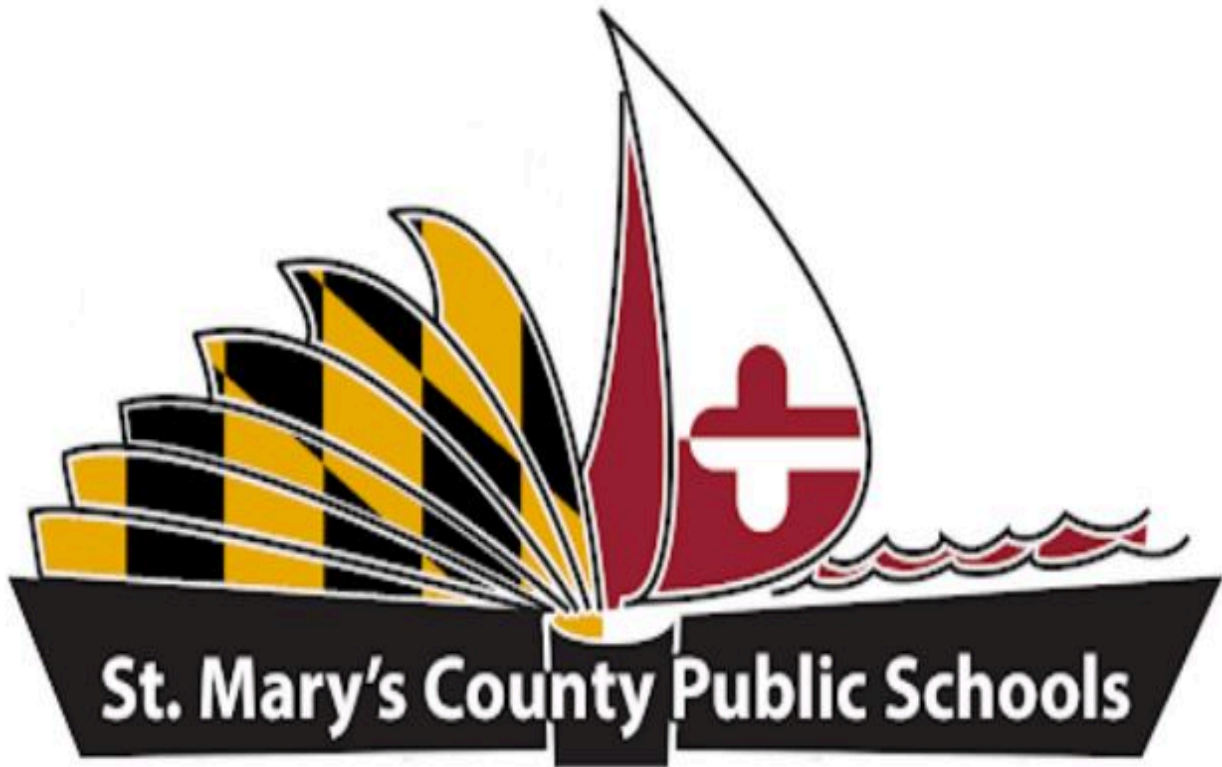


EDUCATION-BASED ATHLETICS HANDBOOK



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ST. MARY'S COUNTY PUBLIC SCHOOLS 2024-2025

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Note: For more information, please visit our website at
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Section1: EDUCATION-BASED ATHLETICS

Education-Based Athletics is a student-centered approach to educating students through participation in Interscholastic Athletics.

In addition to the aim of educating youth through athletics, as well as teaching athletic skills, the following statements are objectives of education-based athletics in St. Mary's County.

1. Athletic competition is designed to provide experiences which will allow the participant to grow physically, socially, mentally, and emotionally.
2. At all times the principles of good sportsmanship should prevail.
3. The concept of winning, though important, should not be the primary objective. Sportsmanship, fair play, and team work should transcend the idea of winning.
4. Interscholastic athletics should assist the individual participant in becoming a contributing member of society.

Student athletes should understand the value of maintaining sport participation as an integral part of a lifelong healthy lifestyle.

STATEMENT OF PURPOSE

The aim of the Interscholastic Athletic Program of St. Mary's County is to enhance the total educational curriculum. The athletic program provides all students who meet academic eligibility requirements with the opportunity to participate in competitive interscholastic athletics.

The rules and regulations, as well as the recommendations in this handbook, are designed to encourage a desired uniformity for the entire high school interscholastic athletic program of St. Mary's County.

Section 2: LIST OF SPORTS (2024-2025)

<u>Fall Season</u>		<u>Winter Season</u>		<u>Spring Season</u>	
Practice begins August 14 for all but the Corollary Sports Program		Practice begins November 15 for all but the Corollary Sports Program		Practice begins March 1 for all but the Corollary Sports Program	
Season ends with the state championship for that sport. The Cheerleading season ends with the final state championship if supporting a sports team still competing for a championship.		Season ends with the state championship for that sport. The Cheerleading season ends with the final state championship if supporting a sports team still competing for a championship.		Season ends with the state championship for that sport.	
Sideline Cheerleading	Golf	Basketball	Indoor Track and Field	Baseball	Tennis
Cross Country	Corollary Cycling	Sideline Cheerleading	Swimming	Lacrosse	Outdoor Track and Field
Girls Field Hockey	Soccer	Corollary Bowling	Wrestling	Corollary Bocce	Girls Softball
Football	Girls Volleyball				

For additional information on The Corollary Sports Program please go to Section 7.

Each year the MPSSAA publishes a bulletin for each sport that conducts a state championship. These [bulletins](#) contain information on both the Regional and State Championships. The exception is Sideline Cheerleading. However, for administrative purposes, Sideline Cheerleading is placed under Athletics in St. Mary's County.

SECTION 3: STUDENT ELIGIBILITY FOR HIGH SCHOOL SPORTS

Students must meet all eligibility requirements in order to try out for, or participate in a high school sport.

FamilyID and Student-Athlete Registration

- A. All interested athletes are expected to be present from day one and have all required documentation fully completed if they wish to compete for a place on the team. For online registration go to www.familyid.com and use "Find a program" to select your high school. Failure to submit all required electronic data entry/forms/cards/etc. by the deadline set by the high school will necessitate the exclusion of the student.
- A. Enrollment and Residency - A student must be officially registered and attending the member MPSSAA school they are authorized to attend under regulations of the local school system. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements. This will be the high school serving his/her legal guardian's primary residence unless a transfer has been approved by the Director of Student Services for one of the reasons outlined in the Board of Education of St. Mary's County Policy JECBB-R.
- B. Home-Schooled - Students who are home-schooled are not eligible to participate in interscholastic athletics because they do not meet the MPSSAA's requirement set forth in COMAR.
- C. Minimum Course Load - For course requirements, refer to the current High School Program of Studies.
- D. Home-Hospital - Students are only eligible if their participation has the written recommendation of a doctor as a component of the Home-Hospital Plan.
- E. Virtual Academy - Students enrolled at the Virtual Academy are eligible to participate in interscholastic athletics only at the school where they are officially registered based on their residency.
- F. Parental Consent - Each student who wishes to try out for any interscholastic sport must present to their high school principal, via the Athletic Director, a certificate from their custodial parent(s)/ guardian(s) indicating the permission of the parent(s)/guardian(s) for participation.
Exception: Students, 18, who are emancipated, will be handled on an individual basis and will be required to fill out all necessary forms.
- G. Pre-participation Physical - Each student who wishes to try out for any interscholastic sport must have the proper medical form (***Physical Examination and Medical Information Form***) completed by a licensed physician, certified

physician's assistant under the direction of a certified physician, or a certified nurse practitioner prior to participating in any try-out, practice session, and/or athletic contest. This form must be turned in to the school before the student is allowed to engage in any try-out, practice sessions and/or athletic practice, or be issued any athletic equipment. It is highly recommended that physical examinations be conducted during summer recess so that students will be covered throughout the following school year. Student managers and statisticians are exempt from this requirement. A copy of the [Pre-Participation Physical Evaluation](#) form may be downloaded here.

- H. Insurance - Each student who participates in any interscholastic athletic try-out, practice or contest must be covered by medical insurance. This also includes student managers and statisticians. Each student who wishes to try out for any interscholastic sport must provide the head coach with the name of his/her medical insurance company and the policy number. For those students not covered under their parent(s)/guardian(s) medical insurance policy, there will be low cost student insurance made available through the school. Application details are available in the school's front office and/or from the Athletic Director. The parent(s)/guardian(s) are responsible for the premium for this insurance.
- I. Student Debts and Fines - Equipment and debts related to athletics must be accounted for each season. Students who have outstanding athletics debts at the end of each season will not be allowed to participate in sports. Furthermore, they will not be permitted to engage in any fundraising activity.

Clarification: A student athlete will NOT be permitted to try out for or participate in athletics until all uniforms and equipment issued to that student during previous seasons have been returned or paid for. (Coaches are responsible for providing the athletic director with a list of those athletes who have not returned or paid for their lost equipment and uniforms.)

- J. Seniors: A student who is a senior may not participate in junior varsity competition.
- K. Freshman/Junior Varsity/Varsity Representation - A student who participates at more than one level, e.g., freshman, junior varsity and varsity competition, may not play in a number of games that exceeds the maximum number allowed for that sport in a week or season. A student may not compete on more than one team (varsity, junior varsity, or freshman) on the same day. (MPSSAA)
- L. Academic Eligibility - The St. Mary's County Board of Education has adopted a policy and regulation addressing student participation in Co-curricular and Extra Curricular Programs. Please visit BoardDocs for information and criteria related to eligibility, specifically [Policy IMT](#) and [Regulation IMT-R](#).
- M. Good conduct and sportsmanship - Student-athletes are expected to adhere to the rules and regulations related to attendance at a St. Mary's County Public School. Failure to do so may result in disciplinary action and suspension/exclusion from

co-curricular programs.

- Students removed from a scrimmage or game due to unsportsmanlike conduct will miss the next contest and are required to complete the National Federation of High Schools on-line course entitled “[Sportsmanship](#)” before they can rejoin the team.
 - A two-contest disqualification or removal from the team may be implemented for players and coaches who display egregious behaviors such as but not limited to:
 - Fighting
 - Physical or verbal personal attacks towards others
 - Use of racial, ethnic, homophobic or other derogatory or discriminatory language, slurs, or practices.

- N. Age limit - Students who are 19 years old or older as of August 31 are ineligible to participate in interscholastic athletics.

- O. Amateur status - Students shall maintain amateur status. (MPSSAA)

- P. Transfer/Foreign Exchange Students - Students legally transferring from another school may be eligible to participate provided they were eligible at their prior school. A student transferring mid-season must have been participating in the same sport at their previous school. The Head Coach has discretion over whether a transfer student may tryout, as other students who are already on the established team, or those that may have been cut during tryouts, may be adversely affected. When an exchange student expresses an interest in playing a high school sport, he/she should make every effort to time his/her arrival prior to tryouts, or risk exclusion.

- Q. Four season limitation - Students in grades 9, 10, 11, and 12 may participate in interscholastic athletic contests for a maximum of four seasons in any one sport. (MPSSAA).

- R. Concussion Form - Students may submit a Pre-Participation Head Injury Concussion Reporting Form prior to tryouts.

- S. All-Star Games - Once a student participates in an All-Star game in which his/her participation is primarily related to his/her performance at school*, (and not by an independent tryout process) he/she loses his/her eligibility to participate in that high school sport.

SECTION 4: SPORTS SEASONS and SCHEDULING

SCHEDULING

The Maryland Public Secondary School Athletic Association ([MPSSAA](#)) has defined three sports seasons as follows:

“Fall” means the 6th Wednesday following the first Sunday of July, until the final date of the local, conference, district, regional, or State tournament.

UPCOMING FALL SPORT START DATES

<u>Year</u>	<u>First Tryout Date</u>	<u>First Play Date</u>
2024	August 14, 2024	September 6, 2024
2025	August 13, 2025	September 5, 2025
2026	August 12, 2026	September 4, 2026
2027	August 11, 2027	September 3, 2027
2028	August 9, 2028	September 1, 2028

“Winter” means November 15th until the final date of the local, conference, district, regional, or State tournament.

“Spring” means March 1st until the final date of the local, conference, district, regional, or State tournament.

- When November 15th or March 1st falls on Sunday, practice will start the preceding Saturday.

REQUIRED PRACTICE

The development of appropriate physical conditioning, along with the teaching of essential basic skills, must be completed before any student is placed in a scrimmage/game setting. Therefore it is required that a minimum of five practice days be devoted to this preparation prior to a scrimmage. In football, no scrimmage shall take place until six calendar practice days have elapsed. There must then be at least five calendar days between scrimmages and games.

Interpretation: A football team must have completed six full practice days before participating in a scrimmage on the seventh day. As practicing on Sundays is not permitted, Sunday cannot be included as one of those six days. Five (5) complete calendar days shall elapse during which there has been no scrimmage. It should not be interpreted as five 24-hour periods, but as five calendar days, which means you cannot scrimmage again until the sixth day.

A member MPSSAA school may not participate in a regularly scheduled game until at least 20 calendar days have elapsed after and including the first day of practice. Golf is the only exception to this regulation.

The schedule for the Southern Maryland Athletic Conference (SMAC), individual schools or selected sports may be viewed at www.smacathletics.org.

Tryout dates

Tryouts commence on the first day of each season. **Student-athletes are expected to be at all tryouts if they wish to compete for a place on the team.**

Practices and Contests

The maximum number of contests permitted during a sports season for each sport is defined in the [MPSSAA Handbook](#).

- A. The maximum number of pre-season scrimmages that may be scheduled for junior varsity and varsity sports is three (except football which is two). If a team elects to have a third scrimmage the team will be responsible for all transportation costs. The official's fees will be paid at the system level. Teams are encouraged to attempt to schedule their elected third scrimmage at home if possible. Multi-team scrimmages are permitted and will count as one scrimmage provided they occur on the same day. Post season scrimmages may be permitted when a team has a bye in the first round of post-season play. The scrimmage must be played after the last regular season game and before the first day of the playoffs in that sport, i.e. there cannot be scrimmages once the tournament starts.
- B. It will be illegal to practice on any legal school holiday and/or Sunday. (SMAC Bylaw/MPSSAA)

Interpretation: Thanksgiving Day, December 24 and 25, Good Friday, Memorial Day (These are the only days that the Southern Maryland Athletic Conference prohibits practices and games. Individual counties may be more restrictive).

If athletic events or practices are scheduled for county in-services/professional days, they should be held at a time which would not require coaches to miss any part of the St. Mary's County Public Schools program developed for that day. Athletes should be free to attend the Southern Maryland College Fair without repercussions.

SMAC will not schedule games on Jewish/religious holidays. (i.e. Rosh Hashanah, Yom Kippur). Coaches must take Jewish/religious holidays into consideration when planning practices. Individual county observances may be more restrictive.

- C. During the season, besides the days listed above, every day is a potential practice/competition date. For example, a game canceled late in the week might

have to be played on Saturday; or a team may assemble for practice or a tournament during spring break when schools are closed for classes. Families should take potential tryout/practice/game dates into consideration when making vacation/travel plans.

- D. Starting times for athletic events will be in accordance with Southern Maryland Athletic Conference policies.
- E. Canceled games should be made up on the next available playdate and preferably in the order in which they were originally scheduled.
- F. Once a team has played its first contest of the season their schedule is considered to be set and no other contest may be added unless a member school (future opponent) has dropped the sport for the season.
- G. Any amendments approved by the State Board of Education shall be in effect according to the date established by the Board.

SECTION 5: TRYOUTS

All eligible students (see Section 3) are encouraged to try out for a high school sport. Any student or parent/guardian requesting an accommodation to be made during tryouts should complete the [Request for Accommodations Form](#) and submit to the Athletic Director no less than two weeks prior to the tryout. This deadline is to allow staff to consider the request and if accommodations are warranted, adjust the tryout accordingly. Also see Section 7: Corollary Sports Program.

During sport tryouts, students are provided an opportunity to demonstrate among other things, their skill level, fitness level, attitude and commitment. Coaches utilize rubric scoring tools while observing players perform a variety of tasks in a variety of situations during the tryout period. Some sports adopt certain performance standards such as cut times in swimming or outdoor track while other sports may be impacted by permissible team/squad sizes. As the high school program is a competitive program, as opposed to being simply a participation program, not all interested students may make a team. If cuts are necessary, those affected are encouraged to talk to the coaching staff to find out what they need to work on for the future.

Interested students are expected to be present on the first day of tryouts and attend all tryout sessions. Having been on the team the previous year does not guarantee a student a place the following year. If two students are of equal ability a coaching staff may select the younger player as he/she has the potential to contribute to the program over a greater time period, while improving along the way. If a student has not made the Varsity team by the time he/she is a Senior, he/she is no longer eligible for Junior Varsity.

Basic equipment, particularly safety equipment required to tryout/practice is provided by the school. However, students may provide their own equipment provided it meets the standards of the sport, and has the approval of the coaches. If a student wishes to use his/her own helmet they must complete the "[Personal Helmet Use Form](#)" ahead of time and submit that to the Head Coach for approval. Clothing and equipment of a personal nature cannot usually be passed down for health and hygiene reasons and therefore participants should expect to have to purchase such items as swimsuits.

TRYOUT GUIDELINES

- *These guidelines are recommended for individual schools and teams. The individual team's process should at a minimum incorporate these guidelines.*

A. Attendance

- Interested students are expected to be present on the first day of tryouts and attend all tryout sessions.

B. Tryout Timeframe

- Minimum of 2 Days of tryouts are to be utilized to fully evaluate all student-athletes trying out for a team
- Tryouts will be extended as needed at the discretion of the coach(es).
- Tryouts are not to exceed 5 days (weather permitting).

C. Splitting Groups

- The Athletic Director and/or Coach(es) will split tryout groups as needed to make smaller groups. As each sport is unique, there will not be a specific cutoff number, rather the decision as to whether to create a second, third, etc., tryout group will be made by the Athletic Director in consultation with the coaching staff.

D. Number of Coaches Evaluating Students During Tryouts

- There will be a minimum of two coaches evaluating student-athletes during the tryout period.
- Best practice is to have at least two coaches and potentially an additional coach(es), when available, to help evaluate players. A third coach is not always available.

E. Evaluation Rubric

- All evaluating coaches will use a rubric to score student athletes and will compare the rubric with their fellow evaluator(s) at the end of the evaluation period when making a shared decision about team selection.
- The rubric will include, but may not be limited to, the following elements for scoring:
 - Performance in sport-specific skills and drills
 - Timed runs, drills, jumps, lifts, activities, etc.
 - Coachability, Sportsmanship, Leadership, Effort
 - Speed, Endurance, Strength, Agility
 - Physical fitness
 - Play during intra-squad scrimmage (if able to scrimmage, sport-dependent)

F. Tryout Procedures

- The following procedures shall serve as a guideline for coaches to follow. However, coaches may also include other elements they feel are helpful in evaluating student athletes.

- Skill-Related Drills: Students will be brought through a series of sport related drills to assess their ability
- Performance Standards: Examples such as cut times in swimming or outdoor track, 40 yard dash in football, 1 mile run in multiple sports, etc.
- Stations: Stations may also be used, depending on the sport. Stations are especially helpful for sports with tryouts taking place indoors
- Conditioning: Students level of fitness will be tested during tryouts
- Scrimmaging: Students will be given the opportunity to intra-squad scrimmage with peers in sports where possible, giving coaches the ability to assess students in situations approximating a game.

G. Notification of Team Selection

- After the team selection process has taken place, students will be invited to a face-to-face meeting with the coaching staff on the campus. All students will be brought in for a meeting regardless if they will be invited to join the team or not.
- Head and assistant coaches may hold meetings with student-athletes
- For students who do not make the team, the coaching staff will go over the team selection rubric and give specific feedback to the student to explain why they were not selected.
- Those students who do not make the team will be given information on how they can improve in that sport over the course of the following year in an effort to give that student-athlete a better chance of making the team the subsequent year.
- Roster size is dependent on the number of athletes the head coach judges appropriate given the level, the facilities available, and number of coaches available. This is true for junior varsity and varsity sports.

SECTION 6: SIDELINE CHEERLEADING

A. Purpose.

1. High school cheerleading is responsible for supporting other school sports teams. Additionally, the cheerleading team is charged with promoting and building school spirit and spectator involvement at games, performances and community functions.
2. National Federation of High School Sports cheerleading guidelines must be adhered to at all times.

B. Practices/Games

1. It is expected that high school cheerleading teams conduct practice for all members or support games/competition every day school is in session during the sports season.
2. At a minimum varsity and junior varsity teams are required to cheer at all home football games, and home boys' and girls' basketball games. An effort should be made to equitably support additional sports/games/contests as time permits.
3. The Cheerleading season does not end until the high school no longer has a team competing in post-season competition.



SECTION 7: COROLLARY SPORTS PROGRAM

The Corollary Sports Program is offered as an alternative program to the mainstream high school athletics program, with team rosters composed of both students with or without disabilities.

Students with disabilities who meet the eligibility requirements shall not be excluded from mainstream athletics try-outs unless their inclusion presents an objective safety risk to the student or others based on an individualized assessment of the student or fundamentally alters the nature of the mainstream athletic program.

During the mainstream try-out, a student with disabilities shall be allowed to use whatever modification or aids he/she usually uses to play the sport. Such modifications might include racing wheelchairs, artificial limbs, interpreters for deaf students, changes in position, or special equipment. A student shall not be excluded from trying out merely for needing modifications or aids. Parents/Guardians may request a meeting of the "COMPASS" committee in order to determine what accommodations are possible.

Participation in a tryout however, does not guarantee a place on a mainstream team. The head coach determines the final roster for his/her team. That determination is made as a result of skill testing, achievement of performance standards, competitive demeanor, the student's ability to function within a team environment, and roster limitations.

Students with or without disabilities that are not selected for the mainstream program are eligible to participate in the Corollary Sports Program. Currently three activities are offered across three seasons; Cycling (Fall), Bowling (Winter) and Bocce (Spring).

Further information may be obtained from Anna L. Routzahn, Coordinator of Adapted Physical Education and Corollary Sports at alroutzahn@smcps.org or 301-475-5511, extension 32212.



SECTION 8: QUESTIONS and/or CONCERNS

When a student athlete or his/her parent(s)/guardian(s) has a question or concern this should be first brought to the attention of the head coach so that the coach has an opportunity to address the concern.

If the issue cannot be resolved by those working with the student on a daily basis, it should then be brought to the attention of the following personnel in this order:

- Athletic Director
- Assistant Principal in Charge of Education-Based Athletics
- Principal
- Director of Education-Based Athletics

Parents/Guardians are asked to wait twenty four (24) hours after a game/contest before approaching a coach about an aspect of the contest.

SECTION 9: SPORTSMANSHIP

Any player or players removed from a contest by game officials due to a flagrant foul/unsportsmanlike conduct infraction will be suspended for the next game played. A two-contest disqualification or removal from the team may be implemented for players and coaches who display egregious behaviors. Players suspended for a game are allowed to participate in practice sessions, but are not allowed at the game site on the day or night during the succeeding contest. Game site refers to the school or other location at which the contest is being held, not just the field, court, or gymnasium. (SMAC Rule)

If the player is a Senior playing in his/her last contest of the season and thus unable to be held out of the next contest in that sport, an alternative penalty may be applied such as being held out of the first game in their next sport, or being declared ineligible to attend the end of season sports banquet. Furthermore, any student not finishing the season in good standing makes the student ineligible for Conference Awards.

The coach must inform the athletic director of his/her player's ejection along with the circumstances leading to it. The athletic director is responsible for informing the director of athletics.

NOTE: Before being able to rejoin the team following an ejection, a player must first complete the free National Federation of State High School Associations' (NFHS) on-line course on [sportsmanship](#) and provide the Athletic Director with a copy of the certificate verifying completion. Free registration with the NFHS is required. Course details may be found at: <http://www.nfhslearn.com>.



Sportsmanship – The role of parents/guardians

Parents are the key to improving youth sports for everyone. Parents are encouraged to take this self-assessment to see if they are doing all they can to keep their children active in sports and receiving the benefits of sports participation.

Do you know your role?

- o I realize that there are only four roles in sport – player, coach, official, or fan – and I pick one and stick with it.
- o I understand that my child is the participant, not me, and my expectations are based on my child's needs, not mine.
- o I avoid "coaching" from the stands, and I also avoid criticizing officials, coaches, and opposing players.
- o I seek to be a positive and encouraging fan
- o If I coach my child's team, I seek to model appropriate behavior and sportsmanship.

Do you have it all in perspective?

- o I understand that children play sports for fun, fitness, friends, participation, and skill development.
- o I examine my own reasons for being involved and make sure my child's reasons for playing come before mine.
- o I focus on encouraging skill development and participation.
- o I try not to interfere with my child's inter-scholastic experience.
- o I am focused on my child's development as a whole person, not solely on their prospects for a sports scholarship or for a professional career playing sports.

Do you model the kind of behavior you'd like to see in your child?

- o I let the coaches coach, and the officials officiate.
- o I avoid criticizing officials, coaches, or players – both during the game and after.
- o I applaud good plays for both teams.
- o I treat coaches, officials, players and other parents with respect.
- o I provide only positive encouragement before, during and after the game.

Do you encourage sports participation for the long term?

- o I do all I can to make sports participation fun, particularly since experts advise that most children stop participating when sports are no longer fun for them.
- o I avoid critiquing or analyzing my child's performance on the way home.
- o I seek out leagues with trained coaches who focus on the positive aspects of sport, including sportsmanship, fun and skill development.
- o I provide positive comments to my child regarding their play and level of engagement to aid the education-based athletics process.
- o I resist efforts to make my child specialize in any particular sport at a young age.

SECTION 10: Adherence to CONFERENCE and MPSSAA rules

[COMAR 13A.06.03](#) - Interscholastic Athletics in the State, lays out the regulations covering public high school participation in athletic competition. MPSSAA member high schools are expected to follow these regulations or be subjected to the penalties outlined in 13A.06.03.05.

Penalties shall be imposed in the order listed below:

(1) Against a member MPSSAA school:

- (a) First Declare forfeit of all games in which the violation occurred.
- (b) Second Declare the member MPSSAA school ineligible for championship honors for the current school year in the sport in which the violation occurred.
- (c) Third Declare the member MPSSAA school on probation for one school year which shall render the school ineligible to compete in any approved State meet or tournament for that year.
- (d) Fourth Impose additional penalties as may seem justified in the particular case considered.

(2) Against a student:

- (a) First Declare the student to be ineligible for the next 60 school days following the date the student was found to be in violation. These 60 school days will carry over into the next school year if the violation occurs during the second semester.
- (b) Second Declare the student to be ineligible to compete in the sport in which the violation occurred during the subsequent season.
- (c) Third Impose additional penalties as may seem justified in the particular case considered.

(3) Against a coach:

- (a) First Censure.
- (b) Second Declare the coach ineligible to coach a team for the current school year in the sport in which the violation occurred.
- (c) Third Declare the coach ineligible to coach a team in any sport for the current year.
- (d) Fourth Impose additional penalties as may seem justified in the particular case considered.

The [Constitution and Bylaws](#) of the Southern Maryland Athletic Conference provide guidance to the organization of the Conference. The Conference may adopt rules that are more restrictive than those of the MPSSAA but they cannot be less restrictive.

INTRA-COUNTY PROTEST PROCEDURES

- A. A protest may be lodged only in regards to the interpretation of a rule. An official's judgment call is not grounds for a protest.

- B. If a protest is to be lodged, a letter of protest must be signed by the coach, athletic director, and principal of the protesting school, and must be submitted within 48 hours to the county's supervisor of athletics.

SECTION 11: HEALTH and SAFETY

Physical Examination. Before participating in any tryout, practice or game a student must have had a pre-participation physical examination and subsequent clearance from a licensed healthcare professional specifically for participation in high school sports.

- Preparticipation Physical Evaluation (updated August 2022)
 - [History Form](#) - To be filled out prior to examination by the patient or parent/guardian and provided to the Physician.
 - [Physical Examination Form](#) - To be completed by the Physician and kept in their office in the patient's medical file.
 - [Medical Eligibility Form](#) - This is the ONLY form that should be submitted to the school.

Changes to health status: If there are any changes to a student's health status that could impact participation, the coaching staff should be immediately notified.

Doctor's Notes: If a student presents a note from a licensed healthcare professional (i.e. a doctor) prohibiting participation for an unspecified time period, then the student will be excluded until a second note releasing the student to participate is received from the doctor.

Concussion: When a student is suspected to have a concussion (injury to the brain) he/she must be immediately removed from the activity and referred to a licensed healthcare professional trained to deal with concussions. The [Medical Clearance for Student-Athlete Suspected Head Injury](#) form should accompany the student. If the evaluation indicates that a concussion has occurred, the student may not participate until cleared by the licensed health care professional. This initial clearance however is to start a "Gradual Return To Play" (RTP) which involves slowly increasing physical exertion over a period of no less than five days. ([RTP Example](#)) Should any symptoms return during the RTP period the athlete is required to follow up with his/her licensed healthcare professional. If no symptoms are present the student can return to full activity after the RTP period. However, it is highly recommended that a student return to his/her doctor after completing the RTP protocol before returning to full activity. For more information on the SMCPS Concussion Management Protocol please click [here](#). Students may complete a [Pre-Participation Head Injury Concussion Reporting Form](#) to inform coaches of any previous incidents.

Informational sheets on concussion awareness and treatment may be accessed below.

- [A Parent's/Guardian's Guide To Concussion](#) - NFHS

The CDC HEADS UP [Concussion and Helmet Safety app](#) will help you learn how to spot a possible concussion and what to do if you think your child or teen has a concussion or other serious brain injury.

Staph/MRSA infections: Staph is one of the most common causes of skin infections and usually, these are minor and don't need special treatment. Staph can usually be treated with antibiotics. However, some strains of staph - Methicillin-resistant Staphylococcus aureus (MRSA) - have become resistant to antibiotics that once destroyed it. MRSA was first discovered in 1961. It's now resistant to methicillin, amoxicillin, penicillin, oxacillin, and many other common antibiotics. The National Athletic Trainer's Association has developed a [handout](#) that includes recommended precautions to avoid the spread of MSRA.

Thunder/Lightning Emergency Procedures

St. Mary's County Public Schools adheres to the Conference policy for thunder and lightning.

The three counties (Calvert, Charles and St. Mary's) that make up the Southern Maryland Athletic Conference are equipped with Lightning Detection Software in the form of digital notification. Lightning Detection hardware in the form of an alert siren and strobe light are deployed in all three counties as well.

When lightning is detected within 10 miles of the host school, designated personnel will be alerted via text message and email. This will also deploy the alert siren and strobe light at facilities with these capabilities in place. At this time, the athletic fields should be cleared as well as the stands and surrounding areas. Contests must be stopped and protective shelter sought immediately. In the event that this situation should occur, 30 minutes will be allowed to pass before resuming play. The 30 minute countdown clock will reset each time lightning is detected within a 10 mile radius of the host school. Countdown clocks are provided and available on the school's website and are able to be downloaded to a mobile device.

The athletic director, game manager, and/or administrator/designee will alert the appropriate official or referee of the need to stop play. The notification of the need to stop play will also be communicated by the alert siren and strobe light.

In cases where weather causes playing fields or playing surfaces to be unusable, the athletic director at the school scheduled for this action shall determine whether the activity will take place. (Appeal procedure for this event will be through the visiting school's supervisor of athletics to the home school's supervisor of athletics.)

Any change in a scheduled contest not following these guidelines will result in forfeiture by the school violating the above guidelines.

Medical Support for athletic events hosted by the St. Mary's County Public Schools

Whenever possible a Certified Athletic Trainer (CAT) will be on site during practices and games. When a CAT is not present, the coaching staff assumes the role of first responders. All coaches are required to have completed a course in the Care and

Prevention of Athletic Injuries, as well as training in Concussion Management, Heat Acclimation, Sudden Cardiac Arrest, First Aid and Automated External Defibrillator (AED) and cardiopulmonary resuscitation, and mental health.

For interscholastic football contests a medical doctor, certified athletic trainer, emergency medical technician, nurse or rescue squad must be present for the duration of the contest. If coverage is unavailable or interrupted, the contest must be suspended or canceled in the interest of student safety.

Wrestler Weight Certification

Wrestlers must have their minimum weight class certified on or after November 1, and prior to their first competition. The weight descent of wrestlers must be monitored throughout the season. If wrestlers lose weight, they should do so gradually, with an average descent of no more than 1.5% per week.

Hazing, Assault, and Harassment

St. Mary's County Public Schools does not condone or allow any verbal, written, or physical assaults or harassments in any form, including hazing or similar activities. Any activities that humiliate, tease, harass, injure, or potentially injure as part of a ritual belonging to any club, team, gang, or group are strictly forbidden in any form. Any student who is exposed to an assault, harassment, or hazing, or suspects that such activities are occurring, should immediately report the matter to the coach, teacher, or administrator. Student conduct policies are outlined in the SMCPs Student Handbook.

Heat Acclimatization

The implementation of any heat acclimatization guidelines should take into account an acclimatization period that defines the duration, intensity and number of required practices to acclimatize each individual student-athlete. The duration and intensity for practices are suggested to gradually increase the student-athlete's heat tolerance, enhance their ability to participate safely in warm and hot conditions, and minimize their risk for heat related illnesses. Guidelines for specific sports are to be found in Section 18.

SECTION 12: AWARDS and RECOGNITIONS

St. Mary's County Public Schools recognizes the achievement of student-athletes and their high school teams within the framework provided by the Southern Maryland Athletic Conference and the Maryland Public Secondary Schools Athletic Association.

High School

- Varsity letters (criteria determined by the Head Coach and included in Team Rules.)
- Individual Player Awards (selected by the coaching staff with the approval of the Athletic Director)
- Male and Female Athlete of the Year.
- SMCPS student recognition ceremony - State Champions

Southern Maryland Athletic Conference

- SMAC Champion

Maryland Public Secondary Schools Athletic Association

- [Minds In Motion](#) (Certificates are presented to those student-athletes who achieve a 3.25 GPA, or higher, while participating in a school-sponsored sport).
- Regional Champion
- State Finalist
- State Champion

Signing Day Ceremonies

- Students who complete their high school sport careers as members of their high school teams and make a commitment to continue the sport at the collegiate level may be invited to celebrate their commitment during a signing day(s) ceremony at their high school.

Award eligibility

- In order to be eligible for an award a student must complete a season in good standing and have completed all team-related obligations.

SECTION 13: SPORTS OFFICIALS

Schools involved in interscholastic contests/scrimmages must use only those officials certified by [MPSSAA](#). (Exceptions may exist with such sports as track and field, or swimming where professional officials groups are not readily available.) Coaches may not assume the role of official in circumstances when an official is late or does not appear at the game site.

All officials used in athletic contests must be approved by the designee of the Superintendent of Schools.

Coaches are asked to consider the performance of officials during each game. Consistent observations and/or concerns should be documented and reported to the Athletic Director who in turn will notify the officials' group and the Director of Athletics on their behalf.

BASEBALL	Mid Atlantic Officials Association (MAOA)
BASKETBALL	Maryland Basketball Officials Association (MBOA)
FIELD HOCKEY	Tri-County Field Hockey Officials Association(TCFHOA)
FOOTBALL	Washington District Football Officials Association (WDFOA)
LACROSSE - BOYS	Washington Area Lacrosse Officials Association (WALOA)
LACROSSE - GIRLS	Southern Maryland Women's Lacrosse Officials Association
SOCCER	Capital Area Soccer Referees Association, Inc. (CASRA)
SOFTBALL	Tri-County Sports Officials Association (TCSOA)
SWIMMING	Southern Maryland Swimming Officials (SMSO)
VOLLEYBALL	Tri-County Board of Volleyball Officials (TCBVO)
WRESTLING	Washington Metropolitan Wrestling Officials Assoc. (WMWOA)

THE RECRUITMENT OF SPORTS OFFICIALS

The above groups are continually looking to increase the number of qualified officials so that they are able to cover the needs at each high school. Anybody interested in becoming an official should contact the [MPSSAA](#) who will relay their interest to the appropriate group(s).

SECTION 14: TRANSPORTATION to/from ATHLETIC EVENTS

Student athletes are expected to travel with their team on the school bus. Student athletes can be dismissed to their parent(s)/guardian(s) from away games with prior approval of the building administrator. This [form](#) must be completed and approved ahead of time. The school staff member on board the bus must have a copy of the written approval in order for the student athlete to be dismissed to his/her parent(s)/guardian(s). Student athletes should not be dismissed to the care of anyone other than their parent(s)/guardian(s). Student athletes are not permitted to drive their own private vehicles or ride with anyone other than the adult approved by the building administrator.

The school staff member on the bus is responsible for the behavior of the student athletes. Students must abide by the same rules and regulations for athletic trips as pertain to their regular route run.

Students are not allowed to eat or drink on the school bus, unless approved by the bus driver. In addition, shoes with cleats are not to be worn on the bus. If allowed, cleanup of the inside of the bus is the responsibility of the students and the coach/teacher, NOT the driver.

Note: Specific transportation guidelines for golf teams.

All transportation to away matches shall be by school bus. Given that each high school holds practices and home meets at a golf course in their district, and that historically teams have been small in size, the following guidelines will apply:

- Students without their own transportation shall obtain a bus pass to ride a regularly scheduled bus that serves the golf course community. The driver will drop golfers off at the course. Given the lack of cargo space, golfers must arrange for their clubs to be transported to the course by someone not riding the bus, i.e., team member, parent(s)/guardian(s) or coach.
- Students who are authorized to drive to and from school on a daily basis, shall (with parental permission) be allowed to drive themselves to the home golf course.
- Parent(s)/Guardian(s) are responsible for arranging transportation for their son/daughter from the home golf course at the completion of the activity.

Special arrangements and approvals are required for any athletic trip that requires an overnight stay.

SECTION 15: SMCPs Out-of-Season Participation Standards and Regulations

The following is a summary of applicable Maryland Public Secondary Schools Athletic Association (MPSSAA) and St. Mary's County Public Schools (SMCPS) standards and regulations regarding out-of-season activities involving school teams and school coaches. The summary also includes limitations regarding the extent of contact that school coaches may have with returning players beyond the defined sports season.

The summary addresses the following standards and regulations:

- A. Fundamental Points
- B. NFHS & MPSSAA Sanctioned Out-of-Season Events
- C. Summer Practices/Camps - SMCPS Approved Guidelines
- D. Coaching Returning Players on an Individual Basis
- E. Coaching Returning Players on Non-SMCPS Teams
- F. SMCPS Interpretations
- G. Definition of a Non-school Team
- H. Practice and Game Limitations

A. Fundamental Points

1. One important point always to bear in mind is that school teams may not, under any circumstance, practice, compete, or meet beyond the established MPSSAA sports season. The established MPSSAA sports season begins with the first practice allowed for that season, and ends with the state championship for that sport.

This important point is true whether applied to camps, playing in summer or out-of-season leagues, or participating in conditioning programs. This important point is essential in understanding applicable MPSSAA and SMCPS regulations and guidelines.

2. A second important fundamental point is that rules and regulations that pertain to school coaches extend to volunteer coaches and all other school personnel. Rules violations involving school teams practicing or assembling beyond the established sports season may occur even though a paid coach is not directly involved.

4. Can a school coach supervise returning players from his team in a conditioning program?
 - Yes. However, the program still must be advertised and available to all students. The program may not be exclusively advertised for a particular team.

B. NFHS & MPSSAA Sanctioned Out-of-Season Events

MPSSAA

1. Regulation 13A.06.03.03A(5) Sanctioned Events:

- Local school systems may approve the participation of member schools to practice and compete in sanctioned National Federation of High Schools (NFHS) and MPSSAA events outside the defined sports season.
2. Interpretation:
 - Local school systems (LSS) who authorize member schools to participate in bon-a-fide sanctioned NFHS and MPSSAA events outside the defined sport season may authorize school teams to practice eight (8) days prior to the first day of the event the member school has obtained approval for from the LSS. Practice and participation must meet all local and state regulations applied during in-season participation.

SMCPS-Specific Criteria

1. Timing & Logistics
 - Practices may begin eight calendar days prior to the first day of the event. Practices are not allowed on Sundays.
 - Building use for practices must be secured through the Use of Facilities process (SchoolDude). If local school facilities are not available (due to construction, maintenance, etc.), the school may secure an alternate SMCPS facility.
2. Approval
 - Events must be sanctioned by the NFHS and MPSSAA and appear on the list of approved, sanctioned events.
 - Participation must be approved by the local school's athletic director and principal.
 - Supervision plans must be completed, submitted, and approved by the athletic director and principal
 - Field trip approval must be secured regardless of the distance traveled or overnight status.
3. Finances
 - Athletics funds may be used to cover the cost of registration and transportation.
 - Hotels, meals, and other incidental expenses will be the responsibility of the individual participants, booster organizations, or fundraising efforts.
 - SMCPS bus transportation may be used, pending availability.
 - Transportation costs will not be covered by the Department of Transportation
4. Coach Eligibility
 - Only approved/rostered SMCPS coaches may coach students (all SMCPS and MPSSAA rules apply).
 - All coach eligibility standards apply (including courses and CPR/AED certification).
5. Student Eligibility
 - Students must secure parent permission.
 - Students must have been on the roster for the sport during the previous season and finished the season in good standing, in order to participate in an event during the subsequent offseason. Seniors who have exhausted their eligibility in that sport are not eligible to participate.
 - Students must have a valid physical in order to participate.

7. Equipment and Uniforms
 - School equipment may be used for practices and team activities.
 - School uniforms may be worn while participating in sanctioned events.
8. Health & Safety
 - All SMCPSS health and safety protocols and procedures apply. This includes but is not limited to weather guidelines, concussion protocols, school emergency plans, and access to AEDs.
 - Athletic trainers may be provided but are not guaranteed.
9. Hosting an Event
 - Schools may host an event, per NFHS and MPSSAA procedures and protocols. Approval must be secured and the event must be officially sanctioned.
 - Approval must be secured through the SMCPSS Department of Athletics, including submission of a comprehensive plan that addresses all aspects of event operations. Events and plans must be approved by the school's athletic director and principal.
 - Building use forms must be completed through the Use of Facilities process (SchoolDude).

C. Summer Practices/Camps - SMCPSS Approved Guidelines

MPSSAA Summer Camp Guidance - .04 Operational Guidelines

1. Out-of-Season Practice.
 - Member MPSSAA schools and coaches of member schools shall confine school practices to:
 - The seasonal limitations as defined in Regulations .03 of this chapter; or
 - Approved local school system sponsored camps.
 - A coach may not coach a team representing the coach's school beyond the defined competition opportunities designated in Regulation .03 of this chapter unless during approved local school system sponsored summer camps.
2. Summer Camps.
 - Students may attend a summer sports camp of their choice.
 - Students and member schools may participate in summer camps that are sponsored by the local school system.
 - MPSSAA member schools and coaches may not require school personnel or students to participate in a summer camp.
 - Participation in summer camps is strictly voluntary and shall not have any bearing on seasonal participation.
 - It is a violation of the out-of-season practice rule established in Regulation .03 of this chapter for coaches of member MPSSAA schools, while affiliated with a camp that is not sponsored by the local school system, to conduct any form of team or group practice involving their school.
 - A member MPSSAA school may not provide school uniforms or equipment for students who attend a camp outside of the defined sports season in Regulation .03 of this chapter.

3. Definition: Local School System Approved Summer Camp: a series of training sessions that is sponsored and approved by the local school system involving skill development, instructional activities, and game situations within an individual local school system approved summer camp.
4. Interpretation: Local school systems may sponsor a camp that meets the following criteria:
 - After the last game of the Spring State Championships and concludes on the final Saturday of July.
 - Camps per sport may not exceed 12 individual days. Local School Systems shall approve the number of hours allowed per day of camp.
 - Camps may not consist of contact for collision sports as defined in the MPSSAA [Recommendations to Strengthen Concussion Safety](#). Helmets, pads, and full equipment are not allowed for football.
 - Only coaches approved by the local school system may conduct school-sponsored camps. Guest instructors are allowed per local school system guidelines.
 - Only students approved by the local school system may participate in approved summer camps
 - Skill development and instruction activities are allowed, including game situations within an individual local school system approved summer camp.
 - Local school systems may operate multi-school camps. Game situations may only occur within the parameters of the camp and may not lead to multi-camp scrimmages/competitions.

SMCPS Guidelines

These rules and guidelines apply to the new MPSSAA-permitted summer camps for school teams. **Non-school team activities** must be conducted 100% separately from the new MPSSAA-permitted summer practices/camp and follow all Out-of-Season Guidelines outlined in the [MPSSAA Handbook](#). Failure to follow the guidelines below may result in an MPSSAA violation related to out-of-season practices.

1. Summer practices are approved for skill development and instruction.
2. Practices/Camps are voluntary for both staff and students. These practices/camps have no bearing on the tryout process or team selection process.
3. Summer practices may be conducted Monday through Friday. However, during the identified summer work hours, summer practices may only be conducted Monday through Thursday.
4. Each sport is permitted a maximum of 12 total days with each day lasting no more than 3 total hours in duration including any weight training and/or conditioning.
 - If attending an overnight summer camp, the number of days spent at the camp will count towards the total allotment of 12 days if you are directly coaching.
5. Schools may not charge any fees for summer practices held locally. If going away for a team camp fees may be applied.
6. Student-athletes must have an active and valid sport physical on file.
7. Students MUST register with the head coach of each sport through their internal process and present a hard copy of their current physical.
 - All coaches are required to maintain a current list of student participants along with a hard copy of their current physical.
8. Practices may not be run concurrently with non-school team activities/practices.

9. For combined practices/camps (multiple schools), inter-school scrimmages/competitions may not take place between designated schools. Competition may take place if students are not grouped by their home school.
10. Practices must be open to all students (including incoming freshmen) and may not be limited to returning players.
 - Only current SMCPSS high school students (including incoming SMCPSS freshmen) may attend practices. Middle school and elementary school students are not permitted to attend a practice/camp.
11. Students may only attend a practice for the school in which they attend or will attend and at which it is anticipated they will graduate from or a county-wide practice/camp.
12. Only approved/cleared SMCPSS coaches may work with students at summer practices/camps (all SMCPSS and MPSSAA rules apply).
13. Heat/humidity decisions will be made by the Activities Resource Teacher and/or Athletic Trainer at the school site.
 - [Activity Guidelines for Athletics Related to Heat Index and WBGT](#)
14. Equipment use will be limited based on specific sports.
 - [MPSSAA Sport Classification - Recommendations for Contact Limitations](#)
 - Collision Sports
 - Football - No equipment may be used - **No Contact**
 - Boys' Lacrosse - Limited equipment may be used - **No Contact**
 - Field Players - helmets, gloves and sticks
 - No Shoulder Pads
 - Goalies - full equipment
 - Contact, Limited Contact, and No Contact Sports
 - No equipment restrictions

Application and Submission Process:

- Please submit the SMCPSS Athletics Summer Practice Application. This form will be submitted to your Activities Resource Teacher for initial review and approval.
 - [SMCPSS Athletics Summer Practice Application](#) - Cognito Form

Approval:

- All practices/camps must be approved:
 - 1st by the host school's Activities Resource Teacher
 - 2nd by the school's Principal (or designee)
 - Finally by The Director of Facility Coordination, Physical Education, and Athletics
 - Dates and times of approved camps will be scheduled by the Activities Resource Teacher
 - **Note: All approved camps must be entered into SchoolDude as SMCPSS events by either the Coach or the Activities Resource Teacher**

D. Coaching Returning Players on an Individual Basis

1. MPSSAA regulations do not allow school teams to practice or assemble after the season. School teams are defined as "Any school group or team gathering consisting of three or more players that have assembled for the purpose of drilling or instruction."

2. The above opens the door for coaches to work with a limited number of athletes on an individual basis beyond the sports season. Specifically, MPSSAA interpretations specify that “School coaching staffs may work with a maximum of two players per day.”
3. Thus, school coaches or coaching staffs may work with a maximum of two players on an individual basis on a particular day outside the sports season. This could mean a pitcher-catcher, QB-receiver, two goalies, etc. Under no circumstance, however, may the total number of players per day exceed two, no matter how many coaches may be involved.
4. SMCPSS interpretation allows for coaches to work with incoming freshmen who are currently enrolled at the school beyond the two players per day maximum.

E. Coaching Returning Players on Non-SMCPSS Teams

1. A school team may not practice or compete beyond the parameters of the MPSSAA sports season, unless participating in activities outlined in these standards. These parameters begin on the first day of practice, and end upon conclusion of the playoffs (state championship).
2. Similarly, a school coach may not instruct, or coach returning players beyond the defined MPSSAA sports season unless the players are on a non-school team coached by the school coach.
3. If the school coach is the coach of a non-school team, the number of returning players that can be on the non-school team is determined as indicated below:

MPSSAA “Eighty-Percent” Rule

- From the start of the fall sports season to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof.
- For instance, eleven players would constitute a starting lineup for a soccer team. Eighty-percent of eleven, rounded down to the nearest whole number, is eight. Thus, if the school coach is the coach of a non-school soccer team, between mid-August and late-May, a maximum of eight returning players may be on the non-school team.

MPSSAA Unrestricted Period

- From the last spring state championship (late-May) until the first practice for fall sports (midAugust), there is no MPSSAA limit on the number of returning players that the school coach may coach on a non-school team.

F. SMCPSS Interpretations

An asterisk (*) will be indicated in many instances in the sections that follow. The asterisk (*) indicates an interpretation by SMCPSS regarding the applicable MPSSAA regulations.

An SMCPSS interpretation is not a specific regulation. SMCPSS does not have jurisdiction over non-SMCPSS teams. However, SMCPSS interpretations are important because they provide guidelines to assist schools, teams, and coaches from “crossing the line” from a non-school team to a school team. SMCPSS interpretations are intended to assist schools and coaches in establishing clear parameters.

If there is a question of whether a team has violated a regulation, SMCPSS will apply the interpretations that are offered to assist in determining whether a violation has occurred.

G. Definition of a Non-School Team

1. The team must be affiliated with a league that satisfies MPSSAA regulations (league must be operated by a non-profit organization or educational institution outside the school system).
 - Either the league provides insurance for players/teams, the league requires that teams in the league provide proof of insurance, or the league provides an appropriate permission /waiver form for parents/guardians. Proof of insurance/liability is required.*
 - The league determines the schedule, with a similar number of games for all teams in the league.*
 - The league has a commissioner (or a similar designation).*
 - The league provides specific parameters/rules for conducting games, including a specific structure for contests and league play.*
2. The non-school team may not use a name connected with the school.
 - In many instances the name of a school is also the name of the community. Accordingly, the nonSMCPSS team may include either the name of the community, and not the school nickname, or use the school/community nickname, but not the name of the school/community.*
 - The non-school team may not use both the name of the school/community and the nickname of the school/community.*
3. The non-school team may not use school uniforms or equipment.
 - School equipment includes any and all items owned by the school, including balls, cones and conditioning equipment. Briefly, other outside groups do not have school equipment at their disposal. Thus, a team using school equipment creates a clear link to a school team.*
 - Equipment discarded by the school (i.e. old blocking shields, balls) may not be used unless the school has sold or donated the equipment to the non-school team. For insurance and liability purposes, this transaction should be in writing. The discarded equipment must be stored at a site other than the school site.*
 - School uniforms include current as well as old or discarded uniforms.*
4. The non-school team may not use school facilities unless the use is processed in accordance with SMCPSS Board of Education Policies and Regulations.
 - The non-school team may not use the school facility, inside or outside, for practices or games unless it has followed appropriate procedures.*
5. Participation on the non-school team must be voluntary.
 - Coaches may not coerce or pressure students to participate on the non-school team.

- Coaches may not imply or use participation on the non-school team as a factor in subsequent school team selection or playing time.
6. The non-school team must have proof of insurance.

H. Practice and Game Limitations

1. MPSSAA Interpretation – A maximum of one practice session per game or event
 - A team is limited to one practice session per game or event.*
 - The total number of practice sessions per week may not exceed the number of games or events.*
 - A tournament, or jamboree, or any other gathering of multiple teams is considered as one event, even though several games may be played in that event.*
2. Tournaments
 - Sometimes the word “camp” is used to describe an event that is actually a tournament. If the event is exclusively, 100%, a tournament, then the event will be construed as a tournament even though it may be called a camp.*
 - However, if the activity includes any elements that are characteristic of a camp, the activity will be construed as a camp and not a tournament. To be construed as a tournament, the activity must be 100% competition oriented, with the learning aspect derived through competition.*
 - Even though a tournament may include multiple games, it is construed as one event. Thus, a nonschool team may have a maximum of one-practice to prepare for a tournament.*

SECTION 16: Student-Athlete Request for Outside Participation

Student-Athlete Request for Outside Participation

Participation on a high school sports team is a privilege and an option that you and your child have freely chosen. As coaches are required to adhere to county, conference and state rules governing athletics, student-athletes are required to adhere to those same rules including team and athletic department rules as a condition of participation.

Per COMAR Education Article, §§2-205 and 2-303(k), - ([Sec. 13a.06.03.02. Eligibility](#)):

Students, while participating on a school team, are permitted to participate on sports teams outside of school during the high school sport's season. This participation shall meet the following criteria:

1. The outside participation may not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior written approval has been obtained from the school principal and coach;
2. Students who elect to participate on an outside team and do not participate and practice with the school team throughout the designated sport's season are ineligible to represent the school in all contests that determine a county, district, regional, or State championship during that sport season.

.02G(1)

"The outside participation shall not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior approval has been obtained from the school principal and coach;"

Interpretation: Any factor of a non-school athletic activity that causes a student to miss any portion of a school practice or contest constitutes a conflict.

This would include but is not limited to:

- | | |
|-----------------------|--------------------|
| 1. Practice | 5. Registration |
| 2. Competition | 6. Awards ceremony |
| 3. Tryouts/qualifying | 7. Etc. |
| 4. Travel to and from | |

Note: It is expected that high school teams conduct practice for all members or engage in competition every day school is in session during the sports season. Saturdays may also be utilized for practices and/or competitions.

*Please see page 2 for the form to request permission to participate on a sports team or sports event outside of the school team. The request should be submitted at the beginning of each season when possible or at a minimum of 2 weeks prior to any single event, practice or tournament.

Student-Athlete Request for Outside Participation Form

As the parent/guardian of _____ who attends _____ High School, I am requesting permission for my student-athlete to participate on a sports team or sports event outside of the school team. I understand that participation on a high school sports team is a privilege and the high school team should be the priority of my student-athlete. I fully understand that the principal and coach have the sole authority to approve or deny this request. Furthermore, I fully understand that there are local and state penalties and sanctions that may be placed on my student-athlete and the school team should outside participation occur without prior approval from the principal and coach.

Today's date: _____ Sport: _____

Date of outside athletic contest/event: _____ Location of contest: _____

Reason for my request: _____

Parent/Guardian's signature: _____ Date: _____

Coach's signature: _____ Date: _____

*APPROVED *DENIED

Principal's signature: _____ Date: _____

*APPROVED *DENIED

Note:

The request should be submitted at the beginning of each season when possible or at a minimum of 2 weeks prior to any single event, practice or tournament.

SECTION 17: ATHLETICS FUNDING and FUND-RAISING

Funding for interscholastic athletics has three major sources:

- A. The General Fund of the St. Mary's County Public Schools. Funds are allocated through the annual budget and are applied to conference dues (SMAC), materials of instruction (e.g., equipment, uniforms), transportation, game officials, repair of materials (e.g., helmets and pads), and facility rentals. Expenditures in excess of the amounts allotted in each category to the school are the responsibility of that particular school site.
- B. Admission Charges (gate receipts). Revenues from gate receipts are used to support the athletic program at the school where the funds were received. Funds from admissions remain at and are managed by the individual school(s).

All individuals seven years of age or older will be charged admission. Any child younger than seven years of age will be admitted free of charge if accompanied by his/her parent or guardian. Tri-County Board of Education employees (with appropriate identification), shall be admitted free. Senior Citizen passes are also accepted for regular season games in the county of origin. MPSSAA coaches' passes are accepted within the Conference for all MPSSAA regional and state playoff games.

Junior Varsity/Varsity Double Header	\$6.00
Varsity	\$6.00
Freshman/Junior Varsity Double Header	\$6.00
Freshman	\$6.00
Junior Varsity	\$6.00
SMAC Championships	\$8.00/\$10.00
Tournaments	TBD

St. Mary's County public high schools may sell discount admission packages allowing pre-paid admission at a reduced rate. Reduced admission is not available at the gate. Admission charges for regional contests are set by the MPSSAA. Any funds remaining after regional event expenses have been covered go to the MPSSAA district and are not kept by the school. Tickets will be available via an on-line vendor and will typically incur a convenience service fee.

Any paying guest attending an athletic contest who leaves the site (gymnasium, specific field area) must pay again to re-enter.

- C. Athletic Booster Clubs. The athletic booster clubs work closely with the athletic director and school principal in supporting the athletic program. Funds are raised through concession sales, donations, and special projects. The building administrator or designee must approve all fundraising. Fundraising activities must meet the criteria as set forth in the Board of Education Policies and Regulations.

General fundraising

Fundraising should be done with a specific goal in mind, and an anticipated date by which the funds will be utilized. This information should be clearly communicated to those contributing. All fundraising should have prior approval of the principal or his/her designee.

The Board of Education permits fundraising for the purpose of facility improvement. ([Policy KH](#)). All fundraising activities undertaken for the improvement of facilities or property owned by the Board must be pre-approved by the Board. In order to facilitate this process, the commercial or non-school agency, individual, or organization wishing to raise funds must provide the following information:

- Purpose for which the funds will be raised
- Anticipated fund raising goal
- Length of fund raising effort
- Methodology by which the funds will be raised
- Accounting of funds raised
- Expectation of acknowledgements (i.e. naming rights, banners, signage, etc...)
- Assignment of appropriate agency, individual, or organization contacts
- Expectation of interaction and needs from SMCPs

SECTION 18: HEAT ACCLIMATIZATION

Core principles:

1. Student-athletes and coaches must adhere to the heat acclimatization guidelines for their sport. Failure to do so may result in disciplinary procedures.
2. If outdoor practices must be canceled due to inclement weather/excessive heat, practice should be moved indoors whenever possible. If a day's practice is entirely lost because of such factors, the acclimatization schedule must be moved back a day which may affect when certain equipment may be introduced or even when a scrimmage may be scheduled.
3. Controlled scrimmages: A student-athlete shall not be permitted to participate in a controlled scrimmage until he/she has completed six (6) days of practice for all sports. Careful consideration must be given to the readiness of students new to the sport.
4. Rest Period: Teams may not practice more than six (6) consecutive days. One 24-hour rest period must be included within a seven (7) day period i.e. Sunday.
5. 3-5 Practice Rule: The maximum allotted time per day for practice is 5 hours (on the days that double practices are permitted). A 5-hour practice day may NOT be immediately followed by a practice day greater than 3 hours; therefore practice days may follow a 3-5-3-5 format.
6. Recovery period: A minimum of a three (3) hour recovery period should be provided after any session of greater than 2 hours in length and a three (3) hour recovery period should be provided before a walk-through.

Cheerleading (Fall)

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (*One practice per day*)

Acclimatization/Conditioning Practice (3 hours maximum)

- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (*One practice per day*)

Acclimatization/Conditioning Practice (3 hours maximum)

- Recovery period (3 hours minimum)
- Walk-through practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (*More than one practice per day only under certain circumstances*)

- Double practice days are permitted
- A 3-hour recovery period is required between double sessions
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.

- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.

- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days

Cross Country

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (*One practice per day*)

Acclimatization/Conditioning Practice (3 hours maximum)

- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment

- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Recovery period (3 hours minimum)
- Walk-through Practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (*More than one practice per day only under certain circumstances*)

- Double practice days are permitted
- A 3-hour recovery period is required between double sessions
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.
- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.

• On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

Field Hockey

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Goalkeepers in helmets and kickers and with mouth pieces
- Field players in shin guards, goggles and with mouth pieces
- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No protective equipment or strenuous activity permitted
- No usage of sports related equipment such as sticks, balls, cones, etc.
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Goalkeepers in helmets, chest protectors, kickers, and with mouth pieces
- Field players in shin guards, goggles, and with mouth pieces
- Recovery period (3 hours minimum)
- Walk-through Practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No protective equipment or strenuous activity permitted
- No usage of sports related equipment such as sticks, balls, cones, etc.
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (More than one practice per day only under certain circumstances)

- Full protective equipment and gear are permitted.
- Double practice days are permitted.
- A 3-hour recovery period is required between double sessions.
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.

- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.
- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

Football

Heat Acclimatization Days 1 through 5 (*One practice per day only*)

Day 1 and 2 – Conditioning and Hydration Focus

Acclimatization/Conditioning Practice (3 hours maximum)

- Helmets, t-shirts, shorts, and football shoes only
- No contact of any kind
- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No protective equipment or strenuous activity permitted
- No usage of sports related equipment such as sticks, balls, cones, etc.
- No conditioning or weight room activities

**Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact
Acclimatization/Conditioning Practice (3 hours maximum)**

- Helmets, shoulder pads, and shorts are appropriate dress.
- Contact with tackling dummies, blocking sleds or similar devices may be initiated.
- Recovery period (3 hours minimum)
- Walk-through practice (1 hour maximum)

Heat Acclimatization Days 6 through 14 (*More than one practice per day only under certain circumstances*)

- Full protective equipment and gear are permitted.
- Body to body contact is permitted.
- Double practice days are permitted (see next bullet).
- Double practice days **MUST** be followed by a single practice day. On single practice days, a 1-hour walk-through is permitted provided that the practice and walk-through are separated by at least a 3-hour recovery period.
- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.
- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.
- On a double practice day, the two practice sessions must be separated by at least a 3-hour recovery period.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

Golf

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Recovery period (3 hours minimum)
- Walk-through practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (More than one practice per day only under certain circumstances)

- Double practice days are permitted.
- A 3-hour recovery period is required between double sessions.
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.
- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.
- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

Soccer

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Goalkeepers in padded shirt, shorts, and gloves
- Field players in shin guards, with mouth pieces
- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No protective equipment or strenuous activity permitted
- No usage of sports related equipment such as sticks, balls, cones, etc.
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Goalkeepers in padded shirt, shorts, and gloves
- Field players in shin guards, with mouth pieces
- Recovery period (3 hours minimum)
- Walk-through practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted (2 hours maximum)

- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No protective equipment or strenuous activity permitted
- No usage of sports related equipment such as sticks, balls, cones, etc.
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (More than one practice per day only under certain circumstances)

- Full protective equipment and gear are permitted.
- Double practice days are permitted.
- A 3-hour recovery period is required between double sessions.
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.
- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.
- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

Volleyball

Heat Acclimatization Days 1 through 5

Day 1 and 2 – Conditioning and Hydration Focus (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Unlimited water access with planned water breaks at least every 20-30 minutes, during which coaches mandate and monitor fluid intake

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted. (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Day 3, 4 and 5 – Conditioning and Hydration Focus with Limited Contact (One practice per day)

Acclimatization/Conditioning Practice (3 hours maximum)

- Recovery period (3 hours minimum)
- Walk-through practice (1 hour maximum)

Recovery period (3 hours minimum)

- Cool indoor air-conditioned environment
- Film study or chalk talks sessions are permitted. (2 hours maximum)
- Lunch encouraged

Walk-through Practice (1 hour maximum)

- No strenuous activity permitted
- No conditioning or weight room activities

Heat Acclimatization Days 6 through 14 (More than one practice per day only under certain circumstances)

- Double practice days are permitted.
- A 3-hour recovery period is required between double sessions.
- When practice time on a single day is between 4-5 hours, (split between two sessions) the total practice time the next day must not exceed 3 hours.
- When a double practice day is followed by a rest day (Sunday or a day when no practices occur at all), then another double practice day is permitted after the rest day.
- On a double practice day, no practice shall exceed three hours in duration, and no student-athlete shall participate in excess of five hours total practice time. Warm up, stretching, cool down, walk-through, conditioning and weight training activities are to be included as part of the practice time.

Option A - One 3-hour practice

Option B - One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 1 hour walk-through. The walk-through may precede the practice provided a 3-hour recovery period is observed between the walk-through and the start of practice. (Note: A 2-hour film session, chalk talk or similar activity is permitted during the recovery period on days when only one practice is scheduled.)

Option C - (Double Practice) One 3-hour practice, followed by a mandatory 3-hour recovery period, followed by a 2-hour practice. (Note: A 1-hour film session, chalk talk,

or similar activity is permitted during the recovery period on days when two practices are scheduled.)

Option D - (Double Practice) One 2-hour practice, followed by a mandatory 3-hour recovery period, followed by a 3-hour practice. (Note: A 1-hour film session, chalk talk, or similar activity is permitted during the recovery period on days when two practices are scheduled.)

*Option C or Option D days must be followed by an Option A, Option B, or a day off.

* Under no circumstances may you have a back to back Option C or Option D days.

SECTION 19: National Collegiate Athletic Association (NCAA)

The National Collegiate Athletic Association (NCAA) is a member-led organization dedicated to the well-being and lifelong success of college athletes. The Association shares a belief in and commitment to these seven core values:

- The collegiate model of athletics in which students participate as an avocation, balancing their academic, social and athletics experiences.
- The highest levels of integrity and sportsmanship.
- The pursuit of excellence in both academics and athletics.
- The supporting role that intercollegiate athletics plays in the higher education mission and in enhancing the sense of community and strengthening the identity of member institutions.
- An inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and administrators from diverse backgrounds.
- Respect for institutional autonomy and philosophical differences.
- Presidential leadership of intercollegiate athletics at the campus, conference and national levels.

Want to play a college sport?

Creating an account and/or Profile Page is the first step to becoming an NCAA student-athlete. Please refer to the [NCAA Eligibility Center](#)

For additional resources please visit the [SMCPS website](#)