

2020 Regional Swimming and Diving Manual

IGHSAU WEBSITE

All tournament information, including a copy of this manual, tournament site information and other pertinent information can be found on the IGHSAU website in the Swimming & Diving Coaches and Administrators section.

RULES OF PLAY

National Federation Swimming and Diving Rules with Iowa Adaptations will be utilized for regional and state swimming and diving meets. Regional times and locations are released by the IGHSAU and will be available on the IGHSAU website.

COVID-19 GUIDELINES

During regional swimming and diving meets, teams will continue to implement the same guidelines utilized during the regular season for social distancing, hygiene and sanitizing. There are no changes for the officials and protocols related to meet administration.

If an entire team or a member(s) of a team has been quarantined and the quarantine will not expire until after regional meets, the IGHSAU will not delay the beginning of the post season and the team unavailable to participate will not be eligible for the state meet.

REGIONAL MEET INFORMATION

There will be five regional diving meets and seven regional swim meets. Diving will be held on Thursday, November 5 and swimming will be held on Saturday, November 7 to qualify for the State Meet at the Marshalltown YMCA/YWCA on November 13-14, 2020.

SPECTATORS

Due to COVID-19, spectators are prohibited from attending the regional swimming and diving meets.

HOSTING GUIDELINES/REQUIREMENTS

Host schools are allowed to operate concession stands if they are properly inspected and licensed.

Host schools should inform visiting teams of any policies and procedures unique to the facility (i.e. fans required to wear face coverings). The IGHSAU strongly encourages each visiting team school to provide an administrator/supervisor during the post season to help the host in emphasizing social distance policies and administration of the contest.

TOURNAMENT MANAGERS

Please become familiar with tournament administration policies and procedures when hosting regional games for the IGHSAU. Do not postpone or reschedule any regional meets without first contacting the IGHSAU. If your school is selected as a regional meet site, it is the responsibility of the tournament manager to contact all schools that will be swimming at your site.

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:

-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.

-Swimmers shall enter the water feet-first except for starts, which are limited to specific lanes.

-Specify Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.

-Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.

-Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).

-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.)

-May specify lanes for relay practice during the last 15 minutes of the warm-up.

-Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.

-Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

-Swimmers shall not swim in the area where the diving warm up is occurring.

-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 28

Swimming & Diving Meet Entry Links Posted Online

Monday, November 2

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

Tuesday, November 3

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

Wednesday, November 4

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

Swimming Online Entries are due at 4:00 p.m. Team entries are to be submitted and declared using the online entry form. Please note: Psych sheet will NOT be e-mailed to coaches this year.

Hy-Tek Files will be sent to regional diving sites

Thursday, November 5

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.

Friday, November 6

Regional Hy-Tek meet file will be sent to regional swim sites with diving results scored.

Saturday, November 7

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

Noon – Swimming competition begins

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

ALCOHOL AND TOBACCO POLICY

No alcohol or tobacco is to be sold or consumed on the grounds of any state tournament venue leased or provided to the IGHSAU for the purpose of conducting a State Championship. Section 123.46 of the Iowa Code States: A person shall not possess or consume alcoholic liquors, wine or beer on public school property or while attending a public or private school-related function. A person shall not be intoxicated or simulate intoxication in a public place. A person violating this subsection is guilty of a simple misdemeanor.

PETS/ANIMALS PROHIBITED

No pets are permitted at events sanctioned by the IGHSAU or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

PRESS ACCOMMODATIONS

All press outlets have been advised to directly contact the tournament manager of a site from which they wish to cover regional meets.

Radio stations and newspapers are not obligated to inquire through the IGHSAU nor is the tournament manager obligated to acquire sanction from the IGHSAU for regional tournament coverage.

Television stations are not obligated to acquire sanction from the IGHSAU to tape highlights or to tape a game for 24-hour or more delayed rebroadcast.

LIVE STREAMING OF REGIONAL SWIMMING & DIVING MEETS

Media outlets and interested schools or individuals may apply to the IGHSAU regarding video broadcasting access at regional swimming meets events while following procedures required for access. Applications to live stream swimming and diving regionals can be found on the IGHSAU website can be found by clicking [here](#).

CHARITABLE SOLICITATIONS

No fundraising, solicitations, etc. will be permitted within the softball complex. All raffles, bake sales, booster club sales, etc. must take place outside the complex at IGHSAU-sponsored tournament games.

MUSICAL ENTERTAINMENT

Presentation of the National Anthem may be made before the start of regional meets. Any live presentation of the Anthem involving more than twelve individuals requires prior IGHSAU approval. When the National Anthem is played, students, participants, and spectators should stand at attention, face the flag, and remove caps/hats. The IGHSAU recommends presenting the flag and playing the Star-Spangled Banner.

Music may be played between event during the meet. Administrators should review the music in order to determine its appropriateness for the venue, i.e. language, profanity, etc. Host schools are responsible for securing the appropriate copyright license for music played at IGHSAU regionals.

The starter may order the music turned down or off if the music is inappropriate or is interfering with the orderly administration of the meet.

OFFICIAL PROGRAMS FOR TOURNAMENTS

A host school may furnish the official programs for its tournament either on a gratis or sales basis and may retain any profits derived from the sale thereof. Please contact the opponent's school administration prior to soliciting advertisements from that community's businesses.

REGIONAL DIVING PROCEDURES

Regional diving meets will be held on Thursday, November 5. Regional diving will consist of five regionals. Each swimming regional winner automatically qualifies for the state meet (a total of seven automatic qualifiers), plus the next 25 highest scoring divers (including ties) for a total of 32 state-qualifying divers.

Judging at the five meets will be as follows: A total of seven judges (three officials and four coaches selected by lot will comprise the judging panel. (For meets hosting two regional meets, three officials and two coaches from each region will judge) (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 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 81 in the 2018-2019 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 five diving meet managers. Regional host teams may have their team practice during warm-up.

Diving Entries: In the interest of safety, all divers must have an 11-dive score to enter the regional diving meets. This score must be verified on QuikStats. If a diver has not competed in an 11-dive meet, but wishes to enter the regional diving meet, contact Jason Eslinger (jasoneslinger@ighsau.org) before the regional diving deadline.

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.

DIVING ENTRIES

Regional entries will be done online. With diving having five 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, Nov. 2.

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 26 to access the online entry page. Regional entries must be submitted online no later than 4:00 p.m. Wednesday, November 4. Failure to meet this deadline will result in swimmers not competing in the regional meet.

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 and administrators section in the IGHSAU 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, November 4. While a diving sheet needs to be sent to the host site on November 4, 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

Prior to the meet, each school will be assigned a lane (smaller squads may share a lane with another school). There will be a five-minute cool down period at the conclusion of each event. After all of the heats of a regional event have concluded, all swimmers will be allowed in the main competition pool to cool down in the main pool. Regional sites that have cool down facilities may utilize those areas during the five-minute break period.

DO NOT MISS THESE IMPORTANT DEADLINES.

Due to the entry deadline of Wednesday, November 4, any updates/changes to individual entries are to be declared by the team coach by 8:00 a.m. (Saturday). These updates are intended to allow teams to make wholesale changes. It does allow the coach to make changes if swimmers withdraw due to injury, illness or another school administrator's verified excuse. 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.

"TICKET PUNCHED" BANNERS

Regional site managers will receive "Ticket Punched" banners. These banners will be given during the awards ceremony to the regional champion. The four swimmers on the regional champion relay team will also receive banners. We encourage regional champions to take photos and send them to the IGHS AU so we can recognize them on the IGHS AU's social media platforms. NOTE: Schools hosting more than one regional diving meet will receive a Ticket Punched banner for both regional diving champions.

REGIONAL TIME SCHEDULE

Thursday, November 5 (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, November 7 (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.

200 Medley Relay

200 Freestyle

200 Individual Medley

50 Freestyle

20 Minute Break

100 Butterfly

100 Freestyle

500 Freestyle

200 Freestyle Relay

15-minute break

100 Backstroke

100 Breaststroke

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 in meets hosting two regional diving meets), 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

SPECTATORS

All spectators at IGHSAU-sponsored tournaments shall wear shoes. Decorative masks which are non-COVID-19 face coverings are not permitted.

Regional swimming and diving meets are held as part of the educational environment. The Board of Directors of the Iowa Girls' High School Athletic Union has adopted the following policies. It is the expectation that the host school enforces these rules regarding unacceptable behavior:

Any of the following actions will result in ejection of the offender from the premises:

-Disrespectful conduct, including verbal or written profanity, obscene gestures or comments, offensive remarks or signs of a sexual nature, or other vulgar actions that demean individuals or the event.

-Throwing articles onto the contest area.

-Entering the contest area in protest or celebration.

-Physical confrontation involving contest officials, coaches/directors, contestants, or spectators.

-Spectator interference with the event.

-Use of laser light pens.

-Use of artificial signs, banners, and noisemakers (air horns, cowbells, keys, thunder sticks, megaphones, etc.) is prohibited. (First offense = Warning. Subsequent offense = Ejection.)

-Please notify the IGHSAU if any spectator is ejected from the facility, including the name of the spectator.

-A procedure has been established to assist officials and administrators when spectator conduct becomes a problem.

The administrator in charge for the evening shall meet with the officials when they arrive on-site 60 minutes prior to scheduled game time. The administrator should identify his/her location during the meet so officials know where to locate the administrator if the need arises.

If a problem arises during the meet, officials shall stop play, notify the administrator in charge of the problem, and determine a remedy to the problem. The remedy may include requesting supervision of the troublemaker, direct confrontation of the troublemaker by the administrator, or removal of the troublemaker from the premises. The meet will not restart until the administration complies with the remedy ordered by the official.

Host game management is responsible for every spectator, regardless of which school the spectator supports. At no time are officials to address spectators directly. Any necessary communication with spectators shall be done by the administrator in charge.

STATE MEET QUALIFIERS

Qualifying Standard: A regular season qualifying standard is set in each individual swimming event. The time standard is the average of the 16th place time (the last scoring position) from the last five State Swimming and Diving Meets in each event. Swimmers can qualify for the state meet if this standard is achieved at an official IGHSAU-sanctioned meet in a fully-automatic timed (FAT) yard pool in the regular season. All times must be verified in QuikStats. Times from lead-off legs in relays are eligible as long as the time is a FAT time.

Regional Meet: The regional meet still plays an important role in qualifying for the State Meet. Coaches will still need to enter swimmers and divers into the regional meet regardless if the swimmers have met the qualifying standard. Swimmers must be entered in the regional meet to compete at the State Meet. Athletes must compete and legally finish in the event at regionals to qualify for State. If a swimmer is disqualified at the regional meet or does not finish the regional event, they will not be allowed to compete in that event at the State Meet even if they had achieved the qualifying standard during the regular season.

The field of 32 State qualifiers consists of all swimmers that have met qualifying standard and competes in that event at the regional meet. The rest of the qualifying field will be filled from the next fastest regional times from swimmers that did not meet the State standard during the regular season. Regional champions from each event are auto qualifiers for the State Meet regardless of time.

Relays: There are no qualifying standards in the relay events. Regional champions, plus the next fastest 26 times, will qualify for the State Meet. Relays will be a four-heat, timed final on the Saturday session of the State Meet.

Diving: Regional champions, plus the next 25 best diving performances, qualify for the state meet.

Regional/State FAQ's:

Question 1: Team A has four girls that have reached the qualifying standard for the 50 freestyle during the regular season. Can all four girls compete in the 50 freestyle at the state meet?

Answer: No. The school is allowed three entries in each regional event and all three swimmers must be entered into the regional meet in the 50 free and successfully start and finish the race to compete in the State Swimming Prelim Meet the following week.

Question 2: Mera reaches the qualifying standard in three individual events during the regular season; the 50 free, 100 free and 200 free. Her coach enters her in the 50 free and 100 free for the regional meet. At the regional meet, Mera false starts in the 50 free and is disqualified. Can Mera compete in the 200 freestyle since she reached the qualifying standard during the regular season?

Answer: No. Mera was not entered in the 200 freestyle at the regional meet and did not swim in the 200 freestyle at the regional meet. She must be entered and legally finish to compete at next week's state meet. Also, Mera does not qualify for the 50 free since she was disqualified in the regional event.

Question 3: Mallory competes in the regional meet and is the regional champion despite not reaching the state qualifying time standard all year. Does Mallory still qualify for the State Meet?

Answer: Yes. All regional champions, regardless of time, qualify for the State Meet. At the completion of the regional meet, the entries that have achieved the qualifying time standard and successfully competed in the regional meet are automatic qualifiers. If there are not 32 swimmers that have reached the qualifying standard, the next fastest times to 32 from the regional meet will be used to fill out the field of 32 (just like in state qualifying meets). If the field of state qualifiers surpasses 32 swimmers, extra preliminary heats will be added.

Question 4: Mary enters regionals in the 50 and 200 freestyle. She also swims the lead-off legs in the 200 & 400 freestyle relays. Mary does not make the qualifying standard in the 200 freestyle and is not among the top 32 swimmers. She false starts in the 50 freestyle and is disqualified. On the relays, she swims lead-off times in the 50 and 100 that are fast enough to qualify for the state meet. Can Mary compete as an individual in the 50 or 100 free since she did not qualify in the 200 and 50 free individual events?

Answer: No. A swimmer must be entered in the individual event at regionals to qualify for that event at the State Meet. A relay lead-off swim on a relay during the regular season can count towards a qualifying time, but no relay lead-off swim will count for entry in an individual event into the state meet from regionals.

Question 5: Diane qualifies for state in two individual events. After the Friday preliminaries, Diane does not qualify for the finals in one event. Can Diane compete in three relays during Saturday finals?

Answer: No. Diane has competed in two of her four events. She can participate on two relays – not three.

Lightning or Thunder Disturbances At Your Regional Meet: The IGSAU will follow the NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances (Page 110 in the 2020-21 NFHS Swimming and Diving Rule Book).

When thunder is heard or lightning is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes.

30 minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed prior to resuming play.

Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

STATE MEET INFORMATION

The State Swimming and Diving Meet is a two-day prelim/final meet at the Marshalltown YMCA/YWCA November 13-14, 2020. **Due to COVID-19, Spectators will be prohibited from attending the 2020 State Swimming and Diving Meet.**

State Swimming & Diving Meet Time Schedule

Friday, November 13

11:00 a.m. State Diving Meet

5:00 p.m. Swimming Preliminary Meet

Saturday, November 14

12:00 p.m. State Swimming Finals

Swimming finals in individual events will consist of two heats: a consolation heat (places 9-16) and a finals heat (places 1-8). All relays will be four heats of timed finals.

TICKETS

There are three sessions for the 2020 State Swimming & Diving Meet.

Friday, November 13

11:00 a.m. State Diving Meet

5:00 p.m. Swimming Preliminaries

Saturday, November 14

Noon Swimming Finals

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, IGHS AU officials shall take the following steps:

Stop the contest at the point the problem is recognized. The IGHS AU 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.

Do not administer first aid to any athlete except to comfort the athlete until those designated to administer first aid arrive. Do not take part in handling blood, vomit, feces, pus or other body fluids.

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.

Officials with qualified training shall avoid participating in first aid treatment except when there is absolutely no other alternative.

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 IGHS AU 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

IGHS AU’S POLICY ON THE PRESENCE OF BLOOD DURING ATHLETIC CONTESTS IN GRADES 7-12

Before competing, cover any open wounds.

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.

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.

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.

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

No athlete should return to participation (RTP) on the same day of a concussion.

Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.

Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.

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.