



POLICY 21

OFF-SEASON CONDITIONING

21.1 Definitions.

- **21.1.1 Off-season.** “Off-season” means the period of time during the regular school year but outside the defined sport season for a specific sport.
- **21.1.2 Sports Season.** “Sports season” means the period of time for a specific school team in each respective sport that begins with the first permissible date of practice in that sport and ends either with
 - **21.1.2.1** The last permissible date for a regular season contest (if not participating in Florida High School State Championship Series competition) in that sport; or
 - **21.1.2.2** The date of the team’s elimination from Florida High School State Championship Series competition in that sport; or
 - **21.1.2.3** The state championship game in that sport, whichever first occurs for that team.
- **21.1.3 Conditioning.** Weight training is the use of free weights and stationary apparatus. Cardiovascular conditioning is distance and interval training. Plyometrics is the use of pre-set conditioning programs. Conditioning IS NOT teaching sport specific skills and drills, and DOES NOT involve the use of sport specific equipment (i.e. starting blocks, hurdles, rebounders, ball machines, bats, balls, rackets, etc.).

21.2 Off-season conditioning programs conducted by a school shall only be open to participation by all students attending that school or as per Bylaws 9.2.2.1, 9.2.2.2, 9.2.2.3, 9.2.2.4, 9.2.2.5 or 9.2.2.7.

21.3 All preseason and/or postseason conditioning program participants shall file with the school the “FHSAA Consent and Release of Liability Certificate” and the “FHSAA Pre-participation Physical Evaluation” form.

21.4 Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.

21.5 Supervision by school personnel is required.

21.6 Schools shall provide information in the following areas:

- **21.6.1** Proper use of weight room equipment;
- **21.6.2** Proper weight training techniques;
- **21.6.3** Proper nutrition;
- **21.6.4** Proper cardiovascular conditioning techniques;
- **21.6.5** Ergogenics.

21.7 Failure to comply with these guidelines may result in the assessment of penalties including, but not limited to, the following as per Policy 44:

- **21.7.1** Assessment of a minimum monetary penalty of \$2,500 per violation.
- **21.7.2** Loss of permissible practice time.
- **21.7.3** Loss of privilege to participate in a preseason jamboree or preseason classic with reimbursement of a minimum of \$500 to each affected school and the FHSAA.
- **21.7.4** Reduced number of regular season “home” contests.
- **21.7.5** Loss of privileges to participate in the Florida High School State Championship Series.

NON-SCHOOL TEAM AND/OR OFF-SEASON PARTICIPATION

22.1 Definitions.

- **22.1.1 Off-Season.** “Off-season” means the period of time during the regular school year but outside the defined sport season for a specific sport.
- **22.1.2 Sports Season.** “Sports season” means the period of time for a specific school team in each respective sport that begins with the first permissible date of practice in that sport and ends either with
 - **22.1.2.1** the last permissible date for a regular season contest (if not participating in Florida High School State Championship Series competition) in that sport; or
 - **22.1.2.2** the date of the team’s elimination from Florida High School State Championship Series competition in that sport; or
 - **22.1.2.3** The state championship game in that sport, whichever first occurs for that team.
- **22.1.3 Coach.** “Coach” means any person, regardless of whether he/she is employed by the school or volunteer, who instructs, supervises, or otherwise manages student-athletes in conjunction with a practice, tryout, drill, workout, evaluation or competitive activity.
- **22.1.4 “Involved In Any Respect.”** “Involved in any respect” means engaged in anything to do with a non-school team, including but not limited to coaching, scheduling, transporting, officiating and the hiring of officials, training, taping, managing team expenses, purchasing of uniforms and equipment, etc.

22.2 During the off-season, a coach shall not have contact with students outside the normal teacher-student classroom environment except to:

- **22.2.1** make arrangements for and assist in the conduct of physical examinations; or
- **22.2.2** explain eligibility regulations; or
- **22.2.3** solve insurance problems; or
- **22.2.4** review films; or
- **22.2.5** Conduct off-season conditioning as defined in the “Off-Season Conditioning Guidelines” as per Policy 21.

22.3 A coach, prospective coach of any member school or any individual involved in any respect may not be involved with a non-school team in a sport unless the non-school team meets the following requirements:

- **22.3.1** The team must be affiliated with an outside agency promoting athletic participation opportunities such as, but not limited to:
 - Baseball – Babe Ruth, American Legion, city/county leagues
 - Basketball – AAU, USA, USOC
 - Football –USA Football
 - Golf – USGA, AJGA
 - Lacrosse – US Lacrosse
 - Soccer – FIFA, Youth leagues
 - Softball – ASA, USSSA • Swimming & Diving – USS, NISCA, ASCA, CSCAA, AAU
 - Tennis – FTA, USTA, USOC, ITF
 - Track & Field – USA, AAU
 - Volleyball – USVBA, USOC, USA, AVA
 - Wrestling – USA, AAU
- **22.3.2** Participation must include competition in the published scheduled events of the outside agency.
- **22.3.3** Student athletes and coaches, where applicable, are not permitted to wear any portion of a school’s athletic uniform.
- **22.3.4** All fees or assessment for participation must be documented.
- **22.3.5** Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.
- **22.3.6** Member schools may make their gymnasiums and other athletic facilities available to outside groups or organizations provided a fully executed usage agreement is provided and available upon request.

- **22.3.7** The personnel affiliated with the non-school team, including, but not limited to, any coach, assistant, director, manager, supervisor, organizer, etc., must provide notification in writing to the student athletes that participation with the team could jeopardize their eligibility to participate in high school interscholastic athletics and verification of such notification must be made utilizing the official Association process as approved by the Executive Director (GA6 Form – Affidavit of Compliance with Policy on Non-School Teams and Off-Season Participation).

22.4 Participation by a student in non-school athletic activities (i.e. AAU, American Legion, club teams, travel teams, etc.) affiliated with any school other than the school which the student attends, or attended the previous school year, followed by the establishment of school residence by that student at the affiliated school, shall render the student subject to the conditions of Bylaw 9.2.4. A team affiliated with a school is one that is supervised by, organized by and/or coached by any member of the coaching staff at that school (Bylaw 9.2.4.1).

- **22.4.1 Coaches.** A coach at a member school that has had more than one (1) appeal denied to waive the above policy or Bylaw 9.2.4 through the due process procedures as per Bylaw 10.4, and did not provide evidence of the written notification to the student athlete as specified in Policy 22.3.7 or by some other effective means by the school, shall not be permitted to coach in any Florida High School State Championship Series contest for one or more years.

22.5 Failure to comply with these guidelines may result in the assessment of penalties including, but not limited to, the following as per Policy 44:

- **22.5.1** Assessment of a minimum monetary penalty of \$2,500 per violation.
- **22.5.2** Loss of permissible practice time.
- **22.5.3** Loss of privilege to participate in a preseason jamboree or preseason classic with reimbursement of a minimum of \$500 to each affected school and the FHSAA.
- **22.5.4** Reduced number of regular season home contests.
- **22.5.5** Loss of privileges to participate in the Florida High School State Championship Series.

POLICY 23

OPEN FACILITIES PROGRAM

23.1 During the school year, member schools may open their gymnasiums and other athletic facilities only to their students without being in violation of FHSAA Bylaws under the following guidelines:

- **23.1.1** The facility must be open to all students who are bona fide students in that school as defined in Bylaw 9.2.1 or as per Bylaws 9.2.2.1, 9.2.2.2, 9.2.2.3, 9.2.2.4, 9.2.2.5 or 9.2.2.7. Opening facilities to a select group of students to practice individual skills for a specific sport is a violation of this policy.
- **23.1.2** A student may participate in open facility activities only in the school in which he/she is a bona fide student as defined in Bylaw 9.2.1 or as per Bylaws 9.2.2.1, 9.2.2.2, 9.2.2.3, 9.2.2.4, 9.2.2.5 or 9.2.2.7.
- **23.1.3** A middle school student cannot participate in open facilities activities offered by a senior high school unless the middle school student is a bona fide student in that senior high school as defined in Bylaw 9.2.1 or as per Bylaws 9.2.2.1, 9.2.2.2, 9.2.2.3, 9.2.2.4, 9.2.2.5 or 9.2.2.7 and as defined in 3.2.2.3.
- **23.1.4** Supervision by school personnel is required. School personnel, including faculty and non-faculty coaches in attendance, however, shall not provide coaching or instruction in the skills and techniques in any sport. Their presence may be in a supervisory capacity only.
- **23.1.5** Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.
- **23.1.6** No sport-specific tasks or drills shall be taught or assigned to students to perform during open facility activities.
- **23.1.7** Open facility activities in a specific sport (with the exception of the fall sports) shall be concluded a minimum of two weeks prior to the first permissible date of interscholastic practice in that sport.

23.2 Failure to comply with these guidelines may result in the assessment of penalties including, but not limited to, the following as per Policy 44:

- **23.2.1** Assessment of a minimum monetary penalty of \$2,500 per violation.
- **23.2.2** Loss of permissible practice time.
- **23.2.3** Loss of privilege to participate in a preseason jamboree or preseason classic with reimbursement of a minimum of \$500 to each affected school and the FHSAA.
- **23.2.4** Reduced number of regular season “home” contests.
- **23.2.5** Loss of privileges to participate in the Florida High School State Championship Series.