

ARTICLE 14**GENERAL PROVISIONS****14.1 RULES / PROCEDURES**

14.1.1 The AIA Constitution and Bylaws shall govern contests in sports and activities sanctioned by the AIA.

14.2 PRACTICE

14.2.1 No practice, contest, chalk talk or films are permitted on **Sunday** during the school year.

14.2.1.1 The school year shall commence the first week of permissive football practice.

14.2.2 AIA member schools may only practice with or scrimmage against their own school team during the interscholastic season of that sport. The interscholastic season for each individual sport is as set forth in the appropriate Article of the AIA Bylaws.

14.3 MAXIMUM TEAMS PER SPORT / STUDENT GRADE LEVEL FOR TEAM PARTICIPATION

14.3.1 A member school shall have only one varsity team per sport.

14.3.1.1 Only students in the 9th, 10th, 11th and 12th grades may participate on a varsity team.

14.3.2 A member school may have multiple junior, junior varsity and freshman teams per sport.

14.3.2.1 A junior team shall be limited to 10th and 11th grade students.

14.3.2.2 A junior varsity team shall be limited to 9th, 10th and 11th grade students, with the exception of the 1A Conference.

14.3.2.2.1 **EXCEPTION:** Open cross country races at cross country invitational meets.

14.3.2.3 A freshman team shall be limited to 9th grade students, except for the 1A Conference and 2A Conference which may also play 10th grade students.

14.4 NONSCHOOL PARTICIPATION

14.4.1 A student who is a member of a school team shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

***DETERMINATION:** An individual student may take private lessons anytime except during the school day or during school practice sessions. Schools shall not pay for, arrange or in any way provide these individual private lessons. Individual private lessons shall not be used to circumvent or evade the nonschool participation rule and any such use of private lessons will be considered a violation of the nonschool participation rule. (Ex. Bd. 2/18/03)*

DETERMINATION:

Q: May a student athlete practice or compete for any non-AIA team after the schools first regularly scheduled high school game and retain that year's high school eligibility?

A: No. The player has participated with a non-AIA team after the first scheduled high school game, so that player has forfeited that year's eligibility. (Ex. Bd. 2/17/04)

(Section 14.4 cont'd. on next page)

- 14.4.1.1 **EXCEPTION:** Athletes are permitted to tryout for and compete with the U. S. Soccer Federation national team training camps and/or matches, as well as training camps or matches as a roster player in the Olympic Development Program state, regional, and/or national team.

DETERMINATION:

Q: *May an unattached swimmer or runner participate on a relay team during the school season of competition?*

A: *No. The AIA Executive Board determined that participation on relay teams other than the high school relay team during the school season of sport would be in violation of Section 14.4 Nonschool Participation. Participants would be subject to forfeiture of their eligibility for the balance of the season. (Ex. Bd. 12/77)*

- 14.4.1.2 Any swimmer or runner, who competes outside of their school team during the season of sport, must compete UNATTACHED.

- 14.4.2 Attendance at summer activities shall be voluntary and no student athlete shall be prohibited from participating on athletic teams for failing to attend the summer activities.

14.5 INDIVIDUAL COMPETITION

- 14.5.1 A student competing as an individual and in his/her name shall not be coached by, transported by, financed by, or chaperoned by the school or school personnel. He/She shall not be identified as a representative of the school. He/She shall not use any school equipment when competing.

- 14.6 SUSPENDED GAME PROTOCOLS** - After further review of AIA bylaws, policy and NFHS rules, the AIA Executive Board on 13 September 2011 reviewed and addressed concerns related to games being interrupted because of events beyond the control of the responsible administrative authority. Games shall be continued from the point of interruption unless the teams agree to terminate the game. In the event of a cancellation, postponement, termination, or forfeiture of a game due to inclement weather, the following guidelines will be applied and put in place to promote cooperation between the school administrators, coaches and officials promoting the safest environment at all AIA events.

CATASTROPHIC OR POTENTIAL CATASTROPHIC INJURY

(Game is stopped and player has a defined catastrophic injury, or evaluation is in process)

1. Official(s) have determined that either a catastrophic injury has occurred, or that the injury sustained is potentially catastrophic (Decision reached following consultation with available medical personnel or trainers).
2. FB: Rule 3.3 and/or Rule 3.4 will be invoked. All other sports shall be handled as per the rulebook.

WEATHER RELATED SCENARIO

1. In all sports, the NFHS "Guidelines on Handling Contests During Lightning Disturbances", found in all sports rulebooks for outdoor sports, **will** be followed (Located in Rule Book Appendixes).
2. **The decision to stop play and resume play is determined by the officials. This decision can and should be made in consultation with school administrators and/or coaches.**
3. Pressure to complete or resume a game should never outweigh the safety of the players or fans.
4. **In the event that a Football Game has been suspended** and is in a lightning delay, the following options are available for conclusion of the event:
 - a) Wait out the delay and complete the game when conditions warrant.
 - b) Complete the suspended game from the point of interruption at a later date.
 - c) One team forfeits to the other and statistics are nullified.
 - d) The teams agree to terminate the contest at the point of interruption, keep the score, and the statistics up to the point of interruption shall count. The game is entered on www.aiaonline.org with the score of the game.
 - e) In the case where a game is tied and terminated during regulation play or OT, teams may elect to split power points. The game is entered on www.aiaonline.org as a tie.
 - f) Game is "Cancelled", and games counted for computation of power points is reduced by one for the affected teams. The game is entered on www.aiaonline.org as a cancelled.

14.7 ALL-STAR COMPETITION

14.7.1 POSITION STATEMENT

The member schools of the AIA oppose all-star competition during the school year and shall oppose all efforts of any organization, agency or individual to establish such competition.

- 14.7.2 During the school year, administrators and coaches shall decline any invitation to participate in all-star competition, shall refrain from recommending any student athlete for all-star competition and shall refuse to provide use of any high school facility for all-star competition, unless specifically sanctioned by the Executive Board.

- 14.8 TRYOUTS** - Students who participate in more than two tryouts in any sport during that sport's season of competition shall become ineligible for the remainder of that sport's season of competition.
- 14.9 CLINICS / SUMMER CAMPS** - A student may receive financial assistance to attend summer camps to improve his/her individual skills. Schools providing transportation for summer activities is a local option.
- 14.10 COACHES / PLAYER PARTICIPATION** - Contest participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.
- 14.11 AIA PASSES** - There shall be three types of AIA passes; specifically, a Lifetime Pass, Complimentary Pass and Press Pass. The AIA Executive Board shall have the responsibility and authority to approve and issue all three types of passes and may, at its discretion, issue any type of pass to any individual it deems deserving. An AIA pass which has been approved and issued in accordance with the provisions of Article 14, Section 14.11 of the AIA Bylaws shall grant admittance to any AIA sanctioned event. Should a pass be found in the possession of a person other than the named holder, said pass will be confiscated and the named holder will lose the privilege of an AIA pass for one year from the date of confiscation.

14.11.1 **Lifetime Pass** - A Lifetime Pass shall admit the named holder and one guest to any member high school interscholastic competition. The holder of a Lifetime Pass shall not be eligible for any other type of AIA pass.

There shall be four categories under which an application for a Lifetime Pass may be submitted. An application for a Lifetime Pass shall be submitted on Form 14.11 (Request for Lifetime Pass).

14.11.1.1 **Retired** - Officially retired superintendents, associate superintendents, assistant superintendents and principals who served in that capacity (separately or combined) for an AIA member school a minimum of **five years** prior to official retirement. Officially retired school administrators (i.e., athletic director/director of activities and athletics or district-level director of activities and athletics) who had direct responsibility and control over AIA interscholastic athletics and/or activities at an AIA member school for a minimum of **ten years** prior to official retirement.

14.11.1.1.1 An individual shall be considered officially retired when he/she is receiving retirement pay.

14.11.1.2 **25 Years of Service** - Athletic administrators, coaches, officials, athletic trainers and spiritline sponsors who have completed 25 separate years of specific service or combined service as an athletic administrator, coach, official, athletic trainer or spiritline sponsor at AIA member schools.

14.11.1.3 **AIA Executive Board Member** - A member of the AIA Executive Board who has served a full term of office.

14.11.1.4 **Meritorious** - A superintendent or principal of an AIA member school may submit a request for a meritorious Lifetime Pass on behalf of an individual he/she believes has contributed to the overall goals and objectives of the AIA on the **state level**. Such a request shall indicate the rationale for the request, including documentation of the individual's contribution to Arizona's interscholastic athletic or activity programs.

14.11.2 **Complimentary Pass** - A Complimentary Pass shall admit the holder and one guest to any member high school interscholastic competition.

14.11.2.1 Each year member schools that have paid their annual dues and fees shall receive the number of complimentary passes specified below under their Conference classification:

1A Conference	Member School	17
1A Conference	District Office	10
2A Conference	Member School	18
2A Conference	District Office	10
3A Conference	Member School	19
3A Conference	District Office	10
4A Conference	Member School	30
4A Conference	District Office	15

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5A Conference	Member School	31
5A Conference	District Office	15
Associate	Member School	15

14.11.2.1.1 Upon receipt of a completed annual "Member High School Profile," the AIA office shall mail the allowed number of complimentary passes by certified mail/return receipt requested. The member school and district office shall be responsible for determining which school personnel and governing board members are to receive a complimentary pass.

14.11.2.1.1 Any individual who has been issued a Lifetime Pass shall not be eligible to receive a Complimentary Pass. *(See Article 14, Section 14.11, Paragraph 14.11.1)*

14.11.2.1.2 Replacement of a Complimentary Pass - A request for replacement of a complimentary pass must be approved by the AIA Executive Board.

14.11.2.2 **Meritorious** - A superintendent or principal of an AIA member school may submit a request for a meritorious Complimentary Pass on behalf of an individual he/she believes has contributed to the overall goals and objectives of the AIA. Such a request shall indicate the rationale for the request, including documentation of the individual's contribution to Arizona's interscholastic athletic or activity programs.

14.11.3 **Press Pass** - A Press Pass shall admit the named holder only to any member high school interscholastic competition. Media personnel assigned to cover interscholastic events may be provided a Press Pass. Media organizations shall submit a list of the employees they desire to hold a Press Pass for AIA Executive Board consideration.

14.12 NATIONAL ANTHEM - The AIA encourages the playing of the national anthem at all athletic contests. This may be accomplished through the use of tapes, recordings or live groups.

14.13 DRUGS, ALCOHOL, TOBACCO

14.13.1 AIA POSITION STATEMENT – SUPPLEMENTS, DRUGS AND PERFORMANCE ENHANCING SUBSTANCES

The Arizona Interscholastic Association (AIA) views sport, and the participation of student-athletes in sport, as an activity that enhances the student-athlete's well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.

- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplement use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to "doping", defined as those substances and procedures listed on the World Anti Doping Agency's Prohibited List (www.wada-ama.org).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student-athlete are supported by the AIA.

In pursuit of Victory with Honor, the AIA promotes the use of exercise and sport as a mechanism to establish current fitness and long-term healthy lifestyle behaviors. It is the position of the AIA that the student-athlete, who consumes a balanced diet, practices sport frequently and consistently, and perseveres in the face of challenges, can meet these goals.

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14.13.2 At least annually, each member school shall communicate to its students participating in interscholastic activities the AIA Position Statement on the use of supplements, drugs and performance enhancing substances. (See Form 14.13)

14.13.3 Any coach or competitor using tobacco, alcoholic beverages or misusing drugs while participating in interscholastic competition shall be disqualified from the contest or tournament.

14.14 CONCUSSION EDUCATION- All student athletes shall complete the Brainbook online concussion education course. Student athletes participating in sports as of the 2011-12 school year shall complete the course. All student athletes shall complete the course prior to participation in practice or competition. *Note: The Brainbook online concussion education course must be completed by a student athlete only once.*

14.15 STUDENT INSURANCE - It is recommended that each student athlete have on file with the principal or his/her designee proof of insurance coverage or a waiver prior to practice.

14.16 DISCRIMINATION

14.16.1 A school may sponsor separate teams for members of each sex in a particular sport or a mixed-sex team in a particular sport, except that a school shall not offer the following sports on a mixed-sex team basis: softball / badminton / volleyball.

14.16.2 To compensate for the lack of opportunity for girls in interscholastic activities, the following sports shall be offered for girls only: badminton / softball.

14.16.3 A school may offer volleyball only for girls and not offer volleyball for boys.

14.16.4 Since boys historically have had ample opportunity for participation, and currently have available sufficient avenues for interscholastic participation, boys are not allowed to qualify for girls teams in the following sports: badminton / softball / volleyball. To allow boys to qualify for girls' teams in these three sports would displace girls from those teams and further limit girls' opportunities for participation in interscholastic athletics.

14.16.5 A school may offer badminton, softball and volleyball for boys if sanctioned by the AIA membership in accordance with the AIA Constitution and Bylaws.

14.16.6 Whenever a school provides a team(s) for boys and a team(s) for girls in the same sport, girls shall not be permitted to qualify for the boys' team(s) in that sport, nor shall boys be permitted to qualify for the girls' team(s) in that sport.

DETERMINATION: The Executive Board determined that baseball and softball are considered two separate sports and that the current AIA Constitution and Bylaws does not contain a rule, which excludes girls from participating in baseball. (Ex. Bd. 2/20/96)

14.16.7 In the case of a mixed-sex team and a single-sex team, the mixed-sex team shall compete only against a boys' team or another mixed-sex team.

14.17 HEAT ACCLIMATIZATION & EXERTIONAL HEAT ILLNESS MANAGEMENT POLICY

14.17.1 It is the position of the AIA that prevention is the best way to avoid exertional heat stroke. Prevention includes educating athletes and coaches about:

1. Recognition and management of exertional heat illnesses;
2. The risks associated with exercising in hot, humid environmental conditions;
3. The need for gradual acclimatization over a 14 day period;
4. Guidelines for proper hydration;
5. Implementing practice/competition modifications according to local temperature and relative humidity readings.

14.17.2 **Definitions**

Exertional heat illness includes the following conditions, ordered from the least to the most dangerous:

1. Exercise associated muscle cramps: an acute, painful, involuntary muscle contraction usually occurring during or after intense exercise, often in the heat, lasting approximately 1-3 minutes.
2. Heat syncope: also known as orthostatic dizziness, it refers to a fainting episode that can occur in high environmental temperatures, usually during the initial days of heat exposure.
3. Exercise (heat) exhaustion: the inability to continue exercise due to cardiovascular insufficiency and energy depletion that may or may not be associated with physical collapse.
4. Exertional heat stroke: a severe condition characterized by core body temperature > 40°C (104°F), central nervous system (CNS) dysfunction, and multiple organ system failure induced by strenuous exercise, often occurring in the hot environments.

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Heat Acclimatization Protocol

Days 1 – 5:

- Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day. In addition to practice, a 1-hour maximum walk-through is permitted during days 1–5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa). (Note: A walk-through is defined as no contact with other individuals, dummies, sleds or shields)
- During days 1–3 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet is the only protective equipment permitted. The use of shields and dummies during this time is permissible as a non-contact teaching tool.
- During days 4–6, only helmets and shoulder pads may be worn.
 - Football only: On days 4–6, contact with blocking sleds and tackling dummies may be initiated.

Days 6 - 14:

- Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day.
- On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- On a double-practice day, neither practice should exceed 3 hours in duration, nor should student-athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
- Beginning on day 7, all protective equipment may be worn and full contact may begin.
- Full-contact sports may begin 100% live contact drills no earlier than day 7.
- Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

14.17.3 Hydration Strategies

- Sufficient, sanitary, and appropriate fluid should be readily accessible and consumed at regular intervals before, during, and after all sports participation and other physical activities to offset sweat loss and maintain adequate hydration while avoiding overdrinking.
- Generally, 100 to 250 mL (approximately 3– 8 oz) every 20 minutes for 9- to 12-year-olds and up to 1.0 to 1.5 L (approximately 34 –50 oz) per hour for adolescent boys and girls is enough to sufficiently minimize sweating-induced body-water deficits during exercise and other physical activity as long as their pre-activity hydration status is good.
- Pre-activity to post-activity body-weight changes can provide more specific insight to a person’s hydration status and rehydration needs. Athletes should be well-hydrated before commencing all activities
- (see guideline box format)
- The following guidelines are suggested:

Condition	% Body Weight Change
Well hydrated	+1 to -1
Minimal dehydration	- 1 to -3
Significant dehydration	-3 to -5
Serious dehydration	> -5

% Body weight change = [(pre-exercise body weight – postexercise body weight) / pre-exercise body weight] x 100

14.17.4 Return to Play Following Exertional Heat Stroke

The following is the protocol for return to play following heat stroke:

1. Refrain from exercise for at least 7 days following the acute event.
2. Follow up in about 1 week for physical exam by a licensed physician (MD, DO).
3. When cleared for activity by a licensed physician, begin exercise in a cool environment and gradually increase the duration, intensity, and heat exposure for 2 weeks to acclimatize and demonstrate heat tolerance under the direction of a licensed healthcare professional
4. If return to activity is difficult, consider a laboratory exercise-heat tolerance test about one month post- incident.
5. Athlete may be cleared for full competition if heat tolerance exists after 2–4 weeks of training.

The AIA also recommends that any athlete suspected of having suffered *exertional heat exhaustion* be referred to a licensed physician for follow-up medical examination and clearance.