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## FEBRUARY NEWSLETTER



Photo from the 2024 IHSA Boys Swimming & Diving State Finals courtesy of Visual Image Photography - VIP

### Upcoming Dates

- February 14**  
[All-State Academic Team Applications Due](#)  
Team Chess State Finals Begin
- February 17**  
Boys Swimming & Diving List of Participants Due
- February 18**  
Spring Rules Presentations Available for Credit
- February 20-21**  
Boys Individual Wrestling State Finals Begin  
Girls Bowling State Finals Begin  
Girls Gymnastics State Finals Begin  
Speech State Finals Begin
- February 25**  
Competitive Dance Advisory Committee Meeting
- February 26**  
Girls Gymnastics Advisory Committee Meeting
- February 28**  
Boys Swimming & Diving State Finals Begin  
Dual Team Wrestling State Finals Begin  
Girls Wrestling State Finals Begin
- March 1**  
Drama: Short Film & Musical Review Due
- March 3**  
Season Begins for Girls Badminton, Baseball,  
Boys/Girls Lacrosse, Girls Soccer, Softball,  
Boys Tennis, Boys/Girls Water Polo
- March 5**  
Competitive Cheer Advisory Committee Meeting
- March 6**  
Girls Basketball State Finals Begin
- March 8**  
Solo & Ensemble State Finals
- March 10**  
Drama: Contest Play & Group Interpretation List of  
Participants Due  
Season Begins for Boys Volleyball  
Boys/Girls Water Polo Contests May Begin
- March 12**  
Boys/Girls Wrestling Advisory Committee Meeting
- March 13**  
Boys Basketball State Finals Begin
- March 14**  
Music Organization Entries Due  
Unified Basketball State Finals Begin
- March 15**  
Wheelchair Basketball State Finals  
Board of Directors Meeting

### From the Executive Director - New By-laws Implemented

As we prepare for the spring season, the amendment to IHSA By-law 2.080 has been passed and is implemented now as the proposal was set to go into effect 30 days after passing.

One of the requirements of this amended by-law has the IHSA sharing a list of officials across all sports who have had a lapse in their license and cannot officiate. As officials will be licensing and completing licensing requirements in advance of the start of the spring season, this list will be fluid and updated daily.

The link will be available in the Schools Center under the **Officials and Body Fat Testers** tab. The link **Officials with Lapsed Licenses** at the top of the page will take you to this list. Officials are listed in alphabetical order by sport. Lapsed officials are not licensed to work contests at any level of play.

In preparation for summer contact days being reduced to 20 days, many questions have been asked about the section of IHSA By-law 3.150 that permits unlimited days of strength and conditioning activities during the summer. During these days coaches will be limited to activities that do not involve the skills of their sport. For cross country and track and field coaches, this would mean limiting their activities to strength training without instructing on running technique, distances to run, or specific field event technique. While student-athletes may engage in those activities on their own, coaches would be limited from instructing when not using a summer contact day.

Best of luck to your winter sport teams as they finish up their seasons!

Thank you. 

### Learn More About the IHSA Foundation

For many years the Illinois High School Activities Foundation (IHSAF) has supported the IHSA's student recognition programs. The IHSAF's primary fundraiser continues to be an annual golf outing. In June of 2025, the IHSAF will host its 29th annual golf outing which is dedicated to supporting the Foundation's goals.

#### Foundation Goals

The IHSAF was established to raise funds to support the students within the State of Illinois who participate in high school athletics and activities as members of the Illinois High School Association (IHSA).

#### The Foundation supports:

- Student-athletes who are in need of financial assistance in order to pursue higher education with the intent to serve as teachers, coaches, and/or officials
- Leadership and diversity events such as the IHSA All-State banquet and IHSA student leadership team efforts
- The growth and expansion of official licensure and retention to sustain opportunities for athletics and activities for Illinois students

The IHSAF is kicking off its 2025 fund raising campaign and hopes the IHSA membership will help spread the word as to how those who believe in the IHSA's Mission can support the next generation of educators, coaches, and officials. For more information about the IHSAF and how you can support the Foundation's programs, please click on this [link](#).



## All-State Academic Team

[Nomination forms for the 2025 IHSA All-State Academic Team](#) are being accepted through February 14th. Each school may nominate one female and one male student. Students must have a minimum GPA of 3.50 on a 4.0 scale after their 7th semester and must have participated in at least two IHSA-sponsored activities during each of the last two years. [Click here for complete details and instructions.](#)

Students selected to the All-State Academic Team will be honored at a banquet on Sunday, April 13th.



Photo of the 2024 IHSA All-State Academic Team courtesy of Visual Image Photography - VIP

## Official Volleyball Change

The IHSA is transitioning to the Wilson NOVA volleyball starting in the 2025-26 school year for both the boys and the girls high school seasons. Please note that any legal NFHS volleyball is still allowed for the regular season.

This adjustment will be for the post season only. The IHSA will continue to use the red-white-blue color scheme moving forward.



## Social Media



Instagram:  
[@IHSA\\_IL](#)

Tik Tok  
[@IHSA.il](#)

X:  
[@IHSA\\_IL](#)  
[@IHSA ScoreZone](#)  
[@IHSA Officials](#)

Youtube:  
[@IHSA](#)  
[@IHSA Archives](#)

Facebook:  
[@IHSA Illinois High School Association](#)  
[@IHSA Officials](#)

## By-Law Breakdown – 3.107: Independent Team Coaching

By-law 3.107 limits the contact between high school coaches and students from their school on non-school teams. During the school year, a high school coach, who has involvement with a non-school team, is limited with the number of students from his or her school that may participate on that team. For each sport, the number of students from the coach's school may not exceed one-half the number of players needed to field a team in IHSA state series competition.

Involvement is not just coaching. The definition of "involved in any respect" is engaging in anything to do with a non-school team, which includes coaching, scheduling, transporting, officiating/hiring of officials, training, taping, managing team expenses, purchasing uniforms/equipment, etc.

The chart below identifies the maximum number of students from a coach's school that may be on that coach's non-school team.

The only students who are counted in these limits are those who have eligibility to play in the next season of that sport at your school. A senior who has completed his or her final high school basketball season would not be counted on a travel basketball team that plays in the spring.

It is also important to note that the school sport and non-school sport do not have to be the same for the coach. For example, a soccer coach at your school, who coaches a non-school basketball team, would still be limited to having no more than two students from his or her school on that basketball team.

Badminton: 3	Baseball: 4	Basketball: 2	Bowling: 2
Comp. Dance: 12	Cross Country: 3	Flag Football: 3	Football: 5
Golf: 3	Girls Gymnastics: 8	Boys Lacrosse: 5	Girls Lacrosse: 6
Soccer: 5	Softball: 4	Swimming: 15	Tennis: 3
Track & Field: 17	Volleyball: 3	Water Polo: 3	Wrestling: 7
Comp. Cheer (S): 6	Comp. Cheer (M): 8	Comp. Cheer (L): 10	Comp Cheer (C): 10

Read this by-law & others at:  
[www.ihsa.org/About-the-IHSA/Constitution-By-Laws-Policies](http://www.ihsa.org/About-the-IHSA/Constitution-By-Laws-Policies)

## Schools Center 101

This month's Schools Center 101 focuses on how to suggest a terms and conditions change for a sport or activity. After logging into the IHSA Schools Center, navigate to the bottom of the home page to the Quick Links section.

Quick Links
<a href="#">IHSA Classification Questionnaire Results</a>
<a href="#">Official Student Representative</a>
<a href="#">Write a promotion recommendation for an official</a>
<a href="#">Red Cross CPR Training Resources</a>
<a href="#">Upload state tournament program photos (old interface)</a>
<a href="#">Suggest Changes to Terms &amp; Conditions   View Suggestions</a>

At the bottom of the Quick Links section is a link to Suggest Changes to Terms & Conditions. To complete the form, select the appropriate sport or activity from the drop down menu. Indicate the section and subsection of the terms and conditions you are suggesting to change. In the suggested change box, word the proposed language exactly as you want it to appear in the terms and conditions. Then, provide a short rationale for the suggested change. If any other terms and conditions are impacted as a result of this change, you may list those sections and subsections at the bottom of the form.

## NFHSLearn Course of the Month

This month's NFHSLearn Course of the Month is [Coaching Student Leadership](#). The course focuses on the role that coaches have on developing leadership skills in their students. Coach-athlete relationships, leadership roles on a team, and strategies to enhance leadership are components of this course.

The course is connected to the NFHS Student Leadership courses designed for students, [Becoming a Leader](#) and [Leading Others](#). Both of these courses feature former IHSA Student Advisory Committee members. Anyone can set up an account for free at [www.nfhslearn.com](http://www.nfhslearn.com) and get started.