

# Section 136 In Season-Off Season-Summer Regulations

2011-  
2012

- A. **Calendar** – The TAPPS Calendar shall provide information pertaining to those activities governed by TAPPS.
- a. For TAPPS purposes
    - a. **School Year** is defined as the first day of Dead Week through the last day of classes at the member school.
    - b. **Summer** is defined as the last day of classes at the member school through the Saturday before Dead Week.
  - b. **Team Activities**
    - a. Activities
      1. Baseball
      2. Basketball
      3. Football
      4. Soccer
      5. Softball
      6. Volleyball
    - b. Beginning and End Dates
      1. Start dates are listed on the TAPPS Calendar
      2. End Date
        - a. Playoff Teams
          - i. Date of final Contest
        - b. Non-Playoff Teams
          - i. District Certification Date
  - c. **Individual Activities**
    - a. Activities
      1. Cross Country
      2. Golf
      3. Swim and Dive
      4. Tennis
      5. Track and Field
      6. Wrestling
    - b. There are no beginning and ending dates for individual activities.
  - d. **Sunday**
    - a. A TAPPS participant school shall not participate on Sunday. This includes participation
      1. In any athletic contest or
      2. Conducting any practice,
      3. Teaching any plays, formations, or skills
      4. Traveling to or from competitions
      5. (Exceptions may be allowed upon appeal to the TAPPS Executive Board, with each case individually considered).
    - b. *Violation.* Any showing of films to, or meetings of athletes for the purpose of instruction or reviewing of plays, formations, or skills in any sport will be construed as a violation.

- c. *Coaches Sunday Meetings.* This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided that no athletes are involved in this meeting.
- d. Exceptions.
  - 1. Travel on Sunday is permitted when required by TAPPS Competition which occurs on Monday. This exception does not include Easter Sunday.
  - 2. ***Golf.*** If the regional and/or state golf tournaments are scheduled on a Monday, the one 18-hole practice round allowed at the regional and/or state tournament site may be played on the Sunday afternoon preceding the meet (no earlier than 12:00 noon) if permitted by the regional or state meet director.
  - 3. ***Tennis.*** If the regional and/or state tennis tournaments are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be construed as a violation of this rule if school district personnel accompany or transport participants to a tennis court for the purpose of practicing on their own, if permitted by the regional or state meet director.
- e. REGIONAL AND STATE TOURNAMENT COMPETITION ON SUNDAY. Regional or state tournament directors may reschedule postponed or weather delayed tournaments on Sunday afternoon or evening with prior approval of the tournament director and the participating schools and with prior permission from the TAPPS director.

**e. Periods of No Activity**

**a. Dead Week**

- 1. Beginning in 2010, there will be a “Dead Week” prior to the beginning of TAPPS activities for the new school year. No school or team activities may be held during the week.
- 2. Athletic Camps are allowed on the high school campus, however, high school students (including incoming freshmen) from the member school may not attend the camp.
- 3. The following Activities are not allowed:
  - a. High School Team Meetings
  - b. High School Team Building Activities
  - c. High School Team Camps
  - d. High School Team Travel / Lodging
  - e. High School Physicals
  - f. Open Gyms
  - g. Open Weight Rooms

- h. Additional information pertaining to Dead Week is found on the Education page of the TAPPS website, [www.tapps.net](http://www.tapps.net)

**b. Christmas**

A school shall not conduct contests or practices, use school facilities, personnel or equipment, or travel during days indicated on the TAPPS Calendar. Schools facilities shall not be used, nor shall school employees have contact with students during this time. Any organized or required practice; or travel will be a violation of this regulation.

**c. Easter**

1. A school shall not
  - a. conduct contests or practices,
  - b. use school facilities,
  - c. personnel or
  - d. equipment during Good Friday through Easter.
2. Travel and practice are not allowed on EASTER Sunday.
3. Any organized or required practice will be a violation of this regulation.

**B. Workouts**

**A. IN SEASON**

- a. TAPPS does not set daily practice limitations for In-Season Activities
- b. TAPPS does not set weekly practice limitations for In-Season Activities
- c. School teams shall not practice outside the specific allowable practice dates except during the one in-school day practice period. Off-season activities before or after the school day or during the lunch periods are specifically prohibited. **Exception:** The 7th, 8th or zero period (immediately after school or before school) for athletics is considered part of the school day.

- b. **ATHLETIC/ PHYSICAL EDUCATION CLASSES.** Student athletes shall not be enrolled in more than one physical education and/or athletic class whether or not they are receiving credit.

**C. OFF SEASON**

- a. From the beginning of TAPPS dead week, as indicated on the TAPPS calendar until the end of the school year in May or June, TAPPS coaches may coach their own athletes only in TAPPS in-season sports, lifetime sports and approved off-season programs.

- b. Accelerated physical education activities, calisthenics, skills strength training or conditioning exercises may be conducted during the school year within the school day.
- c. These activities shall not
  - 1. exceed one regular classroom period not to exceed
    - a. 60 minutes when classes meet every day
    - b. Or 300 minutes per week for block schedules.
  - 2. Schools that do not have an athletic period during the school day may add a 7<sup>th</sup>, 8<sup>th</sup> or 0 period for athletics.
  - 3. The 7<sup>th</sup>, 8<sup>th</sup> or zero period (after school or before school)
    - a. for athletics is considered part of the school day, provided all students enrolled in the class are not enrolled in any other physical education classes.
    - b. The 7<sup>th</sup>, 8<sup>th</sup> or zero period may not be longer than other class periods. This period may not exceed one 60-minute period.
- d. This period includes dressing, the actual off-season conditioning, redressing in street clothes, etc.
- e. Passing and punting machines, chalk talks, and films are permitted. Full team drills are permitted in team sport practices.

#### **D. SUMMER**

- a. Schools are allowed a maximum of 15 contact hours per week with student athletes.
- b. The 15 hours may be used for
  - 1. Strength and Conditioning
  - 2. Agility Training
  - 3. Sports Specific Instruction
- c. The division of time for these activities shall be made by the TAPPS member school.
- d. Summer League and Tournament games shall not be included in the 15 contact hours per week.
- e. Participation in summer leagues or attendance at summer athletic camps are not considered school workouts even though there may be several members of a TAPPS school playing on one team in a summer league (or attending the same camp).
- f. TAPPS coaches may coach their own athletes in these leagues or camps.

#### **C. Attendance**

- a. TAPPS does not determine daily attendance policies for student participation in In-Season Activities.
- b. Daily Attendance rules shall be determined by the TAPPS member school.

- c. Participation in an off-season program shall not be required for varsity athletes on the day of an in-season varsity competition, or for non-varsity athletes on the day of an in-season non-varsity competition.

**D. Off Season / Summer Participation**

- a. Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.
- b. Schools and school personnel shall make every effort to see that students understand the participation in off season leagues, tournament, teams, open weight rooms and open gyms
  - a. Is strictly voluntary and
  - b. Is never required.
  - c. Shall not be a prerequisite for trying out or participating on a school team.
- c. Out of Season Leagues / Tournaments
  - a. Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.
  - b. Schools and school personnel shall make every effort to see that students understand the participation in off season leagues, tournament, teams, open weight rooms and open gyms
    - 1. Is strictly voluntary and
    - 2. Is never required.
    - 3. Shall not be a prerequisite for trying out or participating on a school team.
- d. Summer Leagues / Tournaments
  - a. Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.
  - b. Schools and school personnel shall make every effort to see that students understand the participation in off season leagues, tournament, teams, open weight rooms and open gyms
    - 1. Is strictly voluntary and
    - 2. Is never required.
    - 3. Shall not be a prerequisite for trying out or participating on a school team.

**E. Facility**

- a. **School Year**
  - a. Athletes may attend Open Gyms. (See Section 1 for definition)
  - b. Athletes may attend Open Weight Rooms (See Section 1 for definition)
- b. **Summer**
  - a. Athletes may attend Open Gyms. (See Section 1 for definition)
  - b. Athletes may attend Open Weight Rooms (See Section 1 for definition)
  - c. Athletes may attend School directed instruction.

**F. Equipment**

**a. School Year**

- a. Schools may provide
  - 1. Uniforms
  - 2. Protective Equipment
    - a. Baseball and Softball
      - i. Catchers equipment
      - ii. Batting Helmets
    - b. Football equipment as listed in NCAA Rule 1.4.3-4.
  - 3. Balls, bats, etc
- b. Schools may not provide
  - 1. Transportation to or from the event

**b. Summer**

- a. Schools may provide
  - 1. Uniforms
  - 2. Protective Equipment
    - a. Baseball and Softball
      - i. Catchers equipment
      - ii. Batting Helmets
    - b. Football equipment as listed in NCAA Rule 1.4.3-4.
    - c. Balls, bats, etc
  - 3. Transportation

**G. Coaching Restrictions**

**a. School Year**

- a. Coaches may
  - 1. Organize
    - a. An out of season team
    - b. An out of season league
    - c. An out of season tournament
  - 2. Select and determine teams
- b. Coaches may not
  - 1. Provide Private or Group instruction for players from his / her school
  - 2. Coach players from his / her school
    - a. On out of season team or
    - b. In an out of season league or tournament
  - 3. Provide transportation for players from his / her school to
    - a. Out of season team practice
    - b. Out of season league / tournament contests
- c. Schools may not
  - 1. Provide payment for
    - a. An out of season league
    - b. An out of season tournament
  - 2. Financial Aid or Scholarships for

- a. An out of season league
- b. An out of season tournament

**b. Summer**

- a. Coaches may
  - 1. Organize
    - a. An out of season team
    - b. An out of season league
    - c. An out of season tournament
  - 2. Select and determine teams
  - 3. Coach players from the TAPPS member school
  - 4. Provide Private or Group instruction for players from his / her school
  - 5. Coach players from his / her school
    - a. On out of season team or
    - b. In an out of season league or tournament
  - 6. Provide transportation for players from his / her school to
    - a. Out of season team practice
    - b. Out of season league / tournament contests
- b. Schools may not
  - 1. Provide payment for
    - a. An out of season league
    - b. An out of season tournament
  - 2. Financial Aid or Scholarships for
    - a. An out of season league
    - b. An out of season tournament

**H. Activities**

**a. Spring Football**

- a. Calendar
  - 1. 14 Days of instruction
  - 2. 21 Days from first to last day of instruction
- b. Participation
  - 1. Students not yet in High School may not participate in contact drills, scrimmages or games with or against High School students
  - 2. Students not enrolled and attending the TAPPS member school may not participate in Spring Football
- c. Non-Contact
  - 1. Shorts and T-Shirts
  - 2. 8<sup>th</sup> Graders may participate
- d. Contact
  - 1. Football equipment as listed in NCAA Rule 1.4.3-4.
  - 2. 8<sup>th</sup> Graders may not participate
- e. Competition
  - 1. Schools may practice with another school

2. Schools may have an inter-squad scrimmage or game
3. School may not have an inter-school game or scrimmage

**b. 7 on 7 Football**

a. During School Year

1. Coaches may only Coach during Off Season Period
2. Coaches may not coach after school
3. Coaches may not coach on weekends
4. Coaches may not coach in tournaments or leagues

b. Summer

1. Coaches may coach in tournaments or leagues
2. Practice time is included in the 15 contact hours per week

**c. College / University Tryouts**

a. Neither schools nor coaches shall provide

1. transportation,
2. equipment or
3. defray expenses for students attending college tryouts.

b. Any contest at which a higher admission fee is charged to college coaches than is charged to parents or other adults is considered to be a college tryout.

**I. All Star Contests**

a. Seniors

a. May participate in All Star Contests

b. Underclassmen

a. May participate in All Star Contests provided the schools high school coaches are not coaching the event if during the school year.

b. May participate in All Star Contests if the schools high school coaches are not coaching the event if during the summer.

c. TAPPS All Star Contests – see Section 139