

2009-2010

CROSS COUNTRY

July 27, 2009	Practice begins
End of Season until Completion of 3 weeks (21 consecutive days) – Dead period	
End of Dead Period until February 14, 2010	Weight training/conditioning and open facilities permitted. No practice.
February 15, 2010 – March 6, 2010	Dead Period
March 8, 2010 until end of school	Weight training/conditioning and open facilities permitted. No practice.
End of school until June 26, 2010	Weight training/conditioning permitted. No open facilities and no practice permitted.
June 27, 2010 – July 10, 2010	Dead Period
July 11, 2010 – July 25, 2010	15 days of practice permitted, 10 of which may involve competition with another school(s)

Definitions

Practice: Coach and player(s) together with instruction, teaching, coaching, etc.

Open Facilities: Schools may use their facilities for students in their building prior to or at the conclusion of the school year. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere.

Weight training/conditioning: Must be a generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and softball, players may throw to condition arms.

Dead Period: No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning.

Preseason Scrimmages: A school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. A school may have a maximum of 4 preseason scrimmages or 2 preseason scrimmage dates or 1 preseason scrimmage date and 2 preseason scrimmages.

Practice During the School Day: All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and seasons as corresponding athletic practice outside the school day.

Tournament: All tournaments shall be held on consecutive days with no other regular season games being played during the tournament unless permission is granted by the Executive director. A tournament is defined as a competition of three or more teams and three or more games, matches, etc., which progress to determine a winner.

Multiple Contests: In all individual sports (cross country, golf, track and field, tennis, and wrestling) individuals accompanied by a coach may enter varsity competition at a different site on the same time and date, and this will count as two days on the school's schedule.

Beginning Sport: Any school that is starting a sport for the first time may have five days of off-season practice prior to the first season the sport begins. This would apply to girls' volleyball, girls' soccer, soccer, baseball, girls' softball, and track and field. It would not apply to football and basketball since schools are allowed 10 days in the off-season in football and 5 days in the off-season in basketball.

Maximum number of contests: 11 dates