

## BYLAW 23. LIMITATION OF SEASONS

### Sec. 1) GENERAL PROVISIONS CONCERNING ALL SPORTS AND SPORT-ACTIVITIES

- a) **Playing During School Hours**  
School Time shall not be lost for travel to or from, or participation in, any regular season interscholastic athletic contest.
- b) **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.
- c) **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.
- d) **Specific Penalties for Violations - Too Many Contests**  
Any school violating provisions of this Bylaw by playing too many contests shall be penalized in accordance with Bylaw 27 but shall remain eligible for tournament play during the current season.
- e) **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 27. The second violation shall result in automatic suspension.
- f) **Organized Play and Involvement of Members of the Coaching Staff Out of Season During the School Year**
  - (1) Outside the defined limitations for each sport or sport-activity, the following activity is expressly prohibited:
    - a. Coaches (paid or unpaid) coaching members of that school's team on the campus of a member school if the competition involves at least fifty (50) percent of the normal playing squad being from any member school (e.g., 6 or more in football or soccer, 3 or more in basketball, 5 or more in baseball or softball); and
    - b. Member school facilities being utilized for organized competition that involves students enrolled at a member school;
  - (2) Outside the defined limitations for each sport or sport-activity, the following activity is expressly permitted:
    - a. Sport-specific observation and evaluation of any player from a team at that school provided that player is enrolled in that school or a defined feed pattern school under the same local board of education as the coach is employed and provided that play is not in conflict with other KHSAA bylaws; and
    - b. With the permission of school administration, coaching of students from the school team at facilities not located on the campus of a member school.

### Sec. 2) SPORTS SPECIFIC LIMITATIONS- BASEBALL- BOYS

- a) Following the opening day of school, there shall be no organized baseball practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Wednesday of the first state basketball tournament.
- d) The season shall consist of a maximum of thirty-six (36) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end 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 the 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

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

- c) The first basketball game shall not take place prior to the Monday twelve weeks before the week of the district tournament.
- d) The season shall consist of a maximum of thirty (30) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) The Board of Control may waive provision(s) (b) or (d) 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

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two scrimmage or practice meets prior to the first regular season contest of that year.
- c) The first meet of the season shall not take place prior to the Monday nine weeks before the week of the Regional Cross Country Meet.
- d) The season shall consist of a maximum of thirteen (13) meets including invitational meets to be held prior to the beginning of KHSAA state championship competition (region).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further practice or play during the remainder of the academic school year.

### Sec. 5) SPORTS SPECIFIC LIMITATIONS- FIELD HOCKEY- GIRLS

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Friday prior to the Monday nine weeks before the week of the Regional tournament.
- d) The season shall consist of a maximum of twenty-four (24) games to be played prior to the beginning of KHSAA state championship competition (region).
- e) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.

### Sec. 6) SPORTS SPECIFIC LIMITATIONS- FOOTBALL

- a) Organized practice shall be structured in football as follows:
  - (1) Football drill work and practice activity shall be defined in the following five categories:
    - a. "Level 0" or "air" means that players run a drill unopposed and without contact;
    - b. "Level 1" or "bags" means that a drill is run against a bag or another soft contact surface;
    - c. "Level 2" or "control" means that a drill is run at the assigned speed until the moment of contact; one (1) player is predetermined the winner by the coach; contact remains above the waist; and players stay on their feet;
    - d. "Level 3" or "thud" means that a drill is run at the assigned speed through the moment of contact; there is not a predetermined winner; contact remains above the waist; players stay on their feet; and a quick whistle ends the drill; and
    - e. "Level 4" or "live action" means that a drill is run in game-

- like conditions and is the only time that players are taken to the ground.
- (2) Contact and non-contact shall be defined as follows:
    - a. "Contact" means that drills are run at Level 3, thud, or Level 4, live action; and
    - b. "Non-contact" means that drills are run at Level 0, air; Level 1, bags; or Level 2, control.
  - (3) Football contact and non-contact practice shall use the appropriate clothing and equipment (including current certification/recertification of equipment as stipulated by the manufacturer) for the level of drill, including:
    - a. A drill conducted in helmets-only shall be a Level 0, air, or Level 1, bags;
    - b. A drill conducted in shells (shorts, shoulder pads, and helmets) shall be a non-contact drill; and
    - c. A contact drill shall be conducted in full equipment; and
  - (4) From the end of the season through the day prior to the first day of spring practice; and from the last day after spring practice through May 31:
    - a. Schools shall not issue football equipment included in NFHS Rule 1-5 other than the helmet (provided only enrolled students are present at the activity) with the exception of an all-star game or individual camp as detailed;
    - b. Schools shall not organize or participate in any football activities that allow players to be in football gear included in NFHS Rule 1-5 other than the helmet, even if contact does not occur;
    - c. No session shall be held where attendance is taken;
    - d. No session shall be held where attendance is implicitly or explicitly required;
    - e. No session shall be held where other schools or organized teams are present and involved in any activity;
    - f. The KHSAA catastrophic insurance provided by the Association is not in effect during this period; and
    - g. Heat index monitoring guidelines shall be complied with during any activity.
  - (5) From June 1 through June 24:
    - a. Schools shall not issue football equipment included in NFHS Rule 1-5 other than the helmet, with the exception of an all-star game or individual camp as detailed;
    - b. Schools shall not organize or participate in any football activities that allow players to be in football gear included in NFHS Rule 1-5 other than the helmet, even if contact does not occur;
    - c. No session shall be held where attendance is taken;
    - d. No session shall be held where attendance is implicitly or explicitly required;
    - e. No session shall be held where other schools or organized teams are present and involved in any activity;
    - f. The KHSAA catastrophic insurance provided by the Association is not in effect during this period;
    - g. Heat index monitoring guidelines shall be complied with during any activity; and
    - h. Activity during this period shall not include Level 2-"Control", Level 3-"Thud", or Level 4-"Live Action";
  - (6) Non-contact interscholastic simulations during the period beginning on the day immediately following the dead period (Bylaw 24), July 10 and continuing through July 31:
    - a. Schools may participate in non-contact interscholastic simulations during this period and such participation does not count against scrimmage limitations provided that the first practice in full gear has not been conducted;
    - b. The school issued helmet may be used during these activities, but no other equipment included in NFHS Rule 1-5 may be used;
    - c. Activity may be required of team participants including the monitoring of attendance;
    - d. The KHSAA catastrophic insurance is in effect for these simulations if other schools are involved;
    - e. Heat index monitoring guidelines shall be complied with during any activity; and
    - f. Activity through the end of the non-contact simulations shall not include Level 3-"Thud", or Level 4-"Live Action".
  - (7) Preseason acclimation and acclimatization beginning July 10:
    - a. Heat index monitoring guidelines shall be complied with during any activity;
    - b. The KHSAA catastrophic insurance is in place for these drills and practice sessions;
    - c. Beginning July 10, the first legal organized practice wearing a helmet may be conducted;
    - d. The first five (5) days of organized practice shall be in helmets only;
    - e. During the first five (5) days in helmets only, the total practice time in helmets shall not exceed three (3) hours; and
    - f. During the first five (5) days in helmets only, only Level 0-"Air" and Level 1-"Bags" drills shall be conducted;
      - i. Water breaks, rest breaks, and injury treatment shall not count against the 3-hour limit; and
      - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 3-hour limit;
    - g. Following the first five days, on days when the maximum of two practices of any type is held, a total limit of 5 hours per day of practice, not including the mandatory break shall be allowed;
      - i. Water breaks, rest breaks, and injury treatment shall not count against the 5-hour limit; and
      - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 5-hour limit;
  - (8) Beginning July 22 through July 31:
    - a. Practice may be conducted in shells (shorts, helmets, shoulder pads) for each player who has had at least five days in helmets only;
    - b. Only Level 0-"Air", Level 1-"Bags" and Level 2-"Control" drills shall be conducted prior to the final non-contact interscholastic simulation;
    - c. Following the final non-contact interscholastic simulation, only Level 0-"Air", Level 1-"Bags", Level 2-"Control" and Level 3-"Thud" drills shall be conducted;
    - d. No single practice session shall be longer than three (3) hours;
    - e. Multiple contact practices shall not be held on any day where Level 3-"Thud" drills are conducted;
    - f. On days when the maximum of two practices of any type is held, a total limit of 5 hours per day of practice, not including the mandatory break shall be allowed;
      - i. Water breaks, rest breaks, and injury treatment shall not count against the 5-hour limit; and
      - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 5-hour limit;
    - g. On days when only one practice of any type is held, a total limit of 3 hours per day of practice shall be allowed;
      - i. Water breaks, rest breaks, and injury treatment shall not count against the 3-hour limit; and
      - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 3-hour limit;
    - h. A 3-hour break is required after a contact practice where Level 3-"Thud" drills are conducted during which no activity shall be held and the athletes are located where cooling and recovery is possible;
      - i. During this break, there shall be no gear worn, and no activity that in any way simulates football or football drills. This restriction is in place regardless of where the practice occurs including camps, home practices, or other workout areas. This period is solely for rest/recovery; and
      - ii. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment shall not be conducted during the three-hour required break; and

- i. The KHSAA catastrophic insurance is in place for these drills and practice sessions.
- (8) Beginning August 1, practice may be conducted in full gear for all players who have had at least three practices wearing shells (helmets and shoulder pads).
  - a. Level 0-"Air", Level 1-"Bags", Level 2-"Control", Level 3-"Thud" and Level 4-"Live action" drills may be conducted however Level 3-"Thud" and Level 4-"Live action" drills may only be conducted in one practice per day;
  - b. No single practice session shall be longer than three (3) hours;
  - c. Multiple contact practices shall not be held on any day where Level 3-"Thud" or Level 4-"Live Action" drills are conducted;
  - d. On days when two practices of any type is held, a total limit of 5 hours per day of practice, not including the mandatory break shall be allowed;
    - i. Water breaks, rest breaks, and injury treatment shall not count against the 5-hour limit.
    - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 5-hour limit;
  - e. On days when only one practice of any type is held, a total limit of 3 hours per day of practice shall be allowed.
    - i. Water breaks, rest breaks, and injury treatment shall not count against the 3-hour limit.
    - ii. Weight training, conditioning, required meetings, required sport and skill specific film study, and teaching period/walk through simulations without equipment shall count against 3-hour limit
  - f. A 3-hour break is required after a contact practice where Level 3-"Thud" and Level 4-"Live action" drills are conducted during which no activity shall be held and the athletes are located where cooling and recovery is possible.
    - i. During this break, there shall be no gear worn, and no activity that in any way simulates football or football drills. This restriction is in place regardless of where the practice occurs including camps, home practices, or other workout areas. This period is solely for rest/recovery;
    - ii. Weight training, conditioning, meetings, film study, and teaching period/walk through simulations without equipment shall not be conducted during the three-hour required break;
  - g. The KHSAA catastrophic insurance is in place for these drills and practice sessions;
- (9) Beginning Monday of the week the first scrimmage is played by the school, each school may participate in "Thud" or "Live Action" drills and game time simulations (not including contests or legal scrimmages) for no more than ninety-minutes per team, per week;
- (10) After the opening day of the school year:
  - a. A school shall not conduct multiple on-field practice sessions of any type on the same day;
  - b. No single practice session shall be longer than three (3) hours;
- (11) All schools shall upon request, submit any required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs.
- b) After August 1 and prior to the opening varsity game of the season, there shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) with players other than members of the squad.
- c) The first game shall not take place prior to the Friday eleven (11) weeks prior to the week of the first round of the football playoffs.
- d) The season shall consist of a maximum of ten (10) regular season games and the opportunity to play regular season games shall conclude at the end NFHS corresponding week 17. Any school may play one of the allowable regular season games during Week 0 (normally NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of scrimmages is reduced to one.
- e) Provided that at least one classification within the KHSAA conducts playoffs that last five (5) weeks, any school that chooses to compete for a district title and is placed in a classification where only four (4) weeks are needed to complete the playoffs may play an additional regular season contest (total of 11 contests), the last of which shall be played during the first round of the playoffs for the other classifications.
- f) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.
- g) Each player, in order to be eligible to participate against another school and to become acclimatized and acclimated, shall have taken part in a minimum of five (5) practices over five (5) days in helmets only, three (3) practices in helmet and shoulder pads over three (3) days followed by three (3) contact practices over three days. A contact practice on the date of a contest shall not count as one of the required practices in allowing the student to play in that contest.
- h) Each football school may elect to conduct spring football practice under the following conditions:
  - (1) A school may conduct ten (10) spring practice periods of not more than two (2) hours in length and not more than one practice per day over ten (10) days during three consecutive calendar weeks, which shall be chosen by the school on or before December 15;
  - (2) Failure to submit the schedule by December 15 will result in a loss of the ability to conduct spring football practice.
  - (3) The three consecutive calendar weeks shall not begin prior to the Monday following the school's elimination from postseason play in basketball, and shall not conclude later than the last day of school on the original school calendar.
  - (4) Any period of time when school is not in session on a week day, including testing and breaks, shall not count as one of the ten (10) permitted days, and practice shall not be conducted on those days.
  - (5) All equipment authorized by the football playing rules may be used during this period.
  - (6) There shall be no interscholastic competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules.
  - (7) After December 15, the dates shall not be changed except by request of the member school Principal, and only if the newly requested period begins not later than the Monday following the conclusions of the originally scheduled school spring break.
  - (8) Practice sessions shall conform to the following rotation of types of practice:
    - a. Two days Non-Contact (0-"Air", 1-"Bags", 2-"Control");
    - b. Two days Contact (3-"Thud", 4-"Live Action");
    - c. One day Non-Contact (0-"Air", 1-"Bags", 2-"Control");
    - d. Two days Contact (3-"Thud", 4-"Live Action");
    - e. One day Non-Contact (0-"Air", 1-Bags, 2-"Control"); and
    - f. Two days Contact (3-"Thud", 4-"Live Action").
  - (9) A student below grade nine or in grade 12 shall not participate;
  - (10) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
  - (11) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
  - (12) Any student who has neither participated in organized competition in a KHSAA sanctioned winter or spring sport, nor has documentation of supervision by a coach qualified under Bylaw 25 in a minimum of 8 conditioning workouts after the previous season and before the start of spring practice (including competition on a competitive weight lifting team at the school), shall have two (2) days of practice in helmets only and two (2) additional days in shells (helmets and shoulder pads) for acclimation prior to wearing the remainder of the allowable football gear;

- (13) There shall be no mandatory participation (including school or coach imposed penalty) by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) or any other student desiring not to participate.
- i) Following the season and until organized practice begins for the next season, no football gear other than the helmet may be issued used by a member of the team for any activity except for the approved spring football practice period and issuance of gear to a specific individual for attendance/participation in a specific event at an off-campus facility.
- (1) Football gear as defined in NFHS rule 1-5 (including shoulder pads and other protective gear) may be issued to a player who has previously played for the team to participate in an all-star game between the last day of the previous season and before July 10 provided no more than four players from any school participate in the same sessions at that game. Any all-star game for which gear is issued under this exception shall be considered an all-star game by the NCAA.
- Football gear as defined in NFHS rule 1-5 (including shoulder pads and other protective gear) may be issued to a player who has previously played for the team to participate in an individual camp between the last day of the previous season and before July 22 provided no more than four players from any school participate in the same sessions at that camp.
- (2) The gear shall be returned by the individual immediately following the camp. No football gear as defined in NFHS rule 1-5 (including shoulder pads and other protective gear) may be issued for any event involving any person not enrolled at that school that is held at a KHSAA member school or at a facility utilized for games by a member school except for the all-star game/individual camp exception detailed above. This includes camps sponsored by outside entities if a member school's coaches are present or any equipment is issued to participants.
- (3) There is no opportunity for any team activity in football gear at camps where representatives of any other school are present except for the noncontact game simulations as detailed above. There is no allowance for full contact camps for teams or issuing other equipment to individuals except as detailed in the all-star game/individual camp exception.
- j) The Board of Control may waive provision(s) (b) or (d) of this Bylaw to allow member schools to participate in Hall of Fame and Museum 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. 7) SPORTS SPECIFIC LIMITATIONS- GOLF- BOYS AND GIRLS**
- a) Organized practice shall not take place prior to July 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- c) The first match shall not take place before the Friday prior to the Monday of the week nine weeks prior to the first round of the KHSAA sanctioned postseason play.
- d) The season shall consist of a maximum of twenty (20) rounds of golf against other school representatives (minimum nine holes) to be played prior to the beginning of KHSAA state championship competition (region). 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.
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 8) SPORTS SPECIFIC LIMITATIONS- SOCCER- BOYS AND GIRLS**
- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday eight weeks before the week of the district tournaments.
- d) The season shall consist of a maximum of twenty-one (21) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 9) SPORTS SPECIFIC LIMITATIONS- SOFTBALL- GIRLS (FASTPITCH)**
- a) Following the opening day of school there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first game shall not take place prior to the Wednesday of the first state basketball tournament.
- d) The season shall consist of a maximum of thirty-six (36) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 10) SPORTS SPECIFIC LIMITATIONS- SWIMMING AND DIVING- BOYS AND GIRLS**
- a) Following the opening day of school, there shall be no organized practice prior to October 1.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first meet shall not take place prior to November 15.
- d) The season shall consist of a maximum of fifteen (15) meets to be held prior to the beginning of KHSAA state championship tournament competition (region).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the 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**
- a) Following the opening day of school, there shall be no organized practice prior to February 15.
- b) There shall be no more than two (2) practice matches prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Wednesday of the first state basketball tournament.
- d) The season shall consist of a maximum of twenty-two (22) matches to be held prior to the beginning of KHSAA state championship tournament competition (region). Any forfeit fees necessitated by match cancellations after this limit is reached 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.
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the 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 AND FIELD- BOYS AND GIRLS**
- a) Following the opening day of school, there shall be no organized

- practice prior to December 1.
- b) There shall be no more than two (2) practice meets held by each team and these shall be held on or before the Monday of NFHS calendar week 38.
  - c) The first meet (indoor or outdoor) shall not take place before the Monday of NFHS Calendar Week 28.
  - d) The season shall consist of a maximum of nineteen (19) meets, to be held prior to the beginning of KHSAA state championship tournament competition (region). All meets, regardless of format or being an indoor or outdoor meet, shall count against the limit of meets.
  - e) The opportunity to participate in regular season outdoor contests season shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 13) SPORTS SPECIFIC LIMITATIONS- VOLLEYBALL- GIRLS

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday nine weeks before the week of the district tournament.
- d) The season shall consist of a maximum of thirty-five (35) matches to be played prior to the beginning of KHSAA state championship tournament competition (district).
- e) The opportunity to participate in regular season contests shall end 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 the elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 14) SPORTS SPECIFIC LIMITATIONS- WRESTLING- BOYS

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

Sec. 15) SPECIFIC LIMITATIONS- OTHER SPORT-ACTIVITIES- ARCHERY

- a) The first organized practice shall not take place prior to October 1.
- b) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further official practice or play during the remainder of the academic school year.

Sec. 16) SPECIFIC LIMITATIONS- OTHER SPORT-ACTIVITIES- BASS FISHING

- a) The first organized practice shall not take place prior to October 1.

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

Sec. 17) SPECIFIC LIMITATIONS- OTHER SPORT-ACTIVITIES- BOWLING

- a) The first organized practice shall not take place prior to October 1.
- b) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further official practice or play during the remainder of the academic school year.

Sec. 18) SPECIFIC LIMITATIONS- OTHER SPORT-ACTIVITIES- COMPETITIVE CHEERLEADING (INTERSCHOLASTIC SPIRIT)

- a) The first organized practice shall not take place prior to July 15.
- b) The opportunity to enter competitive cheerleading contests ends at all levels (grades 9-12) for that academic year on April 1, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following the elimination, there shall be no further official practice or play during the remainder of the academic school year..

***Case BL-23-1 - What is a KHSAA sanctioned sport as used in Bylaw 23?***

*The sanctioned sports of the KHSAA are those sports approved by the Board of Control as a sports championship. At press time, those include: Baseball, Basketball, Cross Country, Field Hockey, Football, Golf, Soccer, Softball, Swimming, Tennis, Track and Field, Volleyball and Wrestling. Sport-activities are not the same as sports when applying this Bylaw. The sport-activities currently sanctioned by the Board of Control for championship play are Archery, Bass Fishing, Bowling and Competitive Cheer.*

***Case BL-23-2- What is the expectation of KHSAA member schools as it relates to missed school time for regular season contests?***

*The KHSAA annually solicits verification through the membership application from school administrators that these provisions have not been violated in order 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.*

*Decisions on travel (and the possible allowances or restrictions therein) are solely the discretion and control of the member school. Monitoring and definitions regarding the restrictions related to "school time" must be done at the local level in compliance with Kentucky Department of Education regulations.*

*Member schools reported for violating these restrictions will be referred to the Kentucky Department of Education. The restrictions on missed school time were placed into KHSAA Bylaws by the Kentucky Board of Education as a reiteration of the necessity to prioritize school time, but are not the Association's jurisdiction to enforce and apply sanction. This stance is necessary due to ever changing rules and regulations about what constitutes school time, and the fact that the member schools are in better position to monitor this regulation as they implement new and revised methods of delivering instruction. If further clarification is needed relative to local policies which may be in place as to what constitutes school time, please have the appropriate district personnel contact the Kentucky Department of Education.*

**Case BL-23-3– Is it permissible for students to be counted present for participation/attendance at regular season and KHSAA district level events?**

Not within the KHSAA Bylaws and policies. Schools must comply with the policies of the Kentucky Department of Education regarding attendance. It should be noted that KRS 159.035(2)(b) clearly states that the educational enhancement opportunities allowed by that statute may not include interscholastic athletics. If a student does leave school before the scheduled end of the day for any reason, the time missed is recorded in the daily attendance log of the school as an attendance event for that student. Although local board policy may allow the student to ‘make-up’ any missed work, the absence record remains.

When the student is participating in or attending an athletic event, the local school board (not school council) attendance policy controls whether it is counted as an excused or unexcused absence. For example, the local board policy might choose to record an excused absence for those students participating on a high school athletic team that is playing in a state championship and not record an excused absence for attendance by a nonparticipant. It is also possible that the Board policy is to allow an excused absence for attendance by nonparticipants with verification. The impact of excused versus unexcused absence is that with an excused absence the student may have the ability to make up the missed school work, but has no such right with an unexcused absence.

If the school’s team is involved in a very popular event, such as the state high school basketball tournament, and a significant portion of the student body will be attending the tournament and thus missing school, the local board has discretion as to whether to close school that day(s) in anticipation of low school attendance, and amend the school calendar to make up the instructional time.

If further clarification is needed relative to local policies which may be in place, please have the appropriate district personnel contact the Kentucky Department of Education.

**Case BL-23-4– Are there allowances for students to be counted present for participation/attendance at KHSAA region or state events?**

Yes. In accordance with KRS 158.070 (6) (b), any member of a school-sponsored interscholastic athletic team who competes in a regional tournament or state tournament sanctioned by the Kentucky Board of Education, or the organization or agency designated by the board to manage interscholastic athletics, and occurring on a regularly scheduled school day may be counted present at school on the date or dates of the competition, as determined by local board policy, for a maximum of two (2) days per student per year. The student shall be expected to complete any assignments missed on the date or dates of the competition.

When the student is participating in or attending an athletic event, the local school board (not school council) attendance policy controls whether it is counted as an excused or unexcused absence. For example, the local board policy might choose to record an excused absence for those students participating on a high school athletic team that is playing in a state championship and not record an excused absence for attendance by a nonparticipant. It is also possible that the Board policy is to allow an excused absence for attendance by nonparticipants with verification. The impact of excused versus unexcused absence is that with an excused absence the student has a right to have the opportunity to make up the missed school work, but has no such right with an unexcused absence.

If the school’s team is involved in a very popular event, such as the state high school basketball tournament, and a significant portion of the student body will be attending the tournament and thus missing school, the local board has discretion as to whether to close school that day(s) in anticipation of low school attendance, and amend the school calendar to make up the instructional time.

If further clarification is needed relative to local policies which may be in place, please have the appropriate district personnel

contact the Kentucky Department of Education.

**Case BL-23-5- Does the limit on consecutive day scrimmages or contests extend to varsity and nonvarsity teams and players?**

Yes. Each team at each level within a school and each student-athlete, shall have one day (Monday through Thursday) during the season when school is in session, when the team does not hold a scrimmage or contest nor is the individual student-athlete competing or playing. This restriction applies to all levels of play not each level of play.

The 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-23-6- What are the restrictions during the school year outside of the defined Limitation of Seasons (off-season) when the school’s team members are participants or school coaches are involved?**

Coaching is defined as any activity by the coach at a time the athletes are participating in skills (either preparatory or specific to that 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 a entry or group, or in an activity such as distance running with many runners but no direct coaching, would not specifically be considered coaching.

The “off-season” is the period during the school year for each sport or sport-activity that is outside the defined start and end dates for the sport or sport-activity as detailed in Bylaw 23. The restrictions begin on the first day of school and end on the earlier of the day following the last day of school or May 31.

Activity during the off-season by member school coaches has the following continuing restrictions:

- (1) Any restriction includes all members of the athletic coaching staff, paid or unpaid, head or assistant, and at all levels;
- (2) Participation in any activity may not be mandatory for the students and there may be no penalties assessed, expressed or implied for nonparticipation;
- (3) No school owned or issued equipment (catching gear for baseball/softball) may be used;
- (4) No school uniforms, mascots, team identifying apparel or transportation may be used;
- (5) No coach or school/school system may provide or fund transportation for these players to play in outside leagues, even if personal transportation is utilized;
- (6) No funds may be used for participation in organized play including payments for officials, field usage, field preparation, etc. Payment by booster groups is the same as payment by the school and cannot be used to circumvent this requirement;
- (7) There is no insurance coverage with regard to the KHSAA Catastrophe Policy;
- (8) The activity cannot be restricted solely to members or prospective members of a team;
- (9) No member of the coaching staff may be paid for sports specific instruction at a school owned facility;
- (10) Nothing about these interpretations allow for the use of specific school issued football, baseball or softball gear during this period except during the allowable time periods of Bylaw 23;
- (11) Nothing about these interpretations change any of the provisions of Bylaw 9 that prohibit players in basketball and football from participating in an organized game for any other entity from the start of school to the end of the season (including KHSAA postseason play); and
- (12) All activity must have approval from the school principal. All other restrictions related to the scheduling, composition, pool and use of available personnel including coaches, and other logistical arrangements are the jurisdiction of the building Principal in compliance with all local district policies. This applies to any sport or sport-activity held within that local school facility or off-site activities where the coach and team members are simultaneously present, in compliance with

Bylaw 1 of the Association.

The following situations would NOT be permitted due to these restrictions:

- (1) School Team A going to School Team B's field/gym and play a game with umpires;
- (2) School Team A going to School Team B's field/gym and play a game as part of a "Fall League" or "Outside League"; and
- (3) Any activity expressly prohibited by the school Principal.

With these restrictions in mind, the following activities would be permitted:

- (1) Coaches may provide voluntary individual instruction to students that have previously represented the school;
- (2) Participate in an organized league at a nonschool facility;
- (3) A school leasing its athletic facility to an outside league/group (not affiliated with the school) provided there is an existing, written agreement for fair market value for the usage, and such does not eliminate the other restrictions;
- (4) Players and coaches from one school participating in a league at the city park play against another team that has players and coaches from another school; and
- (5) Members from School A receive instruction from members of School A coaching staff on site at the school facility provided all participants were from School A.

**Case BL-23-7- How is the determination made as to how to count a contest against the Limitation of Seasons?**

In these sports, a 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 23.

- (1) The following are examples of activities which would be subject to classifying the student-athlete as being a "representative" of the school:
  - a. Wearing of school uniform and school-issued playing equipment;
  - b. Transportation to or from the contest using school transportation;
  - c. Representing the school by entering an event under the name of the school;
  - d. Representatives of the school entering an event in which entries are allowed only by school representatives;
  - e. Attendance of, transportation by, coaching or other assistance by, any member of the school coaching staff from that sport; or
  - f) Any school vs. school competition in a contest in any KHSAA sport or sport-activity as defined within Bylaw 23.
- (2) After the start of practice and prior to the first contest against an outside opponent, such activity may be classified as a scrimmage.
- (3) 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 nonvarsity games. Events shall be constructed such that all competition is held at the same level for all competing teams.
- (4) Seeded district contests to determine postseason bracketing may never be counted as nonvarsity contests.
- (5) 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.

**Case BL-23-8- What is the season, limit of contests and restrictions for nonvarsity teams?**

Nonvarsity teams have the same restrictions on beginning of practice, beginning of contests and number of games as the varsity teams.

**Case BL-23-9- What is the first date for nonvarsity playing of contests (JV and Freshman)?**

Nonvarsity games can be played beginning the first available

date for play by the varsity.

**Case BL-23-10- Is there a designated "tryout" or conditioning period for KHSAA sports for member schools?**

No. Tryouts are an organized or semi-organized means of selecting team members for the coming season. 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 shall be held during the official practice period spelled out in Bylaw 23. Nothing can be required between the first day of school and the first legal date for practice.

There is also no "conditioning period" as some coaches seem to erroneously tell kids and parents. Student-athletes cannot be held accountable for missing this time outside of the limitation of seasons and cannot be made to "make-up" missed activity as it cannot be required.

**Case BL-23-11- What are the limitations on the allowable scrimmages?**

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.

The following are the limitations and regulations on allowable scrimmages:

- (1) Each school is limited to a total of two preseason scrimmages of any type against competitors not eligible to be on the team's roster at all levels of play (grades 9-12) in each sport;
- (2) Both scrimmages (or one if that is the school's choice) shall be held prior to the first varsity contest in a sport;
- (3) The total elapsed time from the start of each scrimmage until the end shall be no longer than three consecutive hours (Start to finish, including any breaks) and all competition activity shall 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 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 nonvarsity season can be considered "scrimmage-like" as no state championship competition is held;
- (6) The scrimmage limitations include any team camp or similar activity held during the defined 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 shall 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 and pay officials;

(9) It is recommended that officials be utilized for all scrimmage contests. If officials are utilized (other than coaches exercising normal supervisory duties), they shall be KHSAA licensed officials;

(10) All scrimmage contests shall be reported to the KHSAA if the Association makes requests for such reports; and

(11) Violators of scrimmage limitations and regulations may be penalized in accordance to the prescribed penalties in Bylaw 23 as well as the provisions of Bylaw 27.

**Case BL-23-12- Are there any exceptions to the scrimmage rules contained in the Limitation of Seasons for the Bluegrass State Games or for officially sanctioned Olympic Development Activities?**

Yes. High school teams in cross country, cheer, soccer, and volleyball, together with their coach(es) may participate in the Bluegrass State Games. Such play shall not count against the two scrimmage limitation provided that the organizers of the games adhere to all health and safety recommendations of the KHSAA (including the Heat Index program), all opponents are member schools or qualified nonmember schools as defined in CS-BL-23-9 and provided there is not a limit on the number of schools that may enter.

The Board of Control has authorized the Commissioner to consider, on a case by case basis, waivers to any restrictions contained in Bylaw 9 and Bylaw 23 that would allow participation by an enrolled student or employed coach in officially sanctioned U.S. Olympic Development activities. Such organizations as USA Basketball, USA Track and Field and other similar groups that have officially sanctioned activities can request, through the appropriate member school, that these restrictions be waived and participation allowed. Such shall also include the Ryder Cup official competition between the PGA of America and PGA European Tour.

**Case BL-23-13- What is the minimum period for team and individual practice in the preseason in any sport other than football, or sport-activity?**

In all sports other than in football, and in all sport-activities, there are no required minimum number of practice sessions or dates prior to competition against another school.

**Case BL-23-14- What are the special allowances for counting a game/meet/event against the Limitation of Seasons in cross country or track or toward the postseason meet minimum that is listed in the Competition Rules?**

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

- (1) It is sponsored by a KHSAA member high school (or co-sponsored) 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 representatives accompanies the student-athlete or transports the student-athlete to the competition;
- (5) A member of the school's coaching staff is present and offering instruction, advise, evaluation or refinement of skills or exercising other duties defined as "coaching" within the sport rules; or
- (6) The event, by its format, allows entries or fees to be solely based on representatives of school based competition.

**Case BL-23-15- Is it permissible for a local policy board, officials' association to impose a different time limit on softball or baseball games at the varsity level?**

No. At the varsity level, the NFHS playing rules establish the time frames and requirements.

At the nonvarsity 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 nonvarsity baseball or softball games if the same limit applies to both sports under the jurisdiction of that policy board.

**Case BL-23-16- What equipment can be worn, what activities can occur, and what restrictions are in place for basketball at various times of the school year?**

The following are the allowances and timelines for the wearing of gear and the conducting of practice or practice-like activity based on specific time of the year:

- (1) From the team's elimination from postseason play through the end of the school year, is a supervised play period and the following stipulations are in place:
  - a. Any on-campus game simulation where another school is involved (school vs. school) must not involve more than three players from a single team; and
  - b. There is no KHSAA catastrophic insurance during this period.
- (2) From the earlier of the day following the last date of school or June 1, through June 24, the following stipulations are in place:
  - a. Play is governed by decisions made at the local level. There are no restrictions on coaching, uniforms, expenditures or the other things inherent with the Dead Period or the July period. Nothing during this period can be mandatory, and there can be no penalty, expressed or implied, for nonparticipation; and
  - b. There is no KHSAA catastrophic insurance during this period.
- (3) From June 25 to July 9 (inclusive of those dates) is the KHSAA Dead Period (Bylaw 24) with the following restrictions:
  - a. The restrictions of Bylaw 24, Sec. 3 (Summer Dead Period) and its interpretations are in place;
  - b. There can be no practice (individual or team) and no equipment or facilities may be issued; and
  - c. There is no KHSAA catastrophic insurance during this period.
- (4) July 10 to July 31 is the Bylaw 24, Sec. 2 period:
  - a. The restrictions of Bylaw 24, Sec. 2 (Restrictions on Football and Boys' Basketball) and its interpretations including the fact that school money cannot be expended for basketball activities are in place;
  - b. No organized basketball activity may occur at a member school, and
  - c. There is no KHSAA catastrophic insurance during this period.
- (5) August 1 to October 15 is a supervised activity period:
  - a. Any on-campus game simulation where another school is involved (school vs. school) must not involve more than three players from a single team; and
  - b. There is no KHSAA catastrophic insurance during this period.
- (6) October 15 until the elimination of the team from postseason play is the defined season:
  - a. Required and supervised practice, scrimmages and contests may occur during this period;
  - b. Any play involving at least one player from more than one team shall count as a scrimmage; and
  - c. Provided all practice and activity are compliant with KHSAA rules, the KHSAA catastrophic insurance is in place.

**Case BL-23-17- What is postseason play as defined in spring football practice period if a school chooses to select their dates following the end of basketball postseason play?**

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

**Case BL-23-18- Can a representative of a school request to change spring practice dates after December 15?**

The spring practice dates are to be selected as part of the school calendar process to eliminate conflicts with other teams. Only in the case of reconditioned equipment being unavailable for the selected days, or an authorized request by the Principal of



*the member school will a date change be authorized, and no revision will allow for the starting of the three week period to be beyond the Monday following the school originally calendared spring break as submitted to the Kentucky Department of Education.*

***Case BL-23-19- Is it permissible for a school team in a KHSAA Sport-Activity to compete in a final competition of a progressive event if the preliminary competition involved or was held as part of the KHSAA sanctioned and sponsored competition?***

*Yes.*

***Case BL-23-20- Is it permissible for a school team in a KHSAA Sport-Activity to compete in a final competition of a progressive event if the preliminary competition did not involve or was not held as part of the KHSAA sanctioned and sponsored competition?***

*No.*

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