LCPS OUT-OF-SEASON PRACTICE RULES (EFFECTIVE JUNE 1, 2024-JUNE 30, 2025)

Out of Season Practices are voluntary, are not required, and cannot be used for tryout purposes.

IT IS THE RESPONSIBILITY OF EACH COACH TO READ, UNDERSTAND AND ADHERE TO THE OUT OF SEASON PRACTIE RULES. (If you are not sure, ask your AD)

GENERAL

- Each sport will have 20 days of offseason practice. (fall, winter, spring)
- Each sport will have 15 days of offseason practice (summer) from the Monday following the spring jamboree through the first permissible practice date of fall tryouts excluding the July dead period.

VHSL DEAD PERIODS – 2024-2025

Summer—June 30- July 6, 2024
Fall – July 28 -August 11, 2024
Winter – Nov. 10-25, 2024
Spring – Feb. 23- March 10, 2025
Summer 2025– June 22 -July 5, 2025

LCPS DEAD PERIODS – 2024-2025

August 30; Sept. 1st
December 24 – 25, 2024
January 20, 2025
May 26, 2025
November 27-28, 2024
January 1, 2025
April 16-18, 2025

*During the VHSL Fall Dead Period, Fall sports may still conduct weight training and conditioning up to the LCPS started date, with the exception of Sundays.

During dead periods, no coaching, observing or contact between a coach(es) and player(s) may occur in any sport. There may be no practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinic/camps.

No camps or offseason practices are to be held the week prior to the VHSL dead period for teams beginning their sport season. Weight lifting and non-sport specific conditioning may be held.

Specifics to the 20 -20-15 days: School students consist of 9th – 12th graders and 8th graders once promoted to high school after the last day of their 8th grade year.

- AT NO TIME CAN TWO OR MORE SCHOOLS JOINTLY PARTICIPATE IN INDIVIDUAL OR TEAM ACTIVITIES OF ANY KIND.
- School team vs school team competition coached by school staff may only occur in camps or leagues and count towards the 20 days if more than 50% of the team population is made up of their own students.
- All school sponsored camps coached by school staff where a fee is charged to participate MUST be run through the Parks and Recreation Department and each day of the camp counts toward the 20 days if more than 50% of the population is made up of their own students.
- Non- school sponsored teams or leagues coached by school staff count towards the 20 days if more than

50% of the population is made up of their own students.

- Team, individual or specialized camps, clinics or leagues organized by any entity and coached by school staff count towards the 20 days if more than 50% of the group coached by LCPS staff is made up of their own school's athletes. Each day of practice preparation and participation count towards the 20 days.
- OPEN GYMS count towards the 20 days.
- 7 on 7 football passing leagues and practices in preparation for the leagues count towards the 20 days.
- Eighth graders are allowed to participate in out of season practices provided they meet the LCPS age requirement (14 years of age on or before August 1st of their 8th grade year). All other 8th graders become eligible upon meeting requirements for promotion to the 9th grade.

The following school issued protective equipment is permissible for use during off-season practices for safety and not for contact purposes:

- Football helmets
- Goggles
- Catcher's gear
- Lacrosse helmets
- Goalie gear
- Baseball/softball helmets

In order to participate in an out-of-season practice, the following required forms must be on file:

1 - A Valid VHSL Physical Form- Submitted to the AD
2 - The Parental Consent Form- Online Athletic Registration
3 - An Emergency Medical Form- Online Athletic Registration
4 - Proof of Insurance Coverage- Online Athletic Registration
5 - Concussion and ImPact Permission Form- Online Athletic Registration
6 - Sudden Cardiac Arrest- Online Athletic Registration

IT IS THE RESPONSIBILITY OF THE ATHLETIC DEPARTMENT STAFF TO MAKE SURE ALL COACHES ARE INFORMED AND ABIDE BY THESE RULES.

THE INTENT OF THE RULE IS ANYTIME THAT A COACH INSTRUCTS AN ATHLETE OR ATHLETES THAT ATTEND THEIR SCHOOL (rising freshman through 12th grade) AND THE ONLY PARTICIPANTS IN THE GROUP THEY COACH IS MADE UP OF 50% OR MORE OF THEIR ATHLETES, THE DAY COUNTS TOWARDS THE 20-20-15 RULE.

Approved 7/24/2024