

Preseason Practice Regulations
Activities Outside the School Year

Pre season practice regulations for sports that begin practice prior to the school year are as follows.

Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.

Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.

The maximum length of any single practice session is three hours.

On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.

When determining how to count times spent as ‘practice activities’ please consult the following chart:

<u>What Counts</u>	<u>What Doesn't Count</u>
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training
Mandatory conditioning	Film study
	Water breaks
	Rest breaks
	Injury treatment
	Voluntary conditioning

In reference to the minimum one hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.