



Indiana Football Coaches Association

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Head Coaches Manual

**Bob Gaddis
Executive Director**

Revised 2015-10-01

Mission Statement

The IFCA strives to promote, protect, and improve high school football in Indiana through a vigorous professional coaches organization. The IFCA serves as an educational medium for the coaches through the partnership with the Indiana High School Athletic Association (IHSAA), principals, athletic directors, officiating associations, and other related groups working for the advancement of high school football in Indiana. The IFCA encourages ethical conduct, mutual understanding, cooperation and assistance between members of the association and other individuals or groups directly or indirectly involved in the promotion of Indiana high school football. The IFCA promotes good fellowship and social contacts amongst coaches and makes special resource materials, publications, newsletters, conferences and professional development opportunities available to members in order to improve the talents and skills of the coaches.

Message from the Executive Director

Coaches,

The Indiana Football Coaches is respected as one of the best coaching associations in the state of Indiana and the USA! We have this respect because of our active members willing to work together, share ideas, and promote integrity in our sport. Our strength is membership; active, retired, high school, middle school, college, Head, and assistant coaches are all valued and active members of the IFCA. I want to encourage you to take advantage of the opportunity to join our association and get involved! Our sport and the student/athletes involved will be the ones that benefit! Coaching is an honorable profession, and I hope you help us insure the integrity and future of High School Football!

Benefits of IFCA Membership

- I. Insurance coverage for each member - \$1,000,000 coverage.**
- II. Membership in a progressive, professional organization.**
- III. Exposure to collaboration with state and national organizations for the advancement of football in the State of Indiana.**
- IV. Attendance at the state clinic is included in the membership cost.**
- V. The IFCA has a unique collaborative relationship with the IHSAA and hence a meaningful voice in the rules and regulations of high school football.**
- VI. Up to date notification and facilitation of all state required certification requirements.**
- VII. Membership is required to nominate players for IFCA All State Selection and for IFCA All Star teams.**
- VIII. The IFCA has a collaborative relationship with the IFOA (Indiana Football Officials Association).**
- IX. Eligible for Years of Service Awards**
- X. Opportunities for PGP points throughout IFCA Events**
- XI. Each member may nominate players for: Region All-Stars, IFCA All-State, and Academic All-State.**
- XII. Each member (Head and assistant coaches) may run for IFCA board positions.**
- XIII. Our Executive board has a strong working relationship with the IHSAA.**
- XIV. Weekly electronic News and Notes from Assistant Executive Director Jason Simmons. jason.simmons46062@gmail.com**
- XV. Complete Website access.**

I encourage you to help keep the sport of Football strong! Join the IFCA! It is a great deal for \$60, and membership starts when we receive membership fee!

**Yours in Football,
Bob Gaddis
IFCA Executive Director
Columbus East High School**

Objectives of the IFCA

- I. To promote, protect, and improve the high school football in Indiana through a vigorous, professional coaches organization.
- II. To serve as an educational medium for its members through the Association's involvement with the Indiana High School Athletic Association (IHSAA), Principals, Athletic Directors, officiating organizations, and other related organizations for the betterment of Indiana high school football.
- III. To encourage ethical conduct, mutual understanding, cooperation, and assistance between member of the IFCA and other individuals and organization directly and indirectly involved in the promotion of Indiana high school football.
- IV. To promote good fellowship and social contacts among coaches.
- V. To make available to its members special resource materials, publications, newsletters, conferences, and coaching clinics in order to improve the talents and skills of its coaches.

Region Organization

REGION 1

Andrean
Boone Grove
Bowmany Academy
Calumet
Chesterton
Crown Point
East Chicago Central
Gary Roosevelt Academy
Gary West
Griffith
Hammond Bishop Noll
Hammond Clark
Hammond Gavit
Hammond High
Hammond Morton
Hanover Central
Highland
Hobart
Kankakee Valley
Lake Central
Lake Station Edison
LaPorte
Lowell
Merrilville
Michigan City
Munster
Portage
River Forest
South Central (Union Mills)
Valparaiso
Wheeler
Whiting

REGION 2

Bremen
Concord
Culver Academies
Culver Community
Elkhart Central
Elkhart Memorial
Fairfield
Goshen
Jimtown
John Glenn
Knox
LaVille
Mishawaka
Mishawaka Marian
New Prairie
Northridge
NorthWood
Penn
Plymouth
South Bend Adams
South Bend Clay
South Bend Riley
South Bend St. Joseph's
South Bend Washington
Tippecanoe Valley
Triton
Warsaw
Wawasee

REGION 3

Adams Central
Angola
Bellmont
Bluffton
Carroll (Fort Wayne)
Central Noble
Churubusco
Columbia City
DeKalb
East Noble
Eastside
Fort Wayne Bishop Dwenger
Fort Wayne Bishop Luers
Fort Wayne Concordia Lutheran
Fort Wayne North Side
Fort Wayne Northrop
Fort Wayne Snider
Fort Wayne South Side
Fort Wayne Wayne
Fremont
Garrett
Heritage
Homestead
Lakeland
Leo
New Haven
Norwell
Prairie Heights
South Adams
Southern Wells
West Noble
Woodlan

REGION 4

Attica
Benton Central
Carroll (Flora)
Caston
Clinton Central
Clinton Prairie
Covington
Delphi
Fountain Central
Frankfort
Frontier
Harrison (West Lafayette)
Lafayette Central Catholic
Lafayette Jefferson
Lewis Cass
Logansport
McCutcheon
North Judson--San Pierre
HS
North Newton
North White
Pioneer
Rensselaer Central
Rochester
Seeger
South Newton
Tri County
Twin Lakes
West Central
West Lafayette
Winamac

REGION 5

Alexandria
Anderson High
Anderson Preparatory
Blackford
Delta
Eastbrook
Eastern (Greentown)
Elwood
Frankton
Hamilton Heights
Huntington North
Jay County
Kokomo
Maconaquah
Madison-Grant
Manchester
Marion
Mississinewa
Monroe Central
Muncie Central
North Miami
Northfield
Northwestern
Oak Hill
Peru
Southwood
Taylor
Tipton
Tri Central
Wabash
Wes-Del
Western
Whitko
Winchester
Yorktown

REGION 6

Avon
Brownsburg
Cascade
Cloverdale
Crawfordsville
Danville
Eastern Greene
Edgewood
Greencastle
Lebanon
Linton-Stockton
Martinsville
Monrovia
Mooresville
North Central (Farmersburg)
North Montgomery
North Putnam
North Vermillion
Northview
Owen Valley
Plainfield
Riverton Parke
Rockville
South Putnam
South Vermillion
Southmont
Sullivan
Terre Haute North
Terre Haute South
Tri West Hendricks
Turkey Run
West Vigo
Western Boone
Zionsville

REGION 7

Beech Grove
Ben Davis
Brebeuf Jesuit Preparatory
Covenant Christian
Decatur Central
Franklin Central
Heritage Christian
Indiana School for the Deaf
Indianapolis Arsenal Technical
Indianapolis Bishop Chatard
Indianapolis Broad Ripple HS for
Performing Arts
Indianapolis Cardinal Ritter
Indianapolis Cathedral
Indianapolis Emmerich Manual
Indianapolis George Washington
Indianapolis Howe Community
Indianapolis Lutheran
Indianapolis Marshall
Indianapolis Northwest
Indianapolis Scecina Memorial
Indianapolis Shortridge
Lawrence Central
Lawrence North
North Central (Indianapolis)
Park Tudor School
Perry Meridian
Pike
Roncalli
Southport
Speedway
Tindley Accelerated
Trader's Point Christian
Triton Central
Warren Central

REGION 8

Cambridge City
Carmel
Center Grove
Centerville
Connersville
Eastern Hancock
Fishers
Franklin
Greenfield Central
Greenwood
Guerin Catholic
Hagerstown
Hamilton Southeastern
Knightstown
Lapel
Mt. Vernon (Fortville)
New Castle
New Palestine
Noblesville
Northeastern
Pendleton Heights
Richmond
Shelbyville
Shenandoah
Sheridan
Tri
Union City
Union County
Westfield
Whiteland

REGION 9

Boonville
Castle
Evansville Bosse
Evansville Central
Evansville Harrison
Evansville Mater Dei
Evansville North
Evansville Reitz
Evansville Reitz Memorial
Forest Park
Gibson Southern
Heritage Hills
Jasper
Mt. Vernon (Posey)
North Daviess
North Knox
North Posey
Perry Central
Pike Central
Princeton
South Spencer
Southridge
Springs Valley
Tecumseh
Tell City
Vincennes Lincoln
Washington
Wood Memorial

REGION 10

Batesville
Bedford North Lawrence
Bloomington North
Bloomington South
Brown County
Brownstown Central
Charlestown
Clarksville--Not a Member
Columbus East
Columbus North
Corydon Central
Crawford County
East Central
Eastern (Pekin)
Edinburg
Floyd Central
Franklin County
Greensburg
Indian Creek
Jeffersonville
Jennings County
Lawrenceburg
Madison
Milan
Mitchell
New Albany
North Decatur
North Harrison
Oldenburg Academy
Paoli
Providence
Rushville
Salem
Seymour
Silver Creek
South Dearborn
South Decatur
Switzerland County
West Washington

IMPORTANT CONTACTS

IHSAA

Bobby Cox
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Robert Faulkens
Assistant Commissioner in charge of Football
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IFCA Executive Board

2015-2016

Executive Director

Bob Gaddis
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Colts Academic All- State Chairman

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IHSAA Summer Rules

15-3.1 During Summer

- I. Whether Summer athletic activities are sponsored by a member School or a non-school organization, students may participate so long as participation is voluntary.
- II. If a member School sponsors athletic activities for its student athletes at the School during the summer, such athletic activities may only be conducted in an Open Facility program, except for summer athletic competitions, which may be conducted outside of an Open Facility program.
- III. See definition of summer for beginning and ending times. The foregoing notwithstanding, Summer Conditioning Program may extend through Saturday of Week 4.

15-3.3

- I. Football A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards:
 - A. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the summer.
 - B. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a school's football coaching staff coaches Two (2) or more players from the school's football team engaged in Football Activities) during the summer.
 - C. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football coaching staff takes Two (2) or more players from a School's football team to either Practice with or compete against One (1) or more players from another School or program). The maximum time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a five (5) hour period.

- D. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouthpiece.
- E. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is two (2) hours.
- F. Prior to the first day of summer, a School's football coaching staff must designate to the School's athletic director or the principal the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

Levels of Contact

- 1. Walk Thru Walking pace, run the play, get your read and lane fit
- 2. Air Full speed drills on air
- 3. Pads Full speed drills vs. hand shields or other pads
- 4. Control Full speed, one side of the ball is the predetermined winner, both sides stay off the lower body and stay off the ground
- 5. Tag Off Full speed, defense tags off and avoids contact with the ball carrier and the ball carrier finishes the play
- 6. Thud Full speed, defense stops the ball carrier without going to the ground, defense and offense will stay off the lower body
- 7. Live Full go to the ground/whistle

Moratorium

15-3.4

- I. Moratorium Each member School shall observe a moratorium week starting on Monday of the week which includes July 4th, either IHSAA calendar Week 52 or Week 1. During this Seven (7) day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning conducted.

IHSAA Pre Season Rules

54-4

- I. All organized football Practices by players or teams shall be limited to the period beginning Monday of IHSAA calendar week 5 and terminating on the date the team is eliminated from the Football Tournament Series.
 - A. On the first (1st) day of football Practice there cannot be full contact (any intentional football activity by a player where the goal is to take one or more competing players to the ground as the result of a collision), and the player's protective equipment is limited to helmet, shoes, girdle and mouthpiece. The total time on the field cannot exceed Two and one-half (2½) hours.
 - B. On the second (2nd) and third (3rd) days of football Practice, there cannot be full contact and the player's protective equipment is limited to helmet, shoulder pads, shoes, girdle and mouthpiece. If multiple Practice sessions are held on a single day, the total time on the field cannot exceed Three (3) hours, but if there is only One (1) Practice session, the total time on the field cannot exceed two and one-half (2½) hours.
 - C. On the fourth (4th) day of football Practice, and later, there can be full contact and players can have full pads. If multiple Practices are held on a single day the total time cannot exceed Five (5) hours, but if there is only one (1) Practice session, the total time on the field cannot exceed Three (3) hours.
 - D. Beginning Monday of IHSAA calendar week 5:
 - (1) There can be no more than Two (2) Practice-sessions per day.
 - (2) There cannot be back-to-back calendar days having two (2) practice sessions on a single day.
 - (3) After the third (3rd) day of Practice, if there are two (2) practice-sessions on a single days.
 - a. There can be only One (1) full contact/full padded Practice session.
 - b. The break between Practices must be at least Three (3) hours in duration and during the break there cannot be player physical exertion.
 - c. During the break a classroom instruction session, not to exceed Forty-five (45) minutes, is permitted.

d. During the break an indoor walkthrough session in a climate-controlled environment, not to exceed Forty-five (45) minutes, is permitted.

(4) On One (1) practice session days an outdoor walkthrough session with no protective equipment worn, not to exceed a forty-five (45) minutes, is permitted provided the walkthrough session ends at least Three (3) hours before the Practice begins, or starts no sooner than Three (3) hours after the Practice ended.

54-5

I. All member School pre-season football Practices held prior to the first authorized Contest date shall be held on the regular Practice/play football facility under the direct supervision of the member Schools coach/es.

54-6

- I. A School may schedule one football Controlled Scrimmage with another IHSAA member School. A football Controlled Scrimmage between IHSAA member Schools shall be permitted on Friday or Saturday, Week 6.
- II. A football Controlled Scrimmage does not count as a Practice or as an interschool Contest. A football Controlled Scrimmage may not be scouted by anyone not affiliated with a team participating in the football controlled Scrimmage.

54-7

- I. A School may schedule one football Jamboree between three (3) or more IHSAA member Schools. A football Jamboree does not count as a Practice, but does count as an interschool Contest.
- A. Only students who have full athletic eligibility may participate in a football Jamboree.
- B. A football Jamboree may not be scouted by anyone not affiliated with a team participating in the football Jamboree.

54-8

I. During a school year a School may participate in either a) a football controlled Scrimmage between two (2) member Schools or b) two (2) quarters in one Varsity football Jamboree.

54-9

- I. The last date for ninth grade and reserve football is Thursday, Week 16.

Non-School Sponsored Participation

15-1.2

- I. Team Sports (Baseball, Basketball, Football, Soccer, Softball and Volleyball)
 - A. Participation by a student in any organized non-school sports competition during the authorized contest season, or at any time prior to the conclusion of the student's participation in the IHSAA the IHSAA Tournament Series, in that sport shall cause such students to become ineligible for their school team in that sport for a period not to exceed three hundred sixty-five (365) days as Determined by the Commissioner.
 - B. Student-athletes may receive a Lesson so long as:
 1. It is not mandated, scheduled or paid for by the school.
 2. No School Practices or competitions are missed.
 3. No member of the School's coaching staff who provides a lesson is compensated for the lesson beyond the compensation the coach earns from the School.
 4. Participation of students in an organized athletic Competition with or against athletes not belonging to their School constitutes a game.
 - a. An organized "scrimmage" or Practice with or against athletes not belonging to their School is considered a game.
 - C. Students who participate in an interschool Contest when ineligible other than in scholarship, too many events or similar oversights, become ineligible only in that sport for a time period not to exceed three-hundred sixty-five (365) days to be determined by the Commissioner or his designee.
 1. When facts are purposely withheld or misrepresented, students become ineligible in all sports for the remainder of the semester and all of their next semester in school unless the school takes appropriate action as determined by the Commissioner.

- D. Coaches of grades 9-12 may not coach organized non-school sports competition during the Authorized Contest Season in that sport in grades 9-12.
- E. Students may not participate in try-outs or demonstrations of athletic ability as a prospective college student-athlete.
- F. Students may not participate in athletic activities, tryouts, auditions, practices and games held or sponsored by non-professional athletic organizations, clubs, or their representatives during the contest season.
- G. An ineligible student may Practice with the team, but only at home in regular practices.
- H. The ineligible student may not appear in an athletic uniform at an interschool contest.

Off Season Rules

15-2.2

- I. Team Sports (Baseball, Basketball, Football, Soccer, Softball and Volleyball)
 - A. Students may participate in team sport practice and contests as members of a non-school team provided no more than the following number of students:
 - 1. Who have participated in a contest the previous season as a member of one (1) of their school teams in that sport or
 - 2. Who are incoming freshman (and seek to participate on a Non-school Team from Monday of Week 5 until the date of the first authorized practice in that sport), are rostered on the same non-school team, at the same time. Seniors, who have exhausted their eligibility in a particular sport, do not count in the maximum number of students that can participate on a non-school team in that sport.
 - B. The following standards also must be met:
 - 1. Participation during school time must be approved by the school principal or his/her designee.
 - 2. Fees, if charged, must be provided solely by the student, parent or guardian.
 - a. No school or athletic funds shall be used for such when students of grades 9-12 are involved.
 - 3. Participation shall be open to all students.

4. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. student must remain an amateur.
5. Students may not receive instruction from individuals who are members of their high School coaching staff.
6. Coaches, from a Member School Coaching Staff, may not instruct students who have participated in a contest as a member of their school's team or any freshman.
 - a. Exception: Coaches may instruct their sons or daughters.
7. Member Schools may not organize, supervise or operate athletic practices.
8. Member Schools may not provide school-owned uniforms (shorts, pants, singlets, or swimsuits, etc.) worn by the student in non-school contests.

15-2.5

I. Open Facility Program

- A. An open facility program is a program in which the gymnasium, playing field or other school facilities are open to all students who attend the school, or a feeder school of the school sponsoring the program, for participation on a voluntary basis.
 1. Open facility sessions for a particular sport may be conducted three (3) times per week.
 2. However, they may be held more frequently within a month of the date of the official first practice in that sport.
 3. Member school coaches may supervise the program, communicate with students and offer correction provided that:
 - a. They do not organize teams or assign individuals to teams.
 - b. The program is open to all students of the member school.
 - c. Attendance and participation is voluntary and not required by the member school coach for membership on a team.
 - d. The coaching staff may offer instruction and work directly with a maximum of two (2) athletes at a time.
 - e. Specific equipment related to a particular sport, i.e. balls, goals, nets, etc., may be used.

IMPORTANT DATES

YEARLY DATES				LOCATION
2015	2016	2017	2018	
3-5/6				Sheraton--Keystone at the Crossing
3-17/19	3/9-11	3/8-10	3/7-9	Sheraton--Keystone at the Crossing
7/14	7/13	7/12		Primo's South
7/15	7/14	7/13		North Central High School
8/3	8/1	7/31	7/30	First Practice (Non Contact)
8/6	8/4	8/3	8/2	First Practice (Contact)
10/23,	10/21	10/20	10/19	Sectionals (A-6A)
11/6	11/4	11/3	11/2	Regionals (6A)
11/13	11/11	11/10	11/9	Regionals (A-5A)
				Semi-State (6A)
11/20	11/18	11/17	11/6	Semi-State (A-5A)
11/28	11/25	11/25	11/23	State Finals--2A, 4A, 6A
11/27	11/26	11/24	11/24	State Finals---1A, 3A, 5A
11/28	11/26	11/25	11/24	IFCA Board Meeting
12/4	12/2	12/1	11/30	All State Selection Meeting
				All State Selection Meeting

IFCA CLINIC

The IFCA Clinic is an annual educational opportunity provided by the Association to its paid members. The clinic is included in the membership costs and provides an opportunity for coaches to grow personally and professionally. Through the clinic, the IFCA has provided opportunities for its members to hear from member of the Indianapolis Colts coaching staff, top college coaches from around the Midwest, and some of the top high school coaches in the State of Indiana. The clinic is an annual event scheduled to take place in March at the Sheraton at Keystone at the Crossing over the next several years. The IFCA State Clinic is Co-Chaired by Bob Prescott, Peru High School, and Rick Wimmer, Fishes High School.

Certifications

Every high school football coach in the state of Indiana must complete the requirements of the State Educational Agency (SEA 222) effective July 1st, 2014. The course provides a two-year certification for Indiana High School Football Coaches. This certification also meets the requirements of the IHSAA.

SEA 222

Components:

Introduction, Equipment Fitting, Tackling Technique, and Closing
Concussion in Sports
Heat Illness Prevention
Sudden Cardiac Arrest

Location:

NFHSlearn.com/home/coachingrequirement
*Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest are located at the bottom of this page
NFHSlearn.com/home/coachingrequirement
Select a State – Indiana
Indiana Football SEA 222 – Click on View Course
Click on Order Course (It is Free)

Cost:

All of these courses are currently free of charge

All State Selection Process

Go to the website: <http://ifca.powermediallc.org> and complete the process for All State selection. The website will automatically submit your nomination to the proper sectional representative for consideration.

Academic All State Selection Process

Go to the website: <http://ifca.powermediallc.org> and complete the process for Academic All State selection. The website will automatically submit your nomination to the proper representative for consideration.

Colts All State Selection Process

Go to the website: <http://ifca.powermediallc.org> and complete the process for the Colts All State Academic Team. The website will automatically submit your nomination to the proper representative for consideration.

All Star Selection Process

Go to the website: <http://ifca.powermediallc.org> and complete the process for All Star selection. The website will automatically submit your nomination to the proper representative for consideration.

Etchison Scholarship Selection Process

Go to the website: <http://ifca.powermediallc.org> and complete the process for the Hub Etchison Scholarship. The website will automatically submit your nomination to the Chairman of the scholarship committee.

NCAA Compliance and Recruiting Regulations

NCAA Sliding Scale for Compliance (Effective August 1st, 2016)

Core GPA	SAT (Math and Verbal Only)	ACT Sum
3.550 & Up	400	37
3.525	410	38
3.5	420	39
3.475	430	40
3.45	440	41
3.425	450	41
3.4	460	42
3.375	470	42
3.35	480	43
3.325	490	44
3.3	500	44
3.275	510	45
3.25	520	46
3.225	530	46
3.2	540	47
3.175	550	47
3.15	560	48
3.125	570	49
3.1	580	49
3.075	590	50
3.05	600	50
3.025	610	51
3	620	52
2.975	630	52
2.95	640	53
2.925	650	53
2.9	660	54
2.875	670	55
2.85	680	56
2.825	690	56
2.8	700	57
2.775	710	58

Core GPA	SAT (Math and Verbal Only)	ACT Sum
2.75	720	59
2.725	730	60
2.7	740	61
2.675	750	61
2.65	760	62
2.625	770	63
2.6	780	64
2.575	790	65
2.55	800	66
2.525	810	67
2.5	820	68
2.475	830	69
2.45	840	70
2.425	850	70
2.4	860	71
2.375	870	72
2.35	880	73
2.325	890	74
2.3	900	75
2.299	910	76
2.275	910	76
2.25	920	77
2.225	930	78
2.2	940	79
2.175	950	80
2.15	960	81
2.125	970	82
2.1	980	83
2.075	990	84
2.05	1000	85
2.025	1010	86
2	1020	86