

BYLAW 25. LIMITATION OF SEASONS

Sec. 1) General Provisions Concerning All Sports

- a) 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 33 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 33. The second violation shall result in automatic suspension.
- f) 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 that play is under the direct control of the same local board of education as the coach is employed and provided that play is not in conflict with other KHSAA bylaws.

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 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 following the state football semifinals,
- 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) which shall be no earlier than the conclusion of the twelfth (12th) regular season playing week and not later than the conclusion of the thirteenth (13th) regular season playing week, depending upon the KHSAA Corresponding Dates Calendar and the scheduling of the state basketball tournaments, 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.

- 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 of Corresponding Week 8.
- 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 elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 5) Sports Specific Limitations- Football- Boys

- a) Organized practice in helmets-only shall not begin prior to July 15. Organized practice in pads (contact practice) shall not begin prior to 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 shall not begin prior to the last Monday in July. The following restrictions are in place once contact practice has begun:
 - 1) After contact practice (practice in pads) has begun and prior to the first day of classes for the students, school shall not 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);
 - 2) After each contact practice (practice in pads) there shall be a three-hour break following each contact session. During this break, there can be no gear worn, and no outdoor 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;
 - 3) After the opening day of the school year, a school shall not 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.; and
 - 4) All schools shall submit all required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs.
- b) After contact practice (practice in pads) has begun, there shall be no more than two (2) scrimmages or practice games per member school (grades 9-12) after contact practice has begun and prior to the opening varsity game of the season with players other than members of the squad.
- c) The first game shall not take place prior to the Friday of NFHS corresponding week 8 (Week 1).
- 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 (NFHS corresponding week 7) provided that the total schedule does not exceed ten (10) regular season games and that the allowable number of scrimmages in subsection (b) is reduced to one. Any KHSAA 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 can be played during the first round of the playoffs for the other classifications:
- 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 elimination, there shall be no further practice or play during the remainder of the academic school year.

- f) 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 practices without pads during on or after July 15, followed by three days of non-contact practice in helmet and shoulder pads, followed by five (5) practices over five days in full gear.
- g) 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 three consecutive calendar weeks, which shall be chosen by the school on or before December 15. 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. 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. All equipment authorized by the football playing rules may be used during this period. There shall be no inter-school competition during this period, and all participants shall be eligible according to all KHSAA eligibility rules.

In order to conduct the spring practice sessions:

- 1) A student below grade nine or in grade 12 shall not participate;
- 2) Dates shall be reported to the KHSAA on supplied forms;
- 3) Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
- 4) Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
- 5) There shall be no school or coach imposed penalty for any player who chooses not to participate.
- 6) There shall be no mandatory participation by any person on a spring sports eligibility list (or entering any spring sport scrimmage or contest) and no mandatory participation by any other person not appearing on a spring sports roster.
- h) 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. 6) 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 nine weeks prior to the Monday of the week of 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 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

- 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 of Corresponding Week 7.
- 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 elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 8) 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 elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 9) Sports Specific Limitations- Swimming- 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 elimination, there shall be no further practice or competition during the remainder of the academic school year.

Sec. 10) 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 elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 11) Sports Specific Limitations- Indoor and Outdoor Track- 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 of being indoor or outdoor meets, 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 elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 12) 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 of Corresponding Week 6
- 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 elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 13) 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 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. 14) Specific Limitations- Other Sports Activities Bowling
- a) The first organized practice shall not take place prior to October 15
- 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 elimination, there shall be no further practice or play during the remainder of the academic school year.
- Sec. 15) Specific Limitations- Other Sport Activities- Cheerleading (Spirit)
- a) The first organized practice shall not take place prior to July 15.
- b) Cheerleaders shall be 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 shall 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 or national level shall be considered as one competition.
- c) 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.