



access

SEPTEMBER NEWSLETTER



Upcoming Dates

Mark your calendars
(or check your IHSA Calendar because we already did!)

September 20

Officer Election Ballots Available Online

September 25

New Administrators Workshop at IHSA Office
Boys & Girls Golf List of Participants Due

September 30

Equity Advisory Committee Meeting

October 1

Office Election Ballots Due Online
Winter Co-op Applications Due
Girls Golf Regionals

October 2

Officer Election Ballots Counted & Results Available
Boys Soccer Season Summary Form Due
Boys Golf Regionals

October 7

Boys Golf Sectionals
Girls Golf Sectionals
Girls Flag Football Regionals Begin

October 9

Girls Volleyball Season Summary Form Due

October 15

By-Law Amendment Proposal Deadline
Girls Tennis List of Participants Due
Girls Flag Football Sectionals Begin
1A Boys Soccer Regional Quarterfinals

October 16

Board of Directors Meeting

October 18-19

Girls Flag Football State Finals
Boys Golf State Finals
Girls Golf State Finals
Girls Tennis Sectionals
1A Boys Soccer Regional Semifinals
2A & 3A Boys Soccer Regional Quarterfinals

CPR Training

Get your winter & spring coaches in IHSA Compliance with A [FREE hands only CPR Training](#) from the Chicago Bears and American Heart Association at Willowbrook High School Field House.

When: Saturday, 10/19

Time: 9am-10am

Note from the Executive Director

Congratulations on a successful start to the 2024-2025 school year. The fall sport/activity season is in full swing, and preparations for the IHSA Fall State Series are just around the corner. We appreciate the consideration by schools in hosting a round of our state series no matter the season. In addition to the many sports and activities happening this fall, we are also navigating the annual legislative process of the Association. Elections of the Board of Directors and the Legislative Commissioners are going on from September 20th – October 1st. We welcome all principals and official representatives to review and vote on the leadership of the Association online in their Schools Center page.

The other legislative item coming this fall is the submission and review of by-law amendment proposals that are submitted by our member schools. Each principal or official representative may submit by-law amendment proposals by October 15th. Administrators can submit these proposals via email to me noting the changes or additions to articles of the constitution or by-laws. We ask that you include a rationale for your amendments along with potential pros and cons. Elected members of the Legislative Commission will give the proposals a first review at their early November meeting following by a full membership review at the 28 Town Hall meetings accessed [here](#).

All Town Hall meetings will be conducted in-person with no virtual meeting options this school year. In accordance with article 2.130 of the IHSA Constitution, a principal and/or their designee are required to attend one of the 28 Town Hall meetings conducted in November. Our IHSA Staff looks forward to seeing you at one of these Town Hall meetings and to further discuss the by-law amendment proposals to positively impact the governance of the Association.

Enjoy the heart of the fall season and the festivities/traditions that are celebrated this time of year.



By-Law Breakdown – 3.160: Open Gym Limitations

By-Law 3.160 permits member schools to hold open gyms for individuals who reside in or outside of the school district. The opportunity to attend an open gym must be made available to all students and cannot be limited to an exclusive group of students. Dates and times of open gyms can be communicated through school announcements, flyers, social media posts, and other forms of written or verbal announcements.

Open gyms can be sport specific. However, they cannot be gender specific. Coaches can participate in open gyms, but no coaching or instruction in the skills of any sport is permitted.

Schools may conduct open gyms provided that a variety of activities are offered throughout the school year and participation in an open gym is not mandatory to be a member of a school team.

Open gyms may be hosted at the member school's facilities, which includes off-site facilities that are used during particular athletic seasons. For example, if a school's swim team uses a local college's pool for practices and meets during the season, a swimming open gym may be held at that pool.

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



Did you know?

September 29th will mark the 27th anniversary of the first public appearance of Add A. Tude, the IHSA's and nation's first-ever sportsmanship mascot. Add A. Tude first debuted on September 29, 1997, at a statewide sportsmanship summit held in Springfield.

Social Media



Follow our accounts:

Instagram: [@IHSA_IL](#) Tik Tok: [@IHSA.il](#)

X: [@IHSA_IL](#) Youtube: [@IHSA](#)
[@IHSAOfficials](#) [@IHSAArchives](#)

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

Recovery is Key for Student Athletes

As we enter the full contest schedules and academic load for student-athletes, demand for time will become an issue. This not only can be an issue for overall well-being but studies show that central nervous system fatigue is a massive component to physical injuries. Moreover, as we pay more attention to mental health, being "tired" is more than a feeling, it can lead to many issues such as anxiety. As we progress this month here are some thoughts to promote to your student-athletes:

1. Sleep Hygiene: 8 hours would be great, but some kids can't do that. Focus on getting to deep sleep by removing stimulus at least 30 minutes prior to bedtime. Also having a rigid sleep schedule will promote proper sleep patterns.
2. Proper Nutrition: Getting enough calories is the most important principle, with that avoiding ultra-processed foods, caffeine, and copious amounts of sugar. Aim for good protein intake.
3. Proper Hydration: Avoid being thirsty and have a good "pee color". Again, avoid sugary and caffeinated drinks.

Here are some thoughts for coaches/club sponsors/administrators:

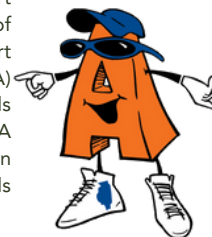
1. Avoid an early meeting/practice after a late night.
2. Consider the workload of your student-athletes, including the clubs and groups they belong to.
3. As a season gets further along, generally shortening practices will produce better outcomes for both the student-athlete and the coach/sponsor - quality over quantity

Remember that people and especially our student-athletes often don't remember what we say, but they will always remember how we make them feel. Don't make them feel tired all the time.

Sportsmanship Recognition Opportunities

It's always right to Do What's Right! Schools are encouraged to register for the IHSA's Do What's Right! sportsmanship program. By registering, your school acknowledges a commitment to demonstrating the [Do What's Right! sportsmanship expectations](#). Registered schools are eligible for the IHSA State Finals Sportsmanship Award. One award per class in team-bracketed sports may be given. Schools may register using the Entry Form in the Sport & Activity Tracker of the Schools Center.

Throughout the year, schools are also encouraged to report exemplary displays of sportsmanship using the Sport A Winning Attitude (SAWA) Report available in the Schools Center. To submit a SAWA Report, select the R menu on the main page of the Schools Center.



Board Policy 41 FAQ

Approved by the IHSA Board of Directors in June, Board Policy 41 establishes a minimum number of officials' ratings required to be submitted by varsity head coaches. Below are answers to some questions you or your coaches may have. Most of the information below is also addressed in [this video](#).

Q: What sports will require officials' ratings according to the policy?

A: Baseball, Basketball, Competitive Cheerleading, Competitive Dance, Football (11-person), Girls Gymnastics, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, Wrestling, and Water Polo.

Q: How many ratings must be submitted by each head coach?

A: The number of ratings varies by sport. See the chart on page 133 of the [IHSA handbook](#) for the minimum number of required ratings in each sport and respective deadlines to submit the ratings. Penalties for not submitting the required number of ratings are also outlined on page 133.

Q: How does a coach submit ratings for an official?

A: Coaches can submit ratings by logging into the Schools Center and selecting Sport & Activity Tracker. Then, click the 'rate a varsity contest official' link. Note that coaches and administrators can see the number of ratings that have been submitted. In some sports, officials will enter their schedules into the IHSA Officials Center. When this is done, coaches will receive an automated email after a contest with a link to rate the official(s), who worked that contest.



Q: What if a team does not play enough contests to provide the required number of ratings by the prescribed deadline in that sport?

A: The school may request a waiver to provide a lesser number of ratings. The principal or athletic director must email the IHSA administrator who oversees that sport at least one week before the deadline.

Q: What if a coach receives an email to rate an official who did not work the contest being referenced?

A: The coach should not rate that official and can disregard the email. Coaches must only rate those officials who worked the contest. Sometimes, a late officiating change will result in emails being sent for an official who did not work that contest.

Q: When does Policy 41 go into effect?

A: Policy 41 has already gone into effect. However, the 2024-2025 school year is a pilot year to allow coaches and administrators to become more familiar with the requirements. Coaches are still strongly encouraged to submit the required number of ratings this year, but penalties will not be assessed until the 2025-2026 school year.

Legal Uniform Reminders

When exploring new uniforms for a team, please review the NFHS uniform guidelines before purchasing. Visit www.nfhs.org and select the sport under the Activities & Sports menu to find a link to uniform guidelines under the Resources section.

Baseball Resources

General	Rules
Baseball Field Diagram	Baseball Comments on the Rules - 2025
Baseball Uniform Rules	Baseball Points of Emphasis - 2025
Official Baseball Umpire Signals	Baseball Rules Interpretations - 2024
Rules Writing Process Video	

