

# Coaching Contact

## During the School Year

### During the Season

See WIAA Season Regulations for contact rules (during the season) in each sport.

### Outside of the Season

#### No Coaching Contact Allowed

...with any athletes they will be coaching the upcoming or following school season (except their own children).

There is no distinction between Varsity and JV coaches, i.e., JV coaches cannot coach Varsity athletes, and vice versa, nor any distinction between paid and non-paid coaches. EXCEPTION: Varsity and JV coaches can have coaching contact with students who have just completed 8th grade or any preceding grade up until they start their 9th grade year. (The 9th grade year begins with the first day of practice or the first day of school, whichever comes first.)

## Outside of the School Year (Summer)

### When acting as a SCHOOL coach

#### Sanctioned School Contact Days

5 days (does not have to be consecutive). The 5 days need to be the same for all levels within a sport program.

Last day of school through July 31. The summer is defined as when school is not in normal session (see Football regulations for last allowed date of summer contact for school coaches).

May be used:

- School Equipment
- School Funds
- School Transportation
- School Facilities

Open to any and all interested.

May not be mandated, nor a requirement for making a school team and/or earning a school letter.

### When acting as a NON-SCHOOL coach

#### Non-School Programming

Last day of school (Spring) to the First Day of School (Fall)

May NOT be used:

- School Equipment\*
- School Funds
- School Transportation

\*School Equipment may be used with Board of Education permission.

School Facilities may be utilized per school board policies for non-school organizations. (Rent, custodial fees, insurance, etc.)

Open to any and all interested.

May not be mandated, nor a requirement for making a school team and/or earning a school letter.

Cannot be your High School team "in disguise".

**Non-school coaching contact is not allowed in Football.**

## Organizational Meetings

### In-Season:

- Not counted as a practice day
- Can include film session and scouting report

### Out-of-Season:

- Fundraising
- Info meetings on camps/clinics, etc.
- Equipment Fittings (Helmets, shoulder pads, etc.) – may not be issued until first day of practice

## Open Gym

- Date, time, gym may be arranged by head coach
- May not be mandated
- No instruction allowed by any person, whether coach or non-coach
- Coach may play, compete, train with team as long as no instruction is provided
- Only students from host school may attend
- Restricted to 9-12 grade students

## Providing Out-of-Season Workouts

- Example workouts may be provided and coaches may provide links to virtual workouts (must be available to general public) but may not advance athletes through stages
- May not be in calendar form – or daily workout plan
- No instruction allowed by any member of coaching staff
- May not be mandated

## Virtual Workouts

### In-Season:

- Coach may hold virtual workout, following in-season rules
- Does not count toward acclimatization nor reacclimatization practices

### Out-of-Season:

- Coaches may provide links to virtual workouts (must be available to general public) but may not advance athletes through stages

## Team Building

- May be held in or out of the season
- Not counted as a practice day
- May not include any sport-specific materials
- May be virtual

## Weight Training

- Date, time and individualized workout may be arranged by head coach
- May not be mandated
- No incentives may be provided for performance or attendance
- Coach may train with team
- Only students from host school may attend
- Restricted to 9-12 grade students
- No sport-specific technique instruction allowed