,

Thank you to all returning members and to those who are now joining the ranks of leadership at schools across our state! We are now coming out of the very difficult task of dealing with the pandemic and the challenges it brought to so many in our nation, including our schools, students, staff, and communities. We are so very proud of the work done by the Athletic Directors in our State!

This coming year the Illinois Athletic Directors Association will continue to offer monthly Zoom calls that are available for all schools to join. These will continue to bring updated information from the IHSA as well as allowing all of you to speak to others from around the state who are dealing with the day to day issues that you face in our daily job. We will offer these Zoom calls every third Wednesday of the month beginning in September at 1 pm. December will be an exception as we have the NIAAA National Conference that month as well. The overall list of dates is at the bottom of this letter. Additional monthly Zoom calls that will offer mentoring, chat rooms, hot topics, etc. will also be offered throughout the school year, and all those dates will be on our website as well as e-mailed to all athletic directors (please be sure your school info is correct in the IHSA school directory). All Zoom calls are recorded and will continue to be available on our website, [www.illinoisad.org](http://www.illinoisad.org)

Our membership in IADA doubled in 2020-2021 from about 266 to over 500! We ask that each and every athletic director in the State of Illinois consider joining the IADA. Besides the webcasts and comradery I spoke of above, there are many opportunities for professional development, networking, national and state conventions, and so much more! Please visit our website ([www.illinoisad.org](http://www.illinoisad.org)) for more information and to join the IADA.

Thank you, and I wish you the best of everything in 21-22!

Tina Woolard, CMAA  
President  
Illinois Athletic Directors Association

Third Wednesday each month beginning in September, dates below (Time 1 pm)

Sept 15, Oct 20, Nov 17, Dec 8, Jan 19, Feb 16, March 16, April 20, May 18,



Welcome to the 2021-22 school term! As we approach this school year, we know new challenges are going to be around each corner, but together we will make it a successful one. Student-athlete safety remains a priority for the IHSA, and this document is intended to provide a quick over-view of some important sports medicine initiatives of which each member school should be aware.

1. Concussion Reporting: Member schools are again asked to report basic information on all concussions sustained by student-athletes during the school year, even if the concussion occurs outside of a school activity. Reporting is made through the Schools Center. After logging in, find the 'C' tab ("Concussion Reports") to file a report. If your school has no concussions within a month period, there is also the option to report that. Reporting is a requirement of state law (HB 4365)
2. Pre-game medical talk: For the 2021-22 school year, our office will be asking member schools hosting events, games, tournaments, etc., to conduct a pre-game 'Medical Talk' with contest officials and competing school(s). This 'talk' should identify what medical coverage will be provided for the event and who the contacts for competing schools will be should any weather, injury, or catastrophic event occur. More information about this initiative will be a part of all online rules meetings, including the new Sports Medicine update presentation.
3. Concussion Education: As a reminder, all coaches and Concussion Oversight Team (COT) members are required to have completed a minimum two-hour training program approved by IHSA before coaching at a member school. A school can track the status of its faculty successful completion of this requirement in the IHSA Schools Center.
4. Severe Weather: In 2018, the IHSA's Board of Directors approved an updated Severe Weather policy. This policy discusses the use of mobile apps as well as updated language that differentiates between crowd to ground lightning and what is often referred to as heat lightning. The policy can be found on the Sports Medicine page at IHSA.org as well as in the sport specific manuals.

Thanks for your attention to these initiatives. The afore-mentioned Sports Medicine pre-season presentation will address these in greater detail. Individuals with questions about any of these initiatives can contact Stacey Lambert (slambert@ihsa.org) at the IHSA Office.





# Do What's Right!

## Sportsmanship Program



www.ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

To register your Conference or Independent School, please follow these steps:

- ❖ Go to [IHSA.org](http://www.ihsa.org)
- ❖ Under the [Resources](#) tab, click on [Sportsmanship](#)
- ❖ In the left column, click on the [Do What's Right](#) link
- ❖ Under the green banner that reads [DWR! Forms](#), you will find the Conference and Independent School registration forms link

**NOTE: *If a conference does not register for the Do What's Right! Program, an individual school from that conference may register.***

When a conference or independent school registers for the Do What's Right! Program, they agree to communicate and actively educate their students, fans and communities of the following Do **What's Right! Expectations:**

- **Represent their school and community favorably through positive interaction with opposing fans and players before, during, and after the competition.**
- **Use positive yells, chants, songs, or gestures.**
- **Display modesty in victory and graciousness in defeat.**
- **Respect and acknowledge the integrity and judgment of the officials.**
- **Exhibit positive behavior in both personal interactions and social media comments.**

To familiarize yourself with the [DWR! Program](#), please access the following link for benefits, resources, registration forms, and a full PowerPoint description:

<http://www.ihsa.org/Resources/Sportsmanship.aspx>

## **Student Advisory Committee**

We also encourage you to get to know the IHSA [Student Advisory Committee](#). This is a group of 21 high school students representing each legislative commission district throughout Illinois. They are nominated by their principals or athletic directors, and selected by the IHSA to provide direction and education to our member schools in the areas of leadership, sportsmanship, and communication.

To invite an SAC member to speak or participate in a school or conference presentation/assembly, please contact Beth Sauser at [bsauser@ihsa.org](mailto:bsauser@ihsa.org).

Please access the link below to see the representative for your district and learn more about this committee.

<http://www.ihsa.org/AbouttheIHSA/AdvisoryCommittees/StudentAdvisoryCommittee.aspx>



## **IHSA Student Advisory Committee**

### **2021-22 Student Advisory Committee members:**

<b><u>District</u></b>	<b><u>School</u></b>	<b><u>Name</u></b>
1	Chicago (F.W. Parker)	Sammi Coleman
2	Chicago (Instituto Health Science Acad.)	Vanessa Diaz
3	Chicago (Mother McAuley)	Grace White
4	Franklin Park-Northlake (Leyden)	Aleksandra Makowiec
5	Carpentersville (Dundee-Crown)	Conner Mogge
6	Lincolnshire (Stevenson)	Trevor Abbott
7	Westmont	Ivy Ho
8	Orland Park (Sandburg)	Josie Canellis
9	Peotone	Delaney Balmer
10	Stillman Valley	Payton Voltz
11	Aledo (Mercer County)	Damian Martinez
12	Peoria (H.S.)	Kammie Hess
13	Georgetown (Ridge Farm)	Gentry Howard
14	Effingham (St. Anthony)	Madeline Kibler
15	Normal (University)	Matt Sauser
16	Knoxville	Emersyn Fleisher
17	Pittsfield	Brennan Tomhave
18	Springfield (Sacred Heart-Griffin)	KeShon Singleton
19	Bethalto (Civic Memorial)	Olivia Goodman
20	Olney (Richland County)	Rylee Bloomer
21	Carterville	Amayah Doyle

### **SAC Mission Statement**

The Student Advisory Committee is a group of students who participate in diverse interscholastic athletics and activities. The SAC promotes the sportsmanship and integrity ideals of the Illinois High School Association. We are focused on providing leadership and communication between participants, administrators, and fans of IHSA activities.

## **Captain's Handbook**

Administrators, Coaches and Students will have access to an online Captain's Handbook developed and written by the Student Advisory Committee. The information will help coaches work with team captains and students to understand their role as leaders and team players.

## **SAC Nomination Process for 2021-22**

- Nomination Forms are available online from **Oct. 1, 2021, through Jan. 31, 2022.**
- All forms must be completed and in the IHSA office by **Jan. 31, 2022.**
- All current Freshmen and Sophomore IHSA member school students are eligible for nomination.
- A committee will meet to review and choose the finalists. A phone interview with Beth Sauser will take place to determine the final selection.
- Each new SAC member and their Administrator will receive a letter welcoming them to the committee.

To access the nomination form, please follow this link:

<http://www.ihsa.org/AbouttheIHSA/AdvisoryCommittees/StudentAdvisoryCommittee.aspx>

- **Please submit nomination forms to LeAnna Mutchler [lmutchler@ihsa.org](mailto:lmutchler@ihsa.org)**

## **SAC District Openings**

Districts **1-3-4-5-6-9-10-11-12-13** will need representation beginning in **April 2022.**

Districts **2-8-14-15-18-19** are scheduled to be open in **April 2023.**

Nominations will still be accepted in all districts in the event the current representative is unable to continue as a member of the SAC.



# Athletes with Disabilities

For years, the IHSA has focused upon reasonable accommodations to allow student-athletes with disabilities to be integrated to the maximum extent possible in IHSA sports and activities. The IHSA has promoted inclusion of student-athletes with disabilities wherever possible, focusing upon the various benefits of participating in extracurricular athletics or activities, which would include socialization, improved teamwork and leadership skills, as well as fitness.



For Athletes with Disabilities, the IHSA offers sports programs in the following:

- Boys & Girls Bowling
- Boys & Girls Swimming
- Boys & Girls Track & Field

For the 2021-22 school year, schools who wish to enter Athletes with Disabilities must do so through the Sport and Activity Tracker in Schools Center by the following dates:

Girls Swimming	September 29
Boys Bowling	December 15
Girls Bowling	January 5
Boys Swimming	January 19
Girls T & F	April 13
Boys T & F	April 20

Athletes with Disabilities who need accommodations to participate can request those from the IHSA. The Request for Accommodations Form can be found on the IHSA website or by entering the following address into your browser:

<http://www.ihsa.org/documents/forms/current/Request%20for%20Accommodation%20Form.pdf>

For questions about Athletes with Disabilities programming or accommodations, please contact:

IHSA ADA Coordinator  
Kraig Garber  
kgarber@ihsa.org  
309.663.6377







## **MEMO**

**To:** IHSA Member School Principals/Athletic Directors/Coaches/Officials and IHSA Member School Athletic Trainers

**From:** Craig Anderson, Executive Director, Stacey Lambert, IHSA Administrator for the Sports Medicine Advisory Committee, and Sam Knox, IHSA Administrator for the Official's Department

**RE:** Pre-Game Medical Huddle

IHSA concussion protocols are predicated on the premise that schools, by law and by playing rule, need to determine who the school will authorize to assess players removed from a game/contest with a possible head injury. In accordance with state law, the only people able to authorize a player's return to a contest where he/she was removed with a possible head injury is a physician licensed to practice medicine in all its branches in Illinois (in other words, a physician who is credentialed as an M.D. or D.O.), a certified athletic trainer (ATC), advanced practice nurses (APN), and physician's assistants (PA).

### *Prior to departure for the contest*

The school administration/concussion oversight team/etc. – should notify all coaches, when the team is on the road, who can return students to play in case of a suspected concussion. Meaning, the visiting coach should know if his/her school has approved the home team's medical personnel to assess and return players to competition.

### *Pre-Game Medical Huddle*

Prior to the contest beginning, the officials should identify the designee for returning athletes from suspected head injuries. This can be physician licensed to practice medicine in all its branches in Illinois, a certified athletic trainer, advanced practice nurses, and physician's assistants, who has the consent to treat any athlete during the contest.

The visiting team coach should confirm, at this time, if the host medical personnel, are allowed to return players to competition or not.

IF the visiting school has approved the host school medical personnel then the host school medical personnel can return players with suspected concussions to play.

IF the visiting school has not approved the host school medical personnel then players suspected of concussions cannot return.

### *During the contest*

If a player is removed, he/she can only return to the contest at an appropriate stoppage of time in the game. If a player attempts to return, a game official needs to confirm with the head coach that player has been evaluated and cleared to return to play. At that time, the game official should confirm who the person was who evaluated the player and cleared him or her to return. *The official should confirm that this person matches with the person mentioned during the pre-game coaches/captains meeting.*

### *Post Game*

Following a contest where a student was removed with a possible head injury, the official who removed the player shall complete a Special Report with the IHSA Office. In the report, the official should include the player's number, the approximate time in the contest when the player was removed, whether or not the player returned to the contest, and the person whom the head coach said had evaluated the player and cleared him/her to return to the contest. An official can also add any other details in his/her report deemed important.

In a situation where no school-approved medical professional is available, an official should not let a player previously removed from a contest with a possible head injury return to that same contest.

## **Example:**

Officials please prepare to ask the following questions in the pre-game huddle

1) *where is the AED?*

*And who is responsible to get it if needed?*

2) *host school- do you have medical personnel here? Where will they be located?*

3) *both teams- do you have someone who can return your players to the game if someone goes down with concussion like symptoms?*

**NOTE:** A school is not required to answer yes to all of these questions. If no AED or medical personnel are present you may start the contest, just please note the missing AED in a special report. There is no need to note the missing medical personnel.

Thank you!

# IHSA Fall Sports Acclimatization Chart

**For all Cross Country, Girls Volleyball, Girls Swimming & Diving, Boys Soccer, Girls Tennis, and Fall Baseball and Softball**

Day	Heat Acclimatization Practice Plan
1	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
2	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
3	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
4	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
5	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
6-14	<ul style="list-style-type: none"> <li>• Teams may conduct two practices per day.</li> <li>• Days with two practices must alternate with single practice days or rest days.</li> <li>• On days when teams practice twice in one day, total practice time cannot exceed 5 hours.</li> <li>• On days when teams practice twice in one day, individual practices are limited to a maximum of 3 hours. 3 hours of rest is required between practice sessions.</li> <li>• Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest.</li> <li>• If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7<sup>th</sup> day (traditionally Sunday).</li> </ul>

Students must participate in a minimum number of practice days before they can participate in their first contest.

**Cross Country, Girls Volleyball, Girls Swimming & Diving, Boys Soccer:** 9 days of practice

**Girls Tennis and Fall Baseball and Softball:** 7 days of practice

**Boys & Girls Golf** are exempt from the Acclimatization Policy.

**Q:** Does our Girls Volleyball team have to follow this policy if our gym is air conditioned?

**A:** Yes

**Q:** Does our Girls Swimming & Diving team have to follow this policy, even though they will be in a pool?

**A:** Yes

**Q:** How does the IHSA define a walk-through?

**A:** A walk-through is defined as a teaching opportunity with athletes not wearing protective equipment (helmets or shoulder pads). During a walk-through, no running or running activities by team members is allowed and no protective equipment of any kind should be present. A ball should not be used during the one-hour walk-through. The walk-through is not part of the practice period on a three-hour practice day, and it can last no more than one (1) hour per day. The walk-through does not include conditioning or weight room activities.

## IHSA Football Acclimatization Chart

Day	Heat Acclimatization Practice Plan	Equipment Allowed
1	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
2	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet only
3	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
4	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
5	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest	Helmet & Shoulder pads
6-14	<ul style="list-style-type: none"> <li>• Teams may conduct two practices per day.</li> <li>• Days with two practices must alternate with single practice days or rest days.</li> <li>• On days when teams practice twice in one day, total practice time cannot exceed 5 hours. On days when teams practice twice in one day, individual practices are limited to a maximum of 3 hours. 3 hours of rest is required between practice sessions.</li> <li>• Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest.</li> <li>• If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7<sup>th</sup> day (traditionally Sunday).</li> </ul>	Full pads

Football players must participate in a minimum of 1½ hours of on-field practice on 12 different days before they can participate in their first game.

**Q:** How is this policy different than the Football Acclimatization Policy we have followed the past few years?

**A:** The original policy required a 2-hour rest between on-field practice and a walk-through.  
The updated policy requires a 3-hour rest between on-field practice and a walk-through.

**Q:** On a day when a team can have one practice, does the following schedule meet the policy?  
3 hours of practice – 3 hours of rest – 1-hour walk-through

**A:** Yes

**Q:** On a day when a team can have two practices, does the following schedule meet the policy?  
3 hours of practice – 3 hours of rest – 2 hours of practice

**A:** Yes