

- 2.2.15 Sports Seasons:** The sports season for a school is defined as that period of time which begins with the opening date of practice (as called for by each individual school) and goes through the last regular season or playoff game in a particular sport.
- (a) By defining the length of each sport's season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year.
 - (b) Any competition with outside teams in an Off-Season Skill Development Session is prohibited during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.
 - (c) On a given day, an athlete is limited to 1.5 hours of skills development or weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. Skill development sessions are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks (Exception, football, see 4.5.1.r).
 - (d) Skill Development Sessions are allowed, but shall not be held during any tryout period of an in-season sport.
 - (1) Dead Periods: Sessions are not allowed during the following periods:
 - (i) July 31 - August 19, 2017
 - (ii) October 30 (October 16, Non-Football Schools) - November 18, 2017
 - (iii) Last five (5) days of the First Semester
 - (iv) February 14 - March 6, 2018
 - (v) Last ten (10) days of the Second Semester
 - (vi) July 2 - July 8, 2018
 - (vii) July 16 - July 22, 2018
 - (2) The weight room must also be closed during the last five student days of the first semester and the last ten days of second semester.
 - (3) All skill development sessions must be voluntary and open to all students with a current and valid pre-participation physical examination in compliance with regulation 1.2.8.
 - (4) At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.
 - (5) Student insurance is strongly recommended for all those involved in athletics, in-season and out-of-season.
 - (6) Skill development sessions are not restricted in the number of participants on a daily basis.
 - (7) There is no restriction on the number of coaches who may work with the athletes.

- (8) For football skill development guidelines see 4.5.1.r.
- (9) Skill development sessions are open only to students enrolled at that school.
- (10) Eighth graders are not permitted to participate in skill development sessions on high school campuses (also reference 2.1.2.b).
- (11) Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none.
- (12) For safety purposes, school administrators or other school personnel should be present as supervisors during any skill development session.
- (e) Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules.
 - (1) If a high school coach, regardless of the sport (basketball, soccer, etc.) he or she coaches at the high school, also coaches an "outside" or "club team" outside the sports season but during the school year, whether head or assistant, and has any students from the high school on that outside team, he or she cannot work with any of them during a dead period.
 - (2) Coaches coaching an outside team either during the sports season or outside the sports season, but during the school year (basketball, soccer, etc.), must still abide by the numbers restrictions below (one less than a team).
 - (3) **NUMBER OF ATHLETES FROM ONE SCHOOL, ON ANY OUTSIDE TEAM ON A GIVEN DAY**

Football	no more than 21	Golf	no more than 3
Basketball	no more than 4	Softball	no more than 8
Baseball	no more than 8	Wrestling	no more than 8
Volleyball	no more than 5	Track	no more than 6
Tennis	no more than 4	Cross country	no more than 4
Soccer	no more than 10	Swimming	no more than 6
Lacrosse	no more than 9 (men)	Field hockey	no more than 10
	no more than 11(women)		
 - (4) Students who have exhausted their eligibility in a particular sport will not count toward the numbers restrictions as listed above (one less than a team).
- (f) During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practices, etc. Once practice for the fall sports season begins, skill development restrictions are in place.
 - (1) In order to participate in summer work-outs, students must have a current and valid pre-participation physical examination.
- (g) Note that the sports in season should always take precedence for facility use etc., over those not in season, in keeping with the philosophy of the sports season concept.
- (h) Principals, superintendents and athletic directors are responsible for seeing that this entire concept of the sports season is followed without exception. (See Penalty Code for violations 3.2.2.d.20).