



3.2.7 Summertime Participation Overview

Tuesday following Memorial Day to July 31st

NSAA Catastrophic insurance not provided.

Schools assume ALL liability.

Summertime Participation:

1. School-sponsored camp/clinic (maximum of 10 days)

Football limitations (progression must be restarted if 10 days are not consecutive):

- Day 1 & 2 unlimited "air" and "bag" contact only.
Permitted equipment: footballs, helmets, kicking tees and hand-held blocking dummies
- Day 3-10 unlimited "air," "bag," and "control" contact.
"Thud" contact is limited to 30 minutes per day and no more than two consecutive days.
Permitted equipment: same as Day 1 & 2 plus shoulder pads.

2. Organized Conditioning program

- 75-minutes per day or no more than 5 hours per week
- No student shall participate in more than one session per day
- Can include weightlifting, running, general exercising
- Can include sports specific equipment and sport specific drills

3. Open gym/facilities

- May designate sport-specific times
- Coaching or instruction is permitted
- Participation by non-high school students is local school decision

4. Leagues/Competitions

- Coaches are permitted to coach their school in summer leagues and competitions
- League fees/costs are to be paid by athlete and his/her family
- May not use school-issued game uniforms

Additional restrictions/exceptions:

1. Unlimited contact between students and high school coaches.
 - Organized practice rule is not in effect.
 - Unlimited commercial team/individual camps and clinics.
 - Unlimited summer leagues.
2. Students and/or parents shall pay all fees and expenses.
3. Schools, booster clubs, individuals and/or other organizations shall not pay any fees or expenses.
4. Attendance cannot be required or used to off-set or penalize students during the season.
5. Schools may not provide school-issued game uniforms.
6. Schools may permit the use of school equipment such as: shot put, discus, vaulting poles, landing pits, hurdles, balls, tennis racquets, golf clubs, nets, vaulting standards, high jump standards, volleyball standards, and weight machines.
7. Schools may provide transportation to commercial camps/clinics per local school policies.
8. Schools can hold fundraising money in a school account.
9. School facilities can be used in accordance with local school policies.



Q & A for Summer Activities

Q: Can schools provide school vans for coaches to drive to a summertime camp?

A: Yes, NSAA Bylaw 3.2.8(d) allows school transportation for individuals participating in team sports camps/clinics with prior approval from the district's Board of Education. However, the NSAA Catastrophic insurance would not cover this transportation.

Q: Can a student voluntarily attend the summertime school-sponsored, 75-minute conditioning program, and then return to that school that evening to lift weights?

A: Yes, NSAA Approved Ruling 3.2.7.3 states that students may work-out on their own at the school facility and is not subject to the organized conditioning program requirements.

Q: Could a coach conduct voluntary practices during the summertime activity period?

A: Yes, NSAA Bylaw 3.2.7.5 allows a coach to have unlimited contact with students during the summertime activities period. The organized practice rule is not in effect during the summertime activities period.

Q: Can schools allow students participating in summertime activities to wear school-issued game uniforms?

A: No, NSAA Bylaws do not allow the use of school-issued game uniforms in summertime activities.

Q: Can a high school coach conduct a summertime commercial camp/clinic at their high school?

A: Yes, NSAA Bylaw 3.2.7.7 allows high school coaches to use school facilities in accordance with the district's Board of Education policy.

Q: As a reward, can a coach excuse a student from the first day of high school practice because of the student's participation in summertime activities?

A: No, NSAA Bylaw 3.2.7 states that attendance at summertime activities shall be voluntary.