

FOREWORD

This handbook is distributed for the purpose of providing a ready source of reference and information on philosophy, policies, rules and regulations of the NHIAA. It contains the Constitution, By-Laws, regulations, eligibility rules, the system of classification of schools and names of officers.

The basis for the existence of the NHIAA is the contribution that it makes in helping the interscholastic athletic program of member schools become an integral and important factor in the total educational development of their students. This handbook is a guide which will help to bring about the realization and understanding of this aim.

When problems or questions arise in connection with interscholastic athletic programs, school personnel should consult this handbook and the NHIAA office. The official point of contact with the NHIAA is the school principal. No requests from anyone except the principal (and if so authorized the athletic administrator) can be recognized by the NHIAA staff. Periodically, changes may occur during the school year. These are shared with principals and athletic directors, since changes will supersede the printed contents of this handbook.

PAST PRESIDENTS OF THE NHIAA, INC.

Donald Harriman, Exeter	1947, 1948	Richard Mezquita, Timberlane	1981
Arthur Mullvaney, Keene	1949	Henry LaBranche, Pelham	1982, 1983
John Reed, Concord	1950, 1951	Robert Norton, Belmont	1984
Irvin Gordon, Marlboro	1952, 1953	Dennis Pope, Merrimack	1985
Edward Sillari, Keene	1954, 1955	Bonnie Groves, Hampton	1986
Rev. Richard Vickery, Manchester	1956	Roy Whalen, Derry	1987
Howard Kimball, Newport	1957, 1958	Gerald Daley, Dover	1988
Wendell Davis, Salem	1959	Patrick Kelly, White Mountains	1989
Leo Landroche, Newmarket	1960	Michael Abbott, Hinsdale	1990
Harry Grierson, Rochester	1961	George Edwards, Pembroke	1991
Henry Bremner, Jaffrey	1962	Mary Lou Cronin, Plymouth	1992, 1993
James Jordan, Northwood	1963	Timothy Mayes, Merrimack	1994, 1995
Richard Bradley, Berlin	1964	Bruce Labs, Woodsville	1996, 1997
David Sherburne, Sunapee	1965	Clyde Meyerhoefer, Alvirne	1998, 1999
Ernest Herrmann, Gorham	1966	Robert Nelson, Lin-Wood	2000, 2001
Norman Hartfield, Hillsboro	1967	Carol Dozibrin, Winnacunnet	2002, 2003
Claude Leavitt, Hudson	1968, 1969	Donald Lafferty, Oyster River	2004
Burton MacArthur, Exeter	1970	R. Patrick Corbin, Nashua North	2005
Edward Willis, Fall Mountain	1971	Patricia Kennelly, Inter-Lakes	2005, 2006, 2007
Richard McCarthy, Hinsdale	1972	Matthew Laramie, Kearsarge	2008, 2009
Harry Hallsey, Portsmouth	1973	Frank McBride, Goffstown	2010, 2011
Charles Burns, Keene	1974	Scott Fitzgerald, Kearsarge	2012, 2013
Tony Urban, Berlin	1975	Richard Dichard, Man. Central	2014, 2015
Sally Eldredge, Newport	1976	Jason Parent, Londonderry	2016, 2017
Donald Desmarais, Salem	1977	Bruce Parsons, Plymouth	2018, 2019
Paul Linehan, Kearsarge	1978	Steve Beals, Alvirne	2020, 2021
Richard Hamilton, Hampton	1979	Linda Brodeur, Bishop Guertin	2022, 2023
James Desmarais, Plymouth	1980	Gary Dempsey, John Stark	2024, 2025

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation was organized in 1920 and now consists of 50 member state high school associations and the District of Columbia. The Canadian Federation and 9 Canadian provinces are presently affiliated. New Hampshire was admitted in 1945.

These associations have united to secure the benefits of cooperative action which eliminates unnecessary duplication of work and which increases efficiency through the pooling and coordinating of efforts of all who are engaged in high school athletic activities.

The legislative body is the **National Council** made up of one representative from each member state association. Such representative must be an officer or a member of his/her state board of control. The Board of Directors shall be comprised of 12 members elected by the National Council from the membership of the governing boards or chief executive officers of the voting member state associations. (a) One (1) representative shall be elected from each of the eight (8) sections established by the Board of Directors. (b) In addition, four (4) at-large representatives shall be elected from voting member state association governing boards, one (1) from each combination of two sections as follows: Section 1 and 4; Sections 2 and 6; Sections 3 and 7; Sections 5 and 8.

The growth in size and influence of the state high school associations and their National Federation ensures some degree of teamwork on the part of 19,000 high schools and this teamwork has enabled them to formulate policies and plans for improving high school athletic conditions and to make these plans function. The National Federation probably represents the largest closely-knit organized body of athletes in the world. The opportunities for contributing to the welfare of the high school athletic program are unlimited.

The National Federation was organized primarily to secure proper adherence to the eligibility rules of the various state associations in interstate contests and meets. As the prestige of the national organization grew, a program for the sanctioning of interstate meets was developed. This later led to definite action relative to national and sectional athletic events. Meets or tournaments, which involve the schools of more than one state, are sanctioned in accordance with definite limitations in connection with the distance to be traveled, the type of sponsor, the amount of school time involved, and extent to which such events interfere with smaller meets which ensure participation by greater numbers of those who need the training. The scope of the National Federation work has broadened so that all high school athletic and many non-athletic groups profit through an exchange of experiences and a pooling of interests.

The activities of the National Federation are based on the belief that strong state and national high school athletic organizations are necessary to protect the athletic interests of the high schools, to promote an ever increasing growth of a type of interscholastic athletics which is educational in both objective and method and which can be justified as an integral part of the high school curriculum, and to protect high school students from exploitation for purposes having no educational implications. To accomplish these things, it is necessary for educators to exercise teamwork on a nationwide scale.

HISTORICAL OUTLINE Of the Development of the New Hampshire Interscholastic Athletic Association

Prior to 1947 the state athletic program was administered by the New Hampshire Secondary School Principals' Association. In 1947 the New Hampshire State Athletic Association was formed. In 1948 the name was changed to the New Hampshire Interscholastic Athletic Association. The primary reason for the creation of this organization was to establish the state athletic programs as an integral part of the entire school curriculum. It was believed that athletics, properly directed and administered on a state-wide basis, has a contribution to make to the educational program of schools. The Association was incorporated in 1951. In 1953 a full-time office was established with a full-time Executive Director.

Since 1947 the NHIAA has made significant and ongoing progress in organizing, supervising and coordinating a statewide athletic program. Superintendents, principals, athletic directors, coaches, state school board association members, and State Department of Education personnel have served on the Council, the governing body of the organization. The administration of the school based interscholastic athletic program has been carried out by committees chosen from school and non-school people throughout the state.

In addition to the administration of athletics, the Association has formulated standards to ensure that competition is equalized. Regulations have been adopted to meet changing times and conditions. Changes, when necessary, are implemented by constitutional or By-Law amendment.

The New Hampshire Interscholastic Athletic Association is a voluntary organization operated by a continually changing committee structure and an athletic council. Committee membership is voluntary. Positions on the Council are rotated over a period of years giving the opportunity for all viewpoints to be considered.

By this process, interscholastic athletics takes its proper place in the entire educational program of the schools and makes a great contribution to the development of New Hampshire youth.

Guidelines and Expectations In Administration of the Interscholastic Athletic Program

For the School Boards:

To provide equal and when appropriate separate athletic programs for boys and girls.

For the Superintendent:

1. To bring to the community a full realization of the value of athletics as an educational tool in training citizens.
2. To have a definite understanding with principals and athletic directors concerning the school athletic policy and expect and give mutual support in carrying out that policy.

For the Principal:

1. To be honest in certification of contestants and to base that certification on complete information concerning the student's athletic and scholastic status. Questionable cases will be referred to the NHIAA before the privilege of competition is given.
2. To give loyal support to the coach in all efforts to carry out NHIAA and local athletic policies.
3. To instruct the student body in its responsibilities in making the athletic program a valuable one.
4. To endeavor to foresee possible differences and misunderstandings between other schools and, as far as possible, settle them or provide means of settlement before they materialize.
5. To insist that any misunderstandings that arise be settled privately between official representatives of the schools involved.

For the Athletic Director:

1. To have responsibilities clearly defined in line with the athletic policy of the school.
2. To include in the athletic program only those schedules, which are educationally and physically sound for the athlete.

For the Coach:

1. To make his/her work an integral part of the school educational system.
2. To master the principles of the sport which he/she is teaching and seek constantly to improve teaching and coaching skills.
3. To be loyal to school superiors in fitting the athletic program into the general program.
4. To insist upon highest possible standards of conduct, scholarship, and conditioning for members of athletic teams.
5. To enforce all local and state eligibility rules.

For the Spectator:

1. Understands and is informed of the playing rules.
2. Has an appreciation of good play, no matter who makes it.
3. Cooperates with and responds enthusiastically to the cheerleaders.
4. Shows compassion for an injured player, applauds positive play, does not heckle, jeer or distract players and always avoids the use of profane language and obnoxious behavior.
5. Respects the judgment and strategy of the coaching staff and does not criticize players or coaches for game losses.
6. Respects game officials and accept their decisions in the spirit of fair competition.
7. Respects the authority of those administering the event.

NHIAA CODE OF ETHICS

Definition of Sportsmanship

The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized, by generosity and genuine concern for others.

An awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

In order to promote desirable behavior and enhance the overall quality of secondary school athletic programs for which the NHIAA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school athletic programs to...

1. Cultivate awareness that participation in high school athletics is part of the total educational experience.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of all rules and guidelines governing competition, both in letter and intent, and to comply with them in all activities.
4. Recognize that the purpose of athletics in school programs is to develop and promote the physical, mental, moral, social and emotional well-being of individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of a participant.
6. Avoid practices which force students to specialize, or which restrict them from participation in a variety of athletics.
7. Refrain from publicly making disparaging remarks to and about opponents, officials, coaches, or spectators or the NHIAA in any aspect of school athletics. (CM 5.2018)
8. Encourage the development of proper health habits and vigorously discourage the use of chemicals, including alcohol and tobacco.
9. Exemplify proper self-control at all times and accept adverse decisions without public display of emotion or dissatisfaction.
10. Encourage everyone to judge the true success of the athletic program on the basis of the attitude of the participants and spectators rather than on the basis of a win or loss.
11. Treat opposing team members and officials respectfully and encourage behavior, which will create positive relationships between schools.

STUDENT ATHLETE CODE OF ETHICS

TRUSTWORTHINESS

- **Trustworthiness** - Be worthy of trust in all you do.
- **Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.
- **Honesty** - Live and compete honorably, do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability** - Fulfill commitments; do what you say you will do; be on time to practices and games.
- **Loyalty** - Be loyal to your school and team; put the team above personal glory.

RESPECT

- **Respect** - Treat all people with respect all the time.
- **Class** - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
- **Respectful Conduct** - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** - Treat contest officials with respect; do not complain about or argue with officials' calls or decisions during or after an athletic event.

RESPONSIBILITY

- **Importance of Education** - Be a student first and commit to earning your degree and get the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- **Role Modeling** - Remember, participation in sports is a privilege, not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-control** - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** - Protect the integrity of the game; do not gamble, associate with or deal with professional gamblers.
- **Sexual Conduct** - Sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

- **Be Fair** - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- **Concern for Others** - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- **Teammates** - Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- **Play by the Rules** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **Spirit of Rules** - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.