

KSHSAA Regulations During the School Year

Below are several definitions which will clarify rule interpretations.

Coach

Defined as anyone employed by a school to coach a sport. This includes head, assistant and Rule 10 coaches aides. High school coaches include grades 9-12; middle/junior high school coaches include grades 7-8.

Group Instruction

Defined as two or more students receiving instruction from an instructor during the same period of instruction.

Non-School/Outside Team

Any team that is not part of the school program.

Non-School Team Membership

The number of players allowed on a non-school/outside team during the school year outside the season of sport is based on the previous school year's roster.

Offseason Conditioning

Offseason conditioning programs must be open to the entire student body, and participants must furnish their own clothing. A school may not offer more than one offseason conditioning program at any given time. Offseason conditioning is limited to "weight training and general agility drills – not sport-specific drills and general running conditioning."

Open Gym

A school-sponsored open gym must be announced to the entire student body; it cannot be for only a select or designated group of people. **NO INSTRUCTION** may be given by anyone during an open gym. A coach employed by the school cannot supervise the open gym if the sport they coach is being played. Example: if the batting cages are being used, the baseball/softball coaches cannot organize or supervise the open gym.

Outside Competition (Non-School Teams)

During the school year outside the season of sport no more than (3 for basketball; 4 for volleyball; 5 for 8-man football, baseball and softball; 6 for 11-man football and soccer) players from the same school squad may play/practice or be rostered on the same non-school/outside team in the same sport. Middle school (7th & 8th grade) basketball players may participate together outside the season of sport from SCW #17 through Sunday of SCW#35 on non-school basketball teams. During the school season players may not participate on non-school team. School coach restrictions still apply.

Private Instruction

Defined as one student receiving instruction from one person during a period of instruction. A support person (no more than 2) may be present at Private Instruction but may not receive instruction. For example, during a basketball lesson one person could pass the ball while another played defense but may not receive instruction. Another example may be a pitcher receiving a pitching lesson – they may have a catcher there as a support person.

School Facilities

School facilities being used by outside groups for practices and competitions must be rented/leased based on board of education policy.

School Year

Defined as the Tuesday after Labor Day through the Friday preceding Memorial Day.

School Squad

Defined as Varsity, JV, 9th, A-team, B-team, etc. Any amount of time played in a contest (pinch runner, 1 quarter, 1 play, etc.) constitutes squad membership. A player could be a member of several squads.

Standard Calendar Week (SCW)

The KSHSAA numbers weeks in conjunction with the NFHS. Standard Calendar Week #1 will always be the first full week in July. A standard calendar week runs Sunday through Saturday.

During the school year outside the season of sport/activity:

1. A school coach **may not** coach their athletes in the same sport.
2. A school coach **may** coach senior athletes in the same sport following the conclusion of the school season.
3. A school coach **may not** check out **player** uniform equipment to students (team jersey, pants, etc.) Schools are permitted to have an organizational meeting prior to practices beginning to check out uniforms, lockers, equipment, etc.
4. **Each KSHSAA member school** will need to establish their own policy as to whether any school owned helmets and protective player equipment (pads/shoulder pads, etc.) **may** be used in All Star events or full contact camps. The management of the full contact camp or the All Star event will need to communicate with each KSHSAA member school regarding the use of school owned helmets and protective player equipment and liability insurance for their use.
5. A school coach **may** check out team equipment to students (balls, implements, etc.)
6. A school coach **may** attend camps or clinics.
7. A school coach **may not** attend camps or clinics with their athletes.
8. Students **may** attend camps or clinics but **may not** attend camps with their coach(es).
9. A school coach **may** transport (but not in school vehicles) students to non-school competitions in their sport.
10. A school coach **may not** be reimbursed transportation costs by the school or school booster club.
11. A school coach **may not** transport students to camps or clinics in their sport.
12. Students **may** play on non-school teams but there are restrictions on the number of same school squad teammates which may be rostered, practice or play together on non-school teams. Limits are: 3 for basketball; 4 for volleyball; 5 for 8-man football, baseball and softball; 6 for 11-man football and soccer.
13. A school coach **may** supervise an offseason conditioning program for students not currently on a school team.
14. School conditioning programs **may not** be sport-specific and shall only include weights, running, conditioning and general skill development (not a sport-specific skill).
15. Sport-specific equipment **may not** be used in conditioning programs.
16. Offseason conditioning programs **must** be open to the entire student body, and participants must provide their own clothing. A school may not offer more than one offseason conditioning program at any given time. Offseason conditioning is limited to "weight training and general agility drills – not sport-specific drills and general running conditioning."
17. A camp/clinic (not organized by school coaches) held during the school year outside the season of sport must be advertised and open to anyone, not just a specific group of students. Camps/clinics may not be longer than one calendar week in length. The same group of students may not attend more than two camps/clinics organized for the purposes of skill development.

During the school year and during the school season of activity:

1. A student **may not** practice with or play on a non-school team in the same sport/activity (see KSHSAA Handbook Rule 22 – Outside Competition).
2. A student **may** play on a non-school team in a different sport (subject to the school squad limitations).
3. A student **may** receive private instruction at any time of the school year, subject to the limits outlined in the KSHSAA Handbook, Rule 26. (NOTE: Private instruction is defined as one student receiving instruction from one person during the period of instruction.) Group sessions are not considered to be private instruction.
4. A student **may not** attend camps or clinics in the same sport/activity.
5. A student **may** attend camps or clinics in different sports/activities.
6. A student **may** serve as a clinician for a camp conducted by their school coach for their sport/activity.
7. A student **may** serve as a clinician for a youth development camp or clinic for elementary students (Pre-K – 8th grade) being conducted by non-school agencies or organizations (e.g. softball pitcher instructing at a softball clinic) without violating the Outside Competition Rule.

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