

**~ OFF-SEASON REGULATIONS ~****~ OFF-SEASON ~**

- (1) Team Practice. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day.
- (2) Off-Season Participation. Varsity or non-varsity athletes shall not be required to participate in an off-season program on the day of an in-season competition.
- (3) Participation Requirement. Students shall not be required to participate in one school sport as a prerequisite for participation in another school sport.
- (4) Policies. Written school policies for use of facilities during the off-season, outside the school day, and during the summer months should be approved by the school administration and dispersed to all staff and students.
- (5) Off-Season Period Limits. Off-season activities are limited to one regular classroom period (max. 60 minutes) per day within which all suiting out, related activity, and redressing must occur. (See Side by Side Manual for block schedules, etc.)
- (6) Power and/or Weight Lifting: Off-season athletes whose schools have an athletic period during the school day may not participate on power lifting teams unless weight training is provided for off-season athletes during the in-school-day athletic period. It would also make it a violation for power lifting teams to be limited to athletes or to be required as part of an athlete's off-season program.

A number of member schools have power lifting or weight lifting clubs. These clubs are involved in weight lifting tournaments or contests throughout the academic year. These guidelines are intended to control a problem that now exists as opposed to encouraging or requiring year-round workouts. It is the intent to insure that the use of summer weight rooms is a strictly voluntary activity on the part of any athlete.

- a. Schools may open weight training facilities for general student body use. Schools may NOT open weight training facilities for members of athletic teams only.
- b. Supervision of the facility by faculty members is permitted for safety and security purposes. Supervisors may NOT provide specific sport team skills instruction for members of school athletic teams.
- c. A schedule of when the weight training facility will be open should be publicized. Schools may NOT set a schedule for members of athletic teams to appear at the facility at a particular time or have a sign-in sheet or check-in list for athletes.
- d. It is permissible to have a supervisor of the facility provide instruction for proper lifting, spotting, care of and placement of weight apparatuses. The supervisor of a facility may NOT require athletes to lift specified amounts of weight or require that they complete prescribed sets.
- e. Schools may hire a coach or another faculty member to supervise the facility as outlined in #2. This hiring or appointment must be approved by the superintendent or his/her designee. Schools may have more than one school employee in a supervisory capacity at any one time.
- f. Schools may provide a general weight schedule for students, but may NOT provide athletes individual workout schedules which require activities to be at specified hours, specify a number of workouts, or designate specified groups of students to be involved at a certain time.
- g. Weight training schedules provided to students may be sequential. Schedules may NOT be provided that include calendar designations requiring specific days for certain sequential activities such as July 1 upper body, July 2 lower body, etc.
- h. Students may keep progress charts but shall NOT be required to turn them in to coaches.
- i. If there is a report of a violation, the burden of proof to the contrary rests with the school or school employee.
- j. If a large majority of a team is working out together, it could be considered strong evidence that it is a team workout and a possible violation.
- k. All weight training facility use and policies must be approved by the superintendent or his/her designee.

### ~ SPRING TRAINING ~

The following procedure must be followed by 4A and 5A football schools as per the Constitution and Contest Rules, Section 1250, Football Plan (b) (1):

Spring Training. There shall be no school football practice or training for a contestant or team, and no football equipment issued after the close of the regular season schedule, except as incidental to the football championship playoffs and, in Conference 4A and 5A only, 18 spring training practice days which may be conducted in a period of 30 consecutive calendar days. Exception: Conference 4A and 5A schools may forego the 18 days of spring training, replacing said training the next school year by following the workout days as delineated for Conferences Six-Man, 1A, 2A, and 3A.

School administrators shall inform the District Chairman in writing by May 15 of the previous school year, whether the school has had spring training in football in preparation for the current football season. **District executive committee chairman will keep these records on file in case someone questions a school practice.**

### ~ OFF-SEASON OPEN FACILITIES ~

Schools may make available to the general student body any and all recreational facilities according to local school board policies. Coaches shall not require or coerce members of athletic teams to workout at these facilities at times other than specifically listed in their respective sport plans in the Constitution and Contest Rules. Below are clarifications of permissible activities. If a particular situation is not covered, please contact the UIL office.

- a. Facilities if open, must be open to members of the general student body. Facilities may not be reserved at specific times for members of athletic teams outside the school day.
- b. Equipment (excluding uniforms or wearing apparel) may be used by the general student body. This equipment may not be available exclusively to athletes or members of athletic teams.
- c. Supervision of facilities for safety and security may be provided by a faculty member or non-faculty member approved by school administrator or school board. Supervisors shall not provide skill instruction to members of school athletic teams.
- d. If the majority of a school team is using the facility at the same time, participating in any team skill activity, it indicates a violation has taken place even though a coach is not present. Students may train on their own, but a member of a team shall not be required to perform a prescribed set of skills on a weekly or daily basis. It is not necessary for a coach to be present in order for a workout to be judged as "organized."
- e. The presence of a coach or coaches at a facility where members of their team(s) are participating in activities usually is an indication that an activity is an organized workout.
- f. If there is a report of a possible violation, the burden of proof rests with the school or school employee.
- g. The dates and times of operation shall be announced, posted, or publicized so that every student attending that school is aware of the opportunity.
- h. Each activity is based on a first come, first served basis.
- i. School coaches are responsible for notifying student athletes in their sport that their off season and summer participation is on their own, not required or checked, and is in no way a prerequisite for making the team or getting more playing time.
- j. Coaches should not participate with their athletes in the athletes' sport. Such actions place the responsibility on the coach and school to prove they are not violating Sunday and off-season regulations.
- k. Varsity or non-varsity athletes may not be required to participate in an off-season program on the day of an in-season competition.
- l. Students may not be required to participate in one school sport as a prerequisite for participation in another sport.
- m. Required attendance in an off-season program is prohibited. Attendance sheets could be a strong indication that a violation has occurred.

- n. School teams shall be prohibited from practicing team skills before or after school except during the specified practice dates and during the one allowable period during the school day. During this period, all suiting out, related activity and re-dressing must occur.

### ~ SUMMER STRENGTH AND CONDITIONING PROGRAMS ~

**School coaches may conduct strength and conditioning programs for students in grades 7-12 from their attendance zone for a total of six weeks under the following conditions:**

Limitations. Sessions may be conducted from the first day of summer vacation until the second Monday in August. A session shall be no more than two consecutive hours per day, Monday through Thursday only, and a student shall attend no more than one session of supervised instruction per day for a total of six weeks.

Activities Allowed. The sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. School shorts, shirts and shoes may be provided by the school (local school option).

Attendance. Attendance in a maximum of one session per day shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.

Fees. Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Important points to remember for coaches, athletes and parents are as follows:

- Strength and conditioning sessions may be held after the last official day of school until the second Monday in August.
- School coaches may conduct sessions only on Monday through Thursday of each week.
- Sessions conducted by coaches shall be no more than two consecutive hours per day.
- A student shall not attend more than one two-hour session (conducted by a school coach) per day.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.
- Sessions shall include only strength and conditioning instruction and exercises.
- Sport specific skill instruction is prohibited.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited.
- The school (local school option) may provide school shirts, shorts and shoes.
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone in grades 7-12 shall be from the school and no other source.
- Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.

### ~ QUESTIONS AND ANSWERS ~

**Q: May a school coach conduct a strength and conditioning program this summer?**

A.: Yes, beginning no earlier than the first day of summer vacation and ending no later than the second Monday in August for a total of six weeks.

**Q: Does the six-week period have to be consecutive weeks?**

A: No. For example, a school could decide to workout two weeks, take off the week of July 4th, and then resume workouts for a total of six weeks.

**Q: May school coaches be paid for conducting these sessions?**

A: Yes, if payment is provided by the school and no other source.

**Q: In what activities are school coaches allowed to give instruction during these summer sessions?**

A: Weight training, including a specific workout plan for each individual, agility, running programs, plyometrics, running bleachers and other conditioning exercises.

**Q: May school coaches group athletes by sport or position?**

A: No. Student athletes are allowed to receive instruction from school coaches however, specific groupings of athletes by sport or position is prohibited.

**Q: Are spacer dummies allowed for agility purposes?**

A: No.

**Q: Are athletes allowed to attend an open gym or weight room before or after a supervised session?**

A: Yes, provided the student is not receiving additional instruction from a school coach and the facilities are available to other students in the school as described in Section 1206 (h).

**Q: May sessions be conducted for students in middle school or below?**

A: Yes. Students in the seventh and eighth grade will be allowed to participate and receive instructions from a school coach. UIL staff also recommends that seventh and eighth grade students workout in separated groups from the students in grades 9-12.

**Q: May students participate for six weeks with one coach and then two more weeks with another coach?**

A: No. A student shall attend no more than one two-hour session of supervised instruction per day and no more than a total of six weeks.

**Q: Can a student participate in strength and conditioning sessions with a school coach after a school's sport season begins?**

A: Yes, provided the student attends no more than one two-hour session of supervised instruction per day and no more than a total of six weeks

**Q: May a school allow outside groups to conduct strength and conditioning sessions?**

A: Yes.

**Q: May outside groups or individuals hire school coaches to conduct strength and conditioning programs for students from the coaches' attendance zone?**

A: Yes, provided they comply with the aforementioned guidelines regarding limits on time, equipment, fees, payment, etc.

**Q: Are outside groups and individuals allowed to conduct strength and conditioning programs after the second Monday in August?**

A: An outside organization that does not utilize school coaches in any manner, with the exception of facility supervision, could continue to provide their program past the second Monday in August. If at any point school coaches are involved in working the the students from their own attendance zone as part of this program, the program must end on the second Monday and follow the established guidelines of the Legislative Council.

**Q: May school booster clubs pay coaches for conducting these programs?**

A: No. However, school booster clubs may provide funds to the school to offset expenses associated with strength and conditioning programs.

**Q: May school booster clubs pay fees for an individual athlete to participate in a school sponsored summer strength and conditioning program?**

A: No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school. Funds are not to be specified for any particular athlete or group of athletes.

**Q: May schools waive or reduce fees for strength and conditioning programs sponsored by the school?**

A: Yes, The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

**Q: Who determines what fees, if any, are to be charged to the student?**

A: The school superintendent.

**Q: Can the football coach conduct a session with an athlete for one hour and the basketball coach conduct a session for another hour?**

A: Yes, provided these are conducted in consecutive hours and there is no specific grouping of athletes by sport or position and no sport specific instruction provided.

**Q: Are schools allowed to provide transportation to students attending the summer strength and conditioning programs?**

A: No.

**Q: What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?**

A: A range of penalties from private reprimand to suspension.

## ~ NON-SCHOOL ACTIVITIES ~

### **I. The Constitution and Contest Rules state:**

#### **Section 1209**

**(A) REQUIRED PARTICIPATION PROHIBITED.** Students shall not be required to play on a non-school team in any sport as a prerequisite to playing on a school team.

**(B) OFF-SEASON SCHOOL FACILITY USE.** See Section 1206.

**(C) BASEBALL, BASKETBALL, FOOTBALL, SOCCER, SOFTBALL AND VOLLEYBALL CAMPS WHERE SCHOOL PERSONNEL WORK WITH THEIR OWN STUDENTS.** After the last day of the school year in May, June, July and prior to the second Monday in August, on non-school days, all students other than students who will be in their second, third or fourth year of high school may attend one camp in each team sport, held within the boundaries of their school district, in which instruction is given in that team sport, and in which a 7th-12th grade coach from their school district attendance zone works with them, under the following conditions:

(1) Number of Days. Attendance at each type of sports camp is limited to no more than six consecutive days.

(2) Prohibited Activities. Students shall not attend football camps where contact activities are permitted.

(3) Fees. The superintendent or a designee shall approve the schedule of fees prior to the announcement or release of any information about the camp. The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.

(4) School Equipment. Schools may furnish, in accordance with local school district policies, school-owned equipment, with the following restrictions:

(a) Schools may not furnish any individual baseball, basketball, football, soccer, softball or volleyball player equipment, including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball, basketball and soccer camps.

(b) For football camps, schools may furnish hand dummies, stand-up dummies, passing and kicking machines and footballs. Use of any other football equipment, including contact equipment, is prohibited.

(c) For baseball and softball camps, schools may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. Use of any other baseball and/or softball equipment is prohibited.

**(D) BONA FIDE SUMMER CAMPS.** The provisions of the summer camp rules do not apply to bona fide summer camps giving an overall activity program to the participants.

**(E) CHANGE OF RESIDENCE FROM OUT OF STATE.** The provisions of the summer camp rules do not apply in the case of a person who attends an athletic training camp which is allowed under the rules of the state in which the student then lives, and then makes a bona fide change of residence to Texas, provided that there has been no deliberate attempt to circumvent the rule.

**(F) OFF-SEASON PARTICIPATION IN NON-SCHOOL TEAM SPORTS.**

(1) School coaches shall not coach 7-12 grade students from their own attendance zone on a non-school team or in a non-school camp or clinic, with the exception of their own adopted or birth children.

(2) School equipment shall not be used for non-school teams/leagues.

**(G) COACHING RESTRICTIONS.** For non-school competition, school coaches shall not schedule matched games for students in grades 7-12 from their attendance zone. School coaches may assist in organizing, selecting players and coaches, and may supervise school facilities for non-school league play. School coaches shall not coach or instruct 7-12 grade students from their school district attendance zone in the team sports of baseball, basketball, football, soccer, softball or volleyball. School coaches shall not supervise facilities for non-school activities on school time. See Section 1201.

**(H) COLLEGE AND UNIVERSITY TRYOUTS.** UIL member school facilities shall not be used for college/university tryouts. Neither schools nor coaches shall provide equipment or defray expenses for students who are attending college tryouts. Neither schools nor coaches shall provide transportation for students with any remaining eligibility in the involved sport who are attending college tryouts. Any contest at which a higher admission fee is charged to college coaches than is charged to parents or other adults is considered to be a college tryout.

## **II. Team Sports**

### **Football, Volleyball, Basketball, Soccer, Baseball, Softball**

**In accordance to Section 1201, 1206 and 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches:**

The C&CR prohibits the following:

- 1) Shall not instruct any student in 7th – 12th grade from his/her own attendance zone unless the student is his/her own biological or adopted child.
- 2) Shall not schedule matched games/scrimmages, practices, or contests.
- 3) Shall not transport students.
- 4) Shall not use school athletic equipment, school uniforms and school health/first aid supplies.
- 5) Shall not use school or booster funds for any expenses associated with the activity.
- 6) Shall not be the primary coordinator, primary director or point of contact.
- 7) Shall abstain from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201 [b, 9]).
- 8) Shall abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201 [b, 10]).
- 9) Should not handle any financial transactions.
- 10) Should not participate with their athletes in the athlete's sport (Section 1206 [i]).

**In accordance to Section 1209 regarding non-school competition (leagues, camps, clinics, clubs, tournaments, 7 on 7) coaches or a group of coaches:**

The C&CR allows the following:

- 1) Can supervise facilities.
- 2) Can assist with organization to include, but not limited to: assignment of officials, helping to secure facilities, development of schedules, scheduling of facilities, assisting with registration process, helping to secure equipment.
- 3) Can assist the primary coordinator or point of contact with the selection of coaches, but cannot assign coaches to teams.
- 4) Can assist the primary coordinator or point of contact with the selection of players, but cannot determine who can play on what teams.
- 5) Can distribute information regarding the details of the non-school event for informational purposes. Distribution of such materials should be in accordance to the policies and procedures of the local school district regarding non-school activities.

### **III. Individual Sports:**

**Individual Sports-Cross Country, Golf, Swimming, Tennis, Track and Field and Wrestling (Guidelines are also applicable to team sports)**

#### **A. Preseason Practice Regulations-Activities Outside the School Year**

Pre season practice regulations for sports that begin practice prior to the school year (including summer for individual sports) are as follows:

1. Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
2. Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
3. The maximum length of any single practice session is three hours.
4. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.
5. When determining how to count times spent as 'practice activities' please consult the following chart:

<b><i>What Counts</i></b>	<b><i>What Doesn't Count</i></b>
<b><i>Actual on field/court practice</i></b>	<b><i>Meetings</i></b>
<b><i>Sport specific skill instruction</i></b>	<b><i>Weight training</i></b>
<b><i>Mandatory conditioning</i></b>	<b><i>Film study</i></b>
	<b><i>Water breaks</i></b>
	<b><i>Rest breaks</i></b>
	<b><i>Injury treatment</i></b>
	<b><i>Voluntary conditioning</i></b>

In reference to the minimum one hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field/court practice or a mandatory conditioning period.

#### **B. During the school year**

1. Coaches of individual sports are allowed to work with student athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student-athlete from their attendance zone in grades 7-12, whether in school or non-school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.
2. Coaches should abstain from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201 [b, 9]).
3. Coaches shall not charge a fee for private instruction to student-athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are in grades 9-12, from the coach's attendance zone and participating in the sport for which the coach is responsible (Section 1201 [b, 9]).
4. Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201 [b, 10]).

#### **C. Outside of the school year**

1. Outside of the school year, the restrictions are somewhat reduced. Coaches are allowed to coach student-athletes from their own attendance zone.
2. The use of school funds, school equipment, school uniforms or school transportation is prohibited. Exception: School administrators may authorize the use of facilities, including scoreboards, implements, cross bars, poles, discus, shot puts, nets, etc. for school programs which are open to all students.

3. School coaches can work with students from his/her own attendance zone in summer recreational programs ( i.e. They coach in meets and tournaments with permission from superintendent or superintendent's designee).

4. Coaches should abstain from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product (Section 1201 [b, 9]).

5. Coaches should abstain from any practice that makes a student feel pressured to participate in non-school activities (Section 1201 [b, 10]).

6. The superintendent or superintendent's designee shall pre-approve all dates and times of summer workouts for high school individual sports conducted by any coach from the student's school attendance zone (Section 21 [j]).

7. Workout sessions, which involve meals and/or overnight lodgings, are prohibited.

8. School-sponsored practices for middle school students shall not begin prior to the first day of school.

### ~ QUESTIONS AND ANSWERS ~

**Q: May a school coach determine on which non-school team students from their attendance zone may participate?**

A: No. School coaches may recommend but not require or demand student-athletes to participate on any particular non-school team.

**Q: Can a school coach serve as a facility supervisor for non-school activities?**

A: Yes, provided they are there to monitor and open and close the facility.

**Q: Can a school coach officiate for non-school activities?**

A: Yes, however it is recommended they not officiate students in grades 7-12 from their own attendance zone.

**Q: Can school sponsored camps be held for students sixth grade and below from a school's own attendance zone during the school year?**

A: No. According to Section 1209, school camps can only be held after the last day of the school year in May, June, July and prior to the second Monday in August.

**Q: Can student-athletes in grades 9th-12th serve as camp coaches or instructors for school sponsored camps or leagues?**

A: No. Students can't receive direct instruction from their school coach.

**Q: Can student-athletes in grades 9th-12th serve as volunteers for non-school sponsored camps or leagues?**

A: Yes, as long as their school coaches are not involved. Students can't receive direct instruction from their school coach.

**Q: Can a school coach instruct a student-athlete in his/her sport in a non-school activity if that student has no remaining eligibility in that particular sport?**

A: No. According to Section 1209 (g), school coaches shall not coach or instruct any 7-12 grade students from their school attendance zone in team sports of baseball, football, soccer, softball or volleyball.

**Q: Are athletes permitted to play in non-school all-star contests?**

A: Yes. Student athletes who are selected for all-star teams based on participation in non-school competition may be provided lodging, meals, transportation, game jerseys, shoes, etc. in conjunction with these events. Student-athletes are responsible for protecting their own amateur status. Student athletes in grades 9-12 are prohibited from accepting anything other than symbolic awards (medals, ribbons, trophies, plaques) for winning or placing in non-school activities.

**Q: May students who have completed their high school eligibility in a particular sport compete in other all-star contests such as TABC, TGCA, and THSCA?**

A: Yes. Students who are selected for all-star may have items such as lodging, meals, transportation, game jerseys, and shoes provided for all-star team participation. Students who have completed eligibility in the involved sport, with school superintendent approval, may also use school individual player protective equipment in any all-star game.



**Q: Can an athlete receive a scholarship or collect donations for participation in a non-school activity?**

A: Yes, provided these funds are not from school funds or booster club funds.

**Q: Can schools or school booster clubs contribute to any of the athlete's expenses or equipment associated with a non-school activity?**

A: Schools and school boosters are prohibited from providing transportation, equipment, or funds for any non-school activities.

**Q: May schools or school booster clubs sponsor non-school all-star contests?**

A: Schools and school booster clubs are prohibited from sponsoring any non-school all-star contests.

**Q: Can a local business contribute to a student-athlete's expense for a non-school activity?**

A: Yes, a local business can provide money to cover expenses for a non-school activity.

**Q: Can coaches or school employees contribute to a student's non-school fundraiser?**

A: Yes, provided the contributions are from their own personal funds and not from booster funds, activity accounts, school soft drink accounts or any other accounts associated with the school.

**Q: Can an equipment company give athletic equipment or apparel to members of a school team?**

A: No, but a school may accept donations of money or equipment, and the equipment may in turn be used by student-athletes. These items should be presented with the principal's knowledge (or athletic director's knowledge in multiple-high school districts). All equipment becomes school property to be used accordingly.

**Q: Can student-athletes be provided with equipment by non-school organizations? (For example, equipment companies that provided tennis rackets or apparel to athletes who are ranked in a sport.)**

A: Yes, if receipt of these items is based on rankings and not specifically on winning or placing in a competition. It would be a violation for an athlete to accept merchandise for winning or placing in a specific tournament or competition.

**Q: What type of awards may a student in grades 9-12 receive for participation in school related activities?**

A: Symbolic awards student athletes may accept include medals, trophies, plaques, certificates, etc. Student athletes may not accept T-shirts, gift certificates, equipment or other valuable consideration for participation in school sponsored athletic events. (Refer to Section 480)

**Q: When may students take private instruction?**

A: A student may take private a lesson anytime except during the school day, including the athletic period or during school practice sessions. Schools shall not pay for these private lessons.

**Q: Can student-athletes raise funds for non-school activities?**

A: Yes, provided the fundraising activities are not related to the school and the student-athletes do all of the fundraising on their own or with the assistance of their parents.