

Summer 2019

Rule 15-3



DEFINITIONS

Summer – The period which begins on Tuesday following Memorial Day (May 28, 2019) and ends on the day before Monday of Week 5 (August 4, 2019).

A. Whether Summer athletic activities are sponsored by a member School or a non-school organization, students may participate so long as participation is voluntary.

B. Except for football (see below Rule 15-3.3), if a member School sponsors athletic activities for its student-athletes at the School during the Summer, such athletic activities may only be conducted in an Open Facility program, except for Summer athletic competitions, which may be conducted outside of an Open Facility program.

C. Summer Conditioning Program may extend through Saturday of Week 4.

Open Facility – Program in which the gymnasium, playing field or other school facilities are open for athletic participation on a voluntary basis, to

- (i) all students who attend the school,
- (ii) all students who attend a feeder school of the school sponsoring the program, and
- (iii) to incoming 9th grade students from non-Feeder Schools who have Enrolled at the School, and
- (iv) to transfer students who have Enrolled at the School and who have completed and submitted to the IHSAA an IHSAA Transfer Report.

RULE 15-3.2 CAMPS AND CLINICS

- For all school-sponsored camps and clinics, in all seasons, attendance must be terminated prior to Monday, Week 5 (August 4, 2019).
- For non-school-sponsored camps and clinics, in Fall Sports, attendance must be terminated prior to Saturday, Week 6 (August 17, 2019).
- Attendance at non-school sponsored winter and spring sport camps and clinics may continue on or after Saturday, Week 6 (August 17, 2019). Verified Olympic development camps are exempt from this rule.

RULE 15-3.3 FOOTBALL

A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards:

- a. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the Summer.
- b. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a School's football coaching staff coaches Two (2) or more players from the School's football team engaged in Football Activities) during the Summer.
- c. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football coaching staff takes Two (2) or more players from a School's football team to either Practice with or compete against One (1) or more players from another School or program). The maximum

time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a Five (5) hour period.

d. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouth piece.

e. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is Two (2) hours.

f. Prior to the first day of Summer, a School's football coaching staff must designate to the School's athletic director or the principal the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

RULE 15-3.4 MORATORIUM

• Each member school shall observe a moratorium starting on Monday of the week which includes July 4th (July 1 – July 7, 2019). During this seven-day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

FUTURE MORATORIUM DATES

- **2020:** June 29 – July 5
- **2021:** June 28 – July 4
- **2022:** July 4 – July 10
- **2023:** July 3 – July 9
- **2024:** July 1 – July 7