

NCHSAA Handbook 2020- 2021

Off Season Practices and Dead Period Rules

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.
- 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) August 1 - August 23, 2020
 - ii) November 2 (October 26, Non-Football Schools) - November 22, 2020
 - iii) Last five (5) student days of the First Semester
 - iv) February 15 - March 7, 2021
 - v) Last ten (10) student days of the Second Semester
 - vi) July 5 – July 11, 2021
 - vii) July 19 – July 25, 2021
 - 2) The weight room must also be closed during the last five student days of the first semester and the last ten student 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 1.2.9.
 - 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) Football Specific Requirements
 - i) Licensed athletic trainer or first responder must be present if any protective equipment (helmets and/or shoulder pads) is worn.
 - ii) No "body-to-body contact, live action, wrapping, or thudding is allowed (see 4.5.3.b.4).
 - iii) A gameday administrator must be present for any 7-on-7 competition.
 - 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 a "non-school" 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 10	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) 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.
- g) 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).