

Off-Season Programs/Outside Competition – During the School Year

Based on numerous questions from parents and club coaches concerning what is permitted during the school year outside the season of sport below are some interpretations of KSHSAA rules. Here are a few definitions that will help clarify some rules. School coaches may not be involved in off season practices or competitions.

Outside Competition (Non-School teams)

During the school year outside the season of sport no more than (3-basketball; 4-volleyball; 5-8-man football, baseball & softball; 6-11 man football and soccer) may play/practice or be rostered on the same non-school/outside team.

School Year

Defined as the Tuesday after Labor Day until the Saturday before Memorial Day.

School Squad

Defined as Varsity, JV, 9th, A-team, B-team, etc. Any amount of time played in a contest (pinch runner, 1 quarter, 1 play, etc) constitutes squad membership. A player could be a member of several squads.

Non-School-Team membership

The number of players allowed on a non-school/outside team during the school year outside the season of sport is based on the previous school years roster. Limits are 3-basketball; 4-volleyball; 5-8-man football, baseball & softball; 6-11 man football and soccer.

Non-School/Outside team

Any team that is not part of the school program.

Private Instruction

Defined as one student receiving instruction from one person during a period of instruction. A support person (no more than 2) may be present at Private Instruction but may not receive instruction. For example during a basketball lesson one person could pass the ball while another played defense but may not receive instruction

Group Instruction

Defined as two or more students receiving instruction from an instructor during the same period of instruction.

Open Gym

If a school provides an open gym it must be announced to the entire student body, it cannot be for only a select or designated group of people. **NO INSTRUCTION** may be given by anyone during an open gym. A coach employed by the school cannot supervise the open gym if the sport they coach is being played. Example: if the batting cages are being used the baseball/softball coaches cannot organize or supervise the open gym.

Camp/Clinic (not organized by school coaches)

A camp/clinic held during the school year outside the season of sport must be advertised and open to anyone, not just a specific group of students. Camps/clinics may not be longer than one calendar week in length. The same group of students may not attend more than two camps/clinics organized for the purposes of skill development.

Practice after the school season

In areas of the state where middle schools have a split season for basketball we receive inquiries about parents or other individuals continuing to practice with the players after the school season is over. Parents or other individuals may not "extend" the season by having members of the school team continue to practice together after the school's competition season is over.

School facilities

School facilities being used by outside groups for practices and competitions must be rented/leased per board of education policy.

Off-Season Conditioning

Off season conditioning programs must be open to the entire student body and participants must furnish their own clothing. A school may not have more than one off-season conditioning program. Off season conditioning is limited to “weight training and general agility drills – not sports specific drills and general running conditioning.”