

# KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION (KSHSAA) RULES OVERVIEW

- Student must be a bona fide undergraduate student in good standing.
- Student shall have passed at least 5 new subjects (not previously passed), of unit weight, the previous semester.
- Student shall be enrolled in and attending a minimum of 5 new subjects (not previously passed), of unit weight, during present semester.
- Any student, who reaches 19 on or before September 1, shall be ineligible for interscholastic activities.
- Student must not engage in outside competition in the same sport while they are a member of a school squad. Restrictions also apply during the school year/outside of season. *Consult coach or AD before participating individually or on a team in any game/training session/contest/tryout conducted by an outside organization.*
- Student must have passed an adequate physical examination by a physician and have the written consent of their parent/legal guardian.
- Student must have met the requirements of the transfer rule. After a student is eligible in initial year of high school, they may not change schools without forfeiting 18 weeks of eligibility, unless there is a bona fide move by student's parents to a permanent residence in the attendance area of the new school.
- Student is eligible if they have not competed under a false name or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.
- Student is eligible if they have not participated in training sessions or tryouts held by colleges or other outside organizations in the same sport while a member of a school athletic team.
- Student attendance must be regular and conduct and sportsmanship satisfactory.
- Student shall not have more than 8 semesters of possible eligibility in grades 9-12. *Note: if a student does not participate or is ineligible, the semester(s) during that period are counted toward the total number of semesters possible.*

## **During the school year outside the season of sport/activity:**

- A school coach **may not** coach their athletes in same sport.
- A school coach **may** coach senior athletes in same sport following conclusion of school season.
- A school coach **may not** check out **player** uniform equipment to students (team jersey, pants, etc.), but are permitted to have an organizational meeting prior to practices beginning to check out uniforms, lockers, equipment, etc.
- A school coach **may** check out team equipment to students (balls, implements, etc.).
- A school coach **may** attend camps or clinics.
- A school coach **may not** attend camps or clinics with their athletes.
- Students **may** attend camps or clinics but **may not** attend camps with their coach(es).
- A school coach **may** transport (but not in school vehicles) students to non-school competitions in their sport.
- A school coach **may not** be reimbursed transportation costs by school or booster club.
- A school coach **may not** transport students to camps or clinics in their sport.
- Students **may** play on non-school teams but there are restrictions on number of same school squad teammates which may be rostered, practice or play together on non-school teams. Limits are: 3-basketball; 4-volleyball; 5-baseball and softball; 6-football and soccer.
- A school coach **may** supervise an off-season conditioning program for students not currently on school team.
- Off-season conditioning programs **may not** be sport-specific and shall only include weights, running, conditioning and general skill development (not a sport-specific skill). Sport-specific equipment **may not** be used in conditioning programs.

## **During the school year and during the season of sport/activity:**

- A student **may not** practice with or play on non-school team in same sport/activity.
- A student **may** play on non-school team in different sport (subject to school squad limitations).
- A student **may** receive private instruction at any time of school year, subject to limits outlined in the KSHSAA Handbook. NOTE: Private instruction is defined as 1 student receiving instruction from one person during the period of instruction. A support person (no more than 2) may be present at Private Instruction but may not receive instruction. Example: during basketball lesson 1 person could pass the ball while another played defense but may not receive instruction. Group sessions are not considered to be private instruction.
- A student **may not** attend camps or clinics in same sport/activity.
- A student **may** attend camps or clinics in different sports/activities.
- A student **may** serve as a clinician for a camp conducted by their school coach for their sport/activity.
- A student **may** serve as a clinician for a youth development camp or clinic for elementary students (Pre-K – 8th grade) being conducted by non-school organizations (e.g. softball pitcher instructing at a softball clinic) without violating the Outside Competition Rule.

## **During the summer (other restrictions apply – see KSHSAA website for dates):**

- Coaches may coach teams in non-school competitions and/or conduct workouts or practices.
- Coach's one week team camp – only students enrolled at the school may attend. KSHSAA catastrophic insurance does not cover.
- One-week summer moratorium – no school related athletic activities. During this time coaches shall be prohibited from engaging in any activity involving student athletes including practice, training, weight lifting, conditioning, competition or travel. All member school athletic facilities will be closed during this period to school personnel and students. During this one week period, students may attend camps or competitions, but may not do so with their school coaches. This moratorium does not impact spirit activities.
- More restrictions begin in July.