



CIAC OUT OF SEASON REGULATIONS IN A NUTSHELL

Violations of the CIAC out of season regulations are a growing concern. This document is an attempt to give you an abbreviated overview of what a coach (including a volunteer coach) can and cannot do out of season with their member school athletes. Coaches need to understand the spirit in which the regulations were developed. These rules were established to create a level playing field where no athletic program should gain an unfair advantage nor should students be pressured and manipulated by coaches during the off season.

This is an abbreviated interpretation and thus, If you are involved in any out-of-season program that your member school athletes are attending you should consult with your athletic director or CIAC staff prior to it beginning to be certain that you are not violating any CIAC rules.

What a coach **CAN** do during the out of season:

- Coach your own son or daughter as an individual.
- Coach a non-school team one time for one season each year that has (X) number of students from your high school team with eligibility remaining on that non-school team. Note (X) is determined by a mathematical formula and pertains **ONLY** to the sports specified. (refer to rule 2.1.e-3)
- Work as a bona fide paid employee (minimum annual salary of \$2000) at a recreational institution where there is open enrollment, member school athletes attend and there is **NO** teaching of skills.
- Work at a summer camp provided the number of member school athletes that attend does not exceed 10% of the total enrollment of the camp and at no time is the team coached as a exclusive team unit.
- Organize an out of season conditioning program that includes running, weight lifting or calisthenics. The program cannot be mandatory, no sports specific equipment may be used and no drills or cross training that teach techniques of the sport may be conducted.
- Supervise an open gymnasium provided the activity needs no instruction, it is open enrollment to all students of that school and no more than 50% of those in attendance are member school athletes from that sport program.

What a coach **CANNOT** do during the out of season:

- Coach or instruct any member school athletes with eligibility remaining.
- Organize, operate or supervise an out of season practice or contest for member school athletes with eligibility remaining or for potential athletes of that program.
- Run or organize fund raisers for the purpose of funding out of season leagues, practices and sport activities.
- Provide lessons to member school players with eligibility remaining.
- Issue school owned equipment unless specified a safety necessity (refer to rule 2.1.d)
- Provide or arrange the use of school facilities. (Note: Additionally, a school may not organize an out of season practice or contest)
- Organize or condone captain's practice.

What a coach should **ASK** themselves:

- Am I at any time in contact with any of my member school athletes for the purpose coaching or instructing them during the out of season?
- Am I observing and offering suggestions to my member school athletes during out of season league contests?
- Am I organizing or collecting money for my member school athletes for out of season leagues?
- Am I issuing non-safety equipment or arranging the use of school facilities for my member school athletes for out of season activities?
- Am I doing anything to enhance my program and gain an unfair advantage during the out of season?

If you answered YES to any of these you are most likely violating a CIAC Regulation.