

BYLAWS OF THE KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION

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 but outside the defined limitations for each sport or sport activity, coaches may not coach players in organized competition on the campus of a member school if such competition involves at least fifty (50) percent of the normal playing squad (e.g., 6 or more in football or soccer, 3 or more in basketball, 5 or more in baseball or softball). 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

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, upon request, submit all required documentation to verify the proper execution of the practice regulations, including scrimmage, contact, and Heat/Humidity Measurement and Compliance Programs if requested.

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 spring football practice as follows:
 - (1) 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;
 - (2) The three consecutive calendar weeks shall be chosen by the school on or before December 15;
 - (3) Failure to submit the schedule by December 15 will result in a loss of the ability to conduct spring football practice.
 - (4) 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;
 - (5) 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.
 - (6) All equipment authorized by the football playing rules may be used during this period;
 - (7) There shall be no inter-school competition during this period;
 - (8) All participants shall be eligible according to all KHSAA eligibility rules.
 - (9) In order to conduct the spring practice sessions:
 - a. A student below grade nine or in grade 12 shall not participate;
 - b. Only students currently eligible by all KHSAA rules including Bylaws 2 through 12 may participate;
 - c. Intrasquad games may be held but shall be counted as one of the ten practice sessions; and
 - d. There shall be no school or coach imposed penalty for any player who chooses not to participate.
 - e. 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 - 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 elimination, there shall be no further official practice or play during the remainder of the academic school year.
- Sec. 15) SPECIFIC LIMITATIONS- OTHER SPORTS 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 elimination, there shall be no further official practice or play during the remainder of the academic school year.
- Sec. 16) SPECIFIC LIMITATIONS- OTHER SPORTS 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 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- COMPETITIVE CHEERLEADING (INTERSCHOLASTIC 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. Sanctioned competitions sponsored by the Kentucky Association of Pep Organization Sponsors (KAPOS) shall not count toward the three-competition limit. All levels of a competition that progresses to a district, region, state or national level through qualification 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 April 1. After April 1, schools are permitted to designate a single two-week tryout period to assist with determining the squad for the following year. Other than the designated tryout period, there shall be no further official practice or competition from April 1 until the end 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, 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 at 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 non-participant. It is also possible that the Board policy to allow an excused absence for attendance by non-participants 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.

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 event?

Yes. In accordance with KRS 158.070 (7) (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 non-participant. It is also possible that the Board policy to allow an excused absence for attendance by non-participants 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 non-varsity 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 is the penalty if a school exceeds the limit of games?

A school exceeding the limitation of games / contests / meets shall be penalized in accordance with Bylaw 27.

Case BL-23-7- What is the season, limit of contests and restrictions for non-varsity teams?

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

Case BL-23-8- 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-23-9- 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 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 non-varsity 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-23-10- 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), and provided there are 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-23-11- 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 non-varsity 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 non-varsity 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-23-12- 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?

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 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-23-13- Is it permissible for a local policy board, officials' association 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 non-varsity level, the local regional policy board of the host school may establish game time or inning limitations for different levels below varsity. Any time limit (or lack of limit) adopted for baseball at any level shall also be applied to the same level of softball. Any time limit (or lack of limit) adopted for softball at any level shall also be applied to the same level of baseball. Time limits (or play limits such as a limit of innings) can only be imposed in non-varsity baseball or softball games if the same limit applies to both sports under the jurisdiction of that policy board.

Case BL-23-14- 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 an 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 non-participation;
- (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 non-school 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-23-15- What is the minimum period for team and individual practice in the preseason in any sport or sport activity?

In football, there are periods where the athletes have specific and required time to acclimatize to the wearing of the pads, and the additional potential ten or more percent increase in body core temperature. This is solely for acclimatization and acclimation. In football, the following specific periods are required:

- (1) Each football player must have five days on or after July 15 when they practice along with other squad members, outside, with no equipment (other than a helmet). Players participating in other outdoor fall sports after July 15 (soccer or cross country), or those serving in official military preparedness activities after July 15 may allow days involved in those activities to count toward the five required days out of pads;
- (2) Following the five days in helmets only, each football player must have three days of practice (three separate days) during the legal practice period where the only gear worn is a helmet, and shoulder pads. The first shoulder pad only practice (Helmet and Shoulder Pads only) may not be held earlier than the third week day before the first day of full gear practice. During these sessions, there can be no full-contact drills which would allow a tackle to be completed or a player to be taken to the ground; and
- (3) Following the three days in helmets and shoulder pads, each football player must have five days of practice in full gear prior to competing against another school in a scrimmage or contest. These are in addition to the three shoulder pad/helmet days, and the five days with no gear.

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-23-16- What is the first date for non-varsity football playing of contests (JV and Freshman)?

Non-varsity games can be played beginning the first available date for play by the varsity.

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- 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.
- (3) 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 thing 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.
- (4) 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.
- (5) 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; and
 - b. There is no KHSAA catastrophic insurance during this period.
- (6) 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.
- (7) 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
 - fc Provided all practice and activity are compliant with KHSAA rules, the KHSAA catastrophic insurance is in place.

Case BL-23-19- When does contact football practice begin?

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

2013		
First day of School for the student body	First practice in full pads	Shoulder Pads
August 7, 2013 or earlier	July 29, 2013	7/24 (if no 27/28)
August 8, 2013	July 30, 2013	7/25 (if no 27-28)
August 9, 2013	July 31, 2013	7/26 (if no 27-28)
August 10, 2013 or later	August 1, 2013	7/29

2014		
First day of School for the student body	First practice in pads	Shoulder Pads
August 6, 2014 or earlier	July 28, 2014	7/23 (if no 26/27)
August 7, 2014	July 29, 2014	7/24 (if no 26/27)
August 8, 2014	July 30, 2014	7/25 (if no 26/27)
August 11, 2014	July 31, 2014	7/28
August 12, 2014 or later	August 1, 2014	7/29

Case BL-23-20- What equipment can be worn, what activities can occur, and what restrictions are in place for football practice and the wearing of football gear.

The following are the allowances and timelines for the wearing of pads and the conducting of practice based on specific time of the year:

- (1) From the team's elimination from postseason play through the end of the school year with the exception of the official spring practice period, the following stipulations are in place.
 - a. No football gear, including the helmet, can be worn. This does not preclude the issuance of protective gear to individual athletes for specific singular activities such as an all-star contest or to attend a skills combine; and
 - b. There is no KHSAA catastrophic insurance during this period.
- (2) During the Official Spring Practice Period as designated by Bylaw 23, the following stipulations are in place:
 - a. It is highly recommended that the first two days of this period be used for acclimation to contact and re-introduction of the rigors of football to the student-athletes, particularly for those students who have not been participating in a winter or spring sport at the time;
 - b. All football gear may be worn and normal contact practice can be conducted within the restrictions contained in the bylaw; and
 - c. The KHSAA catastrophic insurance is in effect during this period.
- (3) 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. 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 football activities are in place;
 - b. A helmet is the only equipment that can be issued, and can only be worn during coach supervised, on campus activity in compliance with off-season restrictions. This equipment prohibition does not preclude the issuance of protective gear to individual athletes for specific singular activities such as an all-star contest or to attend a skills combine; and
 - c. There is no KHSAA catastrophic insurance during this period.
- (4) From June 25 to July 9 (inclusive of those dates) is the KHSAA Dead Period (Bylaw 24).
 - 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.
- (5) July 10 to July 14 is a Helmet-Only Period:
 - a. The helmet may be issued and worn, but no other gear as defined by NFHS Football Rule 1, Section 5 may be issued or worn; and
 - b. There is no KHSAA catastrophic insurance during this period.
- (6) July 15 to the first day of practice wearing full pads is a Helmet-Only Period with the exception of the final three week days, which are to be helmet and shoulder pad periods:
 - a. No gear other than the helmet as defined by NFHS Football Rule 1, Section 5 may be worn except for the three shoulder pad acclimation days;
 - b. Legal, on-campus, non-contact, non-interscholastic activity is covered by the KHSAA catastrophic insurance;

- c. *Non-contact game simulations may be conducted and not applied to scrimmage limitations provided that the first contact practice has not been conducted. The KHSAA catastrophic insurance is not in effect for these simulations if other schools are involved;*
 - d. *During this period, no full contact drills or other activity can occur which would result in a player completing a tackle, or being blocked or tackled to the ground. Padded and protective equipment such as pads held by a single player (but not blocking sleds and other structures designed for work with full pads) can be used; and*
 - e. *Provided all practice and activity are compliant with KHSAA rules, the KHSAA catastrophic insurance is in place.*
- (7) *The earlier of August 1 or seven week days prior to the first date of school for the student body (but no earlier than the fourth Monday in August) through the team's elimination from postseason play is the defined season. This is a practice in pads period (including acclimation days required by Bylaw 23):*
- a. *All other pads as defined in Rule 1-5 in addition to the helmet can be worn following the helmet-shoulder pad days;*
 - b. *Full contact practice may begin for all individuals who have previously (after July 15) had five days of supervised helmet only practice and the three days of helmet-shoulder pad practice;*
 - c. *Teams cannot conduct multiple contact practice sessions on consecutive days. If multiple contact practices (up to a maximum of two) are held on a day, then only one contact practice session can be held on the following day and mandatory three-hour cooling periods are required following each contact practice;*
 - d. *There is not currently a restriction on the number of non-contact practices conducted on any day;*
 - e. *Any play involving at least one player from more than one team shall count as a scrimmage; and*
 - f. *Provided all practice and activity are compliant with KHSAA rules, the KHSAA catastrophic insurance is in place.*

Case BL-23-21- Is it permissible for a school team in a KHSAA Sport-Activity to compete in a final competition of a progressive event after April 1 if the preliminary competition was held involving KHSAA sanctioned and sponsored competition prior to April 1?

Yes.

Case BL-23-22- Is it permissible for a school team in competitive cheer to compete in a final competition of a progressive event after April 1 if the preliminary competition was held prior to April 1 but was not involving KHSAA sanctioned and sponsored competition?

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

Case BL-23-23- How does a competitive cheersquad competing in more than one preliminary competition attempting to qualify for a state or national competition count against the limit of three?

Each attempt would count as one of the allowed three competitions.

Case BL-23-24- Is it permissible for cheer squads to conduct additional tryouts after the two-week period in April after the school year is over?

Yes. After the school year is over, the squad may but is not compelled to, hold additional tryout periods, or make allowances for those students who were not enrolled in the school at the time of tryouts.