2026 Summer Coaching Rules

This document answers some questions concerning what coaches may or may not do under the summer coaching rule. These regulations apply to all athletic activities sponsored by the KSHSAA.

Students are considered part of the high school program immediately upon graduation from junior high or middle school. Students are considered a member of the middle/junior high school program immediately after being promoted from the 6th grade.

KSHSAA DEFINITIONS
Summer - Defined as the Saturday before Memorial Day through Labor Day.
Standard Calendar Week (SCW) - The KSHSAA assigns each calendar week a number in conjunction with the NFHS. The Kansas calendar is based on SCW 21 falling the week of Thanksgiving. Because of this, SCW #1 varies around the first full week in July. A standard calendar week runs Sunday through Saturday.

IMPORTANT DATES FOR 2026 – KSHSAA Handbook Rule 10-1-6
Beginning May 23 through July 19, coaches may coach teams in non-school competitions and/or conduct workouts/practices. Beginning May 24 until July 18 coaches may conduct a "one-week coach's team camp." Only students enrolled at the school may attend the "coach's one-week team camp." No "coaches' one-week team camps" may take place after July 18 in any sport. KSHSAA catastrophic insurance does not cover a "coach one week team camp". NOTE: Students are not permitted to attend team camps at two or more different schools. They may only attend a "one week coach team camp" at the school where they are enrolled or pre-enrolled.

2026 SUMMER MORATORIUM
June 29-July 5, 2026, are the dates of the KSHSAA summer moratorium. According to KSHSAA **Handbook Rule 9-1-5**, there shall be NO school related athletic activities. During this time coaches (licensed teacher coaches and coach aides employed by member schools) shall be prohibited from engaging in any type of activity involving student athletes whether it be practice, training, weightlifting, conditioning, competition or travel. All member school athletic facilities will be closed during this period to school personnel and students grades 7-12. If member school athletic facilities also serve as non-school community recreation facilities, these facilities may remain open during the moratorium so long as no school teams are playing, and no school coaches are coaching the teams/individuals. During this one-week dead period, students may attend camps or competitions but may not do so with their school coaches. This moratorium does not impact fine arts or spirit activities.
Click here for interpretations.

Beginning July 20 through August 2 **basketball** coaches are restricted to working with no more than 3 students who initiate a request for individual help/coaching instruction from their coach. Basketball coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

Beginning July 20 through August 2 **football** coaches are restricted to working with no more than 4 for 6-player football; 5 for 8- player football and 6 for 11-player football when those students initiate a request for individual help/coaching instruction from their coach. Football coaches may no longer

coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport specific instruction may be given.

Beginning July 20 through August 2 **volleyball** coaches are restricted to working with no more than 4 students who initiate a request for individual help/coaching instruction from their coach. Volleyball coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

Beginning July 20 through August 2 **boys soccer** coaches are restricted to working with no more than 6 students who initiate a request for individual help/coaching instruction from their coach. Boys soccer coaches may no longer coach their players in leagues/tournaments. Coaches may supervise an open gym, but no sport-specific instruction may be given.

KSHSAA HANDBOOK RULE 10-1-8
Beginning Sunday of SCW #5 (August 2) through and including Sunday of SCW #7 (August 16), only voluntary weight training and conditioning is permitted for **all school athletic teams.** No team practices shall be permitted until Monday of SCW #7 (August 17).

The purpose for two weeks with no coach contact for sports specific instruction is to allow families (coaches and athletes) to have time for vacations and to have some free time prior to the start of the season. Weight training and conditioning are permitted to continue, on a voluntary basis, so students retain their physical conditioning.

Coaches in fall athletics (volleyball, football, boys soccer, girls tennis, girls golf, cross country, and gymnastics) may not have team gatherings (ex: soccer kick arounds, tennis hitting, etc.) where these sports are being played. Coaches can only have contact with their potential players for voluntary weight training and conditioning. No balls should be present, or school sport specific equipment may be used during the time between August 2 and August 16.

Through Labor Day, coaches in sports other than volleyball, basketball, football, and boys soccer may continue coaching their summer teams, even if that team has potential members of their school team. No coach's one-week team camp may take place after July 18. **Coaches cannot have school team practices or conditioning specific to a single sport.** School weightlifting and non-sport-specific conditioning, available for all students in a school, may continue through August 16, 2026. Fall sports practices begin August 17, 2026.

FOOTBALL HELMETS & SHOULDER PADS
Member school football coaches **may not** conduct/sponsor a contact football camp. Shoulder pads may not be used during summer workouts/practices. With approval by the school district, school owned football helmets may be used during the school coach's one-week team camp. The school district must approve the use of helmet/shoulder pads by players at college or other summer camps. **(These camps may not be sponsored by the school employed coaches and the school.)**

FUNDRAISING TO PAY FOR ATHLETIC CAMPS
If students wish to fundraise to pay for summer athletic camps, clinics or tournaments, they may not do so at school-sponsored events. When soliciting money, they must represent themselves as an

individual(s), not as a school team. Any money collected for the purpose of paying for summer camps, clinics or tournament entries shall not be deposited and run through a school account. Schools/booster clubs cannot be involved in funding these activities or distributing the money. Booster clubs, individuals and schools or charitable foundations are considered the same as member schools in this regard.

INSURANCE COVERAGE

The KSHSAA catastrophic and liability insurance policy does not cover summer activities. Each coach is responsible for securing insurance for their camps, clinics, workouts, or practices. Coaches should visit with their school administration about whether the school's insurance policy extends to these activities as they are not "school programs" but rather coach programs. The KSHSAA catastrophic insurance does not cover these camps.

PICK-UP GAMES

May a coach invite other groups of kids from other schools to their facility to play "pick-up" games? Yes, but no school uniforms may be used and facilities must be rented/leased per board policy. School owned transportation may be used provided it is approved by the school district administration. KSHSAA catastrophic insurance does not cover these activities.

SCHOOL UNIFORMS/TEAM EQUIPMENT

School-owned uniforms, practice gear, shoulder pads and other individual player equipment **cannot** be used for coaches' one-week summer camps, other camps, clinics, tournaments or gatherings of teams at schools to play games or scrimmage. Team equipment such as balls, blocking dummies and toss backs, etc., may be used provided use is approved by the school district.

SCHOOL FACILITIES

School facilities may be used provided the school district has approved the use of the facility and the proper rental/lease agreements have been approved. Remember – these workouts, practices, camps and clinics are the *coach's*, not the school's.

SQUAD LIMITS

During the summer period, students **may** play on teams which include any number of students from their same school squad. There are no roster limitations on students from the Saturday before Memorial Day until the Tuesday after Labor Day.

TRANSPORTATION

School districts may permit school owned transportation to be used to transport students to athletic summer camps, clinics, workouts or scrimmages with other schools. KSHSAA catastrophic insurance does not cover these summer activities. Individual school districts will decide whether to permit school owned transportation to be used for these activities.

Revised: April 23, 2026