

## RULE 17 - SEASONS

### 17-1 **SPORT SEASONS**

Seasons have been established for sports and specific activities sponsored by the IHSAA. A season will commence 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** 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 skill through the use of drill, "chalk talks", films; f) The use of school uniforms and/or protective equipment.

### 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.

**17-2-1** Students may participate in pre/post season activities during non-school time provided the following conditions are met:

- a. Attendance is limited to non-school time.
- b. Participation is strictly voluntary and is open to all high school students.
- 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.

**17-2-2** The School Year The school year is considered to be concluded after the last IHSAA spring sport state championship.

#### **17-2-3** Rule of Two

- a. No more than two students may be coached at one time by a member of their high school (grades 9-12) staff of that sport during the school year.
- b. Sport-specific or athletic classes (does not include cheer, dance or speech arts) 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.

**17-2-4** Pre-Season Coaching Coaches are not allowed to coach students of the school competitively (during competition) from August 1 to the start of that sport season during the school year. Coaches, athletic trainers, or other school personnel cannot contact students during that same time. Winter and spring activities can contact students after the last starting date for fall activity practices.

**17-2-5** Summer Programs Summer programs must be voluntary and must be terminated by the last day of July. 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.

**17-2-6** 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-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.

**17-2-7** Summer Camps Students will only be allowed to attend team camps from the last day of IHSAA state competition to the last day of July.

**17-2-8** Summer Moratorium Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools during the month of August.

**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 a contests or weeks per season.
- b. The athlete must not compete following the completion of the regular high school season.