

2018-19 IESA BOYS AND GIRLS BASKETBALL

CHANGES AND REMINDERS

- ◆ Please make sure that your uniforms are in compliance with all NFHS rules. This information may be found on the IESA website. Also review the specifications for player equipment (undershirts, headbands, compression sleeves, etc.). Information is available on the IESA website and in the NFHS Basketball Rulebook.
- ◆ **NEW:** For both boys and girls basketball, the game limitation has been raised from **22** games to **24** games for the **2018-2019** season.
- ◆ **NEW:** A school that fails to enter their roster and/or record will not be able to rank the other schools in their regional, but the other teams in the regional can rank them.
- ◆ **NEW:** You are required to enter your initial season schedule by the date that games can begin, **September 8th** for girls and **October 27th** for boys.
- ◆ **NEW:** IESA Pass cards are intended to be used by the school administration (superintendent, principal, assistant principal, athletic director). School administrators who wish to have a guest accompany them at the state finals must present the IESA pass card at the ticket gate to allow the guest free entry.
- ◆ The seed information submitted by all teams participating in a given regional will be available for viewing within each school's Entry Center after the completed brackets have been posted.
- ◆ There is a deadline for roster changes. Roster changes may not be made after the Roster Closed Deadline listed for a given class.
- ◆ The scorer and timer for all regular season and state series games must be at least 16 years of age.
- ◆ THE MUTUAL AGREEMENT OF COACHES MAY **NOT** SET ASIDE ANY IESA OR NFHS RULES.
- ◆ **The Basketball Advisory Committee recommends that coaches appear at all state series contests- regional, sectional, and state- in appropriate attire.**

Information available online

- * Regional Assignments
- * Terms and Conditions
- * Regional Entry Forms
- * Online seeding steps
- * Member School Directory
- * Special Report Forms
- * Rating of Contest Officials- **Regular Season and State Series**

Keep in mind:

- * A grade check must be conducted each week for all participants. Students must be passing EACH subject EACH week to be eligible.
- * As a reminder, all members of a school's athletic coaching staff that do not hold a valid teaching certificate must have successfully completed a coaching education program **prior to the season.**

IESA POINTS OF EMPHASIS

- **SPECIAL NOTE:** Per NFHS rule 5-5-1, half-time periods for all basketball contests are **10 minutes in length**. Please make sure that your bench crew is aware of this requirement. In addition, quarters are 6 minutes in length and overtime periods are 3 minutes in length.
 - As a reminder, head coaches and captains are required to participate in a pre-game conference prior to all contests.
 - Please make sure that you are entering all of your roster and record information **accurately and completely**. This information is critical for the schools within your regional to make accurate seed decisions.
 - Cell phones should not be used at the scorer's table.
 - Overtime periods are considered to be an extension of the fourth quarter. If a player participates in the fourth quarter and the overtime period, the overtime period would not count as an additional quarter played. However, if a player did not participate in the fourth quarter but did participate in the overtime period, the overtime period would count as a quarter played.
- Changes may be made to your Regional Entry Form up until the Roster Closed deadline. After the deadline, no changes or additions may be made to your Regional Entry Form. **Please make sure that your roster is accurate and that a player is not left off the roster by mistake.**
- Make sure that your teams have participated in **a minimum** of three (3) interscholastic contests prior to the Online Roster and Record deadline.
 - **It is recommended that all teams keep a book for home and away games.**
 - Head coaches should carry the NFHS Basketball Rulebook with them to all contests. A rulebook was sent with your initial basketball mailing.

COMMUNICATION WITH OFFICIALS

Establishing a good working relationship with contest officials is an important component of a head coach's duties. Here are some suggestions for creating and maintaining a good working environment:

- **Keep a respectful tone.** The tone of all conversations between head coaches and officials should be professional and respectful. Both parties should avoid yelling, complaining and sarcasm when addressing situations.
- **Officials explain calls, not rules.** Officials should not be asked to explain a rule, but rather explain their interpretation of the call. Addressing the official in a respectful manner at a suitable stoppage in play for an explanation is certainly appropriate.
- **Be mindful of your body language.** Maintaining professional body language is important in communicating the right message to everyone-players, officials and fans. Being in control of verbal and non-verbal communication ensures that the contest remains a positive teaching and learning experience.

CHANGES TO THE INDIVIDUAL PLAYER LIMITATIONS

The IESA Board of Directors approved a change to the Individual Player Limitations beginning with the 2014-15 school year.

“For all regular season contests and tournaments, students shall be limited to a maximum of 8 quarters per day. Participation in a quarter shall mean that a student actually competes (regardless of the length of time) in the quarter.”

The increase in the per day allowance was meant to provide more flexibility to schools with regard to their use of personnel. Schools may certainly implement a local rule limiting the number of quarters 7th grade students may play in a day.

Coaches should count all quarters played toward the individual's total for the day and the season- “B” squad games, 5th/6th grade games conducted during the season, etc. Please remember that neither a 7th grader nor an 8th grader may play on a team below their grade level.

Possible situations:

My school has a regular season 8th grade game scheduled against Team X in the morning. We have another separate 8th grade game against Team Y in the afternoon.

How many quarters do my players have available for these games?

- Students have a maximum of 8 quarters to use for the day.

My team has a 7th grade game and an 8th grade game scheduled on the same night. How many quarters may my 7th grade students participate in?

- Students have a maximum of 8 quarters to use for the day. Please keep in mind that 8th grade students may not compete on 7th grade teams.

My team has a 7th grade tournament game and an 8th grade regular season game schedule on the same day. How many quarters may my 7th grade students participate in?

- Students have a maximum of 8 quarter to use for the day. Please keep in mind that 8th grade students may not compete on 7th grade teams.

GUIDELINES FOR SPECIAL INITIATIVE/AWARENESS CONTESTS

The Board of Directors passed guidelines for special initiative/awareness contests (i.e. breast cancer, flood relief, tornado relief, etc.).

Guidelines:

- ◆ Uniform color must be legal under NFHS rules. Example: Breast cancer awareness pink uniforms
- ◆ Initiative/awareness color specific headbands/wristbands are allowed (i.e. pink headbands). Note that all team members must be uniform in color with regard to headbands/wristbands.
- ◆ Other items that may be color specific for initiative/awareness: socks, shoelaces, shooting shirts, shoes.



Please review the special initiative

NFHS RULES REVISIONS

1-12-1c New The basketball shall have a deeply-pebbled, granulated surface, with horizontally shaped panels bonded tightly to the rubber carcass.

9-9-1 New A player shall not be the first to touch the ball after it has been in team control in the frontcourt, if he/she or a teammate last touched or was touched by the ball in the frontcourt before it went to the back court. EXCEPTION: Any player located in the backcourt may recover a ball deflected from the frontcourt by the defense.

NFHS POINTS OF EMPHASIS

A complete explanation of the NFHS Points of Emphasis may be found at the following link:

<http://www.nfhs.org/sports-resource-content/basketball-points-of-emphasis-2018-19/>

1. Concussion recognition and management
2. Uniforms and apparel
3. Establishing pivot foot and traveling
4. Guarding/block/charge/verticality
5. Traveling
6. Loose ball recovery

NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION

Concussions are a common problem in sports and have the potential for serious complications if not managed correctly.

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

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

COMMON SYMPTOMS OF CONCUSSION INCLUDE:

- ⇒ Headache
- ⇒ Fogginess
- ⇒ Difficulty concentrating
- ⇒ Difficulty with memory
- ⇒ Nausea
- ⇒ Lack of energy, tiredness
- ⇒ Dizziness, poor balance
- ⇒ Blurred vision
- ⇒ Sensitive to light and sounds
- ⇒ Mood changes-irritable, anxious, or tearful

CONCUSSION MANAGEMENT:

1. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
2. If it is confirmed by the school’s approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
3. In cases when the athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e. concussion), the athlete may not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

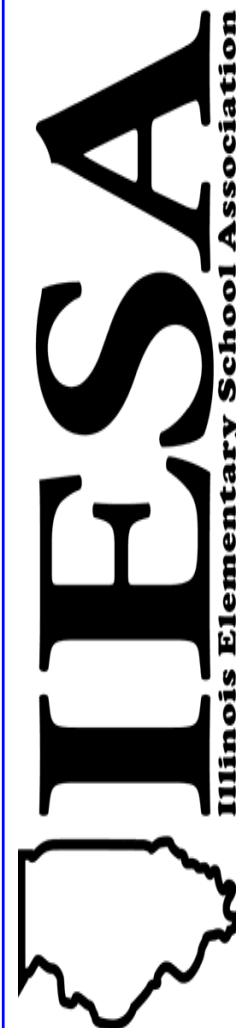
Concussion resources may be found on the IESA website.

♦ **The penalty for a coach ejection was increased 2 years ago:** A coach ejected from a contest will be ineligible for the next two contests at that level of competition and all other contests at any level in the interim. A

coach ejected for a second time during the school year will be ineligible for the next five contests at that level of competition and all other contests at any level in the interim.

As a reminder

If a coach or player are ejected from a contest, the penalty must be served immediately. The individual may not continue coaching/playing until the penalty is served.



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Girls Basketball

Practiced May Begin: August 27th

Games May Begin: Sept. 8th

Initial Season Schedule Due: Sept. 8th

7th Online Roster & Record Deadline: Nov. 6

7th Online Ranking: Nov. 8

7th Roster Closed Deadline: Nov. 16

7th Regional: Nov 17, 19-21

7th Sectional: Nov. 28

7th State: Dec.1, 6

8th Online Roster and Record Deadline: Nov. 13

8th Online Ranking: Nov. 15

8th Roster Closed Deadline: Nov. 26

8th Regional: Nov. 26, 27, 29, 30

8th Sectional: Dec. 5

8th State: Dec. 8, 13

Season Must End: Dec. 22

Boys Basketball Dates:

Practice May Begin: Oct. 15

Games May Begin: Oct. 27

Initial Season Schedule Due: Oct. 27

7th Online Roster & Record Deadline: Jan. 8

7th Online Ranking: Jan. 10

7th Roster Closed Deadline: Jan. 18

7th Regional: Jan. 19, 21-24

7th Sectional: Jan. 30

7th State: Feb. 2, 7

8th Online Roster & Record Deadline: Jan. 15

8th Online Ranking: Jan 17

8th Roster Closed Deadline: Jan. 25

8th Regional: Jan. 26, 28, 29, 31

8th Sectional: Feb. 6

8th State: Feb. 9, 14

IESA EXCEPTIONS TO NFHS RULES

1. The smaller basketball has been adopted for IESA girls state tournament play.
2. Undergarments shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length. **NOTE:** This exception removes logo restrictions with regard to the undershirt. At the IESA level, undergarments that have more than one logo and/or the logo size exceeds what is allowed by NFHS rule, shall be legal.
3. Host schools shall provide a black and white striped garment to be worn by the official scorer for all games as required by NFHS rule.
4. All games shall consist of 6 minute quarters. Overtime periods shall be 3 minutes. Member schools may play away basketball games with 7 minute quarters with member schools of the SIJHSAA.
5. The Association has adopted a "mercy" rule for all regular season contests, tournaments and the IESA state series (regional, sectional, state).
6. **Shorts may be rolled for the purpose of allowing a better fitting uniform. Strings must be tucked in to the shorts/pants/skirt.**
7. The official scorer and timer for all regular season and state series games must be at least 16 yrs. of age.