

RULE 17 - SEASONS

17-1 SPORT SEASONS

Seasons have been established for sports and activities sponsored by the IHSAA. A season will begin with the first allowed day of practice and will end with the completion of the state championship in that sport, or other date established by the Board of Directors.

17-1-1 The School Year

The school year is considered to begin 7 days prior to the fall sports start date (first day of the fall no-contact period) and conclude after the final IHSAA spring sport state championship. Coaching restrictions are in effect during the school year.

17-1-2 Regular Season

Practices are held during the sport season and include items that are not allowed at any other time.

The following are usually a part of regular season practice:

- a. Publicized announcement of the start of practice.
- b. Restricted attendance according to school boundaries, age, sex, abilities, etc.
- c. Required attendance.
- d. Intra-squad scrimmages.
- e. Teaching team concepts as well as individual techniques and skills through the use of drill, "chalk talks", film sessions, etc.
- f. The use of school uniforms and/or protective equipment.

17-1-3 Summer Programs

Summer programs must be voluntary and must be terminated by the fall no-contact period. The IHSAA supports member schools' involvement in voluntary summer programs. However, the IHSAA believes that students need time off during the summer and strongly recommends that member schools schedule at least ten days of non-student contact during the summer each year.

- a. Coaching restrictions are suspended during the summer (the day after the spring state tournaments through the beginning of the fall no-contact period). A high school coach can coach his/her players anytime, anywhere, during this period. During this period a team can scrimmage against another team without violating the out-of-season contest requirements (renting facility etc.). Practice, competition and facility use during the summer, is not covered by IHSAA insurance (liability, catastrophic, concussion etc.).
- b. A high school coach who coaches a team during the summer that advances to a regional or national qualifying event can continue to coach after the fall no-contact period until the completion of the tournament/s. IHSAA must approve a written request prior to participation.
- c. Students will only be allowed to attend team camps during the summer, not during the school year.
- d. Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools once the fall no-contact period has begun. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools once the fall no-contact period has begun.

17-1-4 Protective Equipment

No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp or clinic for a period of seven days within a ten, consecutive day period upon written request from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any and all liabilities rest solely with the school, camp, or clinic. Individual students from a specific school are not required to use the school's protective equipment in the same camp as other team members. Each individual student will only be allowed to use an IHSAA member school's protective equipment by renting or loaning for a period of seven days within a ten-day period.

17-2 **PRE & POST SEASON REGULATIONS**

Only in certain circumstances may school personnel be involved in practice or competition for IHSAA sponsored sports outside the sport season. The regulations listed below are in effect for any program in which students are instructed in the skills and techniques of a specific sport.

- a. Attendance is limited to non-school time.
- b. Participation is strictly voluntary and is open to all high school students that are currently enrolled at the school.
- c. All fees and expenses are provided by the student or his/her parents. No school funds, booster club funds (except those raised by the student and his/her parents for that specific activity/event) or other such funds can be used for entry fees, equipment, uniforms or transportation.
- d. Spectators are admitted without charge.
- e. Award limits and amateur regulations of the IHSAA are followed.
- f. Students cannot be required to attend out-of-season practices, camps or contests.
- g. Sport-specific or athletic classes offered during the regular school day must meet the following criteria:
 1. Must be open to all students.
 2. Must be a class for credit.
 3. If the coach is teaching the class, he/she must be the teacher of record for that class.

17-2-1 **Coaching**

Certified coaches are defined as any individuals (paid, non-paid, or volunteer as approved by the local school board) who are part of the school's current coaching staff in the following sports; baseball, basketball, cross country, football, golf, soccer, softball, swimming, tennis, track, volleyball, and wrestling.

17-2-2 **Rule of 2**

During the school year (outside of the season), any member of a school's coaching staff is prohibited from instructing/coaching more than two students from their high school program at one time. The restriction is only for the sport or activity they coach. Note: Different gender teams are not considered the same sport or activity.

- a. Anytime there are more than two students, it is considered an Open Gym/Field/Facility (follow the guidelines in Rule 17-2-3).

17-2-3 **Open Gym/Field/Facility**

Open Gym/Field/Facility does not violate IHSAA rules if the following conditions are met:

- a. Coaches supervise only. Coaches may NOT instruct/plan/organize/teach or coach.
- b. Coaches are allowed to coach/instruct any number of students on individual skills and development specific to their sport. Maximum of 10 hours per school year.
- c. Sessions do NOT count as required practice time prior to the season.
- d. Scrimmages and/or team competition against anyone that is not enrolled at the school are NOT allowed.
- e. Schools may petition the IHSAA to allow coaches to coach individuals during competitions that are qualifying events.
- f. Participants, coaches and/or schools are NOT covered under IHSAA catastrophic insurance plan.
- g. Administrative approval of Open Gym/ Field/Facility hours and weeks is required from the school Principal or Athletic Director.

17-2-4 **No-Contact Period**

The intent of IHSAA no-contact periods is to allow students and teachers/coaches quality time with their families without the pressure of losing a level playing field.

- a. Coaches are not allowed to coach students from their school during the following times:
 1. Fall No-Contact Period: The 7-consecutive days prior to the fall practice start date listed in the IHSAA calendar.
 2. Winter No-Contact Period: The 3-day, consecutive no contact period during the winter break as determined by each school.

*Note: Winter and spring activity coaches may contact students after the fall no-contact period.
- b. Sport specific activities lead by coaches, captains, volunteers or parents such as practices, retreats, camps, weight room and conditioning/workouts are prohibited during the fall no-contact period.
- c. Meetings with medical professionals, parent meetings, registration, equipment handout and fundraising are allowed. These meetings shall be non-mandatory.

17-3 FOUR-SPORT SEASON

Junior high school leagues are allowed to offer four seasons of play in sports. Athletes are still restricted to one season in each sport.

- 17-3-1** In the event a ninth-grade athlete wishes to compete on a high school team, in addition to the junior high program, the following conditions must be met:
- a. The athlete must not exceed either the allowed number of contests or weeks per season.
 - b. The athlete must not compete following the completion of the regular high school season.