

- (b) This regulation does not prevent a junior varsity player from playing with the varsity and vice versa, provided he does not exceed specified participation limitations.

2.3.14 **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.

- (a) 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.
- (b) Team practice in any sport is prohibited after the sports season ends until the first day following the final student day of the school year.
- (c) At no time during the school year may any off-season team gather with all positions represented.
- (d) Any team practice or game environment created in an Off-Season Skill Session is prohibited during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.
- (e) On a given day, an athlete is limited to skills development OR open facility OR weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.
- (f) Skill Development Sessions are allowed, but shall not be held during any tryout period of an in-season sport.
 - (1) Sessions are not allowed during the following Dead Periods: from the start of fall sports practice through midnight Sept. 1; from the start of winter sports practice through midnight Dec. 1; from the start of spring sports practice through midnight March 15; during the week of the Fourth of July (if July 4 is on Saturday, it is the week before July 4; if July 4 is on Sunday, it is the week after); the week of the North Carolina Coaches Association Clinic (Monday through Sunday).
 - (2) Sessions are also not allowed during the last five student days of each semester.
 - (3) The weight room must also be closed during the last five student days of each semester.
 - (4) All skill development sessions must be voluntary and open to all eligible students.
 - (5) 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.
 - (6) A student must be eligible under NCHSAA guidelines to take part in out-of-season sessions.
 - (7) Student insurance is strongly recommended for all those involved in athletics, in-season and out-of-season.
 - (8) Skill development sessions are restricted in the number of participants to one less than a team, on a daily basis.
 - (9) There is no restriction on the number of coaches who may work with the athletes.
 - (10) In basketball only, multiple skill development sessions may be held in a day. Two 60-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.
 - (11) While facilities are being used for open facility, they may not be used simultaneously for individual skill development sessions.
 - (12) See below: Off-Season Skill Development Workouts

SPORT NUMBER OF ATHLETES ON A GIVEN DAY

Football	no more than 21	Golf	no more than 3
Basketball	no more than 4	Softball	no more than 8
Baseball	no more than 8	Wrestling	no more than 8
Volleyball	no more than 5	Track	no more than 6
Tennis	no more than 4	Cross country	no more than 4
Soccer	no more than 10	Swimming	no more than 6
Lacrosse	no more than 9 (men)	Field hockey	no more than 10
	no more than 11(women)		

- (g) Open facility and skill development sessions are open only to students enrolled at that school and may not be held on the same day.
 - (1) Open gym and/or open facility sessions may not be held during a dead period.
 - (2) Eighth graders are not permitted to participate in open facility or skill development sessions on high school campuses (also reference 2.2.2.b).
 - (3) Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none.
 - (4) For safety purposes, school administrators or other school personnel should be present as supervisors during open facility.
 - (h) 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.
 - (1) If a high school coach, regardless of the sport (basketball, soccer, etc) he or she coaches at the high school, also coaches an “outside” or “club team outside the sports season but during the school year, whether head or assistant, and has any students from the high school on that outside team, he or she cannot work with any of them during a dead period, and must abide by the numbers restrictions above (reference 2.3.14.f.12) in an out-of-season workout.
(Revised: December 2013)
 - (2) Coaches coaching an outside team either during the sports season or 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). **(Revised: December 2013)**
 - (i) 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, skill development restrictions are in place.
 - (1) Ineligible players are NOT allowed to participate in off-season skill development sessions, but could participate in summer workouts with an up-to-date physical.
 - (j) 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.
 - (k) 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 3.2.2.c.20.
- 2.3.15 **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.
- (a) 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.
 - (b) All weight training and conditioning should be open to all and required of none.
 - (c) Sports specific equipment cannot be used during weight training/conditioning sessions. Note: See 2.3.14.e for permitted daily off-season work.
- 2.3.16 **Filming, Videotaping or Video Streaming:** Filming, videotaping or video streaming of a contest or scrimmage by nonparticipating schools, in any sport, is considered unsportsmanlike conduct, subject to a \$400 fine, unless agreed upon by competing teams.
- (a) Filming, videotaping or video streaming for baseball and softball may not be done beyond either first base or third base. **(Revised: May 2014)**
- 2.3.17 **Radio-TV Fees:** Local schools hold the broadcast rights to their regular season games and are encouraged to make their own arrangements with media outlets. The NCHSAA holds the rights to all postseason competition it conducts (broadcast over the air, TV, cable TV or over the internet).
- (a) For a live radio broadcast of any single playoff contest, the fee is set at \$50 AM or FM.
 - (1) Since the NCHSAA holds the rights to postseason play, no station can be denied the opportunity to broadcast a playoff contest by a member school without approval of the Association.
 - (b) The minimum fees for the rights to air a delayed telecast of NCHSAA playoff games are as follows:
 - (1) \$300 for a football telecast “over the air” or a combination of over the air and cable television;