

of judgment on the part of any official employed to officiate in any game. No conference shall administer disciplinary action in excess of that provided by the regulations of the NCHSAA. All disciplinary action by conferences shall be subject to review by the Board of Directors.

Should the Executive Director become permanently disabled or die in office, the Executive Committee shall be empowered to conduct the affairs of the Association while naming a Search and Screening Committee to fill the vacancy.

27. SPORTS SEASONS: The sports season for a school is defined as that period of time which begins with the opening date of practice (as called for by each individual school) and goes through the last regular season or playoff game in a particular sport. By defining the length of each sport's season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year. Team practice in any sport is prohibited after the sports season ends until the first day following the final day of the school year. At no time during the school year may any off-season team gather with all positions represented. **Any team practice or game environment created in an OFF-SEASON SKILL DEVELOPMENT SESSION is prohibited during the 180 day school calendar.**

SKILL DEVELOPMENT SESSIONS ARE ALLOWED, BUT SHALL NOT BE HELD DURING ANY TRYOUT PERIOD OF AN IN-SEASON SPORT.

SESSIONS ARE NOT ALLOWED DURING THE FOLLOWING DEAD PERIODS: from the start of fall sports practice to Sept. 1; from the start of winter sports practice to Dec. 1; from the start of spring sports practice to March 15. SESSIONS ARE ALSO NOT ALLOWED DURING THE LAST FIVE STUDENT DAYS OF EACH SEMESTER. THE WEIGHT ROOM MUST ALSO BE CLOSED DURING THE LAST FIVE STUDENT DAYS OF EACH SEMESTER.

All skill development sessions must be voluntary and open to all eligible students. **AT NO TIME MAY A COACH REQUIRE OF ANY STUDENT OFF-SEASON SKILL DEVELOPMENT SESSIONS AS A MEASURE OF CONTINUED PARTICIPATION ON A TEAM.** Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule. **A STUDENT MUST BE ELIGIBLE UNDER NCHSAA GUIDELINES TO TAKE PART IN OUT-OF-SEASON SESSIONS.** Student insurance is strongly recommended for all those involved in athletics, in-season or out-of-season.

SKILL DEVELOPMENT SESSIONS ARE RESTRICTED IN THE NUMBER OF PARTICIPANTS TO ONE LESS THAN A TEAM, ON A DAILY BASIS. THERE IS NO RESTRICTION ON THE NUMBER OF COACHES WHO MAY WORK WITH THE ATHLETES. In basketball only, multiple skill development sessions may be held in a day. Two 45-minute sessions are allowed in a single day for skill development (NONE during dead periods). Four players may be in one session and four different players in the other session.

SEE BELOW: OFF-SEASON SKILL DEVELOPMENT WORKOUTS

SPORT	NUMBER OF ATHLETES ON A GIVEN DAY
football	no more than 21
basketball	no more than 4
baseball.....	no more than 8
volleyball	no more than 5
tennis.....	no more than 4
soccer	no more than 10
lacrosse	no more than 9 (men)
.....	no more than 11(women)
golf.....	no more than 3
softball.....	no more than 8
wrestling	no more than 8
track	no more than 4
cross country.....	no more than 6
swimming	no more than 6
field hockey	no more than 10

Open facility and skill development sessions may not be held on the same day. An organizational meeting for the purpose of discussing policies, academics, distributing physical forms and the like, or equipment issue prior to the opening date of practice is allowed, but no sports instruction would be permitted in that setting. **Open gym and/or open facility sessions may not be held during a dead period.** Eighth graders are not permitted to participate in open facility or skill development sessions.

Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none. For safety purposes, school administrators or other school personnel should be present as supervisors of this free play. While facilities are being used for out-of-season play, they may not be used for individual skill development sessions.

Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules. If a high school coach, regardless of the sport he or she coaches at the high school, also coaches an "outside" or "club" team, whether head or assistant, and has any athletes from the high school on that outside team, he cannot work with any of them during a dead period, and is limited to no more than the sport-specified limit of them per day in an out-of-season workout.

During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practices, etc. Once practice for the fall sports season begins, those restrictions are in place. Ineligible players are NOT allowed to participate in off-season skill development sessions, but could participate in summer workouts.

Note that the sports in season should always take precedence for facility use, etc., over those not in season, in keeping with the philosophy of the sports season concept.

Coaches coaching a team outside the sports season but during the school year (basketball, soccer, etc) must still abide by the numbers restrictions above (one less than a team). Exception: baseball/softball (Legion baseball) which extends into the summer.

PRINCIPALS, SUPERINTENDENTS AND ATHLETIC DIRECTORS ARE RESPONSIBLE FOR SEEING THAT THIS ENTIRE CONCEPT OF THE SPORTS SEASON IS FOLLOWED WITHOUT EXCEPTION. SEE PENALTY CODE FOR VIOLATIONS.

28. SEASON LIMITATIONS: All regular season games must be completed before state play-offs, and the season ends for all sports with the last regularly scheduled game, completion of the conference tournament or when defeated in the state play-offs. Exceptions for postponed contests which have a bearing on conference standings (for awards, Wachovia points, etc.) or which are important money games for the schools involved may be requested through the NCHSAA. The opening date for practice, the authorized date for the first game, and the number of regular season contests allowed for each sport are specified under individual sports headings.

29. SPONSORSHIP OF CONTESTS AND HANDLING OF GATE RECEIPTS: No tournaments or games sponsored by organizations or individuals other than bona fide public schools may be entered. Proceeds from a school-sponsored game or tournament shall not be turned over to an outside organization.

All gate receipts from school at athletic contests must be handled in an appropriate manner by a bonded school treasurer as required by state law.

30. WEIGHT TRAINING AND CONDITIONING: A program of weight training is permitted at any time, with the exception of the last five student days of each semester. Personnel knowledgeable in this area should be on hand at all times to observe the proper techniques are followed in the weight training and conditioning workouts. All weight training and conditioning should be open to all and required of none. Note: Sports specific equipment cannot be used during weigh training/conditioning sessions. On a given day, an athlete is limited to skills development, open facility OR weight training/conditioning.