

THE CIAC OUT-OF-SEASON REGULATION: DO'S & DON'TS

What a coach **CAN** do during the out-of-season:

- Coach his/her own son or daughter as an individual.
- Coach a non-school team one time for one season each year that has (X) number of students from your high school team with eligibility remaining. Note (X) is determined by a mathematical formula and pertains **ONLY** to the sports specified. (Refer to Rule 2.1.e-3 page 74)
- Work as a bona fide paid employee (minimum annual salary of \$2,000) at a recreational institution where there is open enrollment, member school athletes attend and there is **NO** teaching of skills.
- Work at a summer camp provided the number of member school athletes that attend does not exceed 10% of the total enrollment of the camp and **at no time is the team coached as an exclusive team unit.** School districts cannot provide transportation to a camp.
- Organize an out-of-season conditioning program that includes running, weight lifting or calisthenics. The program cannot be mandatory, no sports specific equipment may be used and no drills or cross training that teach techniques of the sport may be conducted.
- Supervise an open gymnasium provided the activity needs no instruction, it is open enrollment to all students of that school and no more than 50% of those in attendance are member school athletes from that sport program.

What a coach **CANNOT** do during the out-of-season:

- Coach or instruct any member school athletes with eligibility remaining.
- Organize, operate or supervise an out-of-season practice or contest for member school athletes with eligibility remaining or for potential athletes of that program.
- Run or organize fundraisers for the purpose of funding out-of-season leagues, practices and sport activities.
- Provide lessons to member school players with eligibility remaining.
- Issue school owned equipment unless specified a safety necessity (Refer to Rule 2.1.d.).
- Provide or arrange the use of school facilities. (Note: Additionally, a school may not organize an out-of-season practice or contest.)
- Organize or condone captain's practice.

What principals/athletic directors should **ASK** themselves:

- Is a coach whom we employ at any time in contact with any of my member school athletes for the purpose of coaching or instructing them during the out-of-season?
- Is a coach whom we employ at any time observing and offering suggestions to my member school athletes during out-of-season league contests?
- Is a coach whom we employ organizing or collecting money for my member school athletes for out-of-season leagues?
- Is a coach whom we employ at any time issuing non-safety equipment or arranging the use of school facilities for my member school athletes for out-of-season activities?
- Is a coach whom we employ at any time doing anything to enhance our high school sports program and gain an unfair advantage during the out-of-season time period?