

## 9. Out-of-Season Participation Policy

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. **Note: Article 12, Section 5.B states, “a student who participates as a member of an out-of-season 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.”**

- Coaches may practice **up to six hours a week, with out-of-season games or scrimmages counting as one hour**, except from the first Monday in November to the start of the basketball season. (Note: this applies to all activities, not just basketball)

With exception of the prohibition 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, 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.

Policy Definitions:

“Athlete” – An athlete 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.

“Coach” – A Coach is an adult approved by the school (either paid or volunteer) conducting the usual duties of a coach under the guidelines established by ASAA and the school/district. **This definition applies to coaches from the prior year, even if not currently under contract by the school.**

“Out-of-Season” – Out-of-Season is any time other than during the established high school season in a particular sport.

“Out-of-Season Game” – A contest, practice or event involving athletes 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.”

“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 hours of out-of-season contact rule.

School Teams – A school team is defined as a team composed solely of players from one member school. (Note: this means the athletes competing in the game, scrimmage or contest, exclusive of the other teammates not actively participating in the event.