

HHSAA Start Date Policy

Starting Dates

Except for football, the start date for each sport will be a maximum of thirteen (13) weeks prior to the state tournament week, on the Monday of that week (i.e., Boys Basketball Tournament is during week 34. The starting date will be the Monday of week 21).

The start date policy will apply to the following varsity team sports:

Baseball, Basketball, Canoe Paddling, Soccer, Softball, Volleyball, and Water Polo.

Each league will determine the starting date for all lower level teams not to exceed a thirteen (13) week season.

Individual sports shall have a try-out date, a maximum of thirteen (13) weeks prior to the state tournament week, on the Monday of that week. **Prior to the try-out date, practices cannot be mandatory and team selections cannot be made.**

Coach-Player Contact Restrictions

Student-athletes of team sports have no outside participation restrictions except for league rules/by-laws that govern in-season (Green shaded area of the chart) outside participation restrictions.

The following restrictions apply to all Varsity and Junior Varsity programs:

- In-season – 13 weeks (except Football) – (Green area)

- Out of season Conditioning and Weight Training – (White area)
Restrictions to be determined by each league.
The program shall have a coach or other authorized personnel in supervision. Prior to the start dates, activities cannot be mandated and team selections cannot be made.

- Member schools bear the responsibility of monitoring facilities and making the determination if adult supervision is adequate for off-season conditioning.

- Summer Activities - (Yellow Area)
No restrictions during this period.

- No Contact/Dead period – (Red Area)
The no contact/dead period is defined as a specified time span of non-instructional/non-developmental sport specific activity.

For the winter and spring sport seasons, the no contact/dead periods coincide with the weeks just prior to the start dates for fall and winter sports, in part to allow student-athletes to try out for other sports in other seasons.

- Football Spring Practice
To be determined by each league
Football spring practice period or those leagues who allow spring practice.
- Exemptions to this policy
Requests for exemptions to this policy to participate in a national or international sporting event must be made in writing to the HHSAA Executive Director.
- It is highly recommended for individual and team sports that student-athletes have at least one week of total rest between seasons.

Penalty for Violations

If a violation occurs and is reported, the Athletic Director shall warn the coach and inform the league Executive Director, in writing. The league Executive Director shall forward the report to the HHSAA office.

If a second violation should occur, the coach will be dismissed, and will not be allowed to coach at any HHSAA member school for two (2) years. A coach is defined as any person on the staff, inclusive of volunteer coaches.