



CIF/CENTRAL COAST SECTION

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FROM:

START DATES & MAX CONTESTS COMMITTEE

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**PROPOSALS FOR ESTABLISHING START DATES AND
CLEARLY DEFINED SEASONS OF SPORT-
FOR IMPLEMENTATION 2009-2010**

ISSUES:

It has become obvious to most that high school sports seasons have developed into year-round affairs without definitive start dates and without parameters to help govern the sports seasons. Much of it is disguised as club activities, conditioning, open gym, clinics, camps, etc. etc. This, along with some other issues have prompted the Executive Committee, League Commissioners to ask that a committee begin to try and address these issues in the Central Coast Section. Some of the specific considerations are listed below:

- The “busyness” of student life increases constantly, particularly with an increased emphasis on academic achievement in our schools. At times sports participation is in conflict with that due the increased pressure for out-of-season activities, more teams in playoffs which extends the season, more games, more tournaments, longer practices, all impacting the student’s academic pursuits
- An increase during the school year of out-of-season activity (fall baseball/softball, spring basketball etc.)
- The increase of walk-on coaches and club coaches asking for more practice and out-of-season activity
- There has been some “creeping” on existing league established start dates. (e.g. camps, clinics held the week before practice begins)
- Official’s costs will be going up next year
- Lack of multi-sport athletes especially in smaller schools
- The difference in league starting dates...some leagues have early ones, some have none!

CURRENT STATE OF AFFAIRS:

Some leagues have instituted start dates and defined scrimmages but this has become complicated without consistency between the leagues. Section-wide definitions with clear dates would help bring some consistency to the entire section and clear up the gray areas which have caused ineligibility problems for some teams and athletes.

Other CIF sections have instituted specific start dates to help coaches, athletes, parents and administrators create a level playing field for all programs and manage their athletic programs more effectively.

RATIONALE FOR ESTABLISHING SECTION-WIDE STARTING AND ENDING DATES:

Advantages for having section-wide start dates include:

- Promoting healthier athletes both mentally and physically through clearly defined seasons of play
- Promote the multi-sport athlete with less overlap in seasons
- Help prevent burnout for athletes, coaches, parents
- Help AD's and administrators plan for school activities around prescribed seasons and vice versa
- Help AD's and administrators develop a better facilities usage plan with less overlap of seasons
- Increase the focus on league play
- A better defined season helps families plan their lives around the student-athletes season
- Creates a time off period for some athletes; thus providing a recovery time for student-athletes who may be treating injuries
- Equitable treatment section-wide. All sports teams are held to the same standard for when they can start practice, scrimmages, contests. One league cannot move theirs earlier causing others to follow suit.

RECOMMENDATION:

There are 3 proposals attached for your review. These recommendations have come from a CCS Ad Hoc Committee convened to address start dates and maximum contests. They have used other CIF sections' guidelines and Bylaws as well as the existing league start dates to help formulate this proposal to best fit the Central Coast Section member schools, student athletes and coaches. The ADAC, League Commissioners and CCS Executive Committee have all had input in the development of these proposals.

It is strongly recommended that the section adopt starting dates rather than continuing to leave this up to each league. Please review the attached. In reviewing such proposals keep in mind the following four perspectives:

1. You may not be experiencing any issues with this in your league or at your school and therefore be inclined to vote no since you do not perceive there to be a problem in this area. The CCS staff, dealing with all our member schools as well as the majority or the league commissioners strongly feel there is a problem in this area and the section ought to establish the starting dates. Whether you are experiencing a problem in your league or school or not, please consider what is best for the entire section.
2. You may find these dates earlier or later than what your school or your league have now. Schools and league can always start later than these start dates. They will probably NOT match up exactly with what any league is currently doing because they are a compilation of the best of what all the leagues are doing. Please do not vote in opposition based on that alone. As long as the dates are the same for everyone, does it really matter if it is one or two days or even two weeks later than you now start? These dates are based on what other sections are doing in conjunction with what our leagues are now doing. As long as the date is the same for everyone, no competitive advantage or disadvantage is gained. Try to consider these proposals with a BIG picture view Maybe not perfect for you or exactly what you have done before, but perhaps this is good for ALL our member schools.

3. Remember when you ask your coaches what they think they will almost ALWAYS want to start earlier and won't like any restriction on their season whatsoever. However, as administrators at an educational institution, you must look out for the total program, academic and interscholastic and weigh the benefits overall rather than simply the wishes of a coach who wants to start his fall practices the first of August or her winter practices the middle of October when fall sport athletes are still actively competing in their fall season of sport. We need to set the parameters of what we want high school sports to be and get in put from coaches, but not make their passionate pleas our only consideration.
4. Some who have successful programs will question how this will impact their competitive abilities should they proceed beyond CCS playoffs into CIF Championships. This must be said about that.....none of the other sections, all of whom have starting dates section-wide worried about when our starting dates were when they established theirs years ago. First this affects a miniscule number of our teams in the section. Secondly those teams are consistently competitive now. Thirdly the change in dates from any league dates now established to these proposed cannot possible be perceived as making a difference in the chances any of our section teams has in competing against other section top teams in CIF Championship competition. Coaches may whine about this, but it is an empty claim.



2008-2009 CCS BYLAWS

NO Changes approved during the 2006-2007 school year which are new for this year
are *italicized* for your reference

ARTICLE V Approved Sports

Section 1 APPROVED SPORTS

Section 3 SEASON OF SPORT

Section 5 SANCTIONED TOURNAMENTS

Section 7 NON CIF TEAM COMPETITION

Section 2 SPORT BYLAWS

Section 4 TOURNAMENT & CONTEST LIMITATIONS

Section 6 SUMMER ACTIVITY

PROPOSAL #1—Includes:

1. Section 3 Season of Sport: 2 Pages
 - o All school competition during the school year is governed by these rules
 - o Post-season authority is jurisdiction of CCS
 - o E. Outside organizations
2. F. Practice-1 Page
 - o definition,
 - o starting dates
 - o penalties for violation
3. H. Scrimmages/Faculty/Alumni/Jamborees-1 Page
(see also interscholastic Contests)
 - o Definition of each
 - o Start dates
 - o Maximum #'s
 - o Penalties for violations
4. I. Interscholastic Contests- 1 Page
 - o start dates
 - o Penalties for Violation

PROPOSAL #2—Includes:

1. Spring Football
 - o Pros
 - o Cons
 - o Language to incorporate into Proposal #1

PROPOSAL #3—Includes:

1. Rest Periods-2 Proposals Designated 3A & 3B
 - Proposal 3A has:
 - o Definition
 - o Beginning/Ending Dates
 - o Parameters & Exceptions
 - o Penalties for Violation
 - Proposal 3B has:

- o Language to allow conditioning during rest period

PROPOSAL #1

1. Section 3 Season of Sport:

Proposal #1 pg 1

- o All school competition during the school year is governed by these rules
- o Post-season authority is jurisdiction of CCS
- o E. Outside organizations

Section 3 (new) SEASON OF SPORT

All competition and/or practice in which any CIF/CCS member school team and/or individual(s) representing that school participate, between the beginning of the fall rest period and the 2nd Saturday in June (See CCS Bylaw Article V, Section 5), must be played during the CCS established season of sport as outlined herein.

Student-athletes or coaches shall not represent their high school in practice or competition during the school year in any sports activity that does not fall between the start dates and the end of the season as defined herein and that is not part of the regular season activities as approved by the high school principal. (exception All-Star competition—see CIF Bylaws, Article 90.)

- A. No competition or practice as described herein may be held before or after the designated season of sport as established by the CCS.

<u>Year/Season</u>	<u>Practice</u>	<u>Start Dates</u>		<u>Contests</u>	<u>End of Season</u>
<u>2009-2010</u>		<u>Scrimmages etc.</u>			
Fall	August 14	August 28		September 3	See Article V, Section 3.B.4 below
Winter	November 2	November 23		November 30	
Spring	February 2	February 15		February 22	

B. **Post Season Authority**

All post-season competition is under the sole jurisdiction of the CCS and CCS has full authority over any competition held after the last-regular season date of allowed competition.

1. No competition other than official CCS or CIF sponsored activity shall be allowed.
2. No schools may participate in any practice or competitive activity which are not qualified for and entered into the CCS or CIF championships.
3. The CCS may grant permission upon request from the league commissioner for sub-varsity competition to be held during the post-season if a rainout or other unforeseen circumstance prevented a regular-season league contest to be played. The league commissioner may request for such contest to be "made up" after the last date of regular season competition.
4. Dates of last regular-season event:

DATES OF LAST REGULAR-SEASON EVENT 2009-2010					
FALL		WINTER		SPRING	
Girls Golf	10/29	Soccer	2/13	Boys Golf	4/29
Girls Team Tennis	11/06	Basketball	2/20	Boys Team Tennis	4/03
Girls Individual Tennis	11/06	Wrestling	2/20	Boys Individual Tennis	5/03
Cross Country	11/07			Baseball	5/15
Field Hockey	11/07			Gymnastics	5/15
Girls Volleyball	11/07			Softball	5/15
Water Polo	11/07			Boys Volleyball	5/15
Football	11/14			Swimming & Diving	5/15
				Track	5/15
				Badminton	5/22

- C. This bylaw applies to **ALL** practices and competitions, including regularly-scheduled pre-season and/or league contests, scrimmages, competition(s) with a non-CIF team, alumni games, jamborees, etc.

- D. **All-Star Games:** This does not apply to All-Star participation, which is governed in accordance with the guideline set forth in CIF Bylaws, Article 90.
- E. These bylaws are intended to apply to any CIF/CCS member-school team, student athlete and coach.

OUTSIDE ORGANIZATIONS

1. It is recognized that many student-athletes choose to participate on outside sports teams or in sports instruction in sports in which they also participate in high school. Therefore, this is not intended to apply to private lessons or club sport activity which comes under the authority and governance of an outside organization or business in which a student chooses to participate.
2. However, high school coaches involved in such outside programs shall not implicitly or explicitly require any student-athletes on their high school team to participate in such.
3. The school name, insignia, official colors, equipment, facility and uniforms belong to the school and may not be used in capacity other than in CIF competition as allowed within the CIF, CCS, League and school governing documents. If teams or individuals competing in or practicing with an organization governed by someone other than the CIF, use school names, school mascot names, school uniforms or anything that in any way identifies them with a particular CCS high school, they shall be considered a school team regardless of their affiliation with that outside agency. No school equipment can be used by these outside teams or individuals except as otherwise specifically agreed upon by the school and the outside user in a written rental agreement.
4. Outside “club” etc. activity shall not be used to circumvent this policy

- o definition,
- o starting dates
- o penalties for violation

F. PRACTICE

- 1 Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR
 - e. tryouts .
- 2 Any single practice session shall be no longer than 3 hours in length.
- 3 There shall be a minimum of 2 hours between any two practice sessions in a single day
- 4 **STARTING DATES FOR PRACTICE-** In the Central Coast Section, the following practice start-dates are established for all member school teams and individual student-athletes:
 - *a. **FALL SPORTS:**
 - o The 1st day of practice shall be no earlier than the Friday of the 6th week of the annual NFHS/CCS Official Calendar: (August 14, 2009).
 - o Football may not practice in pads until the following Monday.
 - o No sport shall have more than 54 hours of practice time before the contest start date established by the CCS in Article V, Section 3.H following.
 - o **Spring football—SEE PROPOSAL #2**
 - b. **WINTER SPORTS:** The 1st day of practice shall be no earlier than the 1st Monday in November (November 02, 2009)
 - c. **SPRING SPORTS:** The 1st day of practice shall be no earlier than the 1st Monday in February (February 01, 2010)
5. **PENALTIES FOR VIOLATION:** Each day that such prohibited activity occurs shall result in a loss of a minimum of 2 practice days immediately following the determination of a violation. All teams in that sports program will be placed on immediate probation for the remainder of that season and the following two full seasons. Additional sanctions, such as reduction of additional practices for the current and/or following season, a reduction in the number of contests allowed in the current and/or following season, extended probationary status, removal from post-season competition, or other appropriate sanctions as determined by the CCS may be applied.

- o Definition of each
- o Start dates
- o Maximum #'s
- o Penalties for violations

H. SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES

1. SCRIMMAGES

- a **Definition:** A Scrimmage is considered a contest per all CIF and CCS bylaws and is defined as:
- 1 an activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND
 - 2 where no score is kept; AND
 - 3 where regulation time is not kept; AND
 - 4 where no officials are paid; AND
 - 5 where substitute rules are set aside; AND
 - 6 where coaches are stopping play for instructional purposes; AND
 - 7 where admission is not charged.
- b Scrimmages shall not count in the team's maximum number of contests. Teams are allowed a total of two scrimmages per season.
- c Any post regular-season scrimmage may only be contested after the seeding meeting in that sport with another team which is entered into that sport's CCS Playoff Tournament. Such scrimmage must be contested prior to both team's first contest in that CCS Playoff Tournament.

2 JAMBOREES:

Only league-sanctioned jamborees are allowed. Such jamborees must be played prior to the first league contest for any team participating in the jamboree. Jamborees shall not count in the team's maximum number of contests. Teams are limited to participation in one jamboree per season.

3 ALUMNI GAMES/FACULTY GAMES:

Alumni games and Faculty games may only be contested between the CCS established date for the first scrimmage and that team's last regular-season contest. Alumni or Faculty games shall not count in the team's maximum number of contests. Teams are allowed one of these types of games per season per CCS Bylaws, Article V, Section 8.

4 MAXIMUM NUMBER OF SCRIMMAGES/JAMBOREES/ALUMNI OR FACULTY GAMES

See CCS Bylaws Article VI, Section 4.

5 STARTING DATES FOR SCRIMMAGES/JAMBOREES/ALUMNI GAMES/FACULTY GAMES

- a **FALL:** no such contests shall be held prior to one week before the first allowable game for that season. (August 28, 2009)
- b **WINTER:** no such contests shall be held prior to one week before the first allowable game, the Monday of Thanksgiving Week. (November 23, 2009)
- c **SPRING:** no such contests shall be held prior to one week before the first allowable game, the third Monday in February. (February 15, 2010)

6 PENALTIES FOR VIOLATION:

The following penalties will be applied to any school in violation of the scrimmage/jamboree/alumni game/faculty game start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for a specific gender regardless of the level at which the violation occurred. (e.g. a violation of the JV girls basketball team would affect the freshman, JV and Varsity girls basketball teams) A school not on probation for any previous violation of this rule shall:

- a Not be allowed any scrimmage, alumni or faculty game respectively for that sport program for that school for the next three years for a violation of same. (e.g. scrimmage violation-no scrimmage for 3 years; alumni game violation-no alumni game for 3 years, etc) AND
- b Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.

- Start dates
- Penalties for Violation

I. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

- 1 Starting dates for contests are established to insure equitable competition opportunities for all of the CCS member school teams and student-athletes.
 - a. **FALL:** No contest shall be held prior to the Thursday of the 9th week of the annual NFHS/CCS Official Calendar. (September 3, 2009)
 - b. **WINTER:** No contest shall be held prior to the Monday after Thanksgiving. (November 30, 2009)
 - c. **SPRING:** No contest shall be held prior to the 4th Monday in February. (February 22, 2010)
- 2 **Penalties for Violation:** The following penalties will be applied to any school in violation of the contest start dates. The penalties outlined below will be applied to all teams at all levels of that sport offered at that school for specific gender regardless of the level at which the violation occurred. (e.g. a violation of the JV girls basketball team would affect the freshman, JV and Varsity girls basketball teams) A school not on probation for any previous violation of this rule shall:
 - a. Forfeit the game(s) played in violation of the rule.
 - b. Reduce the number of contests the following season in that sport for all teams offered at that school by twice as many contests as they played in violation of the contest start date.
 - c. Be placed on probation for the remainder of the current season and for the next two full seasons of that sport.

Scrimmage/Facult/Alumni/Jamborees limitations:**Section 4 TOURNAMENT & CONTEST LIMITATIONS**

- (2) "Scrimmage" and "Jamboree" limitations shall be addressed in each respective League's Bylaws. Scrimmages/faculty games; alumni games, jamborees:
- For all sports except football, each team is allowed a total of two scrimmages per season.
 - Football may not have more than one scrimmage in compliance with Article V.3.F.
 - Each team is allowed only one faculty game per season
 - Each team is allowed only one alumni game per season.
 - Each team is allowed to participate in only one jamboree per season.

Section 7* 8 NON-CIF TEAM COMPETITION

As allowed in CIF Bylaw 502.A. OUTSIDE TEAMS referenced below,

- (a) Alumni/Faculty Games: CCS grants approval for CCS member schools to conduct one alumni and/or one faculty competition against each of their varsity teams provided such contests:
 1. are approved by the Principal of the school; **AND**
 2. are conducted during the season of sport and prior to the date of the last league event for that sport as established by the CCS Board of Managers annually; **AND**
 3. are not conducted on Sunday.
- (b) Any other competition with a non-CIF member Team, must be approved by the League Commissioner and the CCS Commissioner. (CCS Form 502)

(CIF Bylaw 502 OUTSIDE TEAMS: A. No school belonging to the California Interscholastic Federation shall compete, scrimmage or practice with any team outside the jurisdiction of the Federation without the consent of the California Interscholastic Federation Section involved. A school disregarding this rule may be barred from participation in that sport during the following season)

Should spring football practice be allowed?

Pros:

- It's always been done
- There is less club football programs during the year than many other sports enjoy
- Coaches have a chance to see who may be coming out in the fall
- It's holy ground, you can't take away spring football!

Cons

- Why does football get to have off-season practice when no one else does?
- Is this an equity issue; if football gets to have it, do we have to let girls volleyball, or other fall sports and why doesn't baseball get some days of fall baseball practice then? etc.etc.
- There is more summer football activity than in the past, so do they still need this?
- Interferes with spring sports
- Interferes with spring scholastic activities (e.g. testing, finals, etc.)
- No one is sure what benefit it is to any program. Coaches hold it for all different kinds of reasons.

If we allow spring football the language would read as follows and be inserted into Article V, Section 3. F.4.a.

- Spring Football
- In the sport of football only, schools will be allowed no more than 10 days and no more than 20 hours of spring practice, wearing only cleats and helmets, beginning no earlier than May 1st.
- No tryouts may be conducted during spring football practice.
- Spring Football may not be implicitly or explicitly mandated by the coach or anyone else associated with the school or the program.

PROPOSAL #3 REST PERIOD

Two Options:

1. vote for one 3A or 3B

OR

2. vote them both down

ISSUE: A rest period two weeks prior to the beginning of the season protects the integrity of the practice start dates.

- Many coaches (more every year) schedule a camp or a clinic or some other activity one or two weeks prior to the start of practice. This is a poorly camouflaged attempt to begin practice one or two weeks early in order to get a jump on the competition, hold tryouts, etc. This is blatantly unfair and undermines the practice start dates.
- Other sections have such a non-contact period prior to practice for the same reasons we are proposing considering of the same. The belief is that even if a coach has a camp or clinic three weeks prior to the season, any advantage gained by that would be minimized by pushing it out that far before the first practice for that sport.
- This also assists with some overlap in seasons, as students who may want to go out for a fall season sport even though their main sport is winter...if they know the winter practice season is fixed and that there will be no camps or clinics they are expected to attend prior to that practice start date, hence a bit less overlap in the seasons, they may choose to play both fall and winter sports. This won't affect a significant number of student athletes, but it may affect some.
- For the Fall sports, this allows parents to make plans for vacation prior to the start of fall practice. There is so much summer activity involving high school teams that many families find it difficult to find time to plan vacation time with their family.
- There has been no definitive research indicating an increase in injuries when a rest period has been implemented.
- We definitely need a rest period before practice, but what should it look like?

Description: This enacts a full two-weeks (14 days) of hands off, no contact by the coach in any capacity with the prospective student athletes immediately prior to the practice start date. Arguments against this rule is that it outlaws conditioning and some people believe that is a mistake.

G. REST PERIOD

1. The purpose of the rest period is to give students and coaches a clearly defined period of no contact in order to insure compliance with the CCS-established practice start date. This protects the integrity of that practice start date and provides competitive equity for all CCS teams. For a full two weeks (14 calendar days) prior to the CCS established practice start date, coaches (paid or volunteer) may have no contact with the student-athletes on their prospective, upcoming sports team. All of the following applies to paid or volunteer coaches associated with a team, program or school.
2. **Fall:** Two full weeks (14 calendar days) prior to the first day of practice:
(July 31-August 13, 2009)
Winter: Two full weeks (14 calendar days) prior to the first day of practice
(October 19-November 1, 2009)
Spring: Two full weeks (14 calendar days) prior to the first day of practice.
(January 18-January 31, 2010)
3. **Teachers:** Coaches who are teachers at the school where they coach may only have contact with students in the regular course of studies for that student.
4. **Athlete Study Halls:** Coaches or other school personnel may run a regularly-scheduled academic tutoring study hall for student athletes during the rest period during or after school hours:
 - o as long as the content of the academic material is in direct relation to the student's current academic course of study AND
 - o the academic study hall is approved in writing by the principal.
5. **Multi-Sport Coaches:** Coaches who are coaching student-athletes on another school sport's team for the season immediately prior, may continue to have contact with those student-athletes through the conclusion of the previous season of sport, even if that includes the rest period.
5. **List of Prohibitions:** This prohibition includes, the use of sports equipment and facilities for that sport by the student-athlete(s) and any member of that sport team's coaching staff, paid or volunteer; no open gyms, no open weight rooms, no group meetings, no individual or group practices, no individual or group communication about the upcoming season, no tryouts, no individual or group activities of any kind. (exception: communication regarding athletic paperwork requirements and/or information regarding sports physicals is allowed on an individual student-athlete basis)
7. **General Information Announcements:** A general announcement about the first day of practice, any requirements for same, tryout dates, etc. may be communicated to the student-body at large through a school-wide communication system (e.g. daily announcements, bulletins, etc.) before, during or following this two-week rest period.
8. **Outside Teams:** The use of outside agencies will not be allowed to circumvent this rest period. Coaches may not have contact with individuals or groups of prospective student-athletes within the context of any outside sports organization (e.g. club teams, recreation teams, private lessons or group instruction, camps, clinics etc.) during this two week rest period.
9. **Tryouts:** No tryouts for any interscholastic team may take place at any time between the end of the previous school year's season-of-sport and the current school year's CCS-established practice start date. (including during the summer)
10. **Penalties for Violations:** Each day that such prohibited activity occurs shall result in a loss of a minimum of 2 practice days and all teams in that sports program will be placed on immediate probation for a minimum of two full seasons. Additional sanctions, such as reduction of additional practices for the current and/or following season, a reduction in the number of contests allowed in the current and/or following season, extended probationary status, removal from post-season competition, or other appropriate sanctions as determined by the CCS may be applied.
11. **National or International Competition:** This bylaw may be waived by the CCS Commissioner provided the activity during the established rest period involves inter-state, national or international competition as sponsored by a National Governing Body or National Organization for that Sport. Petitions must be filed in writing by the school to the CCS office a minimum of 30 days prior to such event.

Or

PROPOSAL 3 B

Description: This enacts the same amount of time—two weeks (14 days) immediately prior to the practice start date where sport specific instruction, camps, etc. is not allowed, but conditioning would be allowed. This is a more generally-written rule whose integrity relies on the principal at each school certifying in writing that no illegal activity as described herein and within the spirit or the purpose of the rule is taking place at their school. Such certification in writing would be done on a form to the league commissioner seasonally.

G. REST PERIOD

1. **PURPOSE:** The purpose of the rest period is to give students and coaches a clearly defined period of no contact in order to insure compliance with the CCS—established practice start date. This protects the integrity of that practice start date and provides competitive equity for all CCS teams.

All of the following applies to paid or volunteer coaches associated with a team, program or school.

2. **Definition of Activities:** For a full two weeks (14 calendar days) prior to the CCS established practice start date, coaches (paid or volunteer) may not conduct any activity that involves skill development for an individual student athlete or group of student athletes specific to the sport in which they may be trying out for or participating in the upcoming season.
- This may include, but is not limited to, private lessons, individual instruction, camps, clinics, open gyms etc.
 - This does not include general conditioning but does include sport specific conditioning. Sport Specific conditioning activities include activities that use equipment specific to the sport (ex. - balls, blocking dummies, re-bouncers, etc.), running plays, discussing strategies, working on individual or team defense or offense and viewing sport specific videotape or leadership training with potential team members.
 - Conditioning sessions during this time may not be implicitly or explicitly mandated by the coach or anyone else associated with the school or the program.
 - Conditioning sessions may not be more than 1.5 hours in length
 - Weight training is not a CIF sport. Potential team members may weight train anytime during the course of the school year with approval of the principal. However, when weight training is moved from the weight room to the outside and drills involve the use of specific sport equipment, then the school is in violation of this rest period.
3. **Principal's Responsibility:** The principal and AD shall certify in writing prior to the rest period each season to the league commissioner that all sports programs for the upcoming season are in full compliance with the letter and spirit of the rest period.
- a. **Fall:** Two full weeks (14 calendar days) prior to the first day of practice:
(July 31-August 13, 2009)
- Winter:** Two full weeks (14 calendar days) prior to the first day of practice
(October 19-November 1, 2009)
- Spring:** Two full weeks (14 calendar days) prior to the first day of practice.
(January 18-January 31, 2010)
4. **Outside Teams:** The use of outside agencies will not be allowed to circumvent this rest period. Coaches may not have contact with individuals or groups of prospective student-athletes within the context of any outside sports organization (e.g. club teams, recreation teams, private lessons or group instruction, camps, clinics etc.) during this two week rest period.

5. **Tryouts**: No tryouts for any interscholastic team may take place at any time between the end of the previous school year's season-of-sport and the current school year's CCS-established practice start date. (including during the summer)
6. **Penalties for Violations**: Each day that such prohibited activity occurs shall result in a loss of a minimum of 2 practice days and all teams in that sports program will be placed on immediate probation for a minimum of two full seasons. Additional sanctions, such as reduction of additional practices for the current and/or following season, a reduction in the number of contests allowed in the current and/or following season, extended probationary status, removal from post-season competition, or other appropriate sanctions as determined by the CCS may be applied.
7. **National or International Competition**: This bylaw may be waived by the CCS Commissioner provided the activity during the established rest period involves inter-state, national or international competition as sponsored by a National Governing Body or National Organization for that Sport. Petitions must be filed in writing by the school to the CCS office a minimum of 30 days prior to such event.