



2023-2024

# IHSA WINTER UPDATE



The purpose of this update is to help member schools stay informed on important changes and upcoming initiatives from the IHSA for the winter sports season. All underlined text serves as an active link.

Please make sure to reach out to the sport/activity administrator with any questions.

Thanks!



## GENERAL ANNOUNCEMENTS

### [IHSA ALL STATE ACADEMIC TEAM](#)

Applications will be available in mid-December.  
Deadline for submission will be Friday, February 9, 2024.

### **UPCOMING ADVISORY COMMITTEE DATES:**

*Contact advisory committee members with proposals or discussion items*

November 29 - Cross Country Advisory Committee

November 30 - DWR! Advisory Committee  
Volleyball Advisory Committee

December 7 - Football Advisory Committee  
Golf Advisory Committee

March 1 - Dance Advisory Committee

March 6 - Wrestling Advisory Committee

March 13 - Competitive Cheerleading Advisory Committee

March 21 - Chess Advisory Committee

### **LEGISLATIVE REMINDER:**

December 4 - Amendment Proposal Ballots are available online to member schools

December 18 - Midnight voting deadline

December 19 - Amendment Proposal Ballots counted and results posted online

## BOYS AND GIRLS BASKETBALL:

### State Rule Adoptions

1. 28' coaches box
2. Mercy Rule: 4th quarter only of games with 30 point differential
3. Shot Clock usage allowed in pre-approved regular season tournaments and regular season shootouts

### Terms and Conditions Changes

1. Thursday and Friday game sessions at the state finals only will begin 30 minutes earlier.
2. BOYS' ONLY: regional quarter-final games will be played on Monday, February 19th at site of higher seed.
3. Single game regional or sectional tournament sessions can begin anytime between 6 and 7 p.m.

## BOYS AND GIRLS BOWLING:

### Reminders

1. Reminder that players are allowed 2 bowling balls in the pit area, all other equipment should be stored outside of the pit area
2. Smart watches that can send and receive information are not allowed to be worn by players during competition.

## CHESS:

### Key Terms and Conditions Changes

1. The Chesscalate program will be used to produce pairings at the sectional tournament.
2. The Harkness variation will be used for pairings when there is an odd number of teams in a score group at the sectional tournaments and state finals.
3. When seeding for the state finals, the top half of teams will be divided into 8 groups of 8, and the bottom half of teams will be divided into 4 groups of 16.
4. Appeals to pairings must be made within 15 minutes of the pairings being posted except for Round 5 of the state finals, which must be appealed by 8:15 a.m. on the second day of the state finals.
5. If a team will be arriving late, coaches must notify the tournament manager no later than 30 minutes prior to the start of Round 1 in order to be paired for Round 1; otherwise, the team will not be paired and will receive zero points for that round.
6. If a coach wants to appeal a sectional score report, the coach must contact the IHSA chess administrator by 1:00 p.m. the day after the sectional.
7. Schools are responsible for providing their own notation sheets at the sectional tournaments and state finals.

### General Reminders

1. To qualify for the IHSA state series, teams must participate in a minimum of 6 contests and 1 in-person team tournament. Visit the [Illinois Chess Coaches Association website](#) for a list of qualifying tournaments.
2. Teams must have a minimum of 6 players to compete and may have up to 12 players on their tournament lineups.
3. Team rosters, including all players on the team whether or not they will participate in the state series, must be entered by Friday, January 5, 2024.

## COMPETITIVE CHEERLEADING:

### IHSA Polict #39

1. COMPETITIVE AND SIDELINE CHEERLEADING REST REQUIREMENT One (1) calendar day of rest must be taken every IHSA calendar week where jumping, tumbling, and building skills take place.

### Terms and Conditions Changes

1. All five panel judge scores will be taken at the state final – high & low scores will not be dropped
2. Out of bounds penalty will be .25
3. Assisted walk-in or toss hands to extended skill is Level 3 and unassisted walk-in or toss hands to extended skill is Level 4
4. Adjusted the toss grid based on 5 athletes to reflect what is needed for a majority
5. Clarified Skill Utilization



## COMPETITIVE DANCE:

1. Contest Limitations 5.352 – dance teams are allowed to compete on 6 dates
  - a. How does organizations contest count towards a teams allowed 6 dates if they conduct a contest over Thursday, Friday and Saturday?
  - b. 3 dates (one date for Thursday, one date for Friday, and one date for Saturday)
2. November 28th- Last date to view the online rules video
3. December 5th- List of participants due
4. December 7th- Last date to withdraw without penalty

## SPEECH: INDIVIDUAL EVENTS:

### Terms and Conditions Changes

1. At the State Final, all Final Rounds in all events will begin at 2 p.m.
2. At the State Final, minor time adjustments on Saturday morning were made to Radio and Extemp. prep

## SOLO & ENSEMBLE:

### Terms and Conditions Changes

1. Recorded accompaniment shall be allowed provided conditions are met

## SPORTS MEDICINE:

1. A proposal is planned to require CPR/AED training for all coaches starting in the 2024-25 school year.
  - a. Training is the watching an online course while certification is taking a hands-on class with an instructor.
2. An update to the Severe Weather Policy is also planned, this will adjust the wording to cover the whole season not just the post season.
3. The IATA is hosting an education conference for the second year in February of 2024. This event is for college students enrolled in AT programs in Illinois. As part of the event, they host a career center where the students can meet with prospective employers. They would like to offer high schools the opportunity to post their AT position openings at no cost to them. The stipulation would be the positions be directly employed by the district full time and not contracted positions.

<https://docs.google.com/document/d/1ybeqfegNEv-xsfD2IUDGsUz3PT0DgpCvvMh1UaCxbz0/edit?usp=sharing>

## BOYS AND GIRLS WRESTLING:

1. All schools will use TrackWrestling's OPC for:
  - a. Weight management and monitoring descent plans
  - b. Recording all match results during the season
2. **Boys Wrestling**
  - a. New weight classes – see IHSA rules video
3. **Girls Wrestling**
  - a. Regional: January 26 & 27
  - b. State Finals: Top 3 teams will receive team trophies
4. Season limits
  - a. Team limit: 25 dates on the schedule
  - b. Individual limit: 45 matches prior to the Regional

