

### 3. Out-of-Season Participation Policy

~~Students may participate in camps and travel teams only during the months of May, June, July and August. "Open facility" activities may be run outside the regular season. Use of school equipment, supplies, and name shall be determined by the school administration.~~

The coach or other personnel representing the school is prohibited from requiring any athlete to participate in an out-of-season sport, training program, or travel team as a condition of selection for the in-season team.

All team camps run or organized by a school coach or school outside of the defined high school season must be advertised and open to students beyond that school.

Policy Definitions:

"Prospective Player" - A Prospective Player is any student enrolled in a specific coach's school, or any student who will be enrolled in that school during the next school year.

"Camps" - there are two types of "Camps" - team camps and commercial camps.

"Team Camps" - may be attended only during the months of May, June, July and August. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team. A camp is considered a "team camp" if any of the following criteria are met:

1. students, as a team, are housed and/or fed at the school
2. students, as a team, are housed and/or fed away from the school.
3. students, as a team, are taken on outings

"Commercial camps" – Students may voluntarily attend commercial camps during the months of May, June, July and August upon approval of their parents. Attendance may not be mandated. Service clubs, school organizations or schools may pay fees for participation according to their own school/ district policies. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

"Clinics" – With prior approval of the Executive Director, a school may conduct a clinic during the school year. Clinics must be advertised in advanced and open to all students in the school and/or community. Clinics are limited to 3 days in length.

"Conditioning" – Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and /or exercise. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds, and other implements related to specific ASAA activities. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team. **Conditioning does not count towards six-hour out of season contact rule.**

"Travel Teams" – Travel Teams may be put together by a coach for competition during the months of May, June, July and August, either in or out of the state. Although the team is not affiliated with a member school, it may include students from one or more member schools. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection

for the in-season team. For restrictions see (Article 12, Section 5, B) "A student who participates as a member of an out- of-school team coached by another school's coach, and who subsequently transfers to that coach's school, will be ineligible in that sport for one full season at the receiving school."

"Out-of-Season" – Out-of-Season is any time other than during the established high school season in a particular sport. **During this time coaches may practice up to six hours a week, with out of season games or scrimmages counting as one hour.**

**"Out of Season Game"- a contest, practice or event involving students attending more than one school.**

"Practice" – Practice is a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and conducted under the supervision of the school coach during the season established by the Board of Directors. A "practice" is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to his or her squad, or have the squad or part of the squad engage in drills under the supervision of that coach, or from directions provided by that coach. Under this definition, "school team" also applies to students and coaches of "individual sports."

The "out of season" participation policy is suspended from May 20 through July 31st. This means a coach of a team sport can coach his/her players anytime, anywhere, during this period. During this time period the coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

"Coach" – A Coach is an adult ~~hired or~~ approved by the school (either paid or volunteer) to conduct the usual duties of a coach under the guidelines established by ASAA and the school/district.

"Non-School Teams or Leagues"

1. Coaches may coach in games in out-of-season games or scrimmages, **except from the first Monday in November to the start of the basketball season.**
2. Non-school teams may not use school equipment or uniforms. School transportation and facilities may only be used in accordance with school board policies as they relate to any other non-school groups using facilities or transportation.
3. A school team is defined as a team composed solely of players from one member school.
4. The definition of a non-school team includes one or more of the following:
  - a. A team affiliated with and scheduled for participation in an organized league.
  - b. A team participating against a team that meets criterion (1.) above.
  - c. A team identified by a name or a uniform, and which participates in contests independent from league affiliation.

#### **4. Open Facility Policy**

Schools may conduct "open facility" in any athletic activity. **"Open facility" activities may be run outside the regular season.** The philosophy of the open facility is that students may voluntarily attend for wholesome recreation or for purposes of improving their skills. Open facilities should be conducted according to the following guidelines:

A. Use of school equipment, supplies, and name shall be determined by the school administration.

B. The open facility is open to any student that is interested in attending.

C. There shall be no organized competition such as established teams & round-robin competitions.

~~1.— Individual Instruction (coaching) is acceptable on a three to one basis, i.e. three athletes per coach(es). This means that one or more coaches could instruct up to three athletes (in no cases can the instruction involve more than three athletes, i.e. two coaches working with six athletes) in the activities of:~~

~~Basketball, Bowling, Cross Country, Gymnastics, Hockey, Nordic Ski, Rifle, Swim & Dive, Tennis, Track & Field, and Volleyball~~

~~2.— Individual Instruction (coaching) is acceptable on a four to one basis, i.e. four athletes per coach(es). This means that one or more coaches could instruct up to four athletes (in no cases can the instruction involve more than four athletes, i.e. two coaches working with eight athletes) in the activities of:~~

~~Baseball, Cheer, Flag Football, Softball and Wrestling~~

~~3.— Individual Instruction (coaching) is acceptable on a seven to one basis, i.e. seven athletes per coach(es). This means that one or more coaches could instruct up to seven athletes (in no cases can the instruction involve more than seven athletes, i.e. two coaches working with fourteen athletes) in the activities of:~~

~~Football and soccer~~

D. Coaches and others may attend open facilities for the sole purpose of supervision.

~~E. Open facility does not count towards the 6-hour out of season contact coaching rule.~~

F. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.