



Jason Finke, President Greg Frehner, Vice-President  
Greg Hale, Executive Director  
3887 Pick Road, Pinckneyville, IL 62274

## **NEW EXECUTIVE DIRECTOR SEARCH**

At the end of the 2024-2025 school year, present SIJHSAA Executive Director, Greg Hale will retire. Listed below are the timelines for the search and hiring process for a new director.

**\*August 15, 2023:** The official announcement will be released to the public concerning job description, resumes, cover letters, and references

**\*October 31, 2023:** Deadline to submit cover letter, resume, and references to SIJHSAA President – Jason Finke.

**\*Early November (TBA):** Screening of applications submitted.

**\*Mid-February (TBA):** Interviews

**\*March 13, 2023:** Recommendation from the Selection committee for hiring of a new Executive Director for board approval.

**\*2024-2025 School Year:** New Director job shadows retiring Executive Director Greg Hale.

SIJHSAA  
Executive Director Job Description  
(7-1-23)

1. Duties:

- A. Responsible for day-to day operations
- B. Maintain contact with the Association and all of its member schools
  - 1. Emailed weekly updates to member school contacts.
- C. Directing and overseeing the SIJHSAA Website. (In coordination with Geff Pursell)
- D. Overseeing all athletic events
  - 1. Coordinating all state tournaments and meets. (Contracts, etc..)
  - 2. Attending or having Adm. Assistants attend all state final events.
  - 3. Coordinating the Jim Burnes Awards and Banquet.
  - 4. Coordinating the Rick Franklin Awards and certificate distribution.
- E. Scheduling and conducting all meetings held during the year.
  - 1. 2 Steering Committee Meetings per year. (1 in fall – 1 in spring)
  - 2. 2 Board of Control Meetings per year (1 in fall – 1 in spring)
- F. Keeping all financial records and records made available to the SIJHSA Board of Directors.
  - 1. Monthly EFTPS and IL State Tax Payments
  - 2. Payroll distribution
  - 3. Coordinating all Ball Contracts, payments, and ball distribution.
  - 4. Coordinating all Corporate Advertisements and payments.
- G. Maintain communication with the SIJHSAA Attorney
- H. Maintaining operations of online t-shirt sales for all sports with RHouse Sports.
- I. Any other duties deemed necessary by the Board of Control.
- J. Knowledge of website technology.

2. Term: Negotiated by Board of Control

- A. The association will be responsible for paying one half of the Director's Social Security withholding and Medicare withholding.
- B. The Association shall pay the State and Federal Unemployment Insurance
- C. The Director shall pay all of his own Federal and State tax withholding
- D. Salary negotiable.

3. Benefits:

- A. The Director shall pay all of his medical insurance from his salary. The association will not pay any medical or life insurance for the Director

4. Expenses:

- A. The SIJHSAA shall reimburse the Director for reasonable out-of-pocket expenses incurred by the Director in fulfilling his duties.
- B. The Director will be reimbursed for mileage at the government rate per mile.

C. Office Expenses to maintain copy machine, fax machine, etc...

5. Office:

- A. The Director shall maintain his own office space at his expense.
- B. Any secretarial help needed by the Director shall be paid for by the Director from his salary. The Director is also responsible for paying all social security, state taxes, federal taxes, and medical costs for the employee.
- C. Rent of \$500 per month shall be deducted from his gross salary.
- D. The SIJHSAA will reimburse the Director for all office supplies and equipment needed in the performance of his duties. Included but is not limited to internet access, computer, printer, fax machine, telephone, cell phone and scanner.
- E. The Director will receive a \$100 per month stipend for cell phone usage.

**SOUTHERN ILLINOIS JUNIOR HIGH SCHOOL ATHLETIC ASSOCIATION  
2023-2024 Contact Information**

**\*Please fill this form out if your school contact information has changed. The information listed below will be imperative as we are heading toward electronic communication in the future. We will be mailing information as little as possible. Please complete following information and fax (618-357-2987) or e-mail ([sijhsaa@gmail.com](mailto:sijhsaa@gmail.com)) it back to me ASAP.**

Thanks  
Greg Hale  
SIJHSAA

**\*\*\*PLEASE PRINT OR TYPE - WE NEED TO BE ABLE TO READ IT**

Member School: \_\_\_\_\_

Contact Person & Position: \_\_\_\_\_

Contact Person's e-mail address: \_\_\_\_\_

School Phone No.: \_\_\_\_\_

Contact Person's Cell No.: \_\_\_\_\_

School Fax No.: \_\_\_\_\_

School Mailing Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Team Mascot or Name: \_\_\_\_\_

Team Colors: \_\_\_\_\_

**\*ONLY COMPLETE AND RETURN IF YOUR PRESENT SCHOOL CONTACT INFORMATION HAS CHANGED.**

**2023-SIJHSAA**  
**BASEBALL**  
**REGULATIONS**  
**([www.sijhsaa.com](http://www.sijhsaa.com))**



**\*The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. The following are exceptions to the NFHS Rules.**

**BASEBALL**

- 1. The distance between bases shall be 80 ft. and the pitching distance 54 ft.**
- 2. Pitching Rules: Pitch Count Limitation Rules are posted on the SIJHSAA Website ([www.sijhsaa.com](http://www.sijhsaa.com) / go to Forms and Documents / Baseball)**
- 3. Pitching Records: Coaches are responsible to keep pitch count records on their pitchers during regular season and state series games. Details on how to do this are listed on the Pitch Count Limitation Rules. Coaches of both teams will complete the SIJHSAA Pitch Count Worksheet and sign it at the conclusion of each game. This document should be used to verify the number of pitches of your pitching staff per game. Violation of the Pitch Count Limitation Rules will result in forfeiture of games and possible sanctions against offending coach.**
- 4. Bat Rules: (SIJHSAA Website under Administrative /Forms and Documents)**
- 5. Bat Penalties: If a player has been found to have used an illegal or altered bat during play - the batter will be declared out and restricted to the bench the remainder of the game. This infraction must be administered before the next pitch is thrown. The bat will also be taken out of play.**
- 6. As of July 1, 2009, metal spikes and rubber cleats are permissible in SIJHSAA play.**
- 7. Portable Pitching Mounds: May be used during regular season games. Host schools of regular season games will inform the visiting team of the use of the portable pitching mound. During regional play, a majority of the teams in the regional must approve of its use at its regional seeding meeting or fax/e-mail process.**
- 8. Pitching Substitution Rule Change: Any pitcher (either starting pitcher or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game. (Because of the pitch count limitations, this change gives coaches more options as far as pitcher selection)**
- 9. New-Baseball Standard: All baseballs used in contests must meet the current NOCSAE Standards at the time of manufacture and the baseballs shall be stamped as such. Official Rawlings baseball for state series play is the Model number: RSIJHSAABB.**

**10. Baseball Chest Protector Standards:** NFHS rules will require chest protectors worn by baseball catchers must be NOCSAE approved. You need to be aware that “old” chest protectors without the NOCSAE stamp cannot be worn. All baseball chest protectors must be NOCSAE approved.

**\*Note –** At the present time this doesn’t apply to softball chest protectors.

**11. On-deck Batter:** May use the opposing team’s on-deck batter circle for safety reason, if umpires deem that their own on-deck circle is too close to home plate.

**12. Jewelry is no longer prohibited:** However, umpires still have the authority to rule on anything that is considered a distraction or increases risk to any player. (NFHS Baseball Rulebook 1-5-12)

**13. SIJHSAA Recommendation but not required:**

A. **Time Limits:** No inning should start after 2 hours.

B. **International Tie-Breaker:** may be instituted starting the top of the 8<sup>th</sup> inning.

**\*Time Limits and International Tie-Breaker will not be used in SIJHSAA Baseball State Series play.**

**14. SIJHSAA Mercy Rule: (Baseball and Softball) (New)**

15 Runs after 3 innings

12 Runs after 4 innings

10 Runs after 5 innings

## **COACHES**

**1. You are responsible to make sure that all your bats and equipment (catchers gear & helmets) are in compliance with NFHS standards.**

**2. Per NFHS rules in 2013 umpires will ask you at the pre-game conference if your bats and equipment are in compliance. You as coach are responsible to make sure they are in compliance!**

**3. If your player used an altered or illegal bat, they will be declared out and restricted to the bench the remainder of the game. The bat will also be taken out of play.**

**4. It is highly advised that coaches get an NFHS Baseball or Softball Rule Book, whichever applies. They can be purchased from the IHSA website**

**([www.ihsa.org](http://www.ihsa.org))**

**5. Make sure that if time limits and or international tie-breakers are going to be used, they are clarified before the contest starts.**

**2023-SIJHSAA**  
**SOFTBALL**  
**REGULATIONS**  
**([www.sijhsaa.com](http://www.sijhsaa.com))**



\*The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. The following are exceptions to the NFHS Rules.

**SOFTBALL**

1. 12 inch fast pitch softballs will be used in games.
2. The distance between bases shall be 60 ft. and pitching distance 40 ft.
3. **Bat Rules:** May be found on the following site:  
<http://www.teamusa.org/usa-softball/play-asa/certified-asa-equipment>  
(Bats with the approved ASA/USA Certification Mark on it are legal as long as the bat is on the Approved Bat List. Some bats have been approved in the past and will have the proper certification mark on it, but have been decertified. Both the Approved and Non-Approved Bat lists are on the above mentioned website.
4. **Bat Rule Penalties:** If a player has been found to have an illegal or altered bat during play – the batter will be declared out and restricted to the bench the remainder of the game. This infraction must be administered before the next pitch is thrown. The bat will also be taken out of play.
5. As of July 1, 2009 metal spikes and rubber cleats are permissible during SIJHSAA play.
6. **Jewelry is no longer Prohibited:** However, umpires still have the authority to rule on anything that is considered a distraction or increases risk to any player. (NFHS Softball Rulebook: 3-2-12 / 3-6-11)
7. **On-Deck-Batter:** May use the opposing team's on-deck circle for safety reasons, if umpires deems that their own on-deck circle is too close to home plate.
8. **SIJHSAA Recommends, but does not require:**
  - A. Time Limits: No inning should start after 2 hours.
  - B. International Tie-Breaker: May be instituted starting the top of the 8<sup>th</sup> Inning.  
\*Time Limits and International Tie-Breaker will not be used in the SIJHSAA Softball State Series
9. **SIJHSAA Mercy Rule: (Baseball and Softball) - NEW**
  - 15 Runs after 3 innings
  - 12 Runs after 4 innings
  - 10 Runs after 5 innings
10. **Official Rawlings Softball for SIJHSAA State Series Play:**  
Model Number: RSIJHSAASB

### **COACHES**

- 1. You are responsible to make sure that all your bats and equipment (catchers gear & helmets) are in compliance with NFHS standards.**
- 2. Per NFHS rules in 2013 umpires will ask you at the pre-game conference if your bats and equipment are in compliance. You as coach are responsible to make sure they are in compliance!**
- 3. If your player used an altered or illegal bat, they will be declared out and restricted to the bench the remainder of the game. The bat will also be taken out of play.**
- 4. It is highly advised that coaches get an NFHS Baseball or Softball Rule Book, whichever applies. They can be purchased from the IHSA website ([www.ihsa.org](http://www.ihsa.org))**
- 5. Make sure that if time limits and or international tie-breakers are going to be used, they are clarified before the contest starts.**



# Baseball Rules Changes - 2023

By NFHS on August 11, 2022

## rules change

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### 1-5-4: Change:

ART. 4 . . . The catcher's helmet and mask combination shall meet the NOCSAE standard at the time of manufacture. Eye shields shall not be attached to the catcher's mask after manufacture. Eye shields that are attached to the catcher's mask at the time of manufacture will be constructed of a molded rigid material and be clear without the presence of any tint. Tinted eyewear worn on the face and under the face mask is permitted. Any helmet or helmet and mask combination...and a protective cup (male only). (1-5-9)

**Rationale:** There has been an increase of catchers attaching aftermarket eye shields to their face masks that are tinted and not approved by the face mask manufacturer. Attaching a product that was not manufactured for the specific face mask is a risk to the wearer. The tinted eye shield is problematic because it would prevent a medical professional from accessing the eyes of the catcher to determine their condition.

### 1-5-12: Change:

ART. 12 . . . ~~Jewelry shall not be worn be permitted (3-3-1d) except for including religious and medical medals. Any jewelry that poses harm or injury to the wearer or the opponent shall be immediately removed. (1-5-9) A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.~~

**Rationale:** Any jewelry worn that poses harm or injury to the player or their opponent is covered in existing rules.

### 2-4-4 (New): Change:

#### **Note: Add Lodged Ball to Section Title**

ART. 4 . . . A baseball that remains on the playing field but has become wedged, stuck, lost, or unreachable, is defined to be a lodged ball. If the ball impacts any object in the course of play, stops abruptly, and does not fall or roll immediately, it is considered lodged. It is a dead ball (5-1-1f-3,4; 5-1-1g-4). Exception: if a ball becomes stuck in the webbing of the fielder's glove, it remains in play. The glove/ball combination is treated as a live ball.

**Rationale:** A definition of a lodged ball was necessary and appropriate to differentiate when it is stuck on

the field or in an apparatus, compared to when it is stuck in a glove.

### 3-3-1d: Change:

ART. 1 . . . A coach, player, substitute, attendant or other bench personnel shall not:

sub-articles a-e remain the same.

d. ~~wear jewelry (players participating in the game)~~ or wear bandannas;

**Rationale:** This is a companion rule change with the deletion of Rule 1-5-12. If jewelry is worn that poses harm to the player or their opponent, there is existing rules support to handle the situation. Bandannas are still prohibited.

### 6-1-1,2,3: Change:

ART. 1 . . . The pitcher shall pitch while facing the batter from either a windup (Art.2) or a set position (Art. 3).

The position of the pitcher's feet determine whether ~~his~~ the pitcher will pitch from the windup or the set position. The pitcher He shall take or simulate taking the sign from the catcher with the ~~his~~ pivot foot in contact with the pitcher's plate. The pitcher will be considered to be in the set position when the pivot foot is in contact with or directly in front of and parallel to the pitcher's plate. The pitcher will be considered to be in the windup position when the pivot foot is in contact with the pitcher's plate and is not parallel to it.

The pitching regulations ...but not both.

ART. 2 . . . For the wind-up position, the pitcher is not restricted as to how they shall hold the ball. A pitcher assumes the windup position when ~~the~~ his hands are: (a) together in front of the body; (b) both hands are at ~~the~~ his side; (c) either hand is in front of the body and the other hand is at ~~the~~ his side. ~~The pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate. The pitcher is limited...lift either foot.~~

ART. 3 . . . For the set position, the pitcher shall have the ball in either ~~the~~ his gloved hand or ~~the~~ his pitching hand. The pitcher's ~~His~~ hand shall be down at ~~the~~ his side or behind the his back. Before starting the delivery, the pitcher shall stand with the pivot foot in contact with or directly in front of and parallel to the pitcher's plate. Before starting his delivery, he shall stand with his entire non-pivot foot in contact with or directly in front of and parallel to the pitcher's plate. The pitcher He shall go...any other fielder.

**Rationale:** In reference to the high school pitching rule, the position of both the pivot and non-pivot foot was the determining factor to deem if a pitcher was pitching from the windup position or the set position. The game has evolved throughout high school baseball for the pitcher to pitch with the pivot foot in a

windup description with the non-pivot foot in a set description. This "hybrid" position was previously illegal by NFHS rule. What is important is that umpires, coaches, and players know what position the pitcher is using so they know which part of Rule 6 is in play. Deleting the use of the non-pivot foot does no damage to the existing pitching position rule and having only the pivot foot determine makes it clean and easily discernible for all involved.

**NFHS Official Signals: Change:**

NFHS Official Baseball Signals

A—PRE-PITCH SITUATIONAL CHANGES - 8 signals to demonstrate situations & their explanations!

B--DURING PLAY & RESULTS - 8 signals to demonstrate calls

**[Editor's note: The proposed Umpire Signals are attached as separate documents.]**

**Rationale:** Updating signals to further enhance umpire mechanics and communication between officials, coaches, players and fans.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

## NEWS RELEASE

### **Jewelry Permitted in 2023 High School Softball Rules Changes**

**FOR IMMEDIATE RELEASE**

Contact: Sandy Searcy

INDIANAPOLIS, IN (July 20, 2022) — The NFHS Softball Rules Committee has approved the wearing of jewelry in the sport, effective with the 2023 season. Previously, only medical and religious medals were permitted.

The removal of the previous Rule 3-2-12 from the 2022 NFHS Softball Rules Book headlined a set of six rules changes forwarded by the committee. The six proposed changes were compiled at the committee's recent rules meeting held June 13-15 at the Conrad Hotel in downtown Indianapolis and were subsequently approved by the NFHS Board of Directors.

"The NFHS Softball Rules Committee has entertained this possible rule change on multiple occasions based on previous proposals submitted by the membership," said Sandy Searcy, NFHS director of sports and liaison to the NFHS Softball Rules Committee. "This year's overwhelming member response in favor of permitting the wearing of jewelry strongly influenced the Committee's decision to approve this proposal. Rule language, however, continues to allow umpires the authority to expel items they deem dangerous or distracting to any player."

In a causal change, Rule 3-6-11 strengthens language to emphasize that electronic devices only be used in the dugout during games to prevent teams from utilizing them as an on-field signaling system under the new jewelry-friendly regulations.

Color restrictions for gloves and mitts were also loosened as part of Rule 1-4-1. Previously, gloves and mitts could not consist of more than two colors excluding lacing and manufacturer’s logos. For the 2023 season, there will be no limit on the number of colors as long as no part of the glove/mitt – including lacing and seams – is the same color as the ball; has markings that give the appearance of the ball; or is made in a manner that is distracting to the umpire.

To more accurately depict final scores and individual and team statistics, a new clause was added to Rule 4-2-1 stating that all baserunners involved in a game-ending home run will be scored and credited to the winning team. Previously, only the number of runs needed to win the contest were officially counted in the final score.

Rule 8-2-7, which deals with batter-runner interference, was reformatted to address the infraction in fair territory – “with a fielder attempting to make an initial play on a fair batted ball” (Rule 8-2-7a) – and in foul territory – “with a fielder attempting to field a fly ball over foul territory” (Rule 8-2-7b).

The final rule change for the 2023 season is the insertion of Rule 2-20-1g pertaining to the definition of a fair ball. This new language clarifies that a batted ball will be ruled a fair ball and a dead ball in the instance an offensive player interferes with a defensive player while the ball is in fair territory. Placing this language within the definition of a fair ball also makes it consistent with the definition of a foul ball that is covered in Rule 2-25-1e.

A complete listing of the softball rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page and select “Softball.”

According to the most recent NFHS High School Athletics Participation Survey, fast-pitch softball is the fifth-most popular sport for girls with 362,038 participants in 15,877 high schools nationwide. The survey also indicated an additional 6,602 participants in slow-pitch softball.

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#### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the



## 2023 NFHS SOFTBALL RULES CHANGES

**1-4-1:** Removes the number of color restrictions on a glove, including laces and seams, and does not allow any panels of the glove to match the color of the ball.

**Rationale:** Gloves and mitts are manufactured in variety of designs and multiple colors. As long as the color of the ball is not one of the colors used, does not have markings that give the appearance of the ball or are made in a manner that is judged distracting by the umpire it is permitted for use in NFHS Softball.

**2-20-1g:** A fair ball is a batted ball that while over fair territory, an offensive player interferes with a defensive player attempting to field a batted ball.

**Rationale:** The ball's status is determined at the point of interference. If an offensive player interferes with the defensive player while the ball is in fair territory, the ball is dead. Adding this language to the definition section mirrors the foul ball definition in Rule 2-25-1e.

**3-2-12, 3-6-11:** Removes language prohibiting the wearing of jewelry.

**Rationale:** Removing the language prohibiting jewelry places the softball rules in line with other NFHS sports that have removed the restriction. Umpires still have the authority to rule on anything that is considered a distraction or increases risk to any player.

**4-2-1:** Defines the protocol for when a fair batted ball clears the home run fence to end the game. All runs are allowed to score before the game is terminated.

**Rationale:** Allows for all runs to be counted when a fair batted ball clears the home run fence to end the game. All runs scored by virtue of the home run will be included in individual and team statistics.

**8-2-7:** New language clarifies batter-runner interference on a fly ball over foul territory.

**Rationale:** This has always been the enforcement but was not listed in the section covering batter-runner. The language is consistent with the rule covering interference on an initial play on a fair-batted ball and aligns with Rule 8-6-10.

## 2023 SOFTBALL EDITORIAL CHANGES

2-25-1e, 7-1-2 PENALTY 1, 7-4-1, 7-4-11, 8-1-1 EFFECTS 2, 8-4-3d

## 2023 SOFTBALL POINTS OF EMPHASIS

1. Time Between Innings
2. Jewelry and Electronic Communication
3. Sportsmanship
4. Comparable Drying Agents

high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,500 high schools and 12 million participants in high school activity programs, including more than 7.9 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at [www.nfhs.org](http://www.nfhs.org).

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## **IMPORTANT SIJHSAA ADMINISTRATIVE DATES (2023-2024)**

### **2023**

- July 9  
(or earlier)** - **\*Fall Mailing: Includes important SIJHSAA information for member schools pertaining to the 2023-2024 school year.  
(Posted on SIJHSAA Website / [www.sijhsaa.com](http://www.sijhsaa.com))**
  
- August 1** - **\*Deadline to enter Baseball, Softball, and Boys & Girls Cross Country.  
\*Deadline to submit Co-op Agreements/Renewals that deal with Fall Sports to the SIJHSAA office.  
(Baseball, Softball, and Boys & Girls Cross Country)  
\*Deadline to enter School Online Member Profile and Contact Information on the SIJHSAA Website.**
  
- August 20  
(or before)** - **\*Baseball, Softball, and Boys & Girls Cross Country State Series Information Released to all schools.  
(Posted on SIJHSAA Website / [www.sijhsaa.com](http://www.sijhsaa.com) / under the Latest News Section)**
  
- September 30** - **\*Emailing of Enrollment Cards to all member Schools.**
  
- October 1** - **\*Deadline to enter Boys and Girls Basketball.  
\*Deadline to submit all other Co-op Agreements/Renewals that deal with all other sports.  
\*Enrollment Cards due in SIJHSAA Office by all member schools and enter the school enrollment online.**
  
- October 11** - **\*Fall Steering Committee Meeting  
(5:00pm-Tino's on the Tee – Rend Lake Golf Course)**
  
- October 18** - **\*Fall Board of Control Meeting  
(9:30am-Tino's on the Tee – Rend lake Golf Course)**
  
- November 1** - **\*Emailing of Board of Control Minutes  
\*Boys & Girls Basketball State Series Information to all member schools.**
  
- November 15** - **\*Emailing of Intent To Play Cards for the 2024 calendar year.**



## 2024

- January 15 - \*2024 Intent-To-Play cards due in SIJHSAA Office by all member schools and enter your sport intent to play on the SIJHSAA Website.  
\*Deadline to enter Volleyball.
- February 1 - \*Deadline to enter Bowling
- February 8 - \*Emailing Volleyball State Series information to all member schools.
- February 15 - \*Emailing of Bowling State Series Information to all member schools.
- March 1 - \*Deadline to enter Boys & Girls Track and Boys & Girls Golf.
- March 6 - \*Spring Steering Committee Meeting  
(5:00pm-Tino's on the Tee - Rend Lake Golf Course)
- March 13 - \*Spring Board of Control Meeting  
(9:30am-Tino's on the Tee - Rend Lake Golf Course)
- March 26 - \*Emailing of Board of Control Minutes  
\*Emailing of Boys & Girls Track State Series information to all member schools.
- April 1 - -Boys & Girls Golf individual entry names are submitted to the Golf State Tournament Manager.
- April 8 - Emailing Girls & Boys Golf State Series Information to all member schools.



# ENOUGH IS ENOUGH

## Sportsmanship at SIJHSAA Events Must Improve!

*Beginning in the 2023-2024 school year, the length of suspensions will increase for fans, coaches, and players who have been ejected from an event.*

For a **first ejection** of the school year:

1. A **fan** ejection will increase from a 2-game suspension to 3 games.
2. A **player** ejection will increase from a 1-game suspension to 2 games.
3. A **coach** ejection will increase from a 1-game suspension to 2 games.

For **multiple ejections** in the same school year:

1. Any **fan** who is ejected twice (2 times) will result in the fan not being allowed to attend any SIJHSAA event for the remainder of the school year.
2. Any **player** who is ejected twice will result in a 4-game suspension.
3. Any **coach** who is ejected twice will result in a 4-game suspension.

Also, any fan, player, or coach who has been ejected from a SIJHSAA event must complete the **Sportsmanship Course** on the NFHS website before being permitted to attend any SIJHSAA events. The course completion certificate must be submitted to their home school to complete the period and terms of the suspension.

*Any school in SIJHSAA that is found to not enforce these suspensions and comply with these terms may face consequences from SIJHSAA.*

## Steps for Completion of the NFHS Sportsmanship Course

1. Go to internet site: <https://nfhslearn.com/courses/sportsmanship-2>
2. Browse around page to learn about the course.
3. Click on **STATE** then use dropdown menu to select **ILLINOIS**. It should show that there is no fee to take the course.
4. Click on **ORDER COURSE**.
5. If person is not registered on NFHS Learn, the registration must be completed. At the bottom of page, click on **Register**. If person has previously registered on NFHS, enter e-mail or username and password.
6. Enter information requested to complete registration, if not registered.
7. Click on **COURSES** at top of page. Scroll down to find the **SPORTSMANSHIP** course. Click on this course.
8. Click on **ORDER COURSE**.
9. In the Shopping Cart, the fee should be \$0.00. Click on **CHECKOUT**.
10. On the **Your Receipt** page, you have the option of printing your receipt. Also on that page, you need to click on **GO TO MY COURSES**. It should take you to the Sportsmanship course.
11. A window appears, read then click **NEXT**. A few additional windows will also appear, read then click **NEXT**. After all are completed, you will get to **MY COURSES**. Find your **SPORTSMANSHIP** course and begin.
12. Follow the instructions to complete the course. A person is not allowed to fast forward through the videos. All videos must be viewed.
13. When completed, the person can click on the **back arrow** in the upper left part of the screen. Click on **DASHBOARD**. Click on **MY CERTIFICATES**. Download and print the certificate. Take the certificate to your school.

*\*If you have any issues with the course, contact your school for assistance.*

*\*\*The course must be completed, and the certificate presented to your school before a person who has been ejected from an event is allowed to attend any games.*

# 2023 Du Quoin Middle School Fall Classic Cross Country Meet

(formerly pre-state -no affiliation with sijhsaa)

**Saturday, September 30, 2023**  
**Du Quoin State Fairgrounds**  
**Du Quoin, IL**

## Large School

Coaches meeting at pavilion – 8:30am  
Course walk around for all runners – 8:00am – 8:50am

You may enter only ONE team per race. **Please list ALL athletes who MAY run in their specific race. Changes to roster will NOT be made after close of registration.**

Enter athletes at athletic.net - <https://www.athletic.net/Help/CrossCountry.aspx?Meet=221965>

You may register 10, but only 7 may run varsity races. Open race maximum Register 10 -7 runners (7 boys-7 girls)

Varsity Boys	1.86M	9:00
Varsity Girls	1.86M	9:30
Open Boys	1.86M	10:00
Open Girls	1.86M	10:30

## Small School

Coaches meeting at pavilion – 1:00 pm  
Course walk around for all runners – 12:30 pm – 1:20 pm

You may enter only ONE team per race. **Please list ALL athletes who MAY run in their specific race. Changes to roster will NOT be made after close of registration.**

Enter athletes at athletic.net - <https://www.athletic.net/Help/CrossCountry.aspx?Meet=221964>

You may register 10, but only 7 may run varsity races. Open race maximum- Register 10- run 7 runners (7 boys-7 girls)

Varsity Boys	1.86M	1:30
Varsity Girls	1.86M	2:00
Open Boys	1.86M	2:30
Open Girls	1.86M	3:00

## Awards

**Team Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place plaques

**Individual Awards:** Medals for 1<sup>st</sup> – 25<sup>th</sup> each division

**Entry Fees:** \$50 per team/per school (ex. varsity boys & varsity girls = \$100). Open - \$7 per entry (max 7 boys/max 7 girls. Ex. 14 total open runners = \$98)

Please mail entry fees or bring day of race. Checks are payable to Du Quoin Middle School.

## **Race Info:**

Race day packet and pre-ordered t-shirts (online order link will be provided at a later date) will be distributed morning of race in pavilion.

Please double check all bib numbers and names match for their specific race.

Chip timing by - championship24/7.

Live scoring link – will be provided by championship247.net

Concessions/Food Trucks will be available on site.

**Parking Fee - \$5.00 per vehicle**

Jeremy Cornett, AD

[jcornett@duquoinschools.org](mailto:jcornett@duquoinschools.org)

cell: 618-790-3103

EVERY SEASON STARTS AT



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**Shop Event Weekend**  
**AUGUST 18 - 21, 2023**

Hosted at  
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Paducah, KY  
Springfield, IL  
Evansville, IN

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June 12, 2023

TO: Administrators, Coaches, and Sponsors

FROM: Randy House

RE: Gear and Equipment

I would like to take a minute to introduce you to my company, R House Sports and Embroidery. Our services include, but aren't limited to, screen-printing, embroidery, signs, banners, uniforms, hats, promotional items, and sporting equipment. Our production facility is located in Benton IL and our retail store/sales team is located in Herrin IL. We have some relationship with most of the school districts in southern Illinois. R House Sports was privileged to provide the SIJHSAA with all of their State Finals shirts for ALL SPORTS for the 2022-23 school year. We appreciate the trust that was placed in us by the SIJHSAA for these important events.

We specialize in online stores for teams, fans, and organizations. We set each store up to specifically meet the needs of your group. We do Back to School/Teacher Appreciation shirts, Team/Fan stores, and Fundraisers for all occasions. We will work to make the process as seamless as possible. No chasing forms, collecting money, etc. You sit down with one of our online specialists, work thru the details of what you are want to accomplish, and with 48 hours, your online store will be up and running. Our system is completely automated, including the ability to produce reports on your groups progress!!! In addition to the sports teams, support the less visible groups that sometimes get taken for granted: band, chorus, drill team, dance/pompon, activities director, booster clubs, etc. **AND DID I MENTION THAT WE DO ALL THE SET-UP FOR FREE???**

We here at R House look forward to supporting you in any way possible. Please feel free to schedule a time to discuss these opportunities further.

***307 Wastena Street  
Benton, IL 62812  
(618) 937-2294***

***218 North Park Avenue  
Herrin, IL 62948  
(618) 988-8188***