

Norwell High School Policy

- ***IHSAA Rule C-9-14: "Return to Competition After Injury"***
- **IHSAA by law C-9-14** is one of the most misunderstood rules with regards to athletes returning from time off because of illness or injury. The full by-law can be read here. The rule states that an athlete must attend and be an active participant in a set number of practices (one per day prior to the contest date) before returning to competition. The by-law is easily summarized by the chart below.

Days Missed	# of practices Required
<i>5 to 10</i>	<i>4</i>
<i>More than 10 Consecutive</i>	<i>6</i>

- The by-law was written as a safety precaution. The IHSAA is attempting to help student athletes have some level of conditioning before participating in a contest. It is with this intent that the by-law is interpreted.
- In an attempt to educate coaches and parents, NHS has developed the FAQ below. These are based on questions commonly asked by parents and coaches. If there are questions regarding the interpretation of this by-law not answered below it is the responsibility of the coach to speak with the athletic director or athletic trainer to obtain a clarification.

What is "active participation"?

- Evaluated injured athletes that are working with an athletic trainer for part of the practice and then participating in practice drills even though there may be some restrictions from the physician and they are not released to full participation.
- Robert Faulkens at the IHSAA states.
 - "If the sessions with the Athletic Trainer are concurrent with and in proximity to practice, they count. If practice is partially treatment, yes. If all of the time is spent in the training room and not participating in practice, no. This assumes the athlete is an actual participant in the practice and not just an attendee."

Can an athlete practice and play the same day? (Ex: Athlete returning to action has a workout session (practice in the morning) and competes that evening.)

- **No.** Each day is considered one practice day and competition cannot be held within the same day.

Can we have two, three, or four practices in one day?

- **No.** The by-law specifically states each practice must be on a separate day.

Can a pre-game warm-up count as a practice?

- **Yes.** This may count as a practice as long as the warm-up consists of sport specific drills, however this day would be considered a practice day and the athlete will not be able to compete the same day.

Can an athlete practice with another level in the same sport? (Example: varsity practice with junior varsity).

- **Yes. However** remember only one practice per day is acceptable.

Can an athlete count a travel team or AAU practice towards fulfilling the requirement?

- **No.** The practice needs to be supervised by a NHS hired coach.

Does a video session count towards the requirement?

- Only if that is the scheduled practice plan for the whole team that day. A one on one video session to attempt to meet the requirement of the by-law is not acceptable.

Can practices be scheduled on Sunday to meet the requirement?

- **No.** IHSAA bans activities on Sunday. (*See By-Law 9-13*)

Can one on one sessions be counted towards the requirement?

- **Yes.** A coach, if willing, can work with an athlete one on one and it fulfills the requirement. Please remember only one practice a day is counted.

Examples of limited participation practices below when cleared by athletic trainer first:

- **Lower body only**
 - o *Warm-up*
 - Light jog: x 10-15 min.
 - o *Main (pick 3 exercises)*
 - Cone Drills x 10 min.
 - Ex: (forward running drills, cutting drills, backpedal drills)
 - Ladder Drills x 10 min.
 - Ex: (bunny hops, single leg hops, side to side hops)
 - Stadium Runs x 10 min.
 - Ex: (basic up and down stairs, snake runs, seat hops)
 - Squats x 10 min.
 - Ex: (3x15-20 squats double leg, 3x5 squats single leg, each)
 - Sport Specific Drills (only soccer/football players) x 10 min.
 - Dribbling/Passing/Shooting Soccer ball
 - Kicking field goals
 - o *Cool Down*
 - Light jog 5 min.

- **Upper body only**

- *Warm-up (pick one)*
 - Arm Bike: 10-15 min.
 - Push-ups: 5 min.
 - Sit-ups: 5 min.
- *Main (pick 3 exercises)*
 - Planks x 10 min.
 - Ex: (regular planks, side planks)
 - Push Ups x 10 min.
 - Ex: (Regular, wide stance, diamond)
 - Sit-ups: x 10 min.
 - Ex: (forward crunch, side crunch, alternating crunch)
 - Sport Specific Drills (Only football/basketball/softball/baseball)
 - Ex: (throwing and catching ball)
- *Cool Down*
 - Sit-ups x 2 min. consecutive (no rest break)