



2024-2025 All-School Mailing Information

Illinois High School Association
2715 McGraw Drive, Bloomington, Illinois 61704
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To: Principals/Official Representatives and Athletic Directors

From: Craig D. Anderson, Executive Director

Date: August, 2024

Subject: August All-School Mailing

On behalf of the IHSA Board of Directors and Staff, we thank you for your continued support of education-based sports and activities within your school communities. We are excited about the 2024-2025 school year and the opportunities ahead of us.

The All-School mailing is set for distribution to IHSA member schools the week of August 5, 2024. The mailing contains copies of the 2024-2025 IHSA Handbook, Calendar, and Map, along with other brochures and information that will be helpful. Additional key information can be found on the following pages.

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

Eligibility Rulings: As of July 1, 2024, the IHSA will be transitioning eligibility ruling requests through the Transfer Management System (TMS) to help all schools and our office navigate the transfer eligibility of students to your school. The link for the Transfer Management system (TMS) can be found in the Schools Center under Departments.

Officials Ratings: The IHSA Board of Directors has approved a policy requiring head coaches to rate varsity officials in the contests worked for their school. Refer to the specific requirements noted in Policy 41 of the IHSA Handbook for additional explanation.

2024-2025 IHSA Town Meetings/Principals Rules Meetings: IHSA By-law 2.130 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 review of the agenda items for the Principals Rules Meeting. Following the review of those items, a presentation and review of the current legislative proposals by the Legislative Commission Member representing your District/Division and an IHSA staff member will be present. **All meetings will be conducted in-person.** [Meeting dates and locations are available here.](#)

2024-2025 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 2024-2025: Nominations and Elections will be conducted in the following Divisions and Districts for the 2024-2025 school term: **Board of Directors** – Divisions 1, 5 and 7 and At-Large Racial Minority and At-Large Underrepresented School Equity. **Legislative Commission** – Districts 1, 4, 5, 10, 16, 17 and 21; Athletic Administrator – Divisions 3 and 6; and, At-Large – Divisions 1, 4, 6 and 7. Nomination Ballots will open on August 16, 2024, and are due by September 15, 2024.

New Administrators Workshop: A New Administrators Workshop will be held on September 25, 2024. If you are a first-year administrator, or a new administrator in Illinois, please plan to attend this workshop which will be conducted at the IHSA Office in Bloomington. To register for the workshop, please complete the on-line form found [here](#).

IHSA By-law 2.130.1 requires that 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. The on-line link can be found in your Schools Center.

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.



ILLINOIS HIGH SCHOOL ASSOCIATION
2715 McGraw Drive, Bloomington, Illinois 61704

August, 2024

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 2024-25 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
 - 4 Map indicating IHSA Member Schools
 - 1 Spirit Rules Book
 - 1 Donate Life 11 x 17 Poster
- (Please hang in the Driver's Ed area or hang in a year round location)
- 1 Illinois Athletic Directors Association Information

ON-LINE MAILING MATERIAL contents:

ADMINISTRATOR'S PACKET containing:

- 1 All-School Mailing Cover Letter
- 1 Letter Summarizing Supply Mailing
- 1 New Administrators Workshop Letter
- 1 Rules Meeting Attendance Letter
- 1 Special Notice -- About Eligibility Rulings from IHSA
- 1 Nomination and Election Letter
- 1 Student Recognition Program Information
- 1 Illinois Athletic Directors Association Information Sports
- 1 Medicine Information
- 1 IHSA Officials Department update
- 1 Student Section Showdown Information
- 1 Student Advisory Committee Information
- 1 Pep Band Audition Information
- 1 National Anthem Vocalist Information
- 1 Athletes With Disabilities Information
- 1 Pre-Game Medical Huddle Information
- 1 IHSA Fall Sports Acclimatization Chart
- 1 IHSA Football Acclimatization Chart
- 1 Dicks Sporting Goods Coupons

New Administrators Workshop



www.ihsa.org • general@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 25, 2024, at the IHSA Office in Bloomington.

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 attend 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 ATTEND, PLEASE SCAN THE QR CODE BELOW TO COMPLETE THE ON-LINE REGISTRATION

Registration will close on September 18, 2024

New Administrators Workshop Registration



IHSA Rules Meeting Requirement



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

August, 2024

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 2023-2024 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 2024-2025 Rules Meeting requirement for the sport/activity, the school will be suspended from participation in the State Tournament Series in that sport/activity for 2024-2025. Refer to the Illustrations relative to By-law 2.120 in your new [2024-2025 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.

The IHSA Board of Directors has approved a policy requiring head coaches to rate varsity officials in the contests worked for their school. Refer to the specific requirements noted in Policy 41 of the IHSA Handbook for additional explanation.

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

Sincerely,

Craig Anderson
Executive Director

CDA:tb

SPECIAL NOTICE -- ABOUT ELIGIBILITY RULINGS FROM IHSA for the 2024-2025 SCHOOL TERM

The IHSA will be transitioning the requests for eligibility rulings regarding student residency and transfers to an on-line transfer management system. Please use the following link to gain access to the Transfer Management System to help all schools and our office navigate the transfer eligibility of students to your school. The link for the Transfer Management System (TMS) can be found in the Schools Center under Departments. During the transition, the IHSA will permit requests for eligibility rulings regarding student residency and transfers using the downloadable forms available from the IHSA website (ihsa.org). The following paragraphs note the process for securing a transfer or residence eligibility ruling outside of the Transfer Management System.

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.



2024-2025 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. Voting instructions will be included in the Schools Center.

Nominations and Elections will be conducted in the following Divisions and Districts for the 2024-2025 school term:

Board of Directors

Division 1 – One Year Term

Division 5 – Three Year Term

Division 7 – Three Year Term

At-Large Racial Minority – Three Year Term

At-Large Underrepresented School Equity – Three Year Term

Legislative Commission

District 1 – Three Year Term

District 4 – Three Year Term

District 5 – Two Year Term

District 10 – Three Year Term

District 16 – Three Year Term

District 17 – Three 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

August 16, 2024 -- Nomination Ballots Open

September 15, 2024 -- Nomination Ballots Due

September 16, 2024 – Nomination Ballots Counted and Results Posted

September 20, 2024 – Election Ballots Open

October 1, 2024 – Election Ballots Due

October 2, 2024 – Election Ballots Counted and Results Posted

Watch the Announcements section on the IHSA website for important information about the nomination and balloting process.

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

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:

The IHSA is proud to honor 26 students will be selected each February to the All-State Academic Team. Each 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 plus shipping**. 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.



ILLINOIS ATHLETIC DIRECTORS ASSOCIATION



Why should Illinois Athletic Directors become a member of the IADA/NIAAA?

The Illinois Athletic Directors Association values your input and your expertise and would like you to consider joining our organization as an advocate for school athletic programs throughout the state.

Please consider joining us on our mission to take a leadership role in athletic issues to enhance the educational process for student-athletes. The IADA serves its members by providing resources to develop and increase leadership skills, developing mentorship programs for new administrators and offering numerous opportunities for personal and professional growth.

By becoming a member of our organization, you will also be registering for the NIAAA organization. Illinois is joining the ranks, like our surrounding states, to be a dual membership state. This doubles your resources offered to you as an Athletic Administrator. Being a member of both organizations will provide members the opportunity to network, engage in educational leadership and professional development through NIAAA classes, and have many other opportunities to learn and grow alongside other Athletic Directors.

1. Educational Leadership Opportunities

- IADA is a professional organization created by AOs to meet AOs needs.
- Recognition through awards nominated by peers.
- Service through board positions.
- Mentorship to new AOs in the state.
 - New AOs receive a one year free membership in the IADA organization if they attend the new AD workshop offered by the IADA during the summer retreat.
- Access to numerous active and retired ADs with a wealth of knowledge to share.

2. Professional Development

- IADA is recognized as an ISBE approved provider of professional development.
 - Administrator Academies offered throughout the state.
 - CPDUs for attendance at annual meetings, webinars, and annual conferences.
 - CPOUs for serving as a presenter.
- IAOA District and Division Fall meetings to discuss the upcoming IHSA by-law proposals, amendments, and items of common concerns that may be arising across the state.
- Monthly Professional Development Series - 1st Thursday of each month at 1pm.
- Monthly IAOA/IHSA Joint Information Webinars - 3rd Wednesday of each month at 1pm.
- The IADA offers a Certification Cohort that provides monthly assistance to our membership that is desiring the next level of NIAAA certification.
 - Members will be assigned a mentor to assist them until they complete the certification.
 - The mentor and mentee will receive professional development hours.
 - Recognition for certification
 - Journal and Social Media recognition
 - BI-Monthly meetings with the Professional Development Committee.

3. NIAAA Certification

- Access to the accredited program of the Leadership Training Courses.
- Classes taught at the annual state conference and summer retreat.
- Classes offered at remote locations throughout the year.
- Assistance with the certification program to become a
 - Registered Athletic Administrator
 - Registered Middle School Administrator
 - Certified Athletic Administrator
 - Certified Master Athletic Administrator

4. Annual State Conference

- The annual state conference is held in the Spring (the last weekend in April)
- Leadership Training Courses offered.
- Attend or present mini-sessions on current topics.
- Awards recognitions.
- Networking with ADs throughout the state.

5. Annual Summer Retreat

- The annual retreat is in July in Bloomington.
- Leadership Training Courses offered.
- Networking with ADs throughout the state.
- Day one is a meeting with the IHSA and IADA for all new AD's.
- Golf Outing and social with guest speaker on first day of Summer Retreat

6. Professional Journal

- Quarterly journal with focus on current topics.
- Opportunity to submit journal articles.

7. Connection with the IHSA

- Monthly virtual meetings with the IADA and IHSA.
- IHSA official in attendance at IADA Division meetings.
- IHSA representative in attendance at the IADA Board meetings.
- IHSA presentations at the Annual State Conference.
- Co-Hosting the New AD workshop in the summer.
- The more members in the IADA, the more influence we will have. There is power in numbers.

8. Personal Benefits of Joining the IADA

- Members can pursue leadership opportunities within the IADA at district, division, and/or state levels.
- Members will be eligible for award programs.
- Members will have access to the statewide list-serve.
- Receive research expressing the importance of education-based athletics.
- Direct communication with members through social media.
- Opportunities to nominate students for the John Van Fleet Scholarship annually.
- Opportunities for state/national recognition through the **IADA/NIAAA** Awards Program.
- Members can pursue leadership opportunities within the IADA at district and/or state levels.
- Members will be eligible for award programs.
- \$2,000 term life insurance policy for an active athletic administrator working in an Illinois School District. The benefit is paid to the surviving spouse or to the estate.
- \$1,000,000 Liability protection for an active athletic administrator working in an Illinois School District.

9. IAOA Website Benefits - <https://www.ilHnoisad.org/>

- Dedicated information and program offerings.
- Registration for the Annual State Conference and Summer Retreat.
- Archived IADA Newsletters.
- Listings (Webinar and in-person) of Professional Development/Leadership Training.
- Membership downloads and Information updates.

BECOME A MEMBER TODAY! - <https://iada.finalforms-amp.com/>

Becoming a member of one of the nation's leading state athletic directors state associations has tremendous benefits professionally, personally, and financially. To become a member, follow the instructions below.

- **FIRST TIME USERS** - Start your registration using the final forms link above.
- **EXISTING MEMBERS** • Choose "Log-in" to log-in to your account.
- **RETIRED ATHLETIC DIRECTORS** • All Retired Athletic Directors, please update membership Information.

Join the IADA! Become an active member and begin to experience the many benefits of this professional organization.



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

Welcome to the 2024-25 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 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 2024-25 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 is attached as a separate document in this All School Mailing.
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.
5. **Coaches CPR/AED Requirement:** NEW for 2024--25 All coaches must be CPR/AED trained by a district approved course. Coaches or school administrators can enter their expiration dates in the school center under to "get the red out".
6. **Cheerleading/Spirit Rest Day:** Sideline and competitive cheerleaders, where jumping, tumbling, and building skills take place, must take 1 calendar day off from cheerleading/spirit activities once every IHSA calendar week. Programs on the off day are limited to stretching or film; no other physical activity can take place on the off day. This also applies during the summer contact period, so that the participants, individually, get a day off a week.
7. **Wet Bulb Globe Temperature:** After the completion of the KSI Conference in March, the Sports Medicine Advisory Committee issued an updated WBGT Policy for review of the IHSA Board of Directors. The updated policy is as follows:

Wet Bulb Globe Temperature

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

Pre-Practice Preparation:

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

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

Cat 2	Activity Guidelines
< 79.9	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
80.0 - 84.5	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 5 min each. Cold Water Immersion must be available. (see below)
84.6- 87.5	Maximum practice time is 2 h. Contests may conclude if the temperature moves to orange mid-game with the required breaks provided. No new contests may be started if the temperature is in this range. <u>For Football:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports:</u> There must be 20 min of rest breaks distributed throughout each hour of practice. Cold Water Immersion must be available. (see below)
87.6 - 89.9	Maximum practice time is 1 h. <u>For Football:</u> No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports:</u> There must be 20 min of rest breaks distributed throughout the hour of practice. Cold Water Immersion must be available. (see below) Consider postponing games or practices until a cooler time of day.
> 89.9	No outdoor workouts. Delay practice until a cooler WBGT is reached.

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

Treatment of Exertional Heat Stroke and Cold-Water Immersion:

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

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

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.

To: IHSA member school administrators
From: Kurt Gibson, IHSA Director of Officiating Services
Date: August 1, 2024
Re.: New initiatives for 2024-25

Greetings! I hope your summer has been an enjoyable one. It doesn't seem possible that another school is on the horizon. With a new year, there are a few reminders/initiatives concerning licensed officials to which I want to draw your attention.

1. For the past two consecutive schools (2023-23 and 2023-24), the association has seen an increase in the number of distributed officials' licenses. In other words, numbers are trending in a positive direction after years of decline. We know the need is still there for more people to obtain an officials' license, and our office remains committed to doing what we can to help those numbers grow. Programs like the Provision License for 15- and 16-year olds has been successful so we appreciate the support you offer that program. We know that officials who leave the officiating ecosystem cite poor sportsmanship/abuse as a primary reason for leaving, so any work you can do with your coaches and players to demonstrate sporting behavior will go a long way in improving the behavior of fans, and all improvement in this area will be greatly appreciated.
2. Member schools are reminded that IHSA By-law 2.080 requires that only licensed officials be used for athletic contests. The responsibility to ensure that requirement is met lies with each member school, regardless of whether a third-party assignor actually assigns officials for schools. Our office will be working on a number of behind the scenes efforts to assist schools with this monitoring over the coming year. A complete list of licensed officials can always be found in the IHSA Schools Center.
3. At their June 2024 meeting, the IHSA Board of Directors approved a recommendation to begin requiring coaches to rate officials following contests. Previously, coaches had the ability to rate the work of officials, but it was not a requirement. The 2024-25 school year will be a 'practice year' of sorts to get coaches in all sports up to speed on this new requirement, and information about the requirements by sport and the subsequent consequences coaches who fail to rate will fact – beginning with the 2025-26 school year – can be found [here](#).

I hope your 2024-25 school year is an enjoyable one! Our office looks forward to working with you on behalf of all the student-athletes in Illinois.

Take care.

GET YOUR FRIENDS,
VIDEO CAMERAS,
AND CREATIVITY
READY!



PRESENTED BY
THE
IHSA STUDENT
ADVISORY
COMMITTEE



2025

Student Section and Spirit Showdown

Deadline for video submission is January 29, 2025

SHOWCASE YOUR:

- ➔ STUDENT SECTION • SCHOOL SPIRIT ←
- ➔ COMMUNITY SERVICE ←

You will be competing against high schools throughout Illinois,
so show us what makes **YOUR** school stand out!

11th Annual IHSA Student Section and Spirit Showdown

Presented by the IHSA Student Advisory Committee

The IHSA **Student Section and Spirit Showdown** was created by the IHSA Student Advisory Committee (SAC) for schools to show how their students support their teams during competitions as well as promote positivity and service within their school and community!

VIDEO CONTENT & LENGTH

Submit a 90-second to 3-minute video showcasing your:

1. Student Sections
2. School Spirit
3. Community Service

ENTRY INSTRUCTIONS

1. Create a video showcasing the content listed in the section above and upload it to YouTube with the title: *2025 IHSA SSS Showdown: School Name*. Include your high school's name in the video description and the submitter's name. The deadline is Wednesday, January 29, 2025, at 11:59 pm.
2. A school administrator must approve the video and email the YouTube link to dle@ihsa.org.

JUDGING CRITERIA

80% - Student Section

- Sportsmanship (positive cheers, chants, and behavior toward opponents)
- Creativity (themes, activities)
- Organization (cheering in unison, overall student participation)
- Attendance at multiple events and various sports/activities

10% - School Spirit (examples: singing the school song, decorating the school, Homecoming festivities, school traditions, etc.)

10% - Community Service (examples: extending a helping hand, community service, organizing a community activity, a simple act of kindness, etc.)

**Show us how you demonstrate the [Do What's Right! Expectations](#). Negative cheers or unsportsmanlike behaviors will result in disqualification.

JUDGING PROCESS AND RECOGNITION

The IHSA Student Advisory Committee will evaluate all entries according to the judging criteria. The top 4 schools in Class 1A/2A and top 4 schools in Class 3A/4A will be determined, and the IHSA Official Representatives will be contacted. Finalists will be invited to bring 8 representatives to attend the IHSA Girls Basketball State Finals on Saturday, March 8, 2025, when the winning schools will be announced at halftime of the Class 2A Championship Game.

TIMELINE

Wednesday, January 29, 2025, at 11:59 pm CST – video submission deadline

Sunday, February 2, 2025 – The IHSA Student Advisory Committee will evaluate the videos.

Tuesday, February 11, 2025 – The finalists in Class 1A/2A and Class 3A/4A will be announced.

Saturday, March 8, 2025 – The winning schools will be announced and presented with a banner.



IHSA Student Advisory Committee

2024-25 Student Advisory Committee members:

<u>District</u>	<u>School</u>	<u>Name</u>
1	Chicago (F.W. Parker)	Miriam Johnson
2	Chicago (St. Ignatius College Prep)	Kennedy Riley
3	Chicago (Mother McAuley)	Abbey Williams
4	Palatine (Fremd)	Matthew Pennell
5	St. Charles (East)	Xander Salazar
6	Mundelein (H.S.)	Sophia Zepeda
7	Oak Park (O.P.-River Forest)	Valen Novotny
8	Calumet City (Thornton Fractional North)	Tammy Ogundeyi
9	New Lenox (Lincoln-Way Central)	Aly Sudkamp
10	Stillman Valley	Gage Broski
11	Orion	Max Larson
12	El Paso (E.P.-Gridley)	McKayla Harms
13	Gibson City (G.C.-Melvin-Sibley)	Chloe Tjarks
14	Effingham (St. Anthony)	Maddux Clark
15	Monticello	Megan Allen
16	Mt. Sterling (Brown County)	Hope Ingram
17	Bunker Hill	Brennan Fulton
18	Washington	Diya Iyer
19	Troy (Triad)	Alexia Metcalf
20	Olney (Richland County)	Molly Fehrenbacher
21	Herrin (H.S.)	Madison Monchino

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.

NFHS Learning Courses

The IHSA Student Advisory Committee has contributed to two NFHS Learning Courses. These online student leadership courses are free and can be accessed through www.nfhslearn.com. *Becoming a Leader* focuses on what it means to be a leader, actions you can take to become a leader, and how to model that leadership. *Leading Others* defines four leadership roles and shares a range of key leadership skills to use in different situations. This course also compares effective and ineffective leadership strategies.

SAC Application Process for 2024-25

- Applications will be accepted from **October 1, 2024, through January 31, 2025**.
- All forms must be submitted by **January 31, 2025**.
- Any IHSA member school may submit an application for one female and one male student who are currently in the freshman or sophomore class.
- A committee will meet to review and choose the finalists. A virtual interview with Dan Le and Beth Sauser will take place to determine final selections.
- Each new SAC member and their Administrator will receive a letter welcoming them to the committee. The date of their first meeting is April 27, 2025.

To access the application form on the SAC webpage, please use the following link. Applications will be available on October 1st.

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

SAC District Openings

Nominations for Districts **3, 6, 8, 12, 15** will be accepted this year. The terms for new SAC members from these Districts begin in **April 2025**.

Nominations for Districts **4, 5, 10, 11, 13, 14, 18, 19, 20** will be accepted in the 2025-2026 school year. The terms for new SAC members from these Districts begin in **April 2026**.

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



IHSA STATE FINALS BAND INFORMATION

The Illinois High School Association is pleased to invite all IHSA member schools to audition for selection as an IHSA State Finals Band. Schools bands contribute great energy and excitement to liven the each State Final event. Please consider taking this opportunity to showcase your school's talents at a State Finals venue. **Traditional pep bands and bands with vocalists are invited to audition.**

Included in this correspondence you will find information, audition requirements, and event schedules. We encourage you to participate in the audition process and feel free to contact us if you have any questions or need any additional information.

STATE FINALS INFORMATION:

Selected bands will be invited to perform one of the three days of the Girls Basketball State Finals, one of the three days of the Boys Basketball State Finals, or one of the two days of the Girls Volleyball State Finals. Due to the venue sizes, please note the listed personnel limitations for band members, band directors, administration, and band support.

Dates, times, and number of games for selected bands are as follows:

Girls Basketball - CEFCU Arena, Normal (ISU) - 60 max personnel

Band #1: 4 games on Thursday, March 6, 2025, starting at 9:30 a.m.

Band #2: 2 games on Thursday, March 6, 2025, starting at 6:00 p.m.

Band #3: 2 games on Friday, March 7, 2025, starting at 11:30 a.m.

****Band #3 has the option to play an additional game at 9:30 a.m.**

Band #4: 4 games on Saturday, March 8, 2025, starting at 1:00 p.m.

Boys Basketball - State Farm Center, Champaign (U of I) - 40 max personnel

Band #1: 4 games on Thursday, March 13, 2025, starting at 9:30 a.m.

Band #2: 2 games on Thursday, March 13, 2025, starting at 6:00 p.m.

Band #3: 2 games on Friday, March 14, 2025, starting at 6:00 p.m.

Band #4: 4 games on Saturday, March 15, 2025, starting at 1:00 p.m.

Girls Volleyball - CEFCU Arena, Normal (ISU) - 60 max personnel

Band #1: 4 games on Friday, November 14, 2025, starting at 9:00 a.m.

Band #2: 4 games on Friday, November 14, 2025, starting at 4:00 p.m.

Band #3: 4 games on Saturday, November 15, 2025, at 9:00 a.m.

Band #4: 4 games on Saturday, November 15, 2025 at 4:00 p.m.

REIMBURSEMENT:

Each performing band will receive round trip mileage reimbursement at \$2 per mile plus a meal allotment of \$9 per person for the band members and director(s). A maximum number of **60 personnel (CEFCU Arena)** or **40 personnel (State Farm Center)**, including band members and director(s), will be allowed for admission and reimbursement. IHSA reimbursements will be sent to the school after the band performs. Tickets for additional band members and fans will be available for purchase.

LOGISTICS:

Designated space for the performing band will be provided at each site. An event manager from each venue will be available to answer questions and coordinate with each school. Performers will be admitted to the arena as a group at no charge only for those sessions in which they are scheduled to perform. Band members will not be admitted to any other sessions of any tournament without a paid ticket for admission as a spectator.

Each performing band will be asked to be in position and begin performing no later than 30 minutes before the start of each session (times listed on page 1). Band directors will coordinate with the event PA announcer to play in between announcements during pregame, timeouts, between quarters/sets, and postgame.

AUDITION CRITERIA & SELECTION PROCESS

Upload a video of your school band's performance to YouTube and submit the video link using the form at the bottom of this page. Please review the terms of the audition below and ensure that your video meets all criteria.

Video Length: At least 5 minutes and no more than 10 minutes; only the first 10 minutes of an audition video will be evaluated if the video is longer than 10 minutes.

Song Selections: Include a variety of energetic selections that will excite and engage spectators. Please do not include performances of the National Anthem or your school's fight song. Selections that encourage crowd participation are recommended.

Band Personnel: Band auditions must only include current bona fide high school students. Please do not include performances with adults, including band directors, or any other persons who are not members of the high school band. The video audition must only include performances from the 2024-2025 school year.

Video Quality: We want to see your band having fun! Ensure that the video quality will allow viewers to see your band's energy, enthusiasm, and any instrument choreography. Avoid pre-recorded audio that does not allow viewers to see the band.

Auditions will be evaluated on the following criteria:

- rhythm
- tone quality
- note accuracy
- intonation
- song selection
- energy/enthusiasm

Bands will be selected by the IHSA Office after adjudication by music educators. The band director and school administrator (principal or IHSA official representative) of selected bands will be notified, and the list of selected bands will be posted on the IHSA website (music menu page). Selected bands will be notified in late January.

Use the link below to submit your audition video and complete the requested information.

Deadline for submission is December 18, 2024

<https://forms.office.com/r/MYQZt0unXy>

HEAR FROM OTHER BAND DIRECTORS:

“The Columbia High School Pep Band was honored to be selected to rock the house at the state volleyball finals. CHS students had a blast performing in the amazing stadium at Illinois State University and adding energy to a sport for which we don't normally perform. We highly recommend this experience to all bands!”

~Columbia High School Band Director, Kristian Avise-Rouse

“Being selected as a state pep band is an experience our kids will never forget. Thank you, IHSA, for helping us make lifelong memories!”

~West Carroll High School Band Director, Emily Bressler



BAND AUDITION TIMELINE & CHECKLIST

1. Record your band showcasing their energy and enthusiasm and highlighting a variety of selections.
2. Upload a **5-10 minute** video audition to YouTube.
3. Complete and submit the online form by Wednesday, December 18th, 2024.
4. Selected bands will be notified in late January. Each school's principal or IHSA official representative and band director will be notified of selection.
5. IHSA will send additional information to selected bands with specific State Final event information for planning purposes.

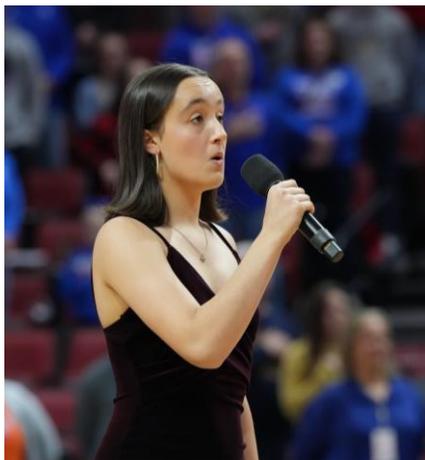
Contact Dan Le (dle@ihsa.org) with any questions.

IHSA STATE FINALS NATIONAL ANTHEM PERFORMERS/VOCALISTS

The National Anthem performers for the State Finals in Girls Volleyball, Girls Basketball, and Boys Basketball are selected through an audition process conducted by the Illinois Music Educators Association (ILMEA). To begin this process, students must be entered into their ILMEA District auditions.

For all other State Finals, National Anthem performers are selected by the IHSA administrator who oversees each specific sport or activity. For these events, the performer is typically either:

1. one of the State Finals participants,
2. a student from the host school of the State Finals, or
3. a student from a nearby school/local area of the State Finals host site.





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 2024-25 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	October 2
Boys Bowling	December 18
Girls Bowling	January 8
Boys Swimming	January 22
Girls T & F	April 16
Boys T & F	April 23

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 and Stacey Lambert, IHSA Administrator for the Sports Medicine Advisory Committee

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, **Girls Flag Football**, 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"> • Teams may conduct two practices per day. • Days with two practices must alternate with single practice days or rest days. • 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. • Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest. • If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7th day (traditionally Sunday).

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 and **Girls Flag Football:**
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 Tackle 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"> • Teams may conduct two practices per day. • Days with two practices must alternate with single practice days or rest days. • 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. • Single practice days are limited to a maximum of 3 hours with a 1-hour walk-through following 3 hours of rest. • If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7th day (traditionally Sunday). 	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

Illinois High School Association Offers valid 1/1/2024 - 12/31/2024

Illinois High School Association
Valid 1/1/2024 - 12/31/2024



— VALID IN-STORE ONLY —

TAKE \$10 OFF

A PAIR OF ATHLETIC FOOTWEAR
OR CLEATS \$59.99 OR MORE

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



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Illinois High School Association
Valid 1/1/2024 - 12/31/2024



— VALID IN-STORE ONLY —

TAKE 15% OFF

AN ATHLETIC OR OUTDOOR APPAREL ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



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Illinois High School Association
Valid 1/1/2024 - 12/31/2024



— VALID IN-STORE ONLY —

TAKE 10% OFF

A SINGLE TEAM SPORTS EQUIPMENT ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



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Illinois High School Association
Valid 1/1/2024 - 12/31/2024



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