

THE CONNECTICUT ASSOCIATION OF SCHOOLS
72nd Annual Meeting – Spring 2024

APPROVED CHANGES TO THE CIAC BYLAWS

PROPOSED CHANGES TO ARTICLE XII – IN-SEASON/OUT-OF-SEASON RULES

(found on pages 69-82 of the current CIAC Handbook)

Explanation of changes: In addition to clarifying components of the existing out-of-season coaching regulation, the proposed changes to Article XII allow some restricted summer coaching opportunities for all CT districts and communities. The changes, which were brought forth via a joint proposal from the CT Association of Athletic Directors (CAAD) and the CT High School Coaches Association (CHSCA) and were approved by the CIAC Board of Control, aim to level the playing field between communities that have significant financial resources and those that do not.

Rationale for changes: Over time, the CIAC regulations governing athletic activities in the summer have contributed to a competitive divide in our state. School districts that have greater financial resources at their disposal are able to provide more opportunities for their athletes during the summer months, thus creating an imbalance in the preparation of our athletes for the CIAC sports seasons. The proposed changes create an equity of access among ALL CIAC member schools, thus opening opportunities for under-resourced communities.

NOTE: THERE ARE NO PROPOSED CHANGES TO ARTICLE XII, SECTION 1.0 - DURING AUTHORIZED CONTEST SEASON (In-Season Rules)

PROPOSED ADDITIONS IN **RED** / PROPOSED DELETIONS IN ~~STRIKETHROUGH~~

2.0 OUT-OF-SEASON - ~~DURING THE SCHOOL YEAR (BOTH DURING THE SCHOOL YEAR AND DURING THE SUMMER)~~ **DURING THE SCHOOL YEAR *(The following regulations pertain to any out of season activity that occurs only during the school year except for 2.1.e.3 below)***

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.

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 (including during the summer provided the student-athletes involved in the non-school program are not also involved in the 2/week summer session activities)** 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 number 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-seas 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 **non-school** season is permissible.
 - 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, 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 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).~~

4. 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.) *CIAC run and operated camps and clinics only are exempt.

- 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 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, **may not coach their athletes at any time during that camp.** 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 CIAC.

2.5 **Try-outs 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 try-outs 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. Cardiovascular 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.

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 (DURING THE SCHOOL YEAR) QUESTIONS

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

- A. *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.Q. **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?**

- A. *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.Q. **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.**

- A. *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.Q. 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?~~

~~A. No. Rule 2.a.c. states: Member schools may not organize or permit coaches to organize, supervise or operate athletic practice which includes captain's practices.~~

4.Q. 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?

A. 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.Q. 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?~~

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

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

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

5.Q. 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?

A. 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.

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

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

7.Q. What is a non-school team?

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

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

- A. 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.Q. May a JV baseball coach also coach his own players in the summer on a Babe Ruth team?~~

- ~~A. 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.~~

9.Q. 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?

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

~~15.Q. 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?~~

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

~~16.Q. 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?~~

- ~~A. Yes, as long as there is no coaching or instruction.~~

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

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

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

- ~~A. 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.Q. 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?~~

- ~~A. Yes. The regulation is an exclusive team regulation.~~

~~20.Q. 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?~~

- ~~A. 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.~~

11.Q. 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?

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

~~22.Q. 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?~~

~~A. 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.~~

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

A. 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.

13.Q. 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?

A. 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 71 in the CIAC Handbook.

14.Q. 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?

A. 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.

15.Q. 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?

A. 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.

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

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

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

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

18.Q. 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?

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

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

A. *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.*

20.Q. 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?

A. *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.*

21.Q. 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?

A. *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."*

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

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

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

- A. 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.Q. 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?~~

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

24.Q. 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?

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

- ~~A. *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.*~~

3.0 OUT-OF-SEASON - DURING THE SUMMER (The following regulations pertain to any out of season activity that occurs only during the prescribed summer months)

3.1 Individual and Team Sports

a. Member schools' coaches may allow their coaches to coach their member school athletes during the summer months beginning on the Monday following the designated spring state championship weekend (Prior to Decathlon) and concludes no later than the second Saturday of August provided ALL the following conditions are adhered to:

- 1. Coaching is restricted to no more than 2 days per week per sport.**
- 2. Each day may not exceed 2 total hours of practice time per day OR the amount of time needed to complete an official single game/contest. (Note: Multi-contest events, round robin tournaments, double header games, etc. are not permitted)**
- 3. Although NOT required, coaches may receive compensation provided it is not directly or indirectly derived from fees charged to student-athletes. However, coaches may collect fees from member school student-athletes to cover administrative costs such as transportation, entry fees, Insurance, officials, Etc.**
- 4. Any person providing instruction during this summer activity must comply with all CIAC Coaching Credential Requirements and Mandates.**
- 5. Any summer activities conducted by member schools, or their coaches cannot be mandatory for their student-athletes.**
- 6. School Districts may allow the use of school equipment, transportation, and insurance ONLY for these 2 per week activities.**
- 7. None of the above exception/conditions (1-6) may be used simultaneously with any other part of the existing restrictions for the out of season regulation.**
- 8. In the sport of football full contact is prohibited.**

CIAC OUT-OF-SEASON (DURING THE SUMMER) QUESTIONS

1.Q. May a coach continue to have conditioning workouts in addition to two practice sessions per week?

A. Yes, provided that the established restrictions for conditioning are followed.

2.Q. May more than 1 coach on the same sport staff each coach a different session 2 days per week?

A. No, the 2 day per week is PER SPORT, not per coach.

3.Q. May a member school coach enter the entire member school team in a summer league and coach them in that summer league?

A. Yes, provided the summer league begins after the Monday following the end of the spring sports and concludes no later than the second Saturday of August AND the total number of games or practices per week does not exceed 2 sessions that are no more than 2 hours each (OR the amount of time needed to complete an official single game/contest) AND the coach does not receive compensation directly or indirectly from fees charged to the student-athletes.

4.Q. May a member school coach host their own camp during the summer months?

A. Yes, provided it begins after the Monday following the end of the spring sports and concludes no later than the second Saturday of August AND the total sessions per week does not exceed 2 sessions that are no more than 2 hours each AND the coach does not receive compensation directly or indirectly from fees charged to the student-athletes.

5.Q. May a member school coach hold 2 events/ practice sessions per week on the same day?

A. Yes, provided the accumulated time does not exceed 2 hours per day. However, a coach may not host a second session of 2 hours in the same day in the same sport. Also, an athlete may attend a second session for a different sport on the same day.

6.Q. Does the 2 days per week have to be the same 2 days each week?

A. No, the days can be different each week which would better accommodate multi-sport athletes. The start of each week begins on Sunday.

- 7.Q. May a member school basketball coach who has been coaching a non-school team with only 3 players from his member school eligibility list on the non-school roster now coach their entire team on the non-school team?**
- A. Yes, provided the summer Team activities begins after the Monday following the end of the spring sports and concludes no later than the second Saturday of August AND the total number of games or practices per week does not exceed 2 sessions that are no more than 2 hours each (OR the amount of time needed to complete an official single game/contest) AND the coach does not receive compensation directly or indirectly from fees charged to the student-athletes.**
- 8.Q. May a member school coach host or take their entire team to a camp for 1 week during July and coach their member school athletes?**
- A. No, this proposed “coaching in the summer” language does not carry over to the camp regulation which have restrictions which has always prohibited this.**
- 9.Q. May a member school coach host other member school programs, joint practices, games, or scrimmages as long as they follow all the parameters of the 2 per week summer rule?**
- A. Yes, teams may get together for instruction, practice, and competition however in the sport of football full contact is prohibited.**
- 10.Q. If my member school administration will allow summer coaching but will not fund insurance, how do I protect myself and my student athletes?**
- A. Coaches who coach in the summer independent of the member school can be covered by liability insurance as a member of the CHSCA and can also purchase student accident insurance for a minimal amount per athlete.**
- 11.Q. May a member school, their coach or their booster club collect funds from their student-athletes for the purpose of covering the administrative costs such as registration, transportation, or insurance for these allowable 2 per week summer activities?**
- A. Yes, provided none of the funds collected will be paid to the coach, and funds collected are used specifically for the 2 per week permissible activities outlined above and the funds cannot be collected for weeklong camps or clinics which have those restrictions.**
- 12.Q. As a member school coach, I work at a summer camp where my student-athletes attend. May I coach them during the camp?**
- A. No, a coach would have to make sure someone else, not from their staff, is coaching their athletes in attendance in addition to the other requirements specified in Rule 2.2a (1-6).**

13.Q. In the question above can an individual coach their member school athletes at a weeklong camp for only 2 days of that camp?

A. No, the summer coaching rule that allows a coach to coach 2 days per week cannot be mixed or comingled with an existing rule that prohibits coaching.

14.Q. May a coach still coach a non-school team as described in Rule 2.1(3a) (with X amount -50% rounded up of players with eligibility remaining for team sports)?

A. If the non-school team operates during the summer months as defined in this proposal, then the X formula does not have to be followed and the coach can coach their entire team as long as the program is limited to no more than twice a week for no more than 2 hours each day(OR the amount of time needed to complete an official single game/contest) . It starts after the Monday following the end of the spring championships and concludes no later than the second Saturday of August and the coach is not being compensated from funds directly or indirectly from the student-athletes. If the non-school team operates during the school year (September-June), then the answer is yes but the number of athletes with eligibility remaining must comply with rule 2.1(3a).

15.Q. What if an individual coaches more than 1 sport?

A. The limitations are 2 days a week per sport, therefore a coach would be able to have events twice a week for each different sport provided each session is for no more than 2 hours each day(OR the amount of time needed to complete an official single game/contest). It starts after the Monday following the end of the spring championships and concludes no later than the second Saturday of August and the coach is not being compensated from funds directly or indirectly from the student-athletes.

16.Q. May incoming 9th graders participate in the 2 per week summer activities?

A. Yes, by CIAC rule date of entry into high school is defined as the first date of enrollment as a grade 9 student taking four (4) or more high school subjects.

17.Q. May a coach decide to coach a summer non-school team using the X factor in the existing CIAC rule 2.1(3a) with the prescribed number of student-athletes with eligibility remaining on that non-school team roster AND also conduct team activities twice a week?

A. No, the addition of this new rule does not allow the comingling of 2 different summer regulations, The coach may do one or the other but not both. However, if the coach does not allow the designated X factor athletes as prescribed in rule 2.1(3a) to attend the 2 days per week activities it may be permissible.

18.Q. May a coach decide to coach a summer non-school team using the X factor in the existing CIAC rule 2.1(3a) with the prescribed number of student-athletes with eligibility remaining on that non-school team roster AND also conduct team activities twice a week?

A. No, the addition of this new rule does not allow the comingling of different summer regulations. The coach may do one or the other but not both, however, keep in mind the coach may coach their entire member school team on a non-school team as long as it begins after the Monday following the end of the spring sports and concludes no later than the second Saturday of August AND the total number of games or practices per week does not exceed 2 sessions that are no more than 2 hours each day (OR the amount of time needed to complete an official single game/contest) AND the coach does not receive compensation directly or indirectly from fees charged to the student-athletes. Furthermore, it would be permissible for a member school coach to coach a non-school as long as none of their member school athletes on that non-school roster.

19.Q. May a coach schedule 1 practice day per week for 2 hours and also schedule a single (1) game/contest on another day in that same week?

A. Yes, and the day of the scheduled single (1) game, the time is not bound by the 2 hour limitation.

20.Q. May a coach continue to perform their duties during an official game/contest if there is an overtime situation?

A. Yes, provided it was a scheduled single (1) game/contest.

21.Q. May a baseball coach hold a practice session equivalent to the amount of time it would take to complete a 7 inning game?

A. No, a practice session cannot exceed 2 hours per day.

22.Q. May a coach exceed the 2 hour limitation if they are engaged in a scrimmage?

A. No, only an official single game can exceed the 2 hour limitation.

23.Q. May a coach conduct a camp, a clinic or an open gym activity during the summer provided they adhere to all 8 conditions set forth in 3.1a above?

A. Yes, provided the summer Team activities begins after the Monday following the end of the spring sports and concludes no later than the second Saturday of August AND the total number of games or practices per week does not exceed 2 sessions that are no more than 2 hours each (OR the amount of time needed to complete an official single game/contest) AND the coach does not receive compensation directly or indirectly from fees charged to the student-athletes.