2020 Rule: The contact limitations outlined in Rule 17-2-4 (No contact whatsoever for 7 days prior to the fall start date) have been waived for fall 2020 and will revert back to the previous rule allowing conditioning, weight training and “no equipment”, non-mandatory or coach-directed workouts to continue. Schools/coaches will also be allowed to hold meetings, participate in fundraisers and handout equipment during this time. Schools/coaches will not be allowed to host camps during this time. This rule will be in effect beginning August 3rd, 2020. Fall sports start date is August 10, 2020.

Purpose: Relaxing these restrictions is in response to the limited time students have been allowed to be in contact with their team/coaches during the COVID-19 situation.

Rationale: The IHSAA Board of Directors feels that student safety upon return will be dependent on many things, one of them being increasing students’ fitness levels before the actual start of the season. Allowing conditioning and weight room access will help students return more safely.

QUESTIONS & ANSWERS

1. Q. Can school facilities be used Aug. 3-9?
   A. Yes.

2. Q. Can coaches be in the school facilities at the same time as their students?
   A. Yes.

3. Q. Can a school host a volleyball camp if their coaches are only working registration?
   A. No. Coaches cannot be involved in camps in any way.

4. Q. Can an outside group run a soccer camp at a school if coaches are not involved in any way and will not attend?
   A. Yes.

5. Q. Can a coach require football players to attend weight room workouts?
   A. No

6. Q. Can a coach organize and direct his/her cross country runners’ fundraiser at the local fair?
   A. Yes.

7. Q. Can soccer players work on penalty kicks during this time?
   A. No. No sports-specific equipment is allowed.

8. Q. Can a dance team learn choreography during this time if it's being taught by someone other than their coach?
   A. No.

9. Q. Can football coaches bring their players in to watch film or have a “chalk talk”?
   A. No. Sports-specific and/or skill-based meetings are not allowed.

10. Q. Can coaches oversee and monitor students while they are in the weight room?
    A. Yes.

For more information and/or questions, please contact the IHSAA office.