

WIAA RULES

Out of Season

Coaches may not utilize attendance/participation in out-of-season open gyms or activities as a determination for making a team, playing time, or to receive a letter in that particular sport.

School year

Students may assemble out of season in any manner they choose during the school year; however, their high school coaches and high schools may not be involved. The assembly must be open to any and all along with being voluntary. The fundamental rule with coaching contact has not changed. Coaches may not have coaching contact with any athletes that are within their program during restricted times (except their own children). Coaches include head coaches, assistant coaches, volunteer coaches, and coaches who may be coaching the next year. Coach involvement does include organizing, determining non-school rosters, providing instruction, coaching at the contest, etc.

Coaches are not allowed to organize non-school activity during the school year. Organize includes, but is not limited to:

- Holding player meetings outside the established season to discuss non-school teams.
- Making contact with non-school leagues to enter a team into the league during the school year.
- Paying entry fees for non-school leagues and/or tournaments during the school year.
- Transporting to non-school leagues or tournaments during the school year.
- Coaching at non-school leagues or tournaments during the school year.
- Helping determine rosters for non-school teams in non-school leagues or tournaments.
- Directing others (ie. Parents, players, community members, non-school coaches, etc) to determine rosters, assignments, or make up of teams.
- No school monies and resources can be applied, schools cannot sponsor the events/activities.
- Use of school support and facilities must be done in the same manner as any other non-school group who would request the facility (coaches cannot use their accessibility)

In summary, coaches are required to be hands-off during the school year unless contact is during the school sport season.

Final clarification, coaches may have open gyms, hold team meetings intended to inform players of the upcoming season, socialize with players, and even recreate in their respective sport during open gyms. They are not allowed to circumvent the out of season rules to extend the school sport season.

Summertime - Nonschool Coaching Contact and Contact Days

Coaches in all sports except football may coach their athletes in nonschool competitions in the summertime, from the last day of school to the first day of school.

During the summer, coaches are restricted to five unrestricted school coaching contact days with their athletes from the last day of school to July 31 (football has a different end date).

Students must pay 100% of their own expenses, including transportation, to any nonschool camps, clinics, specialized training, or leagues.

School Open Gyms

School open gyms are for only your students attending your high school in grades 9-12. Students from other schools whether public or nonpublic are not allowed to participate in your school's open gyms. 8th graders may participate during the summer before their 9th grade year. Do not confuse open gyms with unlimited nonschool coaching contact during the summer. [Coaches may supervise open gyms, but they \(or anyone else\) may not instruct, organize drills, etc.](#)

WIAA Open Gym Rule

Coaches and schools cannot be involved in out-of-season practice for athletes. However open gyms do not violate WIAA rules if they are conducted according to the following guidelines:

1. The open gym is made known and available to all students in the designated population of that school that are interested in attending. Open gyms may be gender specific. It is also acceptable to include people from the community. Schools may conduct "open gyms" in any activity. It is not acceptable to include athletes from another school, public or nonpublic.
2. There is no instruction during the open gym by a coach or anyone else. Coaches may supervise open gyms, but they may not instruct, organize drills, etc. Coaches can also recreate with students in school sponsored, open gym settings

that are purely recreational in nature, ie., there is no instruction, sport skill demonstration, organized drills or resemblance of a practice being conducted.

3. There is no organized competition, such as established teams participating in round-robin competition, etc. "Open Gym" is not a code word for out-of-season practice. The philosophy of the open gym is students from that school may attend, for wholesome recreation, or for purposes of improving their skills, but it's something they do on their own. It would be a violation of WIAA rules to mandate attendance at open gyms, or to provide incentives for athletes to attend open gyms, or to limit participation based on athletic status, or to allow athletes from other schools to come and work out or compete against the host school's athletes. (BL – Art. II and RE – Art. VI, Sect. 2)

Pitcher and Catcher Conditioning

Effective in the spring of 2018, spring baseball coaches will have up to five days of pitching instruction during the week prior to the first date for baseball practice (Sun to Sat). Only one session per day per athlete is permitted with the maximum length of two hours per individual.

Regulations for Baseball Pitcher Instruction:

Baseball conditioning for pitchers may be conducted for five (5) days during the week prior to the first date for baseball practice (Sun to Sat). There must be a day of rest for at least one calendar day before the season begins. This activity is considered out-of-season and voluntary.

1. Only one session per day per athlete permitted—the maximum length of the session is two hours per individual.
2. The program can be conducted indoors or out depending on the weather.
3. The conditioning program is limited to pitchers and catchers in grades 9 through 12.
4. Balls, gloves and catcher's protective equipment are the only equipment permitted. Portable pitching mounds are permitted. (Bats, batting tees, fungos, batting cages, pitching machines, etc., are strictly prohibited.)
5. The program may consist only of warm-ups, stretching, calisthenics, weight training, running, other conditioning exercises and throwing. Throwing is permitted only because it is an important aspect of conditioning the arm.
6. A coach must be present at all conditioning sessions.
7. Safety Precautions – Catchers should wear full equipment. Do not use anyone to assume a batter's position while pitchers are throwing, since although pitching control may be an outcome of the program, it is not a program objective.

NOTE: It is a violation of WIAA rules to allow work on fielding, covering bases, pick-offs or any other related fundamental, and therefore, these types of drills are strictly prohibited. In addition, it should not be used as a tryout, and team cuts are not permitted.