

**2016-17 SPORTS & GENERAL RULINGS HANDBOOK NCS**  
**103 years of service to North Coast Section member schools**  
**During the School Year and Outside the Season of Sport**  
**Practice and Conditioning**  
**Guidelines:**

Definition

During the school year and outside the season of sport is defined as the time from the first fall practice date until the NCS published first day of practice for the specific sport and from the NCS published final date of competition for the specific sport till the last CIF competition of the school year (JUNE 1 each year).

Examples of prohibited activities during the school year and outside the season of sport

During the school year and outside the season of sport, as defined above, school may not conduct practice or sport specific conditioning. The only exception to the prohibition on sport specific conditioning is the approved Spring football. Examples of prohibited activities during the school year and outside the season of sport are:

1. Coaches, either assigned by the school or individuals acting as volunteers, may not work with a potential team member one on one using school facilities and equipment, other than non-sport specific conditioning.
2. Coaches, either assigned by the school or individuals acting as volunteers, may not work with potential team members using school facilities and equipment, other than non-sport specific conditioning.
3. Coaches may not have sport specific conditioning prior to the start of the season.
4. Coaches may not mandate that potential team members attend open gym and open field.
5. Coaches may not conduct drills or any kind, other than non-sport specific conditioning.
6. Coaches may not review video or film of the sport with potential team members.
7. Coaches may not conduct leadership training with potential team members.
8. Coaches may not meet with potential team members beyond the three organizational meetings allowed in NCS Bylaw 208H. Organizational meetings are meetings used to discuss when the official season of sport will start, give out school permission forms, school physical forms, etc. Organizational meetings are not meetings to discuss activities that the school is not allowed to conduct.
9. Coaches may not use school facilities or equipment other than as allowed by school or district policy for outside use. Schools and school districts may not give a discounted rate to coaches for the use of school or school district facilities if the use of the facilities involve potential team players and the use is for sport specific conditioning. Coaches may not be treated any differently than any private citizen using school or school district facilities when reserving school or school district facilities. This includes, but is not limited to, insurance requirements, completion of facility use forms, payment for custodial costs, facility rental costs, cost of utilities, etc., when the use is related to sport specific conditioning.
10. Coaches may not organize a school team meeting to discuss activities not sponsored by the school.
11. Coaches may not encourage potential high school team members to participate in practices, scrimmages or contests with a club team or program to which the students do not already belong.

12. Coaches may not, even as a private citizen, conduct a club program that has preparation for the high school season, as its sole purpose. A legitimate club program must have its own opportunities for competition, and actively engage in competition with other club teams. Otherwise, the activity would be considered a high school practice outside the high school season of sport.

13. Coaches may not, even as a private citizen, use potential team members to demonstrate skills and/or strategies of the sport at clinics or camps.

14. Coaches may not instruct a potential member, or potential team captain, with the workout for the day and then have the potential team member or potential team captain bark orders, blow a whistle, and give instructions, etc. as if they were conducting practice.

15. Coaches may not use school equipment or facilities for camps or clinics that involve potential team members.

16. Coaches may not conduct tryouts for the next season's team.

Examples of things that a coach may do:

1. Coaches may supervise open gym and open field.

2. Coaches may, one time outside the season of sport, post workouts for potential high school team members to follow on their own.

3. Coaches may, as a private citizen, coach a club team.

4. Coaches may participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport.

5. Coaches may conduct clinics/camps, for pre-high school age students ONLY, as a fundraiser. Advertising for the clinic must be open to any interested party of the targeted age group. Care must be taken NOT to discuss or encourage enrollment in the school where the coach is employed.

#### Open Gyms and Open Fields

Open gyms and open fields may be sponsored by NCS member schools during the period of the first NCS authorized conditioning or practice date of the fall season through the last June 1 under the following conditions:

1. The open gym or open field is open to all community members regardless of age or gender.

2. The school must, at the very least, advertise an invitation for participation of all community members in its daily bulletin.

3. During open gym or open field, attendees may work on individual skills.

4. During the open gym or open field there cannot be any coaching or practice as defined by NCS Sports & General Rulings Bylaw 200H, 201H.a, 202H, 203H, 205H and 206H.

School personnel, including paid and volunteer coaches, may supervise a facility and may participate in activities (ex. pick-up games) as long as they do not instruct students in the skills and/or strategies of the sport.(NCS Board of Managers 1/17/03)

5. Open gym/open field may not be conducted on a Sunday or day of respite, during the school year.

Examples of what coaches may do at open gym or open field:

1. Coaches may sit in the stands or bleachers and supervise the community members who attend the open gym or open field.

2. Coaches may unlock gates or doors to allow community members access to the field or gym.

3. Coaches may participate in pick-up games or practice their own skills if they choose (ex. field baseballs, shoot baskets, high jump, etc.).

4. Coaches may make fixed or immovable school equipment necessary for the activity available for use by any community members who attend (ex. - volleyball nets and standards, high jump pits, etc.). This does not include school bats, balls, protective equipment or other items designed for individual use.

Examples of what coaches may not do at open gym and open field:

1. Open gym/open field may not be conducted on a Sunday or day of respite, during the school year.
2. Coaches may not conduct open field or open gym as a practice.
3. Coaches may not conduct sport specific drills of any kind.
4. Coaches may not bark orders, blow a whistle, and give sport specific instructions, etc. as if they were conducting practice.
5. Coaches may not separate the community members who have attended the open gym or open field from potential team members for any activities during open gym and open field.
6. Coaches may not correct players when they make mistakes in shooting, pitching, fielding, etc.
7. Coaches may not throw passes, set for spikes, hit infield ground ball or outfield fly balls, or otherwise assist students in skill development.
8. Coaches may not reserve space or courts for the use of potential high school team members.

#### Summer Camps

During the Summer Time Definition Summer time is defined as the period of time between June 1 until the NCS published first official day of practice in the fall. During the summer time NCS/CIF bylaws concerning use of facilities, equipment, assignment of a coach by the school or school district, practices and non-NCS/CIF contests do not apply. However, all NCS and CIF Eligibility Bylaws related to pre-enrollment contact and undue influence apply 121 both during the school year and in the summer. Summer is not open season to recruit students to attend or transfer to a certain school. During the Summer time If, during the time period defined above as summertime, the school or district administration approves the use of its facilities and equipment, a coach may work with one or more potential team members. If the school administration approves, examples are:

1. Coaches may have a regular practice every day of the week, including Sunday.
2. Coaches may schedule two practices a day.
3. Coaches may work with an individual student on the track, in the pool, on the field, or in the gym.
4. School A may invite School B to play a game.
5. Football coaches may check out equipment for potential football players to go to camp.
6. Football coaches may take potential football players to camp.
7. Coaches may sponsor clinics at their school.
8. Coaches may invite more than one school to participate in multiple games or scrimmages.
9. Schools may practice together.
10. Schools may use school uniforms, balls, protective gear, protective equipment, facilities, etc.

Additional Questions that have been received by the NCS Office Spring Football Spring football may be conducted according to the following guidelines: Spring practices shall not start earlier than the Monday four weeks prior to Memorial Day and must be completed before spring final examinations start.

a) Spring practice shall not exceed ten (10) practice sessions, none of which may be held on Saturday or Sunday.

b) The only allowable football equipment for spring football shall be: football shoes, footballs, and blocking bags. Interpretations regarding spring football practice:

1. Spring football practice does not have to be conducted on consecutive days, however, spring football

practice must conform to the time period outlined above.

2. Schools are allowed 10 practice sessions. Sessions may be broken down to a single level (J.V. and varsity). However, only 10 days are allowed. Schools may not have 10 days with one level and 10 days with a second level. Schools may have five days with a single level and five days with a second level.