

Open Season/Closed Season Practice Schedule 2016-17

Fall Sports

June 1 - July 23, 2016.....	Open Season
July 24 - July 28, 2016	Closed Season
July 29 - Last Contest	In-Season
Last Contest - December 4, 2016.....	Closed Season
December 5 – January 29, 2017	Open Season
January 30 - March 5, 2017	Closed Season
March 6 - May 31, 2017	Open Season
April 4 - May 31, 2017.....	Competitive Cheer Try-outs (Any 15 days)
May 1 - May 31, 2017	Football (10 days in pads) Max

Winter Sports

June 1 - July 28, 2016.....	Open Season
July 29 - September 2, 2016	Closed Season
September 3 - October 15, 2016.....	Open Season
October 16 – October 30, 2016.....	Closed Season
October 31 - Last Contest	In-Season
Last Contest – Team Championship	Closed Season
Day after Team Championship - May 31, 2017	Open Season

Spring Sports

June 1 - July 28, 2016.....	Open Season
July 29 - September 2, 2016	Closed Season
September 3 - October 30, 2016.....	Open Season
October 31 - December 4, 2016.....	Closed Season
December 5 - January 14, 2017.....	Open Season
January 15 - January 29, 2017.....	Closed Season
January 30 - Last Contest	In-Season
Last Contest - Championship	Closed Season
Day after Championship – May 31, 2017	Open Season

Lacrosse

June 1 - July 28, 2016.....	Open Season
July 29 - September 2, 2016	Closed Season
September 3 - October 30, 2016.....	Open (10 days in full gear, Oct. 7 - Oct. 28) Max
October 31 - December 4, 2016.....	Closed Season
December 5 - January 7, 2017.....	Open Season
January 8 - January 22, 2017.....	Closed Season
January 23, 2017 - Last Contest	In-Season
Last Contest - April 29, 2017.....	Closed Season
April 30 - May 31, 2017	Open Season

NOTE: Ten days of competition are permitted June 1 - July 22, 2017. Participation at team camps and other outside organizations is included in these 10 days. No school will be permitted to attend or participate in team camps between July 23, 2017 and In-Season.

Any student participating in an illegal practice will be declared ineligible for that sport season. Any school allowing an illegal practice will be subject to League discipline, which may include the placing of the sport on probation.

Closed Season Regulations:

- No coach/team may practice during the first five weeks of a sport season if it is not their sport season.
- No coach/team may practice two weeks prior to the official start of their season as determined by the League calendar. For fall sports that is only 1 week since it backs up to summer.
- No coach/team may practice after their season concludes until after their State championships.
- Strength and conditioning programs will not be affected by the limitation on practices. Conditioning programs are not to include agility drills that enhance specific skills for a given sport, nor may equipment for any sport be used. Agility drills appropriate for all sports will be acceptable.
- **A coach can no longer work with any athletes during closed season.**

Football: May 1-31, 2017

- The first three (3) days of practice will be in helmets only.
- During the first three (3) days of "helmets only" practices sleds and ground dummies may be used.
- No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of practice.
- During any practice(s) beyond the first 3 days of practice, a coach may equip his players in any combination of pads that he prefers for a period of **up to ten (10) days. (*Ten (10) days is the maximum amount of time in pads.*)** Schools are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.
- Middle school students may **NOT** take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (*They could be on the same field, but away from the high school practices.*)
- Rising 9th graders, (*8th graders*), are **NOT** 9th graders until school is out for the year, thus they may **NOT** take part in contact drills of the high school.
- Schools **MAY NOT** charge admission for a practice (game)

Lacrosse: October 7-28, 2016

Boys Lacrosse Only: The first three days shall be in shorts and helmets. Of the remaining days, a maximum of 10 days may be in full gear. Gloves may be worn on all days during this period.

Competitive Cheer Tryouts:

- Schools may continue to use up to 15 days between April 5 – May 31 to complete try-outs for the following year.