

IHSAA NEWS RELEASE



Indiana High School Athletic Association, Inc.

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July 28, 2023

High School Fall Sports Practices begin Monday Student-Athletes, Coaches urged to prepare for heat, humidity

Fall sports practices and the girls golf regular-season officially get underway on Monday, July 31, for member schools of the Indiana High School Athletic Association.

This week, football teams will conduct three days of non-contact practice with full contact permitted beginning Thursday, August 3.

Girls golf aside, the first contests for boys tennis, unified flag football, cross country, soccer and girls volleyball are set for Saturday, August 12. Opening night of the high school football season is Friday, Aug 18.

FALL SPORTS SEASON CALENDARS

Sport	1st Practice	1st Contest	No. of Contests	Entry List Deadline	Tourney Draw Date	Officials Rating Period	Sectionals	Regionals	Semi-States	State Finals
Fall Sports										
Girls Golf	July 28	July 31	18	Sept. 6	—	—	Sept. 15, 16, 18	Sept. 23	—	Sept. 29, 30
Boys Tennis	July 31	Aug. 12	*22	Sept. 21	Sept. 25	—	Sept. 26-30	Oct. 3, 4 (Team) Oct. 14 (Sing/Doub)	Oct. 7	Oct. 13, 14 (Team) Oct. 20, 21 (Sing/Doub)
Unified® Flag Football	July 31	Aug. 12	10	Sept. 8	Sept. 18	Sept. 4-11	Sept.30	Oct. 7	—	Oct. 14
Boys Cross Country	July 31	Aug. 12	14	Oct. 2	—	Sept. 18-25	Oct. 14	Oct. 21	—	Oct. 28
Girls Cross Country	July 31	Aug. 12	14	Oct. 2	—	Sept. 18-25	Oct. 14	Oct. 21	—	Oct. 28
Boys Soccer	July 31	Aug. 12	16 NoT or 14+1T	Sept. 20	Sept. 24	Sept. 4-11	Oct. 2, 4, 6, 7	Oct. 11, 14	Oct. 21	Oct. 27, 28
Girls Soccer	July 31	Aug. 12	16 NoT or 14+1T	Sept. 20	Sept. 24	Sept. 4-11	Oct. 2, 3, 5, 7	Oct. 12, 14	Oct. 21	Oct. 27, 28
Girls Volleyball	July 31	Aug. 12	23+2T	Sept. 25	Oct. 1	Sept. 11-18	Oct. 10, 12, 14	Oct. 21	Oct. 28	Nov. 4
Football (Non-Contact)	—	Aug. 18 - V	—	—	—	—	—	—	—	—
(Contact)	July 31 Aug. 3	Aug. 17 - JV	9	Oct. 3	Oct. 8	Sept. 25-Oct. 2	Oct. 20, 27; Nov. 3 Oct. 27; Nov. 3 (6A)	Nov. 10	Nov. 17	Nov. 24, 25

The complete IHSAA Sports Calendar for 2023-24 may be found here: <https://www.ihsaa.org/resources/calendar>

HEAT ILLNESS, HEAT STROKE PRECAUTIONS

Student-athletes and coaches are reminded to take precautions in hot and humid weather, particularly with the extreme heat that is currently sweeping the country.

The greater the humidity, the more difficult it is for the body to cool itself. Familiarize yourself with safety tips and the signs of heat illness and heat stroke:

<https://nfhs.org/media/1015650/2015-nata-heat-illness-handout.pdf>

Additional information on concussions, heat illness, thunder and lightning safety, and sudden cardiac arrest may be found in the Health & Well Being section here:

<https://www.ihsaa.org/resources/health-well-being>

MAXPREPS SCHEDULES, STATISTICS

Member schools with football, soccer and girls volleyball teams are encouraged to upload their season schedules and report statistics regularly throughout the season to their MaxPreps account.

MaxPreps Boys Soccer: <https://www.maxpreps.com/in/soccer/>

MaxPreps Girls Soccer: <https://www.maxpreps.com/in/soccer/girls/>

MaxPreps Girls Volleyball: <https://www.maxpreps.com/in/volleyball/>

MaxPreps Football: <https://www.maxpreps.com/in/football/>

John Harrell's Indiana HS Football: <https://indianahsfootball.homestead.com/>

About the Indiana High School Athletic Association, Inc. (IHSAA)

The IHSAA is a voluntary, not-for-profit organization that is self-supporting without the use of tax monies. Since its founding in 1903, the Association's mission has been to provide wholesome, educational athletics for the secondary schools of Indiana. Its 411 member high schools - public, institutional, parochial and private - pay no annual membership fee or incur entry fees to play in the Association's tournaments. A state tournament series is conducted annually in 22 sports, 10 for girls, 10 for boys and two co-eds (unified flag football, unified track and field). A 19-person board of directors, elected by member school principals, governs the organization.