

**FALL 2018 KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION ANNUAL MEETING
PROPOSALS SUBMITTED TO THE DELEGATES BY THE BOARD OF CONTROL FOR CONSIDERATION AS REQUIRED BY 702 KAR
7:065 AND THE ANNUAL REVIEW OF ASSOCIATION RULES. ALL PROPOSALS TO BE CONSIDERED SEPTEMBER 20, 2017 FOR
ADOPTION EFFECTIVE WITH THE 2019-2020 SCHOOL YEAR (UNLESS OTHERWISE NOTED)
(___ DELEGATES PRESENT, ___ REQUIRED FOR PASSAGE)**

Items which are underlined represent additions to current bylaw provisions, items struck through represent deletions

FROM THE MEMBERSHIP

PROPOSAL 2018-xx – BYLAW 23, Sec. 6 (Football) AND BYLAW 24, Summer Sports and Sports-Activities

Proposed by Ryan Bringham, Designated Representative, Central High School; Don Bowers, Designated Representative, DeSales High School; David Zuberer, Designated Representative, DuPont Manual High School; Tim Gentry, Designated Representative, Moore High School; Scott Ricks, Designated Representative, Seneca High School; Rob Saxton, Designated Representative, Trinity High School; William Raleigh, Designated Representative, Valley High School; James Dumstorf, Designated Representative, Waggener High School

Amend Bylaw 23 to remove the allowances for spring football, and Amend Bylaw 24 to remove the restrictions on football and basketball players during the summer.

Rationale: By removing the restriction on football during the June 1 – 24 period, schools could participate in any activity not involving equipment (other than the helmet) during this time opening up 24 additional days of skills development and passing league play with the understanding that the KHSAA catastrophic insurance coverage would not be in effect for these activities. This would likely be superior to the limited number of days and risks involved with a lack of true acclimatization that currently exists in spring football. As maintaining our current levels of participation in football continues to be challenging, we need to seriously review the commitments we are asking students to make and ensure that they are optimal for player development.

Impact: Regulatory

Bylaw 23. Limitation of Seasons

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.

(4) 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 with other schools where no more than seven players are participating simultaneously as detailed between July 10 and July 31.

(5) 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.

(6) 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.

~~(7) 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";
- (8) Non-contact interscholastic simulations during the period from June 1 to June 24, and 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 with other schools where no more than seven players are participating simultaneously 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 prior to July 15;
 - d. The KHSAA catastrophic insurance is not 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".
- (9) Preseason acclimation and acclimatization beginning July 15 ~~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 if no other schools are involved;
 - c. Beginning July 15 ~~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;
- (10) 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 person may participate who is not on the school roster at that time;
 - e. No single practice session shall be longer than three (3) hours;
 - f. Multiple contact practices shall not be held on any day where Level 3- "Thud" drills are conducted;
 - g. 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 the 5-hour limit;
 - h. 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 the 3-hour limit;
 - i. 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
 - j. The KHSAA catastrophic insurance is in place for these drills and practice sessions.
- (11) 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 person may participate who is not on the school roster at that time except for the allowable scrimmage(s);

- c. No single practice session shall be longer than three (3) hours;
- d. Multiple contact practices shall not be held on any day where Level 3-“Thud” or Level 4-“Live Action” drills are conducted;
- e. 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 the 5-hour limit;
- f. 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
- g. 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;
- h. The KHSAA catastrophic insurance is in place for these drills and practice sessions;
- (12) 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;
- (13) 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; and
 - b. No single practice session shall be longer than three (3) hours;
- (14) 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.
- (15) 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:
 - a. 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;
 - b. 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;
 - c. 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; and
 - d. 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.
- b) After August 1 and prior to the opening varsity game of the season:
 - (1) 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.
 - (2) Scrimmage or practice games with players other than members of the squad that are held in NFHS corresponding week 6 or NFHS corresponding week 7 may involve full gear for those students who have completed the requisite acclimation and acclimatization practice periods as specified in Section 6(a) above.
 - (3) Scrimmages or practice games with players other than members of the squad that are held in NFHS corresponding week 5 may involve only the gear and students permitted by the acclimation and acclimatization practices periods as specified in Section 6(a) above.
- 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 on the Saturday of the 11th playing week.
 - (1) 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) 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.
- g) ~~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 (Level 0 "Air", Level 1 "Bags", Level 2 "Control");
 - b. Two days Contact (Level 3 "Thud", Level 4 "Live Action");
 - c. One day Non-Contact (Level 0 "Air", Level 1 "Bags", Level 2 "Control");
 - d. Two days Contact (Level 3 "Thud", Level 4 "Live Action");
 - e. One day Non-Contact (Level 0 "Air", Level 1 "Bags", Level 2 "Control"); and
 - f. Two days Contact (Level 3 "Thud", Level 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;
 - (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; and
 - (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.
- 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.

Bylaw 24. Summer Sports and Sport-Activities

Sec. 1) SCHOOL TEAM PLAY IN SUMMER (NONDEAD PERIOD)

- a) Member schools may participate in sanctioned play during the summer to complete spring seasons in baseball, softball, tennis and track, and may begin sanctioned regular season play and practice as defined by Bylaw 23 prior to the opening of school in cheerleading, cross country, dance, field hockey, football, golf, soccer and volleyball.
- b) Only participants eligible during the spring semester may compete on the school teams.
- c) All KHSAA eligibility rules apply, and full control of the summer program shall remain with the participating high school and the principal of that school.
- d) Member school facilities may be utilized during the summer for sports that are not in season according to Bylaw 23 for semi-organized play both in and not in the presence of that school's coaches, provided:
 - (1) No activity may be mandatory for team members;
 - (2) No penalty may exist for team members failing to participate; and
 - (3) No activity may involve students involving students who are not currently enrolled in the school and are not currently enrolled in a school within the defined feeder pattern under the same local board of education without the expressed written consent of the Principal or Designated Representative of that student's enrolled school;

Sec. 2) RESTRICTIONS ON FOOTBALL AND BOYS' BASKETBALL

- a) ~~Students shall not participate in any organized team activity or organized or semi-organized team competition in football in any format between the earlier of the last day of school and June 1, through the day prior to the start of the dead period. During this period, students may participate in activities such as weight training, skill development, individual camps (with per team limits on participation) and accepted open gym or field activities where no inter-school competition is involved.~~
- b) ~~Students shall not participate in any organized team activity or organized or semi-organized team competition in boys' basketball between the end of the dead period and July 31. During this period, students may participate in activities such as weight training, skill development, individual camps (with per team limits on participation) and accepted open gym/field activities where no inter-school competition is involved.~~

Sec. 3) SUMMER DEAD PERIOD

- a) During the period of June 25 to July 9 (inclusive) each year:
 - (1) Students may not receive coaching or training from school personnel (either salaried or non salaried) in any KHSAA-sanctioned sport or sport-activity;
 - (2) School facilities, uniforms, nicknames, transportation or equipment may not be used in any KHSAA-sanctioned sport or sport-activity;
 - (3) School funds may not be expended in support of interscholastic athletics in any KHSAA-sanctioned sport; and
 - (3) Postseason wrap-up activities, celebrations and recognition events relating to a spring sports team at a school which participated in KHSAA state championship play in that particular sport during that particular year may be held.

