

# OUT-OF-SEASON RULES AND REGULATIONS

## Table of Contents

	Page
GENERAL INFORMATION .....	1
Philosophy.....	1
Independent Team Rule .....	1
Regular and In-Season Defined.....	1
Team Membership Defined.....	1
Non-SDHSAA Sponsored Sports.....	1
In-Season Games, Scrimmages and Practices .....	1
Out-of-Season .....	1
OUT-OF-SEASON RULE FOR STUDENTS .....	2
OUT-OF-SEASON RULE FOR COACHES.....	2
Summer Period.....	2
School Year Period .....	2, 3
Coach/Player Contacts .....	3
OUT-OF-SEASON RULE FOR MEMBER SCHOOLS .....	3
OPEN GYM/FIELD/ROAD POLICY .....	3, 4
CAMPS .....	4
CLINICS .....	4
OUT-OF-SEASON COMPETITION: LEAGUES, GAMES AND TOURNAMENTS .....	4
NATIONAL CHAMPIONSHIPS .....	5
CLUB TEAMS.....	5
ALL-STAR GAMES.....	5
AWARDS, PER-DIEM FEES AND TRAVEL EXPENSES.....	5
7 <sup>TH</sup> & 8 <sup>TH</sup> GRADE REGULATIONS .....	5, 6
PENALTY FOR RULE VIOLATIONS OF SECTIONS I-IXII OF THIS DOCUMENT.....	6
QUESTIONS & ANSWERS.....	6, 7, 8
QUESTIONS & ANSWERS FOR COMPETITIVE CHEER AND DANCE .....	8, 9
COMPETITIVE CHEER & DANCE IN-SEASON AND OUT-OF-SEASON DATES .....	9, 10
HOW TO USE THE OUT-OF-SEASON GUIDELINES CHART ON PAGE 11 .....	10
OUT-OF SEASON GUIDELINES CHART.....	11

# SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

## REGULAR SEASON AND OUT-OF-SEASON RULES AND REGULATIONS

### GENERAL INFORMATION

#### A. Philosophy

Philosophically, the SDHSAA believes that diversification or involvement in a variety of activities is a good and wholesome thing. The SDHSAA believes that athletes should not be channeled into one activity. They should be encouraged to participate in a variety of activities that are sponsored during the school year by a member school. It is not the intent of the SDHSAA with its rules and interpretations in this area to limit opportunities for boys and girls. We simply feel they should have the freedom to engage in wholesome activities of their choices.

#### B. Independent Team Rule

It is the philosophy of the SDHSAA that when a student elects to be a member of a high school team, that student's loyalty and allegiance shall be directed to the school and to the team of which said student is a member.

Chapter II, Part I, Section 7 of the SDHSAA Constitution and Bylaws reads as follows:

**SECTION 7. NON-SCHOOL TEAM/INDIVIDUAL PARTICIPATION. A student who is a member of a high school team may not participate in games, practice, tryouts, etc., that particular sport during the same season on an independent or non-high school team or as a member of any "All-Star" team, or completely unattached on an individual basis.** (NOTE: Violation of this rule causes the student to become ineligible for the high school team for the remainder of that sport season unless a waiver occurs.)

#### C. Regular and In-Season Defined

1. The **regular season** for varsity level competition is defined as that period of time starting with the first allowable practice and ending the day prior to the beginning of the championship series of district-region-state tournaments or meets. Games for squads below varsity level may be scheduled up to and including the Saturday of the state tournament/meet for their classification. (NOTE: The game limitations apply to sub-varsity squads as well as varsity squads.)
2. The **in-season** is defined as that period of time starting with the first allowable practice and ending when a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments or meets.

#### D. Team Membership Defined

A high school student becomes a member of a school athletic squad when the student first participates in a practice session. A 7<sup>th</sup>-8<sup>th</sup> grade student becomes a member of a school athletic squad once they have suited up for a high school contest (grades 9-12) regardless whether they actually play or not. The student ceases to be a squad member when membership on a squad is terminated or after the final state championship event (district, region, state) for that classification in that sport.

#### E. Non-SDHSAA Sponsored Sports

Participation in an individual or team sport that is not sponsored by the SDHSAA, e.g. bowling, racquetball, soccer, swimming, etc., during an SDHSAA sports season will not cause the athlete to lose his or her eligibility in the SDHSAA sponsored sport that is in progress.

**NOTE:** Any subdivision of a sport such as freestyle wrestling or 3 on 3 basketball is still considered to be an SDHSAA sponsored sport.

#### F. In Season Games, Scrimmages and Practices

1. Participation in SDHSAA Jamborees designed to train sports officials is not prohibited.
2. All other scrimmages and practices between member schools are prohibited. Also prohibited are games/practices between high school teams/individuals and independent/ alumni/ college teams/individuals. This prohibition is applicable to both individual and team sports.
3. By board action, Class 11-AA football teams may schedule one pre-season scrimmage provided they are not playing a nine-game schedule. Two or more gymnastics teams may bring their teams together to conduct a joint practice or scrimmage.

#### G. Out-of-Season

1. Out-of-season is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments/meets and continues until the first allowable date that the next regular season may begin.
2. For sub-varsity levels of competition, out of season begins the day following the last interscholastic competition and continues until the first allowable date that the next regular season may begin.
3. Additionally, out-of-season is subdivided into the following time periods (See Chart on page 7):
  - a. End of a specific sport season to midnight of the last day of the state track meet.
  - b. The day following the state track meet through midnight July 31.
  - c. August 1 to the start of the SDHSAA fall sports season or to the start of the winter sports season or to the start of the spring sports season depending on the particular sport in which a student participates.
4. Teams that have been eliminated during sub-state contests may continue to practice until the end of the season.

## OUT-OF SEASON RULE FOR STUDENTS

Students may participate on a voluntary basis in any activity, as a member of a non-school team or on an individual basis. **NOTE:** See All-Star Games, National Championships, and Club Teams on page 5 for specific restrictions and/or regulations.

## OUT-OF-SEASON RULE FOR COACHES

A. **Summer Period:** Following the completion of the state track & field meet through midnight of July 31, coaches may have limited coach/player contact. (see chart on page 11).

1. Team Contacts
  - a. A coaching staff is limited to a maximum of four team contacts/competitions/outings during this time period.
    - Coaching staffs will have the following options with regard to the four summer contacts
      1. Four team camps/tournaments or
      2. Two team camps/tournaments plus one league.
    - Tournament – games must be played on consecutive days
    - Team Camp – conducted on consecutive days (max. of 5 days)
    - League – Games played a maximum of one day per week for multiple weeks. Leagues may involve both a varsity and sub-varsity division.
  - b. Coaches may not conduct any out-of-season practices prior to attending team camps, tournaments, league games, etc.
  - c. Any subdivision of a sport such as freestyle wrestling or 3-on-3 basketball is still considered as part of a SDHSAA sponsored sport.
  - d. A coaching staff includes any person contracted to coach a sport or any volunteer who has been approved to help coach a sport (includes only those positions filled on an annual basis).
2. Individual Contacts
  - a. Coaches may conduct individual camps during this time period for athletes involved in either team or individual sports.
  - b. Individual camps may be sponsored either by coaches, member schools or non-school entities.
  - c. Coaches/member schools may not advertise and operate camps and/or clinics exclusively for their own athletes.
  - d. Coaches may participate with high school athletes in recreational activities such as golf, tennis, pick-up games, running, lifting weights, etc. Coaches should not, however, participate on the same team as high school athletes in organized sports leagues.
3. Teaching Private Lessons
  - a. Coaches may teach the fundamental skills and techniques of the specific sport during this period with a limited number of student athletes. The number of athletes allowed to be present at any one time per sport are as follows: 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball, and 3 wrestling.
  - b. Coaches may either receive compensation or volunteer their services for providing private lessons during the summer portion of the out-of-season period.
  - c. Other Considerations:
    1. Private lessons are for instruction and are not to be competitive.
    2. No private lessons are allowed during the school year other than during the in-season time period.
    3. Private lessons cannot take place during open gym.
    4. Only the coach and the number of athletes listed per sport are allowed in the private lesson at one time.
4. All Star Games
  - a. Membership of all-star games are chosen by invitation or selected out right by some predetermined process for a single event. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling may come from one school.
  - b. Graduated seniors may participate in all-star games (in or out of state) from the end of their sport season on.
  - c. Athletes in grades 9-11 may participate in all-star games (in or out of state) from midnight of the concluding day of the state track meet through midnight of July 31.
  - d. Coaches may only coach all-star contests during the summer time period (end of the state track meet through midnight of July 31).
5. Club Teams

A coach may coach a club team from the end of the sport season through July 31<sup>st</sup>. A club team is a team that plays a multiple schedule of events. Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling may come from one school. Students may participate on a club team at any time except during their designated sport season.

B. **School Year Period:** From August 1 until the completion of the next state track meet, coaching is allowed only during the regular SDHSAA defined sport season. **Exceptions:**

1. Gymnastics coaches may coach the skills and techniques of the sport during the out-of-season period to any age/grade students as either the owner of a private gymnastics club operated separately from the school or as an employee of a privately owned gymnastics club operated separately from the school, or as an employee of a non-profit organization operated separately from the school. All other coaches can not have contact with their athletes during the school year other than during the defined regular season. This would include private lessons and practice sessions.
  2. Coaches may plan and organize the four team competitions/outings planned for the ensuing summer while the school year is in progress.  
Coaches may organize and direct events, but may not coach their team or individuals during the out-of-season time period during the school year.
  3. A coach may coach a club team from the end of the sport season through July 31<sup>st</sup>. A club team is a team that plays a multiple schedule of events. Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6 -9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
  4. Coaches hired by one member school may not coach teams from another member school at team camps during the out-of-season period.
- C. During both the **Summer and School Year Periods**, the following coach/player contacts are permitted:
1. Coaches may serve as supervisors of “open gym/field/road” activities provided they do so pursuant to the published open gym/field/road policy of the local school board. Attendance at “open gym/field/road” must be on a voluntary basis. Coaches may not use open gym/field/road as an opportunity to conduct organized practice sessions during the out-of-season time period.
  2. Coaches may coach their son or daughter at any time on an individual basis. This does not give a coach the authority to coach an entire team that their son or daughter may be participating on.

#### **OUT-OF-SEASON RULE FOR MEMBER SCHOOLS**

- A. **Use of Facilities:** It is permissible for member schools to donate, rent or lease their facilities for use by non-school entities, including coaches, during the out-of-season time period in accordance with the rental/lease policy of the local school board.
- B. **Conditioning Programs:** Conditioning programs and similar offerings in a school (weight lifting, conditioning drills, etc.) are permissible provided such programs are open to anyone and everyone who wishes to participate. If only athletes show up, after it has been announced that the program is open to all, the program is legal and does not violate the out-of-season rule. The coach may be present if he or she happens to be the person in charge. However, the coach cannot use this opportunity to teach athletes game or sport techniques.
- C. **Fees, Meals, Lodging:** Member schools and/or coaches of member schools may not pay fees, meals, lodging or other expenses in behalf of student athletes. Free camps are permissible provided the camp is free to everyone. Fees, etc. may be paid by non-school entities such as a booster club.
- D. **Transportation:** Member schools may provide transportation to non-school entities and coaches as per local school board policy.  
Coaches may provide transportation to student athletes who choose to attend individual camps only in those cases where the coach serves as an instructor. The coach may also provide transportation to a team camp if said coach is serving as the coach of the team.
- E. **Equipment:** Member schools may issue equipment during the out-of-season time period to student athletes who are attending camps, leagues, games and tournaments provided the local school board has adopted a policy allowing equipment to be issued.
- F. **Uniforms:** Member schools may issue team uniforms to the coaching staff for use in the four team competition outings only. Uniforms are considered any clothing the school is currently issuing, including but not limited to items such as warm-ups, practice jerseys, etc.
- G. **Fund-Raisers:** Charitable fund-raisers involving athletic competition may take place at the discretion of the local administration as long as the event is sponsored by a non-school entity. Coaching out-of-season guidelines are still in effect. Faculty members may play against students in these charity games. However, coaches hired by the school may not coach high school students in such charity games held during the out-of-season time period.  
NOTE: Because camps/clinics are not sanctioned by the SDHSAA, the SDHSAA liability and catastrophic insurance programs will not be in force during the out-of-season time period. Member schools are encouraged to check with their liability insurance carrier.

#### **OPEN GYM/FIELD/ROAD POLICY**

The SDHSAA holds local school administrators responsible for the administration and enforcement of the Open Gym/Field/Road Policy.

Member schools may provide an open gym/field/road for students during the summer months and/or school year provided the criteria listed below is followed:

- A. The local governing board has adopted an open gym/field/road policy that incorporates the SDHSAA guidelines as well as any other matter that would be germane to this type of activity.

- B. This is a program whereby the gymnasium, playing field or other school facility is made available to all students for recreational purposes. Attendance must be on voluntary basis.
- C. Member schools may furnish specific equipment related to the open gym/field/road activity such as balls, goals, standards, nets, mats, etc.
- D. The time and day(s) of the open gym/field/road shall be made known to the student body by the administration, in a timely manner, through announcements, bulletin board posting, school paper articles, etc. Local policy may designate certain schedules for girls only, boys only and by grade level.
- E. Participants must furnish their own clothing such as sweat suits, shorts, shoes, etc.
- F. Supervision of open gym/field/roads shall be subject to local school board policy and must include but not be limited to the following:
  - 1. The person in charge of supervising open gym/field/road may not coach. This restriction includes, but is not limited to, the teaching of fundamentals for a specific sport. In this regard, organized practice sessions during open gym/field/roads are prohibited.
  - 2. High school coaches may supervise open gym/field/roads.

### **CAMPS**

- A. The SDHSAA will not sanction any type of camp. Sanction Defined: The SDHSAA will not endorse, ratify, confirm, or approve of any camps, clinics, or competitions held during the out-of-season time period.
- B. Camps defined: Planned activities that are of an instructional nature and/or of a competitive nature where actual games are played by camp attendees. Camps are from one day in length to five days in length – all days must be consecutive.
  - 1. Individual camps - Where athletes and coaching staff from the same school are not kept together as a team. Camps of this nature are not applicable to the four team competitions/outings limitation rule.
  - 2. Team camps - Where groups of athletes and coaching staff from the same school participate together as a unit.
- NOTE:** A Coaching staff is limited to a maximum of 4 team tournaments/camps or 2 team tournaments/camps plus 1 league during the time period from the day following the state track meet to midnight of July 31.
- C. Student athletes in grades 9-12 may attend as many individual or team type camps of their choosing during the out-of-season time period on an unattached basis. As long as coaching staff is not involved, camps of this nature are not applicable to the four team competitions/outings limitation rule. Member schools and/or coaches of member schools may not sponsor any camps other than during the months of June and July.
- D. Student athletes in grades 9-12 may NOT attend any type of camp in a sport once that sport season has started and the athlete has officially reported for membership on the high school team. To do so would render the athlete ineligible for high school competition in that sport for that season.
- E. Individual or team type camps may be sponsored by non-member entities, member schools or coaches of member schools provided the camp is scheduled to be held during the time span from the day following the state track meet through midnight of July 31. (**NOTE:** Coaching staffs are limited to a maximum of 4 team competitions/ outings during this time period.)
- F. Coaches/member schools may not conduct a team camp or an individual camp exclusively for their own athletes during the out-of-season time period.
- G. Free camps are permissible provided the camp is free to everyone.

### **CLINICS**

- A. Student athletes in grades 9-12 may participate in clinics held during the regular season provided the member school gives the student permission to attend.
- B. Student athletes in grades 9-12 may attend as many individual or team type clinics of their choosing during the out-of-season time period on an unattached basis.
- C. **Clinic defined:** All planned activities are of an instructional or demonstration nature related to the teaching of individual skills. There is to be no competition between athletes who are in attendance at the clinic. Clinic attendees are observers only.
- D. Coaches/member schools may not conduct a clinic exclusively for their own athletes during the out-of-season time period.

### **OUT-OF-SEASON COMPETITION: LEAGUES, GAMES AND TOURNAMENTS**

- A. **Leagues defined:** Games played a maximum of one day per week for multiple weeks during the summer time period.
- B. Member schools may not sponsor leagues, games or tournaments during the out-of-season time period.
- C. Coaches may coach teams involved in out-of-season league activities from the end of the state track meet through midnight of July 31. Subject to the following restriction:  
A coaching staff is limited to a maximum of 2 team tournaments/camps plus 1 league during the time period from the day following the state track meet to midnight of July 31.
- D. Student athletes in grades 9-12 are free to compete in league(s) except during the regular sport season.
- E. Only seniors who have completed their eligibility in a sport may participate in any kind of all-star game (in or out of state) during the school year following their sport season.
- F. Freshman, sophomores and juniors may participate in all-star games (in or out of state) during the summer time period starting from midnight of the concluding day of the state track meet through midnight of July 31.

## **NATIONAL CHAMPIONSHIPS**

- A. The SDHSAA will not sanction any tournament, meet or other contest that is intended to qualify for and/or determine a national high school champion.
- B. Students in grades 9-12, on an individual basis, are permitted to participate on a national team, without loss of eligibility, provided they are selected to do so by the National Governing Body of the sport through a defined selective process or actual tryouts.

## **CLUB TEAMS**

- A. A club team is a team that plays a multiple schedule of events (minimum of 3 events). Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball, 3 wrestling may come from one school.
- B. Athletes may participate on a club team at any time except during the designated high school sport season.
- C. Coaches may coach club teams only following the completion of their specific sport season through midnight of July 31.

## **ALL-STAR GAMES**

- A. **Definition of All-Star:** Members who are chosen by invitation or selected outright by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from any one member school.
- B. The SDHSAA will not sanction any all-star games.
- C. Member schools may not sponsor all-star games.
- D. Coaches may not be involved in the organizing, promotion, administration or coaching of any "All-Star" games held in-state. (Exception: An all-star game held in the summer provided the participants have graduated from high school.)
- E. Only seniors who have completed their eligibility in a sport may participate in any kind of in-state all-star game conducted during the out-of-season time period.

**NOTE:** For information purposes, the regulations of the National Collegiate Athletic Association (NCAA) include the following:

- 1. After a students high school eligibility is completed and before graduation, a student can participate in two high school all-star football or basketball contests in each sport.
  - 2. There is no limit on the number of games a graduated student may participate in during the summer period prior to enrolling in an NCAA institution.
  - 3. The penalty for violation of this rule causes the athlete to be ineligible for their freshman year at a Division I or Division II school.
- F. Out-of-state all-star games (grades 9-12) conducted during the school year or summer are permissible except during the period of time when the high school sport is in progress. Coaches may be involved in coaching all star teams held out-of-state during the months of June and July provided there are no more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball, and 3 wrestling participants on said team from the same school as the coach. Such an event would not count as one of the four-team outings described in III-A, Page 2.

## **AWARDS, PER-DIEM FEES AND TRAVEL EXPENSES**

- A. Students athletes in grades 9-12 who attend competitive events sponsored by non-school entities may accept the following items without loss of eligibility.
  - 1. Air and ground transportation.
  - 2. Meals and lodging.
  - 3. Students may not accept any award or other items of any kind when the value exceeds \$75.00 unless the Board of Directors has made an exception for a specific/special type of award. Students may not accept money or any thing of a pecuniary value. [NOTE: During the out-of-season time period, students may accept golf awards according to the limits set for amateurs by the Professional Golf Association (PGA)]
  - 4. Students may receive awards from a camp or clinic, with the understanding that the cost of such awards is included in the admissions fees charged for participants in the camp or clinic.
  - 5. Fees shall not be paid by member schools or school organizations. School organizations are defined as those organizations under the direct control of the school. Moneys raised by school clubs that are deposited into the impressed fund and/or the activity fund of a member school would be considered a school organization. They include, but are not necessarily limited to, such organizations as letter winners clubs, pep clubs, senior class, junior class, sophomore class, freshman class, etc.

## **7th & 8th GRADE REGULATIONS**

- A. Member schools may use seventh and eighth graders on a high school team provided they meet the scholastic eligibility standards and pass a physical examination.
- B. Seventh and eighth grade students may participate simultaneously on a high school team and seventh and eighth grade team during the same sports seasons.

- C. Once a seventh or eighth grade student becomes a member of a high school team, that student may not participate on a non-school team in that sport on an unattached basis and retain their high school eligibility. The In-Season Rule set forth in Chapter II, Part I, Section 7 of the SDHSAA Constitution and Bylaws is applicable to the grade school student once they join the high school team.
- D. For clarification purposes, once a seventh or eighth grade student joins a high school team, all SDHSAA rules and regulations apply to that seventh or eighth grade student.
- E. A 7<sup>th</sup> – 8<sup>th</sup> grade student is considered a part of the high school team once they have suited up for a contest (grades 9-12) regardless whether they actually play or not.
- F. Students sixth grade and below may not participate on a high school team.

**PENALTY FOR RULE VIOLATIONS OF SECTIONS I-XII OF THIS DOCUMENT**

The accumulation of violations by coaches and/or member schools is on a sport by sport basis. Violations will carry over for one calendar year from the date of the first violation. Suspension from district/region competition may occur on the second and subsequent violations.

**First Offense:** \$200 fine and probation plus a written reply from the Board of Education detailing corrective action.

**Second Offense:** \$300 fine, probation continues, appearance by the school administrators and school board before the SDHSAA Board of Directors.

**Third Offense:** \$500 fine, probation continues, appearance by the school administration and school board before the SDHSAA Board of Directors.

**NOTE: Member schools/students/coaches are entitled to a due process hearing prior to any penalty being assessed.**

**QUESTIONS & ANSWERS**

- 1. Can a coach mail out play books, encourage players to condition themselves individually prior to the start of the regular season? **YES**
- 2. Can a coach organize formal practice sessions prior to the allowable date for the beginning of the regular season? **NO**
- 3. Can schools sponsor benefit and/or All-Star games, provided proceeds are donated to some charitable organization or school organization, whereby the school's team will play some other team after the regular season has ended? **NO**
- 4. Can booster clubs and/or other non-school entities sponsor benefit games or All-Star games after the regular season has ended? **YES, provided the member school and coaches are not involved in the sponsorship of the event.**
- 5. Can two or more schools bring their teams together and conduct a joint practice or scrimmage after the season has started? **The answer is NO in all cases, except in 11-AA football effective the 1998 season in lieu of a ninth game and gymnastics effective the 2003-04 school year.**
- 6. Can a member school schedule an organized scrimmage, in such sports as football, basketball, or volleyball, with an alumni team and/or an independent team? **NO**
- 7. Can seniors who have completed their eligibility in a particular sport play in an All-Star game or benefit game after the regular season has ended? **YES, insofar as the SDHSAA is concerned. However, if the athlete plans on competing at the collegiate level then they should be certain of any NCAA rules and regulations in this regard. Sponsors must be non-school.**
- 8. Can members of a high school team become members of a church team, non-school league, AAU team, etc. after the regular season? **YES, as long as the school and/or coaches are not involved. Coaches may, however, be involved in such activities during the months of June and July subject to the four team competitions limitation rule.**
- 9. Can the make-up of a non-school sponsored team during the out-of-season time period come exclusively from one school? **YES, in all cases except for the restricted number allowed on all star and club teams**
- 10. May a coach be involved with coaching a club team following the end of the sport season? **YES, as long as the club team membership restrictions are followed.**
- 11. Can South Dakota students compete in intrastate, interstate, or international competitions during the summer? **YES, provided the competition is not school sponsored. Coaches may be involved in such activities during the months of June and July subject to the summer team competitions limitation rule or the club team rule.**
- 12. Can gymnasts compete for private clubs after the regular season has been completed? **YES, provided the competition is not school sponsored.**
- 13. Can a golfer who has paid league summer dues at his/her local golf course play in the club tournament even though the deadline date for the beginning of the high school golf season has arrived? **YES, It is permissible, provided the athlete has not yet reported to his/her high school team. Once an athlete reports to his/her high school team, the in-season participation rule would apply.**
- 14. May an athlete that is out for track participate in a triathlon? **YES, a triathlon is not considered a track event regardless if the participant is doing all three events (running, biking, swimming) or just one of the three.**
- 15. Will the SDHSAA sanction All-Star games in basketball or football in order to satisfy the National Collegiate Athletic Association (NCAA) All-Star Rule? **NO**
- 16. Will the SDHSAA sanction games with non-members such as college teams, alumni teams, independent team? **NO**

17. Can a school and/or coach operate or conduct a camp exclusively for its own athletes? **NO, all camps must be advertised as open to all. If only athletes from the local school register for the camp, the camp may proceed to be conducted as planned.**
18. May students attend camps after July 31? **YES, provided they do so unattached and provided the regular season is not in progress. Member schools or coaches may not be involved.**
19. Can South Dakota high school students attend individual or team camps, on their own, that are sponsored by colleges, universities or non-school entities? **YES, provided the regular season in that sport is not in progress.**
20. May a Booster Club give scholarships to athletes to attend summer camps, all star clinics, etc? **YES, provided the money is used for team camp/ clinic expenses and the Booster Club pays the monies directly to the camp/clinic.**
21. May schools pay all or part of the registration fee to send athletes to camps/all star clinics, etc? **NO**
22. Can there be competition between camps? **NO**
23. Can member schools provide transportation for their athletes to attend a team camp? **YES, member schools may provide transportation to non-school entities and coaches as per local school board policy.**
24. May a member school loan uniforms to student-athletes? **YES, schools may issue team uniforms to the coaching staff for use in the four team competition outing.**
25. May member schools loan athletic equipment to student-athletes who have not yet graduated from high school and/or graduated seniors? **YES, provided the local school board has approved.**
26. Does the Association's Catastrophic Insurance apply to injuries received when participating in some type of athletic endeavor during the out-of-season time period sponsored by a coach, a member school or a non-school entity? **NO**
27. May a student who has officially joined his/her high school team be a part of an exhibition performance sponsored by a non-school entity such as a gymnastics club? **NO**
28. May a student who has officially joined his/her high school team be a part of an exhibition performance at a non-school event that is sponsored by the school? **YES**
29. May an assistant coach and/or lower level coach employed by a member school be involved in coaching of high school athletes at any time other than the regular season or the months of June and July as defined by the four competitions/outings Limitation Rule? **NO, with one exception and that is if the coach is involved with a club team. Club team rules apply.**
30. May a coach conduct a clinic exclusively for his/her own athletes either on an individual basis or as a team during the out-of-season time period? **NO**
31. May a coach and athletes attend a clinic conducted during the out-of-season time period that is sponsored by a non-school entity? **YES, there are no restrictions.**
32. Can Booster Clubs sponsor charitable fund-raisers during the out-of-season time period? **YES, at the discretion of the local administration with the understanding that coaching out-of-season guidelines are in effect.**
33. Can student athletes participate during the regular season in such things as free throw shooting contests, hot-shot shooting contests, punt-pass-kick contests, etc. which are sponsored by non-school entities? **YES**
34. During the summer time period (June and July) can the assistant basketball coach take a basketball team to 4 team competitions/outings and the head coach take a basketball team to 4 team competitions? **NO. The rules permit a coaching staff to 4 team competitions/outings. The coaching staff of a member school would include all coaches contracted or approved volunteer. Likewise the football coach or Jr. Hi/Middle school coach would be included as part of the coaching staff.**
35. During the summer time period (June and July), could the basketball coach take a basketball team to 4 team competitions and the volleyball coach take a volleyball team to 4 team competitions/outings? **YES, the 4 team competition restriction applies to each sport individually.**
36. During the summer time period (June and July), (a) could the varsity basketball coach take a team to a team competition/outing in town X and the assistant basketball coach take a team to the same event on the same date(s); or (b) could the varsity basketball coach take a team to a team competition/outing in town X and the assistant basketball coach take a team to a team competition/outing in town Y, either on the same date(s) or different date(s). **The answer to both (a) and (b) is YES. However situation (a) would count as one team competition/outing, and situation (b) would count as two team competitions/outings toward the maximum allowed a coaching staff during the months of June and July.**
37. May coaches from one member school coach students from another member school at team outings held in June and July? **NO**
38. May coaches from one member school coach students from another member school if the team is a club team? **YES, as long as the club team membership restrictions are followed for each sport.**
39. Does the club team regulation apply to golf, tennis, gymnastics or wrestling? **YES, the club team rules applies to all sports.**
40. When a coach conducts an individual camp where team members are not kept together, does this count as one of the four team contacts? **NO**
41. Could a coach plan a team camp during June and July that was held the first Monday of each week? **NO, all camps must be conducted on consecutive days (maximum of five days).**
42. Can a high school coach use his/her athletes to demonstrate, help, etc. at a clinic? **YES**

43. Can athletes participate in a camp during the month of August? **YES, provided the season has not started. Coaches (K-12), however, may not be a part of any camp or clinic after July 31.**
44. Can a coach participate in a city or recreation league with high school athletes? **YES. However, coaches should not participate on the same team as the high school athletes. Athletes are also responsible for their own travel, expenses, etc.**
45. May students compete unattached in a sport once their team has been eliminated at the district/region from any further competition? **YES**
46. During the summer period (June and July), can a coach participate in a pick-up volleyball or basketball game with his/her athletes? **YES**
47. During the summer period (June and July), can a coach participate with his/her athletes in recreational activities such as running, golf or tennis? **YES**
48. During the summer period (June and July), can a coach conduct private lessons for his/her athletes? **YES**
49. During the out-of-season time period within the school-year, can a coach conduct private lessons for his/her athletes? **NO (exception: gymnastics)**
50. A coach resigns following the sport season. How does the 15 month coaching moratorium rule apply? **The coach will be able to coach the team in non-school outings beginning with the following school year (provided the individual is not on the coaching staff). The 15 months includes the three summer months prior to the school year, the nine months of the school year and the three summer months following the school year.**
51. Are students in grades 9-11 restricted to out of state all-star games only? **NO, as long as the all-star rules are followed, students are permitted to play in all-star contests in or out of state.**
52. During the basketball season, may a school sponsored 9<sup>th</sup> grade basketball team play in a non-school sponsored basketball tournament against non-school sponsored 9<sup>th</sup> grade teams who are also entered in the tournament? **Yes, provided the tournament takes place before the end of the basketball season.**

### **QUESTION & ANSWERS FOR CHEER AND DANCE**

1. **Question:** If a team is participating in the high school competitive cheer and/or dance program, can they compete against teams that are not part of the program (those that are still high school teams but did not choose to participate in the HS competitive season)?  
**Answer:** No.
2. **Question:** Can a competitive cheer or dance team participate in a high school pep assembly after the season is over?  
**Answer:** Yes
3. **Question:** What is the difference between competitive cheer and sideline cheer?  
**Answer:** *Competitive Cheer* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 19.  
*Sideline Cheer* is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA. The competitive cheer coach may coach/advise a sideline cheer squad/team; however, the squad/team may NOT compete at any level.
4. **Question:** What is the difference between competitive dance and performance dance?  
**Answer:** *Competitive Dance* is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 19.  
*Performance Dance* is not an SDHSAA recognized sport. It is a support activity that typically provides entertainment during breaks at competitive sports contests. Its main function is performance. The competitive dance coach/advisor may supervise the performance dance squad/team; however, the squad/team may NOT compete at any level. There is no restriction as to the number of performances.
5. **Question:** When the competitive cheer season is over, may the competitive cheer coach also be the sideline coach and the competitive dance coach also be the performance dance coach?  
**Answer:** Yes.
6. **Question:** What restrictions are placed on the coaches during the sideline cheer season and the performance dance season?  
**Answer:** The competitive cheer and competitive dance coach may work with the girls in sideline cheer and performance dance only. There are no restrictions as to the number of contacts however there can be no competition for the sideline cheerleaders or the performance dancers.
7. **Question:** What restrictions are placed on the cheerleaders and dancers during the sideline cheer season and the performance dance season?  
**Answer:** The cheerleaders may only cheer at athletic contests and the performance dancers may only perform at a school athletic contest or perform at some event with SDHSAA approval. Absolutely no competition representing the school following the competitive school season.

8. **Question:** Could a cheerleader or dancer compete for an outside entity such as a spirit club?  
**Answer:** Yes, a cheerleader or dancer could be a member of an outside spirit group and compete representing the club and NOT the school following the high school competitive cheer or high school competitive dance season. The club team would be limited to 3 members from the same school for cheer, and 5 members from the same school for dance. Competitive cheerleaders and dancers may compete ONLY for the high school team during the high school season. During the high school season, they may take lessons with a studio or spirit club. Following the high school competitive cheer or competitive dance season, cheerleaders or dancers may then, and only then, compete for a studio or club team with the limited numbers from the squad. During this out of season time, all high school competitive members must follow the SDHSAA out of season rules.
9. **Question:** Can a coach of a competitive cheer or dance team take their team to a competition during the months of December through May?  
**Answer:** No. There can be no team competition after the season is completed during the school year. A coach is limited to that 4 contacts during the months of June and July with their cheer or dance squads.
10. **Question:** Can a coach who manages an outside entity or club, coach his/her athletes at the club during the school year “out of season” time period?  
**Answer:** Yes, however, the manager of the club would have to follow the club guidelines as to only being able to work with 3 members of his/her competitive squad for cheer and limited to 5 members of his/her competitive squad for dance at a time.

### **COMPETITIVE CHEER AND COMPETITIVE DANCE IN-SEASON AND OUT-OF-SEASON DATES**

#### **2009-10**

First Date Early Team Selection (5 days total-does not need to be consecutive)	Monday, Week 38	March 23
Last Date Early Team Selection	Saturday, Week 45	May 16
Out of Season Start Date	Monday, Week 48	June 1
Out of Season End Date	Saturday, Week 3	July 25
Dead Period (cannot practice or attend team camp)		July 26-August 1
*Final Team Selection/First Practice	Monday, Week 5	August 3
First Competition	Monday, Week 9	August 31
Substate competition completed (when implemented)	Saturday, Week 18	November 7
State Tournament	Saturday, Week 19	November 14
Season Ends (out-of-season rules begin)	Saturday, Week 19	November 14

#### **2010-11**

First Date Early Team Selection (5 days total-does not need to be consecutive)	Monday, Week 38	March 22
Last Date Early Team Selection	Saturday, Week 45	May 15
Out of Season Start Date	Monday, Week 48	May 31
Out of Season End Date	Saturday, Week 3	July 24
Dead Period (cannot practice or attend team camp)		July 25-31
*Final Team Selection/First Practice	Monday, Week 5	August 2
First Competition	Monday, Week 9	August 30
Substate competition completed (when implemented)	Saturday, Week 18	November 6
State Tournament	Saturday, Week 19	November 13
Season Ends (out-of-season rules begin)	Saturday, Week 19	November 13

#### **Practice**

- All out-of-season rules apply.
- \*In season rules apply – Monday of Week 5 through Saturday of Week 19.
- Practice period runs from Monday of Week 5 through Saturday of Week 8.
- Minimum number of team practices prior to first competition is 10 days of practice (excluding Sunday). This regulation does not apply to individuals.
- The actual start date of practice may be determined by each school within the above time limitations.

#### **Competition Limitation**

- Maximum number of contests permitted during regular season – Ten
- Minimum number of contests to be eligible for the State Tournament – Two
- All meets, regardless of number of teams in attendance, are considered one contest.

### **Definition of Competitive Cheer and Sideline Cheer**

- Competitive Cheer is an SDHSAA recognized sport and must follow the SDHSAA regulations as it pertains to competitor eligibility, season length, number of contests, coaches and judges qualifications, competition guidelines and out of season rules. Season begins Monday of week 5 and ends Saturday of week 19.
- Sideline Cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA. The competitive cheer coach may coach/advise a sideline cheer squad/team; however, the squad/team may NOT compete at any level against any SDHSAA competitive cheer team.

### **HOW TO USE THE OUT-OF-SEASON GUIDELINES CHART ON PAGE 12**

#### **A. Instructions:**

- Column #1 is intended to cover the time span of August 1 up until Monday of week 7 on the standardized calendar.
- Column #2 covers the time span starting on Monday of week 7 up to the start of a new sports season.
- Column #3 covers the time span when a particular sport begins up through the date when the high school season ends. The beginning and ending dates are established in other sections of the handbook.
- Column #4 covers the time span during the school year following the conclusion of a sports season up through Saturday, May 31, or the completion of the state track meet, whichever occurs latest.
- Column #5 covers the time span starting with Sunday, June 1 up through July 31.

#### **B. Examples:**

1. May a boy or girl participate in a basketball camp during the month of September? Answer: Yes, the basketball season is not in progress. See columns #1 - #2 - #4 - #5 under camps.
2. May a volleyball player participate in a volleyball league after the high school season is over? Answer: Yes, the volleyball season is not in progress. See columns #1 - #2 - #4 - #5 under leagues.
3. May a football player participate in a football camp during the football season? Answer: No, see column #3 under camps.
4. May a tennis coach give private lessons to a player during the school year? Answer: No, see column #4
5. Is it legal for a basketball coach to:
  - a. coach a club basketball team that includes four players from his her high school team? Answer: No, see definition of club team.
  - b. coach a club basketball team the first week in May? Answer: Yes, see column #4 under club team.

# Out-of-Season Guidelines Chart

## Allowable Activities for Coaches and Athletes Grades 9-12

	August 1	Thursday Week 6	Sport Season Begins	End of Sport Season	Midnight of State Track Meet	Midnight of July 31
STUDENTS						
<b>Clinics</b>	yes	yes	yes	yes	yes	yes
<b>Camps</b>	yes	yes	no	yes	yes	yes
<b>Leagues/Games/Tourneys</b>	yes	yes	no	yes	yes	yes
<b>Practice</b>	yes	yes	yes	yes	yes	yes
<b>All-Star</b> Grade 12	no	no	no	yes	yes	yes
<b>All-Star</b> Grade 9-10-11	no	no	no	no	no	yes
<b>Club Team</b>	yes	yes	no	yes	yes	yes
<b>Private Lessons</b>	yes	yes	yes	yes	yes	yes

- Columns 1 and 5 refer to the out-of-season time period during the summer months.
- Columns 2 and 4 refer to the out-of-season time period during the school year.
- Column 3 refers to the in-season time period.

### COACHES

<b>Clinics</b>	yes	yes	yes	yes	yes	yes
<b>Camps</b>	no	no	no	no	no	yes*
<b>Leagues/Games/Tourneys</b>	no	no	no	no	no	yes*
<b>Practice</b>	no	no	yes	no	no	no**
<b>All-Star</b> Grade 9-12	no	no	no	no	no	yes
<b>Club Team</b>	no	no	no	yes	yes	yes
<b>Private Lessons</b>	no	no	yes	no	no	yes

\*Coaches are restricted to a combined total of no more than four team competitions/outings.

\*\*Exception: Only while attending camps in accordance with the four team competitions/outings limitation rule.

### Definitions

- Coach:** Includes any person contracted to coach a sport (K-12) or any volunteer who has been approved to help coach a sport (includes positions filled on an annual basis). The time period encompassing the contracted or approved volunteer coach is 15 months. This includes the three summer months prior to the school year, the nine months of the school year and the three summer months following the school year. (This definition includes athletic directors.)
- Camps:** Planned activities that are of an instructional nature and/or of a competitive nature where actual games are played by camp attendees. All camps must be open to all who voluntarily opt to attend.
1. Individual - Athletes from the same school are not kept together as a team.
  2. Team - Groups of athletes from the same school participate together as a unit.
- Clinic:** All planned activities are of an instructional, observational and/or demonstrational nature related to the teaching of individual skills. There is to be no competition/participation by athletes who are in attendance at the clinic. Clinic attendees are observers only.
- Private Lessons:** Teaching fundamental skills and techniques of a specific sport. Coaches may receive compensation or volunteer their services.
- L/G/T:** Leagues, Games & Tournaments: A competitive type of environment simulating game conditions involving a schedule. This definition includes games and/or tournaments that are sponsored by a non-school entity.
- All-Star:** Members who are chosen by invitation or selected out right by some predetermined process for a single event. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Club Team:** Teams that play a multiple schedule of events (*minimum of 3 events*). Members are chosen by invitation or selected out right by some predetermined process. No more than 3 basketball, 3 cheer, 3 cross country, 5 dance, 7-11 man football, 6-9 man football, 3 golf, 3 gymnastics, 3 tennis, 3 track & field, 4 volleyball and 3 wrestling participants may come from one school.
- Grade:** The grade in school, as referenced in the chart above, reflects the student's grade as of Aug. 1.