

IN & OUT OF SEASON RULES AND REGULATIONS

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South Dakota High School Activities Association

Regulations on Student & Coach Participation

Specific to the Regular-Season & Out-of-Season Time Periods

In- and Out-of-Season Regulations & Participation Limitations

Allowable Activities for Coaches and Athletes Grades 9-12

ARE STUDENTS ALLOWED TO PARTICIPATE IN?							
FROM	CLINICS	CAMPS	NON-SDHSAA LEAGUES, GAMES or TOURNEYS	PRACTICE	ALL-STAR EVENTS	CLUB TEAMS	PRIVATE LESSONS
August 1 to Sport Season Begins	YES	YES	YES	YES	NO	YES	YES
Sport Season Begins to Sport Season Ends	YES	NO	NO	YES	NO	NO	YES
Sport Season Ends to Midnight, May 29 th	YES	YES	YES	YES	SENIORS ONLY	YES	YES
May 29 th through July 31 st	YES	YES	YES	YES	YES	YES	YES
ARE COACHES ALLOWED TO PARTICIPATE IN?							
FROM	CLINICS	CAMPS	NON-SDHSAA LEAGUES, GAMES or TOURNEYS	PRACTICE	ALL-STAR EVENTS	CLUB TEAMS	PRIVATE LESSONS
August 1 to Sport Season Begins	YES	NO	NO	NO	NO	NO	NO
Sport Season Begins to Sport Season Ends	YES	NO	NO	YES	NO	NO	YES
Sport Season Ends to Midnight, May 29 ^h	YES	NO	NO	NO	SDHSCA ONLY	LIMITED	NO
May 29 th through July 31 st	YES	LIMITED	LIMITED	YES	YES	YES	YES

YES = UNLIMITED PARTICIPATION ALLOWED

LIMITED = LIMITED BY RULE DEFINITION AS COVERED IN NEXT SECTION

NO = NO PARTICIPATION ALLOWED

NOTE: No School-Sponsored or Affiliated Activity may take place during the days of July 1 through July 7 Annually. This time period shall be known as the Summer Moratorium.

SDHSAA IN- & OUT-OF-SEASON CHANGES FOR 2020-21 SCHOOL YEAR:

No significant changes to this year's section.

DEFINITION OF TERMS & RESTRICTIONS ON COACHES & ATHLETES:

I. Definition of Student & Team Membership

- a. For the purposes of this chart and section of the SDHSAA Handbook, a student shall be defined as any individual who is enrolled, has enrolled or will potentially be enrolled at an SDHSAA member High School.
- b. 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, and therefore participation in non-school activities is limited during the sports season for students.
 - i. Chapter II, Part I, Section Seven of the SDHSAA Constitution and By-Laws specifically states that: "A student who is a member of a high school team may not participate *in games, practice, tryouts, etc.*, in 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.
 - ii. A high school student becomes a member of a school athletic squad when the student first participates in a practice session.
 - iii. A 7th-8th 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.
 - iv. Team membership ceases for the season at one of the following times:
 1. The athlete's membership on the squad is terminated by action including, but not limited to: being cut, quitting the team, school action or other individual decision
 2. Participation in a non-high school team event in the same sport during that specific sport season (i.e.: AAU Basketball Tournament during School's basketball season; athlete loses team membership status)
 3. Team is eliminated from further post-season competition
 4. The student ceases to be a squad member when membership on a squad is terminated or after the final state championship event (region, state) for that classification in that sport.
- c. **(REVISED: 2015)** Violation of the above-listed team-membership rule, or any other action by a student wherein their team membership ceases causes the student to become subject to the following penalty structure:
 - i. First Violation – violating athletes will be suspended for 25% of that season's regularly scheduled varsity contests
 - ii. Second Violation – violating athletes will be suspended for the duration of that sport's season
 - iii. The 25% figure as noted in the first violation would include suspensions and forfeitures as follows:
 1. If the violation is discovered before any contests have been completed, the student simply is suspended for the next one-quarter of that season's regularly-scheduled varsity-level contests (or time duration of such contests), to include post-season games if necessary to fulfill the one-quarter season length requirement.
 2. If the violation is discovered after contests have been played with an athlete who was ineligible due to violation, those contests played from date when the violation occurred through the date of discovery shall be forfeited.
 3. If season is concluded when an in-season violation is discovered, the final one-quarter of contests of that completed season will be forfeited.
- d. **(REVISED: 2015)** To be eligible for sub-state and state competition, a student must be a member of that school's team no later than the fourth Monday from the official start of that sport season.
 - i. Membership defined: A student must:
 1. Be practicing with the high school team
 2. Be on the school's master eligibility list; and
 3. Be under the bylaws for the SDHSAA

- ii. Exception: At the member school’s discretion, students may be allowed to join a team after the fourth Monday from the official start of that sport season and be fully eligible for regular season and post-season competition if they meet any of the three conditions below:
 - 1. Transfer students who become eligible in their new school
 - 2. Students, who are participating in another sport and wish to drop that sport and participate in a second sport during the same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
 - 3. Student who joins a team after the fourth Monday from the official start of the sport season and have not participated in the same sport:
 - a. On a non-school team or as an individual competitor; or
 - b. In a camp or clinic; or
 - c. Received private instruction in that sport during the high school season.
- iii. Students who join a team after the fourth Monday from the official start of the season are eligible only for the regular season (not post-season) if they have participated in the same sport:
 - 1. On a non-school team or as an individual competitor; or
 - 2. In a camp or clinic; or
 - 3. Received private instruction in that sport during the high school season.
- iv. Students affected by this rule include:
 - 1. For the sports of cross country, golf, gymnastics, tennis, track & field or wrestling, students in grades seven through twelve are subject to this rule, regardless of level of participation on the high school level.
 - 2. For all other sports governed by the SDHSAA, this rule shall only apply to:
 - a. Students in grades nine through twelve, and,
 - b. Students in grades seven and eight who have become “team members” by suiting up for a high school contest, regardless of whether or not they actually play, as stated earlier in this Definitions Section, Item I-b-iii.
- e. Rules affecting student participation refer to all students, grades nine through twelve
 - i. Students in grades seven or eight are allowed to participate on a high school team provided they meet the eligibility standards and pass a physical examination
 - ii. Seventh and Eighth grade students may participate simultaneously on a high school team and seventh and eighth grade teams during the same sports seasons
 - iii. 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 Seven of the SDHSAA Constitution and By-Laws is applicable to such students once they join the high school team.
 - iv. For clarification purposes, once a seventh or eighth grade student joins a high school team, all SDHSAA rules and regulations, including the rules in this section, apply to that student. A seventh or eighth grade student is considered part of the high school team once they have suited up for a contest at the high school level, regardless of whether or not they actually play in that contest.
 - v. Students sixth grade and below shall not participate on, practice with or compete against a high school team, which includes any team with students who are currently in grades nine through twelve.
- f. The grade level of the student shall be determined by the grade a student is currently enrolled in, or after the completion of the school year, the grade in which that student will participate in during the next school year.

II. Definition of Coach

- a. For the purposes of this chart and section of the SDHSAA Handbook, a coach shall be defined as any person contracted to coach a sport at any grade level Kindergarten through twelve, or any volunteer who has been approved to help coach a sport, including positions that are filled on an annual basis.
- b. Athletic Directors are also to be considered as a ‘coach,’ even if they are not specifically assigned duties as a traditional coach.
- c. Contracted or approved volunteer coaches shall remain considered a ‘coach’ for a period of fifteen months, including at a minimum:

- i. The three summer months immediately prior to the school year for which that individual coach is contracted to work
- ii. The nine months of the school year for which that individual coach is contracted to work
- iii. The three summer months immediately following the school year for which that individual coach is contracted to work

III. Definition of “Season” Time Periods

- a. 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 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. Game limitations apply to sub-varsity squads as well as varsity squads.
- b. The **In-Season Time Period** 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 region-state tournaments or meets.
- c. The **Out-of-Season Time Period** is defined as the period of time after a team or individual has been eliminated from further competition during the championship series for a given sport and continues until the first allowable date that the next regular season may begin. For sub-varsity levels of competition, the Out-of-Season Time Period begins the day following the last interscholastic competition and continues until the first allowable date that the next regular season may begin. The Out-of-Season Time Period also includes the “Summer” time period (end of State Track Meet through July 31) as well as the time period between August 1 and the start of a given sports season. Please also note the “summer moratorium” language in item “IX” on page 11 of this section.

IV. Non-SDHSAA Sanctioned Sports & Activities

- a. Participation in an individual or team sport that is not sponsored by the SDHSAA, e.g. bowling, racquetball, 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.
- b. Any subdivision of a sport such as freestyle wrestling or 3-on-3 basketball is still considered to be an SDHSAA sponsored sport.
 - i. **New, 2019: For competitive cheer, participation in lessons, which teach fundamental techniques, such as tumbling, lifts or jumps shall not be considered sanctioned-sport activity.**
 - ii. **New, 2019: For competitive dance, participation in dance studio classes or dance lessons (which teach fundamental techniques/skills), community/local performances or recitals that are non-competitive in nature, shall not be considered a sanctioned-sport activity.**
- c. Coaches may participate with high school athletes in leagues or recreational activities such as golf, tennis, pick-up games, running, weight lifting, etc., but cannot participate on the same team as high school athletes in organized sports leagues.

V. Camps & Team/Individual Contacts

- a. Camps are defined as planned activities that are of an instructional and/or competitive nature where actual games are played by camp attendees. All camps must be open to anyone who wishes to voluntarily opt to attend. Two types of camps include:
 - i. Individual Camps
 - 1. Can be conducted for athletes in team or individual sports
 - 2. Can be sponsored by coaches, member schools or non-school entities
 - 3. Athletes from the same school are not kept together as a team or unit
 - 4. Camp is open to all interested participants, regardless of school affiliation; cannot be exclusively advertised or operated as being for a lone school’s athletes
 - 5. Camp can range from one to five days, wherein all days of a camp must be consecutive
 - 6. Any other instructional activity that does not fit the definitions outlined in the rest of this section of the Athletic Handbook (see subsection “g” below)
 - ii. Team Camps
 - 1. Athletes from the same school are specifically kept together to participate as a unit with one another
 - 2. Camp can range from one to five days, wherein all days must be consecutive

- b. Individual or team 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.
- c. Team contacts are defined as any contact a coach with his/her team of an instructional or competitive nature that cannot be specifically classified as an individual contact. Coaches are limited to a total of four such team contacts, as defined in the “Four Contact Rule” section of this document.
- d. Individual contacts are defined as those instructional or competitive activities that can be classified as an individual camp or private lesson. Such activities do not count towards the “Four Contact Rule”.
- e. 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.
- f. Free camps are permissible provided the camp is free to everyone.
- g. “Individual Camps” also include any instructional activity where participation by SDHSAA athletes occurs, but does not otherwise fit the definitions of private lesson, clinic or other varieties of contact within this section of the handbook. This may include activities that are labeled by organizations as “clinics,” but do not fit the SDHSAA definition of what an allowable clinic entails.
- h. Students And Camps
 - i. Students may attend as many individual or team camps of their choosing during the out-of-season time period on an unattached basis. As long as a school coaching staff is not involved, camps attended by students do not count toward the Four-Contact rule.
 - ii. Students may NOT attend any individual or team camp during that given sport’s season once the student has officially reported for membership on the high school team.
- i. Coaches and Camps
 - i. Coaches may not participate in camps of any kind except during the Summer Time Period.
 - ii. During the summer time period, a coaching staff is limited to a maximum of four contacts, including team camps. For more information on those contacts, please see “Four Contact Rule” under additional terms and definitions.
 - iii. Coaches may offer unlimited individual camps during the Summer Time Period, provided the camp falls under the guidelines of an individual camp as listed above.
 - iv. Coaches hired by one member school cannot coach teams from another member school at team camps.

VI. Clinics

- a. Clinics are defined as planned activities that are of an instructional, observational, and/or demonstrational nature related to the teaching of individual skills. Furthermore, clinics occur only when there is no actual participation in skills, drills, repetitions, practice or competition by student athletes who are in attendance at the event.
- b. While some events may be marketed as “clinics” to schools and student athletes, any event where participation in skills, drills, repetitions, practice or competition by individual SDHSAA athlete(s) occurs cannot be defined as a clinic by these rules & regulations.
- c. Students and Clinics
 - i. Provided the above conditions are met, students may participate in an unrestricted amount of clinics at any time period.
- d. Coaches and Clinics
 - i. The lone restriction on coaches’ participation in clinics is that coaches simply cannot conduct a clinic that is exclusively limited to participation to his or her own school’s student athletes.

VII. Non-SDHSAA Leagues/Games/Tournaments – As listed in chart

- a. A ‘Game’ is defined as any contest that takes place between squads of multiple schools.
 - i. Any subdivision of a sport such as freestyle wrestling or three-on-three basketball is still considered part of that particular sport, and therefore a game.
- b. An allowable League is defined as a structured set of ‘games’ where games are played on a maximum of one day per week for a period of multiple weeks. A single league may involve both varsity and sub-varsity levels.
- c. A Tournament is defined as any event wherein multiple ‘games’ take place but does not fit the definition of a league. Tournament games are to be played on consecutive days.
- d. Member schools may not sponsor leagues, games or tournaments during the out-of-season time period.

- e. Students and Leagues/Games/Tournaments:
 - i. Student Athletes may participate in Non-SDHSAA Leagues, Games or Tournaments on an unlimited basis, provided that the events are not taking place during the specified SDHSAA Sport Season.
- f. Coaches and Leagues/Games/Tournaments:
 - i. Coaches may coach teams involved in out-of-season leagues, games or tournaments during the Summer Time Period only. This coaching will count toward the “Four Contact Rule” as stated later in this document.

VIII. All-Star Events

- a. All-Star events are defined as those events where participants are chosen by invitation or selected outright by some predetermined process for a single event.
- b. All-Star events will not be sanctioned by the SDHSAA, nor may SDHSAA Member Schools themselves sponsor an All-Star event.
- c. Students and All-Star Events
 - i. Seniors who have exhausted their eligibility and completed their final season with the SDHSAA in a particular sport can participate in All-Star Games on an unlimited basis, with no regard to date(s) of the event, number of events or numbers of participants from a given school entity.
 - ii. All other student athletes who have not yet exhausted their eligibility in a particular sport may participate in all-star games during the summer time period only (June 1 through July 31), provided no more than the following number of students from one member school participate: basketball – 3, cheer – 5, cross country – 3, dance – 5, football – 7, golf – 3, gymnastics – 3, soccer – 7, tennis – 3, track & field – 3, volleyball – 4, and wrestling – 3.
- d. Coaches and All-Star Events
 - i. **UPDATED 2016:** Coaches may only coach for All-Star events during the Summer Time Period except for a specifically-designated, single event that is sponsored by the South Dakota High School Coaches Association and on record with the SDHSAA office. Coaches cannot coach any other All-Star event that takes place during the school year, even if that coach does not have any of his or her own athletes on the squad. Additionally, Coaches may not participate in an All-Star Game during the school year that involves any athletes with high school eligibility remaining in that sport.

IX. Club Teams

- a. A Club Team is defined as a team that plays a schedule of multiple events with one another, with a minimum of three events. Members for this team are chosen by invitation or selected outright by some predetermined process.
- b. Students and Club Teams
 - i. Students may participate on club teams on an unlimited basis outside of that sport’s given season
 - ii. During a specific SDHSAA Sport Season, students may not participate on any level with a club team. This participation includes a restriction on any/all club team games, practices, try-outs or other like activities.
- c. Coaches and Club Teams
 - i. Coaches may coach a club team from the end of their individual sport season through July 31st given that the roster of that club team contains no more than the following number of students from any member school: basketball – 3, cheer – 5, cross country – 3, dance – 5, football – 7, golf – 3, gymnastics – 3, soccer – 7, tennis – 3, track & field – 3, volleyball – 4, and wrestling – 3.
 - ii. Any team that has more than that given number of athletes and is coached by a SDHSAA member school coach during the Summer Time Period would be considered a “team contact (see next section).”

X. Private Lessons

- a. Private lessons are defined as the teaching of fundamental skills and techniques of a specific sport. Furthermore, private lessons are not to be competitive in nature and therefore must be limited in the number of athletes involved and the schools from which those athletes attend.
- b. The maximum number of participating athletes in a private lesson at any one time is limited as follows: basketball – 3, cheer – 5, cross country – 3, dance – 5, football – 7, golf – 3, gymnastics – 3, soccer – 7, tennis – 3, track & field – 3, volleyball – 4, and wrestling – 3.

- c. Students and Private Lessons
 - i. Students may participate in private lessons at any point during the school year, except as prohibited by the maximum number of participating athletes.
 - ii. Students involved in private lessons may not have any form of competition in that lesson, including but not limited to, direct competition or drills with/against students from another school.
- d. Coaches and Private Lessons
 - i. Coaches may only be involved in private lesson instruction during their individual sport season and the summer time periods.
 - ii. Coaches may receive compensation for their services of providing private lessons
 - iii. Coaches may teach fundamental skills to athletes outside of the given time boundaries only if they are the employee of a club or non-profit entity operated separately from the school.
 - iv. There is no restriction on a coach being able to provide private lesson instruction to his or her son or daughter at any time of the year.

ADDITIONAL TERMS AND DEFINITIONS REGARDING IN- AND OUT-OF-SEASON ACTIVITIES:

I. Four-Contact Rule

- a. During the Summer, Out-of-Season time period, a coaching staff is limited to a maximum of four team contacts/competitions/outings.
- b. Coaching staffs have the options in regard to their four summer contacts:
 - i. Up to four team camps/tournaments, or
 - ii. Up to two team camps/tournaments plus one league

II. In-Season Games, Scrimmages or Practices

- a. Participation in SDHSAA Jamborees designed to train sports officials is not prohibited.
- b. All scrimmages and practices between member schools are prohibited, with the exceptions of:
 - i. SDHSAA-approved Jamborees designed to train sports officials, and
 - ii. Two or more gymnastics teams may bring their squads together to conduct a joint practice or scrimmage.
- c. Games or practices between high school teams and/or individuals and independent, club, alumni, college teams, or non-high school aged individuals are also prohibited. This prohibition is applicable to both individual and team sports.
- d. Teams who have been eliminated from State Championship competition may continue to practice until the end of the season, defined as the last day of that given sport's State Tournament.
- e. **New, 2019: Athletes in the sports of Competitive Cheer and Competitive Dance are allowed to attend up to two collegiate try-outs during the in-season time frame, provided:**
 - i. **A waiver is submitted from the participating athlete's high school to the SDHSAA in advance of the event, and,**
 - ii. **The waiver has been approved by the SDHSAA Executive Staff allowing said attendance.**

III. Open Gyms/Open Road/Open Field Policy

- a. NEW – SUMMER 2016: Open Gyms conducted during the "Summer Time Period" do not count as a team contact and may involve coaching assistance from members of the school's coaching staff. Restrictions remain in place, however, for Open Gyms during any other point in time during the school year.
- b. During any other timeframe, the following regulations apply to open gyms/road/field, etc:
 - i. Local school administration and board(s) are responsible for the operation and enforcement of a local Open Gym/Road/Field policy.
 - ii. Member schools may provide an Open Gym/Field/Road activity for students, provided the following criteria are followed:
 - 1. Open Gyms are defined as activities wherein a gymnasium, playing field or other school/public facility is made available for all students for recreational purposes.
 - 2. Attendance at such an event must be voluntary and open.
 - 3. Local school administrators are responsible for developing policy to govern this type of activity, including adherence to SDHSAA guidelines

4. Member schools may furnish equipment related to the open gym activity, such as balls, goals, standards, nets, mats, etc.
5. The time, day and location of the open gym event shall be made known to the student body by the administration in a timely manner through a publicly accessible avenue (announcements, bulletin board, school paper, school website, etc.)
6. Local policy may dictate certain schedules by gender or grade level, but not activity or sport
7. Participants must furnish their own clothing
8. Supervision of the open gym shall be subject to local policy, but must include that the person in charge of supervision may be a high school coach, but he or she not coach or instruct during the open gym session. This restriction includes, but is not limited to, the teaching of fundamentals of a specific sport.

IV. Awards, Gifts and Financial Assistance for Student Athletes

- a. Student athletes in grades nine through twelve who attend competitive events sponsored by non-school or non-SDHSAA entities may accept the following items without loss of eligibility:
 - i. Air and Ground Transportation
 - ii. Meals
 - iii. Lodging
- b. **(REVISED: 2015)** Student athletes may not accept any award or gift of any kind from participating in an event or otherwise received whose value exceeds \$300.00 unless specific exception is granted by the SDHSAA Board of Directors.
 - i. Students may also not accept a monetary award or anything of a pecuniary value as the result of a competitive event.
 - ii. During the out-of-season time period, students may accept golf awards that exceed the SDHSAA Board of Directors limitations, provided those awards fall within the guidelines set for amateurs by the United States Golf Association and Professional Golf Association.
- c. Students may receive awards from an event with the understanding that the cost of such awards is included in the admission/entry fee charged to participants in the event.
- d. **(REVISED: 2015)** Schools may use school-supervised or maintained accounts to hold funds for summer camp or out-of-season league participation. Schools can now “hold” or be a “pass through” for money that is fundraised by teams/athletes/programs for use in paying for camps, clinics or other expenses; however, no general school-fund dollars may be used for these items.

V. Additional Out-of-Season Restrictions & Regulations as they pertain to 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, unless during the summer time period.
- 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. **UPDATED 2016: Equipment & Uniforms:** Member schools may issue equipment and uniforms during the out-of-season time period provided the local school board has adopted a policy allowing equipment to be issued.
- f. **Fundraisers:** 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.

- g. **Insurance:** 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.

VI. National Championships & National Governing Body or National Team/Event Participation (Revised 2015)

- 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, on an individual basis, who have an opportunity to participate in events sponsored by or as part of participation on a National Governing Body, Olympic Development, National Team and/or National-Level Event may do so, provided advance notice is given to the SDHSAA Executive Staff and prior approval is granted.
 - i. Students wishing to file for this waiver should contact their Athletic Director, who then must contact the SDHSAA Executive Staff in advance of the event to receive appropriate paperwork to be filed for application of this waiver.
 - ii. Once received, the SDHSAA Executive Staff will review the event/opportunity in question and rule on whether or not participation in the event will be allowed.
 - iii. Failure to complete steps one and two prior to the date of the event will render the student subject to penalty as listed for a violation of the In-Season Team Membership Rule in Item One – Definitions – Section I, Item C earlier in this document.

VII. Restrictions on Coaches during the School Year Period

- a. From August 1 through the State Track Meet, coaches may only coach during their designated season and as allowed by this section. The lone exceptions to that rule are as follows:
 - i. 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.
 - ii. 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 except as allowed for by this section.

VIII. NEW – Summer 2016 - Summer Moratorium of Activity

- a. From July 1 through July 7 annually, no contact may take place between student-athletes and their coaches. This period shall be known as the summer “moratorium.” This restriction on activity includes any team contact, individual contact, private lesson, open gym or other situation wherein coaches will interact with student-athletes in an activity setting for any SDHSAA-Sanctioned Activity wherein coaching, guidance or supervision is provided.
- b. Coaches must abstain from any activity with their student-athletes during this time that could fall under the auspices as previously listed in this section.
 - i. Clarification One – Coaches cannot schedule any team activity for their players, including camp participation, open gyms, conditioning programs or outside entities providing instruction, during the July 1 through July 7 moratorium period.
 - ii. Clarification Two – Coaches must make every attempt to not participate in any situation that could fall under the definitions as listed previously in this section.
 - iii. Clarification Three – Coaches and Schools must refrain from allowing non-school personnel access to facilities, equipment or resources during the moratorium.
- c. Student-athletes may attend camps, clinics or programs on their own accord, provided that no involvement of the school or school personnel takes place.
 - i. Clarification One – Student athletes should not participate in any event organized by a member school during the moratorium, including open gym/field/road events.

- ii. Clarification Two – Students may continue to attend non-member school affiliated events during the moratorium, including strength/conditioning programs, individual camps or outside competitions.

IX. New – Summer 2016 – Football Contact Limitations

- a. Beginning in the Summer of 2016, Football teams are to be limited in the number of days in which summer activity may involve the use of player pads. No more than ten (10) calendar days of events including practice, camps or other school scheduled activities may include the use of protective gear beyond a helmet. Of those ten days, no more than five (5) may be consecutive.
- b. Football athletes may participate in non-school affiliated activities (i.e.: individual camp or combine sponsored by an outside organization) beyond the ten-day limit. The ten-day limitation is specific to activities planned, supervised, or conducted by a member school.

FREQUENTLY ASKED QUESTIONS AND INTERPRETATIONS OF ABOVE TERMS & DEFINITIONS:

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 after August 1st? **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 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 cross country/track participate in a triathlon? **YES, a triathlon is not considered a cross country/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? **YES, but only as one of the four allowable contacts during the “summer time period.” If outside of those boundaries, the camp must be open to all interested participants from any school.**
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 a coach at a member school facilitate a conditioning/weight lifting/acceleration type program after the July 31st Summer Deadline? **YES, provided the program is not teaching sport-specific skills and is open to any student to attend, regardless of athletic participation.**
20. 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.**
21. 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.**
22. May schools pay all or part of the registration fee to send athletes to camps/all star clinics, etc? **NO**
23. Can there be competition between camps? **NO**
24. 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.**
25. 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.**
26. 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.**
27. 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**
28. 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**
29. 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**
30. 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.**
31. 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**
32. 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.**
33. 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.**
34. 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**
35. 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.**
36. 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.**
37. 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.**

38. May coaches from one member school coach students from another member school at team outings held in June and July? **NO**
39. 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.**
40. Does the club team regulation apply to golf, tennis, gymnastics or wrestling? **YES, the club team rules applies to all sports.**
41. 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**
42. 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).**
43. Can a high school coach use his/her athletes to demonstrate, help, etc. at a clinic? **YES**
44. 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.**
45. 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.**
46. May students compete unattached in a sport once their team has been eliminated at the district/region from any further competition? **YES**
47. May teams and coaches continue to hold practice in a sport once they have been eliminated from further post-season competition? **YES, coaches and school-sponsored teams can continue to hold practice, but not participate in any interscholastic competition, after being eliminated from further post-season competition until the Final Contest in that sport has been completed. Athletes may continue to practice with their school team in this scenario, provided they have not forfeited their team membership status as described in this document (i.e.: participation with a club team, select team, travelling team, etc.).**
48. During the summer period (June and July), can a coach participate in a pick-up volleyball or basketball game with his/her athletes? **YES**
49. 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**
50. During the summer period (June and July), can a coach conduct private lessons for his/her athletes? **YES**
51. During the out-of-season time period within the school-year, can a coach conduct private lessons for his/her athletes? **NO (exception: gymnastics)**
52. 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.**
53. 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.**
54. During the basketball season, may a school sponsored 9th grade basketball team play in a non-school sponsored basketball tournament against non-school sponsored 9th grade teams who are also entered in the tournament? **Yes, provided the tournament takes place before the end of the basketball season and all other SDHSAA regulations are adhered to.**
55. Can students who are current members of their school's (a) cross country or (b) track team compete in a road race or like events during the cross country/track season? **(a) In Cross country, the road race or fun run needs to be a sanctioned event and added to a teams' schedule, per the SDHSAA Handbook for Cross Country. In Track (B), there is no restriction on Track Athletes participating in road races or similar events during the track season.**

FREQUENTLY ASKED QUESTIONS AND INTERPRETATIONS OF ABOVE TERMS & DEFINITIONS SPECIFIC TO THE SPORTS OF 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:** Can a club/high school coach bring club team members into a high school team during the in-season time period?

Answer: No. This would be a violation of the in season game, scrimmages and practice rule which states, "Games/practices between high school teams/individuals and independent/club/alumni/college teams/individuals are prohibited. This prohibition is applicable to both individual and teams sports.

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 4 members of his/her competitive squad for cheer and limited to 5 members of his/her competitive squad for dance at a time.

PENALTIES FOR VIOLATIONS OF THE RULES WITHIN 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.

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