

### 3.0 CIAC BY-LAWS

- A. *Yes, if it is for the member school team it may be considered part of a practice session. However, if it's determined to be a clinic by the host school (other member schools are invited to attend) then it is permissible provided it is limited to one day and all the approvals mentioned above are given.*

5.Q. **May an athlete attend a one day clinic during the spring sports season with their summer team softball coach for the purpose of being evaluated?**

- A. *No, athletes may not participate in a try-out / evaluation of any nature during the season.*

### 2.0 OUT-OF-SEASON (BOTH DURING THE SCHOOL YEAR AND DURING THE SUMMER)

#### 2.1 Individual and Team Sports

- a. Member schools may permit student-athletes whose name appeared on the CIAC eligibility list for the sport in the preceding season and have CIAC eligibility remaining in the sport to participate in non-school contests as individuals or as members of a non-school team.
- b. Member schools may not permit their coaches to coach or instruct their **member school athletes** whose names appeared on the CIAC eligibility list for the sport in the preceding season and have CIAC eligibility remaining in the sport which they coach **except under the exceptions listed in item 2.1.e. below.**
- c. Member schools may not organize or permit coaches to organize, supervise or operate athletic practices or interscholastic athletic contests for their school or potential team members. A school or coach may not organize and conduct practices with any incoming ninth graders or students not on the eligibility list prior to the start of the sport season.
- d. Coaches may not run fundraisers or collect money for out-of-season practices, events, leagues or other activities. Member schools may not provide school- owned uniforms, worn by the student in non-school contests, or insurance coverage to students or coaches. Member schools may allow use of equipment that does not identify the name or logo of the school if it is deemed necessary for safety reasons.
- e. Member school coaches may only coach or instruct member school athletes in the sport which they coach if they completely **MEET ALL** the parameters of **one of the five** numbered sections below:
  - 1) The student-athlete is the coach's son or daughter;
  - 2) The member school coach is a **bona fide paid employee** of, and was issued an IRS form W-2 or 1099 showing a minimum of \$2,000 in salary for coaching service by a **recreational institution** whose program is designed to provide opportunity to play the sport, have fun, socialize and/or use the sport as a means of diversion.

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It may not include the teaching of skills and/or the provision of instruction or coaching to increase or improve individual and/or team play in the program to any extent greater than such minimal instruction necessary to enable participants to play the sport competently as a recreational activity.

Said recreational institution must have **registration open** to all boys and/or girls of the appropriate age group in the community, not limited to a group of skilled individuals or members of a select team, and where membership on a team or in an activity is not predicated on an individual’s ability or skill in the sport. The recreational institution must also charge members a registration fee to belong.

- 3) The member school coach is coaching **one non-school team per year** out-of-season which meets all of the conditions listed as 3.a. – 3.g. below:
  - a) The number of athletes on the non-school, out-of-season team who were on the eligibility list the previous season and have CIAC eligibility remaining does not exceed the following minimums:

Girls Team Sports			Boys Team Sports		
Sport	# Reg Season	# Out-of-Season	Sport	# Reg Season	# Out-of-Season
Field Hockey	11	6	Football	11	6
Soccer	11	6	Soccer	11	6
Volleyball	6	3	Basketball	5	3
Basketball	5	3	Ice Hockey	6	3
Softball	9	5	Baseball	9	5
Lacrosse	12	6	Lacrosse	10	5
			Volleyball	6	3

**Note:** The numbers on the chart above apply only to coaches working with non-school out-of-season teams as defined in this section. Coaches may not work with players from his/her team outside of the defined non-school team setting. For example, a basketball coach not participating in a non-school team may not work on shooting with three of his players during the summer.

- b) The group of athletes on the previous year’s eligibility list on the non-school team roster remains fixed for the season and athletes from the previous year’s eligibility list with remaining CIAC eligibility are not rotated on or off the team.
- c) The season for the out-of-season non-school team is published and defined and the duration of the schedule does not go beyond either the length of the CIAC competition season schedule for the sport or twelve (12) weeks (whichever is less). The weeks of the season must be consecutive.
- d) The season for the out-of-season non-school team terminates no less than fifteen (15) calendar days prior to the CIAC designated date for the start of practice for that sport.
- e) No more than ten (10) days of pre-season practice with the out-of-season non-school team is conducted. Practice with the out-of-season non-school team during the defined season is permissible.

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- f) The non-school team is a team which is not sponsored or organized by the school and for which the school assumes no liability. However, the school and athletic administration of the school are responsible for assuring their coaches are in compliance with all CIAC out-of-season coaching rules including the non-school out-of-season team requirements.
  - g) Schools must be aware of all non-school teams involving coaches and athletes from their school and maintain information for each non-school league team involving their athletes and coaches including a listing of students on the eligibility list from the previous season participating, the name of the coach the athletes will be playing for, and the schedule of competitions. Said information must be provided to the CIAC if requested.
- 4) A member school coach who is a **bona fide paid employee** of, and was issued an IRS form W-2 or 1099 showing a minimum of \$2,000 in salary for coaching service from a **summer club** may coach in the sports of golf, gymnastics, swimming, and/or tennis, if all the conditions 4.a. – 4.e. below are met:
- a) The club offers the sport(s) of swimming, tennis, golf and/or gymnastics and participation by high school age students in club activities is based on full club membership in the club;
  - b) Membership is not based on age, race, creed or ethnicity;
  - c) There is a membership fee to belong and the club is incorporated as a business under the statutes of the State of Connecticut;
  - d) The coach does not coach or instruct his/her athletes as an exclusive team unit;
  - e) The contact period between coach and his/her athletes terminates no less than fifteen (15) calendar days prior to the CIAC designated starting practice date for that sport (fall sports).
- 5) Member schools may permit their coaches of individual sports to coach any of their athletes who have qualified for a national level competition that is sanctioned by the CIAC and National Federation. This would be limited to one competition. Schools may provide equipment and facilities. Schools may also provide insurance coverage and financial assistance for the competition.

**2.2 Camps Which Teach the Skills of a Specific CIAC Sport** (*Camp* – An organized non-school program, usually held in the summer months, whose purpose is improving the skill level of athletes in a specific sport. The camp must have liability insurance, open registration and there must be a registration fee to participate.)

- a. Member schools may permit students to attend during non-school time provided the following standards are met:

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- 1) Attendance is limited to non-school time.
- 2) Students may not wear school-owned uniforms or equipment which identifies the school.
- 3) The camp is not organized, supervised or operated by the school.
- 4) Booster clubs that are financially independent of the school and the school does not control and/or administer those funds may finance camp expenses.
- 5) Member schools or coaches employed by member schools may not finance camp expenses.
- 6) Refer to exception 2.a.b. – Coaching restrictions.
- 7) A member school coach working in the camp as a volunteer, employee, or employer during the summer, or portion thereof, as a coach where his/her athletes attend, may coach if the following conditions are met:
  - The contact period between coach and his/her athletes is not more than ten (10) days.
  - The coach does not coach or instruct his/her team as an exclusive team unit.
  - The number of potential athletes from a member school team and those with remaining eligibility does not exceed ten percent (10%) of the total number of athletes in attendance at the camp during a specific time period.

#### 2.3 **Student Clinics** (Student clinics are clinics in which the students attending physically participate in the athletic activity)

- a. Member schools may permit students to attend during non-school time provided the following standards are met:
  - 1) Attendance is limited to non-school time.
  - 2) Students may not wear school-owned uniforms or equipment that identifies the school.
  - 3) The student clinic is not organized, supervised or operated by the school. (Whereas a clinic other than a “student clinic” has the students attending as observers only.)
- b. Clinics shall be limited to no more than one day unless prior approval is granted by CIAC.

#### 2.4 **Coaching Clinics** (Coaching clinics are clinics where the coach is a presenter or lecturer to a group of coaches and/or students who are NOT a member of his/her school team.)

- a. Member schools may permit their coaches to use their athletes and school-owned equipment in clinics, not student clinics, when the coach is a presenter and the athletes are used to demonstrate what is being presented. There may be no more than three (3) such clinics per year. School time may not be used. Using players as instructors or demonstrators is permitted at student clinics where participants are NOT from the school’s athletic team. Students may wear school uniforms.
- b. Clinics shall be limited to no more than one day unless prior approval is granted by the CIAC.

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#### 2.5 Tryouts for School Teams

- a. Member schools may not permit students with athletic eligibility remaining in a sport to try out for a school-sponsored team prior to the first practice date of the CIAC authorized season. **Schools may not organize out-of-season practices or tryouts for any prospective team member not on the eligibility list from the previous year.**

#### 2.6 Physical Fitness Programs (Conditioning)

- a. Member schools may conduct physical fitness programs in accordance with the following standards:
  - 1) Physical fitness programs may be conducted indoors or outdoors, as long as there is no coaching and instruction of sport techniques and skills. Cardio vascular conditioning derived from running type activities is permitted.
  - 2) Equipment used in playing a sport is prohibited in physical fitness programs.
  - 3) Weight machines and indoor weight rooms may be utilized in physical fitness programs.
  - 4) Out-of-season physical fitness programs may be conducted for a select group of athletes. Member schools must assure that students are not coerced to participate and that these programs do not hinder or interrupt any of the students other educational, athletic, or family commitments. These programs must be school sponsored and under the direct supervision of the school.
  - 5) Mandatory attendance at out-of-season physical fitness programs is not permitted.

#### 2.7 Open Gymnasium / Playing Fields / Natatorium

- a. Member schools may conduct “Open Gyms,” “Open Fields,” “Open Natatoriums” for their students ONLY in accordance with the following standards.
  - 1) Opening gymnasium, fields or a natatorium of a school district for **recreational purposes** is permitted provided it is not for a select group of athletes. (Recreational Purposes – are designed to provide an opportunity to “play” the sport, have fun, socialize, be a means of diversion, and experience the joy of participation. Conversely, the teaching of skill, and/or the provision of instruction or coaching to increase or to improve individual and/or team play, should not be present.)
  - 2) Member schools may not open the gymnasium, fields or natatorium of a school during the non-CIAC sport season including the summer for a sport for a select group of students to practice individual skills.
  - 3) **Member school must discontinue the “Open Gym / Playing Fields / Natatorium” when 50% or more of the participants are members of that school’s sport team.**
  - 4) Opening the gymnasium, fields or natatorium of a member school for school team competition during the non-CIAC season including the summer for a sport is not permitted.
  - 5) Member schools may not permit their high school coaches to coach or instruct member school athletes in an “Open Gym,” “Open Fields,” or “Open Natatorium” program.

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#### 2.8 Penalties for Coaching Out-of-Season

- a. For coaching out-of-season, the Board of Control shall consider:
  - Fining \$250 per incident up to \$750
  - Assigning two-year probation period for the specific sport
  - Requiring the coach to take the appropriate coaching module
  - If the violation was willful or intended, or if the coach showed disregard for the “out-of-season” rule, the Board may also assign the coach a “disqualification period” of 20% of the scheduled contests for the season in question at all levels. If the period is assigned, it will begin at the next scheduled contest for the sport that the coach is assigned unless otherwise determined by the Board of Control.

If there is a second offense in the same sport, the Board shall consider:

- Assigning the coach a period of disqualification from 50% of regular season contests and the sport will be assigned “prohibition” for one year in the state tournament. If the coach leaves the program, “prohibition” will be eliminated but the penalty period of “disqualification and prohibition” stays with the coach.

#### CIAC IN-SEASON AND OUT-OF-SEASON QUESTIONS

1. **Are volunteer or unpaid coaches granted any special immunity with respect to out-of-season coaching rules?**

*No. A volunteer coach is considered the same as all coaches on the coaching staff of a specific sport and must abide by all CIAC rules and regulations. In fact, according to the State Department of Education regulations, all volunteer coaches who coach or instruct athletes must be certified.*

2. **May a coach call an out-of-season meeting of his/her players to provide off-season “self-help” suggestions or workout programs to help athletes improve their conditioning and/or skills?**

*Yes. One meeting between coach and players for the purpose of providing off-season suggestions or workout programs is permitted. However, the meeting may not be designed to offer coaches the opportunities to instruct athletes on improvement of skills.*

3. **May CIAC member schools permit their coaches to inform their players, through announcements, posters, letters, of sports specific opportunities, such as camps, clinics, leagues, etc.**

*Yes, but coaches may not organize, supervise, coach or instruct member school athletes out-of-season except as provided for through exceptions to 2.1.b.*

4. **May a coach (including a volunteer coach) call an out-of-season school team meeting for the purpose of organizing summertime practices or captain’s practices?**

*No. Rule 2.1.c. states: Member schools may not organize or permit coaches to organize, supervise or operate athletic practice which includes captain’s practices.*

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5. **May an individual who is not a member of the coaching staff for that sport and who has not worked with a team during the season organize an out-of-season practice?**

*Yes. These individuals are not school coaches and have no coaching connection with the team. However, there may be no involvement with the school coaching staff.*

6. **May a coach who has been hired by a school, but not yet coached in that school, coach and instruct his/her member school athletes from that school during the summer prior to assuming his/her coaching duties?**

*No. A new coach must comply with the CIAC out-of-season regulation. A new coach and a returning coach are treated the same.*

7. **May a freshman coach who has no contact with the varsity team, coach or instruct next year's varsity team in a summer league?**

*No. All coaches on the staff (volunteer, freshman, JV or varsity) for that sport are prohibited from coaching "member school athletes" as defined in 2.1.b.*

8. **May a coach (including volunteer coaches) who worked exclusively with soccer goalies during the season, coach the school's soccer team during the summer?**

*No. All coaches (including volunteer coaches) must comply with the CIAC out-of-season regulation.*

9. **May a coach conduct an out-of-season non-mandatory workout, for members of his/her team where well designed aerobic, stretching, plyometrics, other physical fitness activities and interval training techniques are used?**

*Yes. But the training techniques cannot be sports specific and must comply with regulation 2.5.4. which in part states that the equipment of the sport may not be used.*

10. **May a coach mandate out-of-season conditioning for all of his/her athletes?**

*No. Coaches are not allowed to mandate out-of-season conditioning or practices.*

11. **What is a non-school team?**

*A non-school team is one which is not sponsored or organized by the school and for which the school assumes no liability.*

12. **May a non-school team be comprised of only those athletes which make up the school team the previous season?**

*Yes. A non-school team can be made up of only those athletes from the previous season. However, if the high school coaches or their school are involved in organizing, coaching or instructing those athletes it would be a school team practicing out-of-season.*

13. **May a JV baseball coach also coach his own players in the summer on a Babe Ruth team?**

*Yes. However, if any of those players have eligibility remaining he may not coach more than five member school baseball players on that team as specified on the chart in 2.1.b.3.*

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14. **Does my son or daughter count as one of the maximum number specified by CIAC that I may coach or instruct in a non-school team during the summer?**

*Yes. However, a coach may coach his son or daughter any time as an individual.*

15. **As a long time high school coach, may I organize and supervise a summer camp which consists of my athletes from last year as long as I do not coach or instruct them as an exclusive team unit and they don't exceed more than 10% of total number of participants?**

*Yes. As long as he/she is not coaching or instructing any of those athletes as an exclusive team unit.*

16. **May a coach play on the same summer team with some of his players or participate in a tennis or golf match without causing a violation?**

*Yes, as long as there is no coaching or instruction.*

17. **May a coach lend a helmet to a player for an out-of-season event?**

*Yes. All equipment must not identify the school name or school logo.*

18. **May a booster club finance camp expenses for member school athletes?**

*Yes, but only if the booster club is financially independent of the school. The answer would be no if school personnel were involved with the management and disbursement of booster club funds.*

19. **May a coach who is both a girls and boys swim coach, coach in a summer camp with 10% of his girls team and 10% of his boys team at the same time, not as exclusive team units?**

*Yes. The regulation is an exclusive team regulation.*

20. **As a freshman volleyball coach may I work at a camp where there are 100 total athletes enrolled and 10 of those athletes are freshman from my high school team while at the same camp the varsity coach is working there and 10 varsity players are also attending?**

*No, the 10% camp rule relates to the entire team enrollment and not by level. The most athletes from that team that can attend in a camp of 100 athletes would be 10.*

21. **May a member school coach coach one non-school team per year provided no more than the number of member school athletes specified in the chart (found in 2.1.b.3.) are on the out-of-season team roster?**

*Yes. However, the roster must remain fixed.*

22. **May five different football coaches from the same staff each coach a separate team of six of their players with eligibility remaining in a summer passing league?**

*Yes. The regulation states a football coach may coach a maximum of six (6) of his member school athletes in a non-school team setting, and since the teams are separate, each coach would be in compliance with the regulation. It would be a violation if any of these non-school teams combined, since the number of member school athletes would then exceed the limit of six, regardless of the number of coaches on the staff.*



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23. **May a basketball coach instruct three of his/her member school athletes out-of-season?**

*No. It would be considered an out-of-season practice if the coach coached any of his athletes. In order for the coach to be in compliance with the regulation all coaching and instructing must be in a non-school team setting.*

24. **After the date of the school's first contest for a given sport, may a freshman, JV, or varsity team member practice or play with an outside team?**

*No. After the date of the school's first contest participation in any of these activities would constitute a violation. However, there are some exceptions to the rule for students that participate "unattached" in the individual sports of golf, gymnastics, swimming, tennis, indoor track and outdoor track. Please refer to the exception to Rule 1.1.a. for select sports only on page 72 in the CIAC Handbook.*

25. **After the first contest for a given sport may an athlete tryout for an outside team or attend a showcase or audition for a professional team in the same branch of athletics?**

*No. After the date of the school's first contest in that sport the athlete would be in violation of the in-season rules and would lose their eligibility if they participate.*

26. **A student opts to play junior hockey rather than play for the high school team. In January he leaves the junior team and wants to join the high school team. Is this permissible under CIAC eligibility rules?**

*No. After the date of the school's first contest in the high school hockey season, a student who practices or plays with an outside team cannot join the high school team.*

27. **After the first contest designated for indoor or outdoor track, may a team member participate in a "road race"?**

*Yes, provided that the road race is three miles or more and is held on the road and not on the track.*

28. **During the season, may an athlete obtain individual lessons in the skills of his or her sport (i.e. pitching lessons)?**

*Yes. Lessons are permissible as long as they are not provided by their member school coach.*

29. **In the off season, may a coach give individual lessons in the skills of the sport that he/she coaches to one or more of their member school athletes?**

*No. Coaches are permitted to give lessons, but not to members of his or her team.*

30. **May an open gym be conducted for only those students that plan to try out for the basketball team?**

*No. An open gym may not be held for a select group of athletes. For an open gym to be an allowable activity, it must be open to all students and no coaching or instructing is permitted.*

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31. **May the basketball coach supervise an open gym provided it is open to all students from that school and no coaching or instruction takes place?**

*Yes. An open gym as described in the question is a legal activity provided that 50% or less of the participants are members of the school team.*

32. **May a member school's wrestling coach provide an out-of-season "open mat" program that allows athletes from other member schools to attend in addition to members of his/her own team?**

*No. Regulation 2.1.c. clearly states, "Member schools may not organize or permit coaches to organize, supervise or operate athletic practices or interscholastic athletic contests for his/her member school athletes." Furthermore, this activity does not meet the definition of "open gymnasium."*

33. **May a member school coach organize or instruct at a clinic out-of-season where his/her athletes attend and participate?**

*No. Member school coaches cannot give individualized lessons or instruction out-of-season.*

34. **When may a student-athlete participate with an outside team in the same team sport?**

- a. *After his/her team plays its final game and does not qualify for the CIAC tournament.*
- b. *After his/her final regular season contest if he/she is not on the CIAC tournament roster.*
- c. *After his/her team (if on the tournament roster) is eliminated from the CIAC tournament.*

*If a student-athlete participates with an outside team, he/she may not return to his/her high school team the remainder of that season without being in violation.*

35. **May a volunteer freshman coach work with middle school eighth graders prior to the start of their (during the summer) freshman year to help them improve their basketball skills?**

*No, however he/she could work with middle school students before their eighth grade year ends while serving as a high school freshman coach.*

36. **May a coach work at a recreational institution or a sports facility earning more than \$2,000 and coach or instruct his/her own athletes?**

*No, regardless of the amount of remuneration received, to work at a recreational institution or at an indoor or outdoor sports facility, there can be no coaching or instructing and skill development of a coaches own athletes.*

37. **May a coach organize a summer club earning more than \$2,000 and coach or instruct his/her own athletes?**

*No regardless of the amount of remuneration received, the interpretation of a summer club is one similar to a country club offering varied activities and requiring a family membership fee. The coach cannot form a club.*