

## **Bylaw 25. Limitation of Seasons**

### **Sec. 1) General Provisions Concerning All Sports**

#### **1) Loss of School Time**

No school time may be lost for travel to or from, or participation in, any regular season interscholastic athletic contest.

#### **2) Schedule of Contests on Consecutive Days**

Contests shall be scheduled so that there are not four consecutive days of competition on any Monday through Thursday period while school is in session.

#### **3) Specific Definitions for Ending of School**

For all interpretations and regulations concerning the ending of the school year, including restrictions on coaching involvement, the end of the school year shall be defined as the earlier of the last day of school or May 31.

#### **4) Specific Penalties for Violations - Too Many Contests**

Any school violating provisions of this Bylaw by playing too many contests may not be eligible for state championship competition or may be otherwise penalized. For the determination to be made that the limit has been exceeded, it shall be reported in writing and received by the KHSAA prior to 12:01 a.m. (midnight) ET on the first day of the postseason tournament series as established by the KHSAA Memorandum Calendar. If detected and verified, the team exceeding the limit shall be ineligible for postseason play and may be further penalized in accordance with Bylaw 33. If the report is made after that point, the team shall be penalized in accordance with Bylaw 33 but shall remain eligible for tournament play during the current season.

#### **5) Specific Penalties for Violations - Too Many Scrimmages**

Any school violating scrimmage limitations may be placed on probation, prohibited from participating in preseason scrimmages in that sport for two (2) seasons, and may be prohibited from taking part in KHSAA state championship competition or other penalties in accordance with Bylaw 33. The second violation will result in automatic suspension.

#### **6) Involvement of Members of the Coaching Staff Out of Season**

Members of the high school coaching staff (paid or unpaid) shall not be prohibited from sport specific observation and evaluation (but not coaching) of any player who has played for a grade nine (9) through grade twelve (12) team (freshman, junior varsity, varsity) from the first day of school through the last day of school provided such play is under the direct control of the same local board of education as the coach is employed and provided such play is not in conflict with other KHSAA bylaws.

### **Sec. 2) Sports Specific Limitations - **Baseball - Boys****

1) Following the opening day of school, there shall be no organized baseball practice prior to February 15.

2) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.

3) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.

4) A maximum of thirty-six (36) games may be played prior to the beginning of KHSAA state championship tournament competition (district).

5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

### **Sec. 3) Sports Specific Limitations - **Basketball - Boys and Girls****

1) Following the opening day of school, there shall be no organized basketball practice prior to October 15.

2) Prior to the opening game of regular season play, a basketball team may have only two (2) scrimmages or practice games with players other than members of the squad.

3) The first basketball game shall not take place prior to the Monday following Thanksgiving.

4) No member school shall play more than twenty-three (23) basketball games during the regular season. A maximum of two (2) tournaments may be included in any manner other than counting each game played against the limit of twenty-three (23) games. Any two tournaments played during the regular

season may be counted as one game per tournament against the limit of twenty-three (23) provided that neither tournament necessitates the team playing more than four (4) games. Any game played over the limit of four in any one tournament shall be counted against the limit of twenty-three (23) games.

5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

6) The Board of Control may waive provision(s) (2) and/or (4) of this Bylaw to allow member schools to participate in Hall of Fame Classic contests. Rules on participation in the Classic shall be made by the Board of Control and published in the Athlete Magazine as a part of the official record of the Association.

### **Sec. 4) Sports Specific Limitations - **Cross Country - Boys and Girls****

1) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.

2) There shall be no more than two scrimmage or practice meets prior to the first regular season contest of that year.

3) The first meet of the season shall not take place prior to the Monday of Corresponding Week 8.

4) The season shall consist of a maximum of thirteen (13) meets including invitational meets.

5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

### **Sec. 5) Sports Specific Limitations - **Football - Boys****

1) Organized non-contact practice shall not begin prior to July 15. During this non-contact period, a helmet, shoulder pads and shoes are the only football equipment that may be worn. The first date of practice in full pads shall be the earlier of August 1 or seven (7) week days (not counting Saturdays and Sundays) prior to the opening day of school (which shall be defined as the day prior to the classes starting for the student body), but under no circumstances can be prior to the fourth Friday before the first regular season playing date. After contact practice (practice in pads) has begun and prior to the first day of classes for the students, no school may conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on consecutive days (e.g., two-one two-one format). After the opening day of the school year, no school may conduct multiple on-field practice sessions in pads (e.g., two-a-days or three-a-days) on a day in which school is in session. All schools shall submit all required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and heat/safety regulations and recommendations.

2) There shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) prior to the opening varsity game of the season with players other than members of the squad.

3) The first game at any level shall not take place prior to the Friday eleven (11) weekends prior to the weekend of the first round of the state playoffs.

4) A maximum of ten (10) regular season games may be played.

5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

6) Each player, in order to be eligible to participate against another school, shall have taken part in a minimum of ten (10) practice periods extending over a period of ten (10) days during the preceding three weeks.

7) Every player must have five (5) days of practice without pads to

become acclimated to heat conditions immediately prior to the first day of practice in pads.

- 8) Each football school may conduct ten (10) practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during the three calendar school weeks following the school's elimination from post-season play in basketball. All equipment authorized by the football playing rules may be used during this period. There can be no inter-school competition during this period, and all participants must be eligible according to all KHSAA eligibility rules.

Sec. 6) Sports Specific Limitations - **Golf - Boys and Girls**

- 1) Organized practice shall not take place prior to July 15.
- 2) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- 3) The first match shall not take place before the Monday eight weeks prior to the Monday of the week of the first round of the KHSAA sanctioned postseason play.
- 4) The season shall consist of a maximum of twenty (20) rounds of golf against other school representatives (minimum nine holes). Any team reaching this limitation shall have its regular season end immediately. Any forfeit fees necessitated by match cancellations after this date shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 7) Sports Specific Limitations - **Soccer - Boys and Girls**

- 1) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- 2) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- 3) The first match shall not take place prior to the Monday of Corresponding Week 7.
- 4) A season will consist of a maximum of seventeen (17) games. A maximum of two (2) tournaments may be included in any manner other than counting each game played against the limit of seventeen (17) games. Single elimination tournaments in which every team in the tournament is finished playing upon their first loss are eligible to be counted as one game against the limit of seventeen (17) games. All other formats of tournaments are eligible to be counted as two games against the limit of seventeen (17) games. Any team playing more than four games in any one tournament shall have each additional game played over four counted against the limit of seventeen. Any game played over the limit of four in any one tournament shall be counted against the limit of seventeen (17) games.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 8) Sports Specific Limitations - **Softball - Girls (Fast Pitch)**

- 1) Following the opening day of school there shall be no organized practice prior to February 15.
- 2) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- 3) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- 4) A maximum of thirty-six (36) games may be played prior to the beginning of KHSAA state championship tournament competition (district).
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following

elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 9) Sports Specific Limitations - **Softball - Girls (Slow Pitch)**

- 1) Following the opening day of school there shall be no organized practice prior to February 15.
- 2) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- 3) The first game shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- 4) A maximum of thirty-six (36) regular season games may be played.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 10) Sports Specific Limitations - **Swimming - Boys and Girls**

- 1) Following the opening day of school, there shall be no organized practice prior to October 1.
- 2) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- 3) The first meet shall not take place prior to November 15.
- 4) The season shall consist of a maximum of fifteen (15) meets.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or competition during the remainder of the academic school year.

Sec. 11) Sports Specific Limitations - **Tennis - Boys and Girls**

- 1) Following the opening day of school, there shall be no organized practice prior to February 15.
- 2) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- 3) The first match shall not take place prior to the Monday following the conclusion of the second state basketball tournament of that year.
- 4) The season shall consist of a maximum of twenty-two (22) matches. Any team reaching this limitation shall have its regular season end immediately. Any forfeit fees necessitated by match cancellations after this date shall be paid, and the forfeit win shall NOT be counted against the game limit for the opponents. Any four (4) invitational tournaments shall count as one (1) match each against this limit. All dual matches shall count as one (1) match each against this limit.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 12) Sports Specific Limitations - **Indoor and Outdoor Track - Boys and Girls**

- 1) Following the opening day of school, there shall be no organized practice prior to December 1.
- 2) There shall be no more than two (2) practice meets held by each team and such shall be held on or before the Monday of NFHS calendar week 38.
- 3) The first meet (indoor or outdoor) shall not take place before the Monday of NFHS Calendar Week 28.
- 4) The track season shall consist of a maximum of nineteen (19) meets. All meets, regardless of format or of being indoor or outdoor meets, shall count against the limit of meets.
- 5) The opportunity to participate in regular season outdoor contests season ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the

varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

**Sec. 13) Sports Specific Limitations - Volleyball - Girls**

- 1) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- 2) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- 3) The first match shall not take place prior to the Monday of Corresponding Week 6
- 4) The season shall consist of a maximum of twenty (20) matches. In any three (3) invitational or other type tournaments, the matches played by a member school shall count as only one match for each tournament.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

**Sec. 14) Sports Specific Limitations - Wrestling - Boys**

- 1) Following the opening day of school, there shall be no organized practice prior to October 15.
- 2) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- 3) The first match shall not take place prior to the Monday of Corresponding Week 21
- 4) A school may schedule a maximum of seventeen (17) matches in each weight class. Tournaments or contests involving three (3) or more schools shall count as one (1) match toward the match limit.
- 5) The opportunity to participate in regular season contests ends at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned post-season events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- 6) The KHSAA and the National Federation of State High School Associations will establish official weight classes.

**Sec. 15) Specific Limitations - Other Sport Activities - Cheerleading (Spirit)**

- 1) The first organized practice shall not take place prior to July 15.
- 2) Cheerleaders are limited to a maximum of three competitions during the school year, not including in-game competitions, that each are sponsored by an organization that adheres to and enforces the Stunt Limitations of the National Federation Spirit Guide. This does not include in-game competitions. The KAPOS Sweet Sixteen® and KAPOS At-Large Competitions shall not count toward the three-competition limit. Any preliminary competitions that progress to a district, region, state and/or national level will be considered as one competition.
- 3) The opportunity to cheer or enter cheerleading contests ends at all levels (grades 9-12) for that academic year on or before April 1. After April 1, schools are permitted to designate a single two-week tryout period following which there shall be no further practice or competition until the end of the academic school year.

*(Case situations related to this bylaw appear on pages 19 through 43 of this Handbook)*

## CASE SITUATIONS RELATED TO THE BYLAWS of the KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION

Contained in this section of the KHSAA Handbook are interpretations and rulings which have been made in accordance with applicable provisions of the KHSAA Bylaws. This section is printed as a supplement to the actual printed rules and does not in any manner substitute for the actual rule. Many of these rulings have established precedent for the interpretation or enforcement of these provisions, and remain in place until further altered, re-interpreted, or otherwise set aside. Specific inquiries not addressed by these interpretations should be submitted in writing to the Commissioner of the KHSAA, 2280 Executive Drive, Lexington, KY 40505. Interpretive questions or eligibility rulings will not be addressed via electronic mail and must be requested and issued in writing. The following table represents cross-referencing to the relevant portions of the KHSAA Handbook.

### **Case BL-25-1- What is the Associations' enforcement position on missed school time?**

The KHSAA annually solicits verification from school administrators that these provisions have not been violated to comply with Kentucky Board of Education reporting requirements. The KHSAA expects all of its member schools, including those not normally subject to all rules and regulations of the Kentucky Department of Education to adhere to the attendance regulations of the Department of Education.

### **Case BL-25-2- Does the limit on consecutive day scrimmages or contests extend to non-varsity teams and what is the spirit and intent of Bylaw 25 as it relates to athletes who play on more than one level team (i.e. junior varsity and varsity) in the same sport?**

Each team at each level within a school, shall have one day (Monday through Thursday) during the season when school is in session, when they do not hold a scrimmage or contest. This restriction applies to all levels of play not each level of play.

The primary intent of the rule is that each student-athlete shall be guaranteed at least one night (Monday through Thursday) where participation in an interscholastic scrimmage or contest is not required, to allow for time to properly attend to academic pursuits and other priorities.

### **Case BL-25-3- What is the penalty if a school exceeds the limit of games?**

A school exceeding the limitation of games / contests / meets shall be ineligible for postseason play per the provisions of Bylaw 25, Section 3. In order to allow consistent enforcement and adequate communication with managers and the verification of all facts involved, and to assist tournament managers once a tournament series has begun, the time of determination is established for all sports.

For the determination to be made that the limit has been exceeded, it must be reported in writing and received by the KHSAA prior to 12:01 a.m. (midnight) ET on the first day of the postseason tournament series as defined by the KHSAA Memorandum Calendar. If detected and verified, the team exceeding the limit would be ineligible for postseason play and may be further penalized in accordance with Bylaw 33. If the report is made after that point, the team shall be penalized in accordance with Bylaw 33 but shall remain eligible for tournament play during the current season.

### **Case BL-25-4- What are the restrictions for a coach being involved in the coaching of his/her own players during the school year before the first legal practice date, after the last date for playing a contest?**

Coaching is defined as any activity by the coach at any time the athletes are participating in that coach's sport in a setting in which skills are taught, refined, or practiced. Coincident participation by a coach and an athlete in a sport such as a golf outing, where the coach and athlete(s) are not entered as an entry or group, or in an activity such as distance running with many runners and yet no direct coaching, would not specifically be a violation. It would however, be a violation of the Limitation

of Seasons if the coach provided entry information relative to outside competition in which he/she was also a participant, encouraged or required student-athlete participation in these outside events; or if any school funds were expended (i.e. transportation provided, entry fees paid, uniforms worn, etc.) It would also be a violation during this time for the coach to utilize players from his/her team while instructing or evaluating others in camps, clinics, combines or other sport-specific activities in the coach's sport.

Specific practice and play dates are in place for each sport, and the interpretative season is the academic school year as far as coaching limitations. This limit BEGINS ON THE FIRST DAY OF SCHOOL AND ENDS ON THE EARLIER OF THE DAY FOLLOWING THE LAST DAY OF SCHOOL OR MAY 31. The Limitation of Seasons, Bylaw 25, affects all sports. This restricts the coach in any sport from being involved coaching students in another team from that sport from that school. For example, the girls' coach cannot coach the boys' team in outside competition, or vice-versa. In addition, during this restricted period, the high school coach cannot coach athletes in an alternative format of the sport (i.e. 3 on 3 basketball, Greco or freestyle wrestling, select soccer, etc.)

The provisions of that rule state that during the school year and prior to the first legal practice date, there shall be no practice or play as a team or individuals under the instruction, direction or teaching of a member of the coaching staff.

Coaches resigning, retiring or being otherwise relieved of coaching following a sports season who then coach competitors from that school in outside preparation or competition in that sport during the school year or dead period would render themselves ineligible to be rehired the following year to coach a team at that school in that sport regardless of a change in employment status. A coach resigning, retiring or being otherwise relieved of coaching following a sports season does not relieve himself/herself of the responsibilities such as medical symposium attendance if in fact that are rehired for the following year.

The provisions of that rule state that following the team's last regular season contest, there shall be no further practice or play as a team or individuals under the instruction, direction or teaching of a member of the coaching staff for the remainder of the school year or until after May 31, whichever is earlier, with the exception of practice and play for the KHSAA tournament. The published exception to this restriction is that the team and coaches may continue to practice through elimination from KHSAA sanctioned post-season play.

### **Case BL-25-5- What are the restrictions for a coach being involved in the coaching of his/her own players during any outside (non-school) competition during the school year?**

Coaches may not coach the school participants in organized non-school sports competition in that sport during the school year in that sport. Coaching is defined as any activity by the coach at any time the athletes are participating in that coach's sport in a setting in which skills are taught, refined, or practiced. Coincident participation by a coach and an athlete in a sport such as a golf outing, where the coach and athlete are placed in different groupings, or in an activity such as distance running with many runners and yet no direct coaching, would not specifically be a violation. It would however, be a violation of the Limitation of Seasons if the coach provided entry information relative to outside competition in which he/she was also a participant, encouraged or required student-athlete participation in these outside events; or if any school funds were expended (i.e. transportation provided, entry fees paid, uniforms worn, etc.)

The high school coach or any assistant coach (paid or unpaid) may not coach members of the high school team in a league outside of the school's regular season competition during the school year, regardless of the type of league. It would also be a violation during this time for the coach to utilize players from his/her team while instructing or evaluating others in camps, clinics, combines or other sport-specific activities in the coach's sport.

The Limitation of Seasons, Bylaw 25, affects all sports. This

restricts the coach in any sport from being involved coaching students in another team from that sport from that school in outside competition. For example, the girls' coach cannot coach the boys' team in outside competition, or vice-versa. In addition, during this school year, the high school coach cannot coach athletes in an alternative format of the sport (i.e. 3 on 3 basketball, Greco or freestyle wrestling, select soccer, etc.)

**Case BL-25-6- Are there KHSAA restrictions related to play by student-athletes during the non-practice period (i.e. basketball prior to October 15 or baseball/softball prior to February 15, and after the conclusion of the season), or restrictions on coaching involvement during that period?**

Yes, there are restrictions that must be fully adhered to by the member school coaches (paid and unpaid), and other members of the team coaching staff, and restrictions on the players during specific times of the year.

- 1) Except during the particular sports defined season as stipulated in KHSAA Bylaw 25, no coach in a sport may "coach" a student-athlete in any setting within the high school (grades 9-12), or outside the school, if that student-athlete has previously represented the high school (varsity, jv, or freshman) and if sports specific skills are being taught, refined, developed or evaluated.
- 2) This restriction includes all members of the athletic staff, paid or unpaid, but does not restrict supervisory duties assigned by the building Principal during activities governed by the local school. This restriction also prohibits the delegation or assignment of activities by any member of the coaching staff to other individuals, including student-athletes who may or may not be participating.
- 3) Supervisory activities outside the local school are not the jurisdiction of the Association, however all coaching restrictions are in place whether the activity is conducted within, or outside of, the school.
- 4) From the first day of school through the first legal practice (for winter and spring sports) and from the day following the elimination of a team from KHSAA sanctioned postseason play through the end of the school year, no coach in a sport may "coach" a student-athlete in any setting within the high school (grades 9-12), or outside the school, if that student-athlete has previously represented the high school at any level in that sport and if sports specific skills are being taught, refined, developed or evaluated.
- 5) There is no insurance coverage (catastrophic medical or other) expressed or implied by the KHSAA for any athletic session in any sport outside of the practice and play periods as defined by Bylaw 25.
- 6) No activity during the school year, outside of the defined sports season, may be required for the student-athlete in that particular sport. There may be no penalties assessed, expressed or implied for non-participation during that period by a student-athlete. There may be no organized activity (where sports specific skills are being taught, refined, developed or evaluated) that is restricted solely to the members or prospective members of any sports team. It would also be a violation during this time for the coach to utilize players from his/her team while instructing or evaluating others in camps, clinics, combines or other sport-specific activities in the coach's sport.
- 7) All other restrictions related to the scheduling, composition, pool of available personnel, and other logistical arrangements are the jurisdiction of the building Principal for any activity held within that local school facility, in compliance with Bylaw 1 of the Association.

The following activities are restricted during the school year prior to the first day of practice if the activities are sport specific and a majority of the participants on a team or squad are from the same high school (one half of the normal playing unit):

- 1) A school, group of school representatives, and/or school or team-related booster group may not pay the entry fee for a team into a league or tournament;
- 2) A school, group of school representatives, and/or school or team-related booster group may not pay other necessary fees including umpire payment and game or facility management;

- 3) A school, group of school representatives, and/or school or team-related booster group may not provide or fund transportation for team members to go to games, or tournaments;
- 4) School issued or school identifying apparel, including sleeves, jerseys, pants, catching gear or hats may not be worn by players who have represented the school at any time at any level;
- 5) The school facility may not be used for organized competition at which the school's students are participants and for which no rental/lease arrangement exists using comparable regional fair market values;
- 6) The school facility may not be used for organized competition at which the school's students are participants and at which members of the high school coaching staff are involved in coaching, facility management and preparation, or umpiring/officiating;
- 7) The school nickname or school name may not be used on school issued or non-school issued apparel;
- 8) The coaching staff may not be involved in making game-like preparations for the school facility including but not limited to, baseline marking, outfield line marking, batter's box marking, maintenance of the mound and base cut-outs; or use of school facilities and/or equipment for such setup. This does not preclude the coaching staff or others participating in non-sports specific off-season turf and facility maintenance.

**Case BL-25-7- What is a scrimmage and what is the purpose of allowing them in the preseason?**

A scrimmage is a semi-organized opportunity to participate in a sport in game conditions prior to the opening contest of the season. Scrimmages are designed to be controlled opportunities for participation NOT exhibition games. While many state associations prohibit preseason competition between schools, it is felt that this is the best means of acclimating to game conditions and preparing for the season while ensuring competitive fairness and equal participation opportunities.

What are the limitations on the allowable scrimmages?

- 1) Each school is limited to a total of two preseason scrimmages of any type with players other than members of that school's squad against competitors not eligible to be on the team's eligibility list at all levels of play (grades 9-12) in each sport.
- 2) Both scrimmages (or one if that is the school choice) shall be held prior to the first contest in a sport.
- 3) The total elapsed time from the start of each scrimmage until the end must be no longer than three consecutive hours (Start to finish, including any breaks) and all competition activity must be held at the same site. This time limit is not playing time, but elapsed time on the clock and starts when the first team member at any level engages a person from another other team in any manner. The basic restriction allows for participation in any fashion with outside opponents for a single, continuous, three hour period. It is possible that the varsity, junior varsity and freshman teams could oppose each other in game simulation settings and only be charged with one scrimmage if the TOTAL amount of time scrimmaged for all team levels combined from start to finish is less than three hours. The three hour time measurement shall be suspended in the event that inclement weather forces cancellation after a scrimmage has begun and shall resume when warm-up activities resume following the suspension, 4) The limitation is for all levels of play (grades 9-12) at a school, not each level of play.
- 5) Coaches at different levels within a school (freshman, JV and Varsity) and at sites where many teams are present should coordinate the schedule of scrimmages to ensure that these students are given opportunities during the three-hour scrimmage limit. The scrimmage sessions are primarily designed to prepare the varsity team for regular season play, as the entire non-varsity season can be considered "scrimmage-like" as no state competition is held.
- 6) The scrimmage limitations include any team camp or similar activity held during the normal practice period for a sport. Teams attending camps at the same site should exercise extreme caution not to violate scrimmage limitations. The total scrimmage time involving team members, regardless of levels of play, is subject to a total time limit of three consecutive hours.
- 7) Coaches MUST be on the field or in the vicinity of the playing

floor or area.

- 8) Schools may, at the discretion of the host school, charge admission, sell concessions, pay officials, etc. to a scrimmage.
  - 9) It is recommended that officials be utilized for all scrimmage contests. If officials are utilized (other than coaches exercising normal supervisory duties), they must be KHSAA licensed officials.
  - 10) All scrimmage contests must be reported to the KHSAA if the Association makes such requests.
- What are the penalties for violation of the scrimmage limitation, and are there other problems associated with illegally scrimmaging?

- 1) In addition to the prescribed penalties in Bylaw 25, all penalties in Bylaw 33 would be applicable to violators of this restriction.
- 2) It should be noted that schools playing in excessive scrimmages are taking extreme risks, as all insurance coverage could potentially be null and void as the scrimmage would be contrary to the rules of the association.

**Case BL-25-8- Is there a designated "tryout" period for KHSAA sports for member schools?**

No, Provisions of that rule stipulate a beginning date for practice, which implicitly prohibits practice during the school year prior to that date. Tryouts are considered to be part of organized practice and must be held during the official practice period spelled out in Bylaw 25.

**Case BL-25-9 – When can official tryouts be held for a team for the coming season?**

Tryouts are an organized or semi-organized means of selecting team members for the coming season. Official practice begins for a sport or sport activity on the first legal practice date for that season as defined in Bylaw 25. Any other activity during the off-season is unofficial, and if sports specific activities are being performed, taught, refined or evaluated, a coach may not be present.

**Case BL-25-10- What are the sports for which the KHSAA sponsors postseason competition or otherwise sanctions?**

Fall sports are considered to be cross country (boys and girls), golf (boys and girls), soccer (boys and girls), volleyball (girls) and football (boys); winter sports are basketball (boys and girls), wrestling (boys) and swimming (boys and girls); spring sports are baseball (boys), softball (girls), tennis (boys and girls) and track (boys and girls, indoor and outdoor). The Association sanctions (authorizes play) all events for which the KHSAA sponsors a state high school championship; all events for which the KHSAA provides rules interpretation clinics but does not sponsor state high school championships; and competitive cheer competitions during which the competition is conducted within the stunt limitations of the National Federation Spirit Guide.

**Case BL-25-11- What is the limit of contests for non-varsity teams?**

Non-varsity teams have the same restrictions on beginning practice, beginning play, number of games as the varsity teams.

**Case BL-25-12- How do basketball and soccer tournaments count toward Limitation of Season restrictions?**

Each of two tournaments played during the regular season in basketball may count as one game. In any tournament played beyond the two that may be counted in a reduced manner (or any game played beyond four in the two events counted in a reduced manner), each game played will count toward the limit of games. For festivals, classics and other tournaments that advance from one round to the next (i.e. Regional All "A" Classic, State All "A" Classic); each round is counted as a separate tournament.

Each of two tournaments played during the regular season in soccer may count in a reduced manner as described in the bylaw. In any tournament played beyond the two that may be counted in a reduced manner (or any game played beyond four in the two events counted in a reduced manner), each game played will count toward the limit of games. For festivals, classics and other tournaments that advance from one round to the next (i.e. Regional All "A" Classic, State All "A" Classic); each round is

counted as a separate tournament.

**Case BL-25-13 – Can a local policy board, officials' association impose a time limit on softball or baseball games at the varsity level?**

No. The NFHS playing rules establish the time frames and requirements. At the non-varsity level, the local regional policy board of the host school may establish game time or inning limitations for different levels below varsity.

Any time limit (or lack of limit) adopted for baseball at any level shall also be applied to the same level of softball. Any time limit (or lack of limit) adopted for softball at any level shall also be applied to the same level of baseball. Time limits (or play limits such as a limit of innings) can only be imposed in non-varsity baseball or softball games if the same limit applies to both sports under the jurisdiction of that policy board,

**Case BL-25-14- Are there any restrictions on the scheduling and playing of games in a "seeded district" in baseball, basketball, soccer, softball, or volleyball?**

Yes. Principals, Athletic Directors and Coaches should consult the Tournament Rules related to each of these sports for more specific dates for tournament meetings and allowances for scheduling of these meetings. All games involved in the calculation of a seed position SHALL be played prior to the standard district meeting date as published in the KHSAA Memorandum Calendar, which is normally the second Sunday prior to the published week of the district tournament. Games played after that time SHALL NOT factor into the seeded position.

For the 2007-2008 school year, the deadline to play seeded district games in soccer and volleyball is September 29, 2007.

For the 2007-2008 school year, the deadline to play seeded district games in basketball is February 16, 2008.

For the 2007-2008 school year, the deadline to play seeded district games in baseball and softball is May 10, 2008.

**Case BL-25-15- Is there a minimum period for team and individual football practice?**

Yes. Any player, to be eligible for participating in his/her first game or scrimmage against an outside opponent, shall have taken part in a minimum of ten practice periods extending over a period of ten days during the three weeks preceding participating in his/her first scrimmage or contest against outside competition. Every player must have five (5) days of practice without pads to become acclimated to heat conditions prior to the first day of practice with pads.

Athletes in other sports during the fall season (soccer, volleyball, cross country, golf) that have participation days on or after July 15 of that season may count up to five (5) days of practice in those sports for the purpose of adhering to the rule on practice without pads, but must still have the additional five (5) days of practice in football prior to participating against an outside opponent.

**Case BL-25-16- When does contact football practice begin?**

The first date of contact practice is based on the first full day of classes for the student body in each school. Contact practice begins seven days prior to the first official day (which is the first day prior to students. The following is the calendar for the next several years.

2007	
First day of School for the student body	First contact practice date
July 25, 2007 through August 8, 2007	July 27, 2007
August 9, 2007	July 30, 2007
August 10, 2007	July 31, 2007
August 11 or after	August 1, 2007
2008	
First day of School for the student body	First contact practice date
July 25, 2008 or after	August 1, 2007

**Case BL-25-17- What equipment can be worn, what activities can occur, and what restrictions are in place for football practice during the summer period and**

**once official practice begins for the team.****A) DEFINITIONS**

- 1) "Helmet-Only" activity is a practice period where only a helmet is worn.
- 2) "Non Contact Practice" is practice where there is only a helmet and shoulder pads worn during the period of July 15 to the first date of contact. During a non-contact practice time period, no full contact drills or other activity can occur which would result in a player completing a tackle, or being blocked or tackled to the ground.
- 3) "Contact Practice" is practice during the legal period (after the first date of contact as determined in Case BL-25-17) when the remainder of the football gear specified in the rule book is worn and activity during the session is not restricted with regard to contact.

**B) TIME PERIODS AND PERMISSIBLE ACTIVITY**

- 1) The day following the last date of school or June 1, whichever is earlier, through June 24 is a Helmet-Only period.
  - 2) During this period, a football player may wear a helmet during any football specific drill or session that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.
  - 3) Member school coaches and other representatives should note that there are no insurance provisions in place at this time.
- C) From June 25 to July 9, no football gear as defined by NFHS Football Rule 1, Section 5 may be issued by a school directly to a player from that school, and the full provisions of the dead period (Bylaw 26) must be observed.
- D) July 10 to July 14 is a Helmet-Only period.

- 1) During this period, a football player may wear a helmet during any football specific drill or session that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5.
- 2) There are KHSAA no insurance provisions in place at this time.

**E) July 15 through the day before the first date for contact practice is a Non-Contact Practice period.**

- 1) During the first five days of this period, only a helmet may be worn. During the remainder of this period, a player may wear a helmet and shoulder pads during any football specific drill or practice that is supervised or attended by any member of the high school coaching staff, but may wear no other gear as defined by NFHS Football Rule 1, Section 5. This allowance permits the player to acclimate to heat and the changes in body temperature brought on by additional pads and equipment.
- 2) During this non-contact time period, no full contact drills or other activity can occur which would result in a player completing a tackle, or being blocked or tackled to the ground.

**F) From the first permissible date of contact practice (see Case BL-25-17) through the conclusion of the season is a Contact Practice Period.**

- 1) Beginning on the first permissible date, all other pads can be worn as defined in Rule 1-5 and full contact practice may begin.
- 2) Beginning with the first permissible date of contact practice, teams cannot conduct multiple contact practice sessions on consecutive days. If multiple contact practices (up to a maximum of two) are held on a day, then only one contact practice session can be held on the following day.
- 3) Once full contact practice has begun, there is not a restriction on the number of non-contact practices conducted on any day.

**G) REMINDERS**

- 1) With the exception of the Dead Period, nothing about these interpretations prevents a school from allowing equipment to be issued to students to attend individual camps at other sites.
- 2) Nothing about any of the interpretations prevents individual camp attendance by players using school owned equipment outside of the dead period or team camp attendance within the contact window and subject to the scrimmage limitations.
- 3) Any activity in the summer prior to July 15 and activity conducted contrary to the equipment and scrimmage is not covered by the KHSAA Catastrophic Insurance Plan.
- 4) Any activity contradictory to the rules and regulations of the Association (including the interpretations as published), potentially renders all insurance provisions null and void.

**Case BL-25-18- Has the Board of Control adopted additional regulations governing spring football practice?**

Yes, there are several additional criteria that must be met in order to conduct the spring practice sessions.

- 1) The spring practice window starts on the Monday following the teams' elimination from basketball postseason play (the last basketball team, boys or girls, representing that school);
- 2) No student below grade nine may participate;
- 3) No seniors may participate;
- 4) Dates must be reported to the KHSAA on supplied forms;
- 5) Only students currently eligible including insurance coverage and current physical may participate;
- 6) Intrasquad games may be held but must be counted as one of the ten practice sessions; and
- 7) There can be no school or coach imposed penalty for any player who chooses not to participate.
- 8) There may be no required participation by any person on a spring sports eligibility list or any other person not appearing on a spring sports eligibility list.

**Case BL-25-19- Are football playing schools required to hold spring football practice?**

No, this is strictly an optional practice period.

**Case BL-25-20- What is postseason play as defined in spring football practice period?**

The "elimination from post-season play in basketball" means the elimination of both boys' and girls' teams from post season play in basketball. For example, if a boys' basketball team loses the first game of a district but the girls' remain alive into regional and/or state play, the spring practice period cannot begin until the girls are eliminated.

**Case BL-25-21- What are the restrictions on what can be done by coaches with football players at combines, workouts, clinics and other skill testing and evaluation activities between the last game of the season and the end of the school year if any member of the high school coaching staff is to be present along with athletes who have eligibility remaining?**

The following restrictions are in place if the coach is present:

No football specific equipment may be used including but not limited to, playing equipment (shoes, shoulder pads) other than a helmet for protection;

No sports specific drills can be performed if any football equipment other than the helmet, is worn;

The high school coach may be present as long as sports specific drills are not being performed and as long as the activity is of a general skill nature and contact is not involved;

Participation on the part of the student-athlete cannot be mandatory;

There are no restrictions on seniors who have completed their eligibility.

**Case BL-25-22- Are there any exceptions to the Limitation of Seasons for the Bluegrass State Games?**

Yes, the Commissioner and Board of Control have previously ruled that any play by teams in fall sports of volleyball and soccer is not subject to the scrimmage limitations and coaching restrictions during the Bluegrass State Games. High school teams in soccer and volleyball, together with their coach(es) may participate in the Bluegrass State Games and such play shall not count against the two scrimmage limitation. Volleyball and soccer are the only sports for which this exception has been addressed.

**Case BL-25-23- Can a coach at a high school level team coach another level within the school district outside of the Limitation of Seasons for the sport?**

Yes, within certain restrictions. In keeping with the spirit that hiring decisions can and must be made at the local level, particularly for all competition within a given school system, the provisions preventing a coach from being involved with his/her own players in play outside of the high school team DO NOT APPLY to other levels of play where the coach is hired by the same local Board of Education. For example, the high school coach (any member of the staff) COULD be hired to coach the middle school basketball team within the same local Board of Education.

The restrictions however, prevent the high school coach from being involved in non-school (outside) competition at any time during the school year with any player (regardless of grade level) who has been on the high school team at any level (freshman, JV, varsity).

Schools are cautioned that involving these coaches with non-high school teams, particularly in middle schools which feed more than one high school, should be monitored to ensure that problems related to Bylaw 10 (Recruitment) do not surface due to this coaching.

---

**Case BL-25-24- How is the determination made as to how to count a game/meet/event against the Limitation of Seasons in all sports?**

A game/meet/contest counts against the Limitation of Seasons any time a student-athlete represents a member school competing against any representative(s) of another school after the start of practice and prior to the end of the season as defined within KHSAA Bylaw 25.

The following are examples of activities which would be subject to classifying the student-athlete as being a "representative" of the school—

- 1) Wearing of school uniform and school-issued playing equipment;
- 2) Transportation to or from the contest using school transportation;
- 3) Representing the school by entering an event under the name of the school; entering an event in which entries are allowed only by school representatives;
- 4) Attendance of, transportation by, coaching or other assistance by, any member of the school coaching staff from that sport
- 5) Any school vs. school competition in any KHSAA sport or sport activity as defined within Bylaw 25.

During the time after the start of practice and prior to the first contest against an outside opponent, such activity may be classified as a scrimmage as long as the activity is in compliance with C/S 25-7 and within the specific scrimmage limitations for that sport.

All play shall be classified as the same level by all participants in scrimmages, contests, games, meets and tournaments and shall remain classified at the same level through the completion of the event. For example, one school cannot classify a contest as a junior varsity game, and the opponent classify the contest as a varsity game or one classify the activity as a scrimmage and one classify it as a contest. As another example, a school cannot classify some games in an event (such as a tournament) as varsity games and others as non-varsity games. The event shall be constructed such that all competition is held at the same level for all competing teams.

It shall be counted as a contest or scrimmage if the activity involves competition with or against any person who is not on the school participation list for that gender in that sport.

Member schools are cautioned to review all other existing interpretations within Bylaw 25 as they relate to specific exemptions, counting restrictions for tournaments, and counting restrictions and methods in specific sports.

---

**Case BL-25-25- How does a school determine if cross country or track meet counts against the limit of contests?**

A meet shall be counted against the limit of meets in cross country and/or track (indoor or outdoor) if any of the following conditions exist—

- 1) It is sponsored by a KHSAA member high school (or cosponsored) or legally conducted by an outside entity as a team entry event in accordance with the NFHS sanctioning process;
- 2) An athlete is wearing the school issued uniform;
- 3) A school entity pays the entry fee for the student;
- 4) A school representative accompanies the student-athlete or transports the student athlete to the competition;
- 5) A member of the school coaching staff is present and offering instruction, advise, evaluation or refinement of skills or exercising other duties defined as "coaching" within the sport rules;
- 6) The event by its format, allows entries and/or fees to be solely based on representatives of school based competition..

---

**Case BL-25-26- Are cheerleading squads and coaches covered by the same out-of-season restrictions as other sports?**

Yes, coaches may not have contact outside of the limitation of seasons during the school year with the student-athletes. In addition, it should be noted that insurance provisions are not in place for cheerleaders participating during the period outside of the limitation of seasons, between April 1 and July 15 (excluding the tryout period).

---

**Case BL-25-27- A cheerleading squad competes in a preliminary competition hoping to progress to a state or national competition. However, the squad is not successful. The squad then competes in another preliminary competition, hoping to progress to the same state and/or national level competition. How many competitions does this constitute against the limit of three?**

This constitutes two of the allowed three competitions as the squad has made two attempts for progression to a state and/or national competition.

---

**Case BL-25-28- A cheerleading squad competes in a preliminary competition hoping to progress to a state or national competition. However, the preliminary round was held before April 1 and the finals after April 1. Can the squad compete in the final competition?**

No. All competition must be completed prior to April 1.

---

**Case BL-25-29- Can cheer squads attend competitions that do not comply with NFHS rules?**

The high school cheer coach cannot coach athletes in any of the three allowable competitions (KAPOS plus three additional) if those competitions do not comply with NFHS rules, including but not limited to, stunt limitations. Bylaw 25 restricts the coach of the high school squad from coaching in outside competition other than those four allowed competitions at anytime during the school year. Individual squad members participating for outside organizations are not covered by any insurance coverage provided by the Association.