

**CENTRAL COAST SECTION
AD HOC COMMITTEE MEETING
START DATES/MAXIMUM CONTACTS**

CCS Article V Section 3 Season of Sport & Section 6 Summer Activity

The recommendation is to create an End of Summer date of **July 31st**, when all sport specific athletic activity must cease.

Coaches/schools 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.
- 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.

Section 3 SEASON OF SPORT

All competition and/or practice in which any CIF/CCS member school team and/or individual(s) representing that school participate during the school year (August 1 through the 2nd Friday in June) and outside of summer as defined immediately below, must be played during the CCS established season of sport as outlined herein. Summer is defined as beginning the 2nd Saturday in June and ending on July 31st each year. ~~between the beginning of the fall practice start date and the 2nd Saturday in June (See CCS Bylaw Article V, Section 6), 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.)

Section 6 SUMMER ACTIVITY (CIF 1203)

- A. DURING THE SCHOOL YEAR: California Interscholastic Federation approved sports are listed in Bylaw 1200. Rules and regulations apply for these sports during the school year only. Some activities depend upon specified sport skills. Among these are hole-in-one contests for golf, basketball free-throw contests, baseball throws for distance and accuracy, and football punts for distance. Achievement in these activities depends upon an individual's athletic prowess in a particular sport. If this activity is an approved CIF sport, then a student may jeopardize the student's CIF eligibility if the student's participation violates the CIF amateur status or award rules.
- B. DURING THE SUMMER ~~(defined for purposes of this bylaw by CCS as beginning the second Saturday in June each year).~~ (Defined by CCS for purposes of this and other CCS and CIF bylaws as beginning the 2nd Saturday in June and ending July 31st of each year)
During the summer period California Interscholastic Federation rules and regulations do not apply to any activities except as follows:
1. No physical conditioning or practice sessions for football prior to the opening of authorized practice may be conducted by a high school, unless specifically authorized by the appropriate CIF Section.
 2. Participation in any other sports during the summer is governed by the nationally recognized authority for each sport, if such authority exists

NOTE: See CIF Bylaw 900 for All-Star competition regulations