

2017 Swimming and Diving Manual

GUIDELINES FOR MEET WARM-UP

Prior to any athlete entering the water to begin warm-ups, there shall be a meeting that includes head coaches and captains from each team and officials. The criteria to be reviewed should include, but not limited to: warm-up procedure, pool environment, water depth at both ends, uniform rules, starting blocks, lane selection, emergency procedures, conference rule differences, lifeguard responsibilities and other pertinent issues. In addition, the following guidelines are recommended for warm-up procedures at all meets:

1. A designated supervisor whose sole responsibility is to observe the warm-up pool shall be on duty prior to any athletes entering the pool/diving well and throughout the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts, which are limited to specific lanes.
3. Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
5. Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
6. Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool.)
7. May specify lanes for relay practice during the last 15 minutes of the warm-up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm up is occurring.
11. Pool shall be closed during the coaches meeting.

Meet management or designated officials may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down areas, management shall provide supervision of the area(s) at all times.

REGIONAL MEET TIME LINE

Wednesday, October 18

Swimming & Diving Meet Entry Links Posted Online

Monday, October 23

Diving Entries must be emailed to Jason Eslinger at: jasoneslinger@ighsau.org

Tuesday, October 24

Regional Diving Warm-up Schedule will be posted on the IGHS AU website

Wednesday, October 26

Diving Sheets are due. Sheets must be emailed to the meet manager.

Swimming Online Entries are due. Team entries are to be submitted and declared using the online entry form. Coaches will be emailed psych sheets of their entries Wednesday evening. Coaches must e-mail [Jason Eslinger](#) to verify that they have received those psych sheets.

Thursday, October 27

3:00 p.m. – Pool Opens for divers to warm up as assigned

4:00 p.m. – Diving Sheets finalized

5:00 p.m. – Diving Competition begins

A tentative list of State Diving Qualifiers will be posted Thursday evening

Saturday, October 29

8:00 a.m. – Swimming Entries Final

10:00 a.m. – Coaches Meeting

10:30 a.m. – Pool open to swimming warm-ups as assigned

11:45 a.m. – Swimming competition begins

A tentative list of state qualifiers will be posted Saturday evening.

REGIONAL MEET INFORMATION

There will be four regional diving meets and six regional swim meets. Diving will be held on Thursday, October 26 and swimming will be held on Saturday, October 28 to qualify for the State Meet at the Marshalltown YMCA/YWCA on November 3-4, 2017

REGIONAL DIVING PROCEDURES

Regional diving meets will be held on Thursday, October 26. Regional diving will consist of four regionals. Each swimming regional winner automatically qualifies for the state meet (a total of six automatic qualifiers), plus the next 24 highest scoring divers (including ties) for a total of 30 state-qualifying divers.

Judging at the four meets will be as follows: A total of seven judges (three officials and two coaches per swim region selected by lot will comprise the judging panel. (Rule 9-6-4, the two high scores and the two low scores will be eliminated from the scoring procedure on each dive.) Schools competing in diving **must** have a coach available to judge in the regional competition. Awards will be distributed at the conclusion of the four regional diving meets. Points will be distributed by swimming region. In the event that more than 16 divers compete in a regional, the protocol for diving cuts outlined in Rule 9-4-4 & 9-4-5 (page 76 in the 2016-17 rule book) will be followed.

Regional warm-ups will begin at 3:00 p.m. with meet time commencing at 5:00 p.m. Diving warm-ups will be separated by the number of divers and proximity in two 40-minute increments, with the last 20 minutes to be an open warm-up (40-40-20, similar to the warm-up schedule utilized at the State Meet).

Regional diving entries will be due the Monday prior to the regional meet (swimming entries will still be due on the Wednesday before the regional meet) with a formal warm-up schedule issued by the IGHSAU that will be posted on the IGHSAU website and sent to the four diving meet managers. Regional host teams may have their team practice during warm-ups.

REGIONAL TICKET PRICES

Ticket prices during regional tournament play shall be \$6.00 for adults and students (K-12). Do not charge any child who is not yet in school.

IGHSAU Sponsored Event Ticket Policy

Effective with the 2017 regionals, the IGHSAU will only send roll tickets to schools serving as hosts who request them. ***You may now utilize your own roll tickets and avoid the return shipping costs of the IGHSAU roll tickets.*** Please keep in mind that you are still responsible for following the ticketing procedure as outlined below if you utilize your own roll tickets. If you wish to have IGHSAU tickets mailed to you, please contact Sherry Tegtmeier at the IGHSAU, 515-401-1839 or via email at sherry@ighsau.org.

IGHSAU Board policy requires member schools serving as hosts to:

- *Collect the money for the tickets sold;*
- *Tear ticket(s) off the roll in consecutive order and then tear the ticket(s) in half or have the person at the entrance door tear the ticket(s) in half and deposit them in a receptacle, there upon the spectator may enter the tournament venue.*

The proper handling of any cash demands a set of checks and balances to protect the schools, volunteers and employees against everything from unintentional errors of addition and subtraction to the potential of fraud. Many of our member schools have adopted these ticketing procedures and are currently utilizing it for non-athletic events and activities.

Please report to us the beginning and ending numbers of tickets you used for any particular tournament series (see enclosed reporting form for example). You will also find the appropriate form on our website under “Administrators” – “Forms” “Tournament Report Form”. Please print, complete and forward the tournament report form with the check after you have hosted **your last event for that tournament series.**

REMINDER: All gate receipts must be received in our office no later than 30 days from the Regional Final date. If we do not receive your gate receipts within this 30-day period, we will then notify the Athletic Director at your school and you may be in jeopardy of not receiving 20% of your gate.

PASS-OUT TICKETS

You are urged to avoid pass-out tickets. A good rule to follow is “if you’re in, you’re in and if you’re out, you’re out.” In the event that it is necessary to give pass-out tickets, it is suggested that a rubber stamp be used to mark the back of a person’s hand. In this event, it is necessary to change the type of stamp each tournament day.

LOCKER ASSIGNMENTS AND TOWELS

Swimmers will be assigned a section of individual lockers in the dressing rooms. Each swimmer should bring a towel and padlock for their locker.

OFFICIALS:

The IGHSAU will assign three officials for the Diving event on Thursday and three officials for the Swimming events on Saturday, all at the expense of the IGHSAU.

OFFICIAL ATTIRE

Officials working regional and state swimming and diving meets are required to wear a white shirt with khaki pants. White official shirts can be purchased through the Image Sport website (www.imagesport.com).

DIVING ENTRIES

Regional entries will be done online. With diving having four sites, coaches must enter their regional diving competitors via e-mail to Jason Eslinger at jasoneslinger@ighsau.org. Regional Diving Entries must be submitted by **4:00 p.m. Monday, October 23**.

SWIMMING ENTRIES

Each regional site will have a specific web page that head coaches will use to declare their entries online. Head coaches will be e-mailed their user name on Monday, October 16 to access the online entry page. Regional entries must be submitted online no later than 4:00 p.m. Wednesday, October 24.

REGIONAL & STATE TOURNAMENT DIVING SHEET

The electronic Excel diving sheet must be used and submitted for both the regional and state meets. The electronic form is available for download by going to the coaches' section in the IGHS AU website and then clicking on swimming and diving. The completed Diving Entry sheet (per Rule 9-3-5), must be in the hands of your Regional Meet Manager no later than 4:00 p.m., Wednesday, October 25. While a diving sheet needs to be sent to the host site Oct. 25, changes to the diving sheet can be made one hour before the start of the competition.

REGIONAL SWIMMING WARM-UP PROTOCOL DURING BREAKS

All regional sites must have one designated lane for relays and one for starts during the designated breaks.

COOL DOWN PROTOCOL

A cool down protocol has been established for swimmers during the regional meets. One minute of cool down will be provided at the end of each heat in each event at all regional meets (excluding the last heat of the 200-freestyle relay and the last heat of the 400-freestyle relay). Regional sites that have warm-up/cool down areas must have those areas closed during regional competition. ***In the event there is only one heat of the 200 and 400 freestyle relays, an additional THREE minutes should be allowed prior to the start of the relays.***

DO NOT MISS THESE IMPORTANT DEADLINES.

Due to the entry deadline of Wednesday, Oct. 25, any updates/changes to individual entries are to be declared by the team coach by 8:00 a.m. (Saturday). If you have changes contact the site manager via phone/e-mail. This includes verification and updating of entries. Relay cards should only declare personnel of the relay team and alternates. If a coach does not show up for the Coaches' Meeting, the diving and entry sheet will become official entries for the school at the Regional Meets.

Regional host Athletic Directors will be sent the seeded Hy-Tek regional meet file Friday morning. This format does not change the fact that coaches can make changes the day of the meet or prior to the meet.

ENTRY LIMITATION

Iowa Adaptation to Rule 3-1-1: Each school may enter three participants for individual events and one relay team for each relay event. **Rule 3-2-1:** Each individual swimmer may enter a maximum four events, no more than two of which may be individual events.

SEEDING

Times submitted on the entries will be used to seed the swimmers and relays. Diving order will be drawn by lot. Remember, only times gained in 25-yard pool meet competition may be used for seeding purposes. If a swimmer does not have a time in the event entered, she must be seeded with a "No Time". Individual times must be actual times achieved by those competitors in that event(s). Relay times must be actual times achieved in meet competition. Protests related to verification of seed times must be resolved by the 10:00 a.m. Coaches' Meeting. Verification will be done by QuikStats or official meet results. Penalty of the protest being upheld will be re-assignment of lanes and heats using "No Time".

Seed times should be rounded to a hundredth of a second by dropping off all thousandths. Example: 51.111 and 51.119 would be rounded to 51.11 as a seed time.

SCORING

Rule 7-1-3, points awarded on the basis of sixteen places.

AWARDS

Medals for first-sixth place finishers in both individual and relay events will be awarded. All regional team champions will receive a banner.

REGIONAL TIME SCHEDULE

Thursday, October 26 (Diving)

3:00 p.m. Pool opens for warm-up (divers only)

4:00 p.m. Diving sheets must be in

(coaches meeting on deck)

5:00 p.m. Regional Diving Competition

Saturday, October 28 (Swimming)

8:00 a.m. Entry Deadline (finalized) e-mail /phone the site manager with any changes prior to 8:00 a.m.

All entries are final at 8 a.m.

10:00 a.m. Coaches' meeting

10:30 a.m. Pool opens for swimmers (after coaches' meeting)

11:45 a.m. Pool closes

12:00 noon Regional Swimming Competition

ORDER OF EVENTS

All swimming events will be run as timed finals.

1. 200 Medley Relay
2. 200 Freestyle
3. 200 Individual Medley
4. 50 Freestyle
5. 20 Minute Break

6. 100 Butterfly
7. 100 Freestyle
8. 500 Freestyle
9. 200 Freestyle Relay
10. 15-minute break
11. 100 Backstroke
12. 100 Breaststroke
13. 400 Freestyle Relay

COACHES' MEETINGS

Matters to be decided at Diving Coaches' Meeting (Thursday): (1) select four of the coaches in your Regional to be diving judges (two coaches selected from each region, selected by lot) and (2) make all final changes on your diving sheets.

Matters to be decided at Swimming Coaches' Meeting (Saturday): (1) Scratch any swimmer that is ill or not competing if she is listed on the entry sheet and follow the rules on an ill competitor and note which alternate is taking her place if she is swimming in a relay, and (2) select Regional Coach of the Year and Senior Scholastic Achievement Recipients.

STATE MEET INFORMATION

The State Meet will be a two-day meet at the Marshalltown YMCA/YWCA on Friday and Saturday, November 3-4, 2017. Diving will be held Friday, November 3, commencing at 5:00 p.m. State Swimming events will begin at 12:00 (noon) on Saturday, November 4, and will be contested as timed finals.

TICKETS

Ticket prices for the two sessions will be as follows:

Diving Competition: Adults & Students – \$10.00

Swimming Finals: Adults & Students – \$10.00

New for 2017: Tickets for the State Swimming and Diving Meet will go on sale Monday, October 23. Tickets can be purchased electronically through your mobile devices by going the IGHSAU website and the GoFan website. More information regarding e-tickets will be available by checking the IGHSAU website.

LOCKER ASSIGNMENTS

There are designated locker rooms for the athletes to use throughout the meet. Athletes should bring their own towel and padlock for the locker.

SELECTION OF DIVING JUDGES

Diving judges will be State Meet officials selected by the IGHSAU. Seven judges will be used for this meet. (Rule 9-6-4, the two high scores and the two low scores will be eliminated from the scoring procedure on each dive.)

STATE MEET QUALIFIERS

A list of qualifiers together with heat and lane assignments for the State Meet will be posted on the IGHS AU website after the Regional Meet. Qualifications for the State Meet will be based on times and placement in Regional competition. The first place swimmers and relays from each Regional plus the next eighteen best performances from all Regional Meets will qualify for the State Swimming Meet. Regional Diving Champions (a total of six) plus the next highest scoring 24 divers qualify for the state diving meet (a total of 30 divers). Note: If a regional champion's time is not within the top 24 qualifying times, the top 24 qualifying times will advance along with the regional champion that does not have a top 24 time.

Forms that must be filed to the State Office no later than 4:00 p.m., Monday, October 30:

2017 State Swimming Competitors List: This form should contain only the names of the swimmers, divers, managers, and coaches that have officially qualified for the State Meet. This list will be used to let your swimmers into the competitive area without charge. All other team members not in the State Meet are to purchase a ticket.

IMPORTANT REMINDERS

** No substitutions in the individual events. Only athletes who qualify in individual events at the Regional Meets can swim in the individual events in the State Meet.

** Relay team personnel can change from the Regional Meet to the State Meet. Relay changes in the 200 Medley Relay should be made 10 minutes before the start of the meet; relay personnel changes in the 200 Freestyle relay must be made before the last heat of the 500 freestyle; and changes in relay personnel in the 400 Freestyle Relay must be made before the first heat of the 100 breaststroke.

** A competitor may withdraw from a preliminary event or final, including diving, with a declared false start. Notice must be given to the referee, or referee's designee by the swimmer, coach, or other personnel. The event still counts as an entry for the competitor. However, it does not disqualify the competitor from further competition or nullify previous performances. (Rule 3-2-3)

** Only swimmers and divers that have qualified for the State Meet, manager and coaches will be admitted to the State Meet free of charge. Again, only coaches employed by the school and those earning college credit for student teaching will be allowed on deck. This DOES NOT include Club and Volunteer coaches or managers. Schools who make passes available to non-school coaches or athletes in addition to their qualifiers and alternates risk forfeiture of team allowance.

HEAT & LANE ASSIGNMENTS:

Made in descending order of qualifying times in accordance with Rule 5-3-3 (eight-lane pool). Divers' order will be drawn by lot.

WARM-UP PROCEDURE DURING BREAKS AT THE STATE MEET:

Two lanes will be designated for relays and one lane for starts during the breaks at the State Meet.

SCORING

Rule 7-1-3, points awarded on the basis of sixteen places.

AWARDS

The champion of each event will receive an acrylic plaque. All other participants will receive medals. State swimming and diving participants placing 1st through 6th (those on the award stand) will receive medals with a neck ribbon. Seventh-through-16th place

(those awarded team points) will receive medals with their placing engraved on the back of the medal. 17th-through-24th place will receive a medal that states “participant” on the back the medal.

Diving awards will be presented immediately following diving competition Friday evening. If you only have divers, coaches please remember to pick up participation plaques on Friday evening.

The first six place finishers are to report to the awards staging area one event following their race to be presented with their awards. Competitors recognized on the awards stand must be dressed appropriately. This means warm-up or other school issued clothing must be worn over the suit. Competitors who do not fulfill this obligation will not be permitted on the awards stand. Medals and results may be picked up following conclusion of the meet. Team trophies will be presented at the end of the meet.

STATE SWIMMING & DIVING TIME SCHEDULE:

Friday, November 3

3:00 p.m. Pool opens for warm-up (Divers only)

4:00 p.m. Diving sheets must be in

5:00 p.m. State Diving Competition

Saturday, November 4

9:30 a.m. Coaches’ Meeting

10:00 a.m. Pool opens for swimmers (after coaches’ meeting)

11:45 a.m. Pool closes

12:00 (noon) Parade of Teams followed immediately with competition

PROGRAMS

Programs for the State Meet can be purchased at the State Meet. Team packets will not include programs.

STATE SWIMMING & DIVING MERCHANDISE:

Official State Swimming and Diving Meet merchandise may be purchased at the State Meet from Image Sport (www.imagesport.com)

ALL-AMERICAN

Due to the continued improvement of Iowa swimmers and divers, a number of competitors may qualify for High School All-American recognition. It is the coach’s responsibility to fill out the necessary forms and information to gain this recognition. If you need assistance, contact the State Office.

REMINDER TO COACHES

Regional records can only be set in Regional Meet competition and State records can only be established at the State Meet. The times used for Iowa Girls’ All-Time Top 20 Best Times will be those submitted for each year’s regular Top 20 best times and times obtained in either Regional or State competition.

HANDLING BODY FLUIDS: DURING THE CONTEST, CONTEST OFFICIALS’ LIMITS OF RESPONSIBILITIES

An examination of interscholastic sports rulebooks reveals there is little direction given officials regarding the handling of body fluids during a contest. Any mention that does exist is vague at best, and no rulebook outlines a protocol that officials are to follow. Therefore, the purpose of this document is to provide officials information regarding their responsibilities during a contest should an injury or illness occur which results in an athlete losing blood or vomiting in the competitive area.

In the event an athlete sustains an injury or becomes ill during a contest on the competitive surface or in close proximity such that the problem affects play or the continuation of the contest, IGHSAU officials shall take the following steps:

1. Stop the contest at the point the problem is recognized. The IGHSAU recognizes some rulebooks make specific statements about play interruption. All rulebooks have an “elastic clause” which allows an official to take whatever action may be required.
2. Do not administer first aid to any athlete except to comfort the athlete until those designated to administer first aid arrive.
3. Do not take part in handling blood, vomit, feces, pus or other body fluids.
4. Officials shall professionally monitor the situation as observers, keeping in mind the rules addressing interruptions, stoppage of play, starting play, and other specific rules that may apply.
5. Officials with qualified training shall avoid participating in first aid treatment except when there is absolutely no other alternative.
6. Uniform rule – If through injury or illness the uniform of a contestant becomes contaminated with body fluid, the official will disregard rulebook codification on penalties for changing the participant’s uniform.

The IGHSAU supports officials and coaches who are responding to a situation with the philosophy that the welfare of the injured player always comes first. We ask officials to be aware of their responsibilities and limitations as outlined above, with the understanding school personnel (coaches, trainers, etc.) are responsible to work directly with the injured or ill player

IOWA GIRLS’ HIGH SCHOOL ATHLETIC UNION’S POLICY ON THE PRESENCE OF BLOOD DURING ATHLETIC CONTESTS IN GRADES 7-12

1. Before competing, cover any open wounds.
2. When a contest official observes an athlete bleeding during competition, competition shall be stopped on completion of the play or action in progress. Injuries creating visible bleeding shall be treated as any other injury in that the injured athletes shall be removed from the contest for the length of time specified by that sport’s injury rule and given proper attention.

As a point of reference, the specific injury rules for basketball, softball and volleyball are:

- a. Basketball – A player who is injured to the extent that the coach or any other bench personnel comes onto the court shall leave the game and may not return until the first opportunity for such player to return.
- b. Softball – Time shall be called when a player is injured and the appearance of blood is observed. Bench personnel will be allowed to spend reasonable time to cover and clean the wound before requesting a substitute. The pitching hand by rule may not be covered in part or whole by any substance. If the pitcher has an open wound on the hand that produces blood, she must be removed as pitcher until the problem is solved.
- c. Volleyball – Time shall be called when a player is injured and the appearance of blood is observed. Bench personnel will be allowed to spend reasonable time to cover and clean the wound before requesting a substitute. A participant shall not continue competition until the bleeding is controlled and the wound covered.

For those sports not having a specific injury rule, the official shall allow sideline personnel to attend to the bleeding athlete for a reasonable amount of time before requesting a substitute. An athlete shall not continue competition unless the bleeding is

controlled and the wound is covered. Any athlete who has left the contest due to bleeding shall not re-enter the contest until the bleeding has been controlled and the wound covered.

3. When a contest official observes an excessive amount of blood on a participant or their uniform that participant shall leave the contest for the length of time specified by the sport's injury rule and the blood shall be wiped from the participant and/or their uniform. If a team does not wish to remove the player from the game, one of its charged time outs may be used during which time the blood shall be wiped from the contestant. If the blood appears immediately prior to a quarter, halftime, or overtime intermission, sideline personnel may use such intermission to wipe the blood from the contestant. For those sports not having a specific injury rule, the official shall allow sideline personnel to wipe the blood off the athlete and play shall be resumed. An excessive amount of blood is that amount which could be easily transferred from one athlete to another.

4. Any time a contest is stopped due to blood being present, any washable surfaces (i.e. gym floor, pool deck, equipment) contaminated with blood shall be properly cleaned using OSHA accepted standards and procedures before competition resumes.

5. Athletes should render first-aid to themselves or first-aid shall be administered by sideline personnel, not by contest officials.

6. The risk of contracting the AIDS virus as a contest official or participant is minimal. There are no documented cases of AIDS being transmitted through athletic participation.

CONCUSSIONS

Due to the increased focus on minimizing the risk for athletes exhibiting signs, symptoms and behaviors of a concussion, the National Federation of State High School Associations (NFHS) has placed the following language in all sports rule books beginning in 2010-11.

“An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness confusion, or balance problems) shall be immediately removed from the contest and shall not return to play (that day) until cleared by an appropriate health-care professional.”

NFHS SUGGESTED CONCUSSION MANAGEMENT

1. No athlete should return to participation (RTP) on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

The following protocol is intended to implement the NFHS concussion rule in Iowa and minimize the risk of any athlete who is exhibiting signs, symptoms and behaviors of a concussion.

* Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and appropriate health-care professionals.

The IGHSAU will provide a variety of educational materials developed by organizations knowledgeable about concussions to help the above individuals

- recognize the signs, symptoms and behaviors of a possible concussion,
- appropriately manage concussions

* Removing an injured athlete from competition and deciding whether he or she has sustained a concussion.

The contest officials' responsibility is to recognize an athlete may have an injury and remove him or her from the contest. Once they have removed the athlete from the contest the officials' responsibility for the athlete's safety is over and the athlete is in the care of the school's coach(es) and any appropriate health-care professional(s) the school designates to provide care.

If an athlete is exhibiting signs, symptoms and behaviors consistent with a concussion she or he shall not return to competition for the remainder of that day until cleared by an appropriate health-care professional. If an appropriate health-care professional is not available, the athlete shall not return to competition the remainder of the day.

NOTE 1: Each local school needs to determine who (either individually or by group) they consider to be appropriate health-care professional(s) qualified to decide if an athlete exhibiting signs, symptoms and behaviors of a concussion may return to competition on the same day the injury occurred. Schools may develop a formal process for return to competition on the day of injury, including requirements for written clearance by the appropriate health-care professional(s) the school has designated. Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions.

The athlete's parents/guardians should be contacted regarding the athlete's injury and it should be recommended an appropriate health-care provider evaluates the athlete before he or she returns to any type of practice and/or competition.

Return to participation (practice and competition) protocol should be followed as determined by an appropriate health-care professional before allowing an athlete who has been concussed to return to any kind of participation (practice and/or competition).

Note 2: Each local school needs to determine who (either individually or by group) they consider to be the appropriate health-care professional(s) qualified to release a concussed athlete to any kind of participation (practice and/or competition). Schools may develop a formal process for return to participation following concussion, including requirements for written clearance by the appropriate health-care professional(s) the school has designated. Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions.

In cases where the IGHS AU have designated an appropriate health-care professional for their sponsored events/tournaments, the decision of that health-care professional regarding an athlete who is exhibiting signs, symptoms and behaviors consistent with a concussion returning to competition at any time during those events/tournaments shall not be overruled.