



3.2.7 Summer Activities Overview

Tuesday following Memorial Day to July 31st

NSAA Catastrophic insurance not provided.

Schools assume all liability.

Permissible School Organized Summertime Activities:

1. School-sponsored camp/clinic (maximum of 10 days over 21 consecutive days)

Football limitations:

- 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

- 60-minutes
- Can include weightlifting, running, general exercising
- No sport-specific drills
- No sport-specific equipment

3. Open gym

- Open to all students
- Open for all activities
- May not designate sport-specific times
- No coaching or instruction
- Participation by non-high school students is local school decision

4. Recreation program

- Open to all students
- Intra-school competition only
- Individual player equipment may be provided except football helmets and pads

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 uniforms (game, practice, warm-up or scrimmage vests).
6. Schools may not provide individual player equipment.
 - Exception: Football, baseball and softball protective equipment may be provided.
7. 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.
8. Schools may provide transportation to commercial camps/clinics per local school policies.
9. Schools can hold fundraising money in a school account.
10. 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 summer camp at University of Nebraska-Kearney?

A: Yes, NSAA Bylaw 3.2.8 (d) allows school transportation for individuals participating in College/Professional/Commercial team sports camps/clinics with prior approval from the district's Board of Education.

Q: Can a student voluntarily attend the school -sponsored, 60-minute conditioning program, and then return to the school that evening to lift weights?

A: Yes, NSAA Approved Ruling 3.2.7.3 specifically states that students who work-out on their own at the school facility shall not be considered to be involved in an organized conditioning program.

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

A: Yes, NSAA Bylaw 3.2.7.6 allows a coach to have unlimited contact with students during the summer activities period, provided no support is received from the school/school district. The organized practice rule is not in effect during the summer activities period.

Q: Can schools allow students participating in summer activities to wear school-issued uniforms (practice, game, warm-up or scrimmage vests)?

A: No, NSAA Bylaw 3.2.7.9 does not allow for the use of individual player equipment which includes school uniforms.

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

A: Yes, NSAA Bylaw 3.2.7.8 (b) allows high school coaches to rent school facilities for use by individuals. Camps conducted by high school coaches shall be publicized as open to all area individuals wishing to attend and not limited to students from the coach's high school.

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 summer activities?

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