

## SECTION V: ORGANIZED PRACTICE

SCISA establishes a first organized practice date for all sports. Organized practices must not take place before these established dates. An organized practice is defined as: an athletic situation involving a coach and 4 or more players where instruction, correction, drills, and/or skills associated with that sport are taking place. Pre-season conditioning (running, weight training...) sessions are permissible.

Spring Practice is allowed for ten (10) days in the Spring for all sports, but cannot conflict with other spring sports. Athletic teams are allowed 12 work-outs from May 31 - July 24, 2010 with the following Closed Periods (July 4-10, July 16 & 17). Sessions are limited to 1 1/2 hours, no more than two times weekly. This includes football passing leagues or organized practice for any sport. Football is restricted from contact. Camps during the "Open Period" are the exception to the weekly restrictions but each day count against the total number of work-outs.

Camp attendance during a closed season is legal if: the camp is off campus, open and advertised to the general public, and not lead by any member of the school coaching staff. Violations of the organized practice rule may result in a fine, suspensions and/or probation. Coaches are prohibited from coaching an out-of-school, out-of-season team that has more than 3 students from the coach's school.

## Frequently Asked Questions

*Can a school have try-outs before the first practice?* No, if the "try-out" involves more than 3 players.

*My school has created an activities period or athletic period during the school day, can my coach practice his/her team during this period?* Yes and no. Yes, if it is during that sport's specific season. Example: a basketball coach can practice with his or her team during a school period if it is after the first organized practice date. The coach would be prohibited from practicing with his/her team before the first practice date, regardless of whether it was before, during or after the school day. Also, refer to the definition of an organized practice.

*Is "Open Gym" legal during a dead period?* Yes as long as no coaching, correcting, and instructing is taking place.