

SUMMER CAMPS, PRACTICES

SECTION 20. SUMMER CAMPS. Students may attend summer camps (for individuals) provided they do so individually at their own expense.

When students attend camps as individuals, the Fifty Percent Rule will be in effect for team play.

All individual and team camps sponsored by a school must be held prior to the starting practice date for fall sports. All-Star Sports Week is a “dead week” for team camps.

The maximum length of a team camp is one week (seven consecutive days). A junior high/middle school team may attend a team camp at a different time than its high school varsity. Helmets are the only type of protective equipment that may be worn at an organized football team or individual camp.

Each day at a team camp (includes 7-on-7 competition) counts toward the maximum seven days allowed for summer practice competition.

Other guidelines for a team camp:

- (a) Camp fees charged each school should cover room, board and insurance for all participants.
- (b) Team camps are instructional in nature. Practice times are provided for teams when they are not participating in modified games.
- (c) All teams must be guaranteed an equal number of modified games (Most camps guarantee a minimum of 10 games.)
- (d) Modified games must use a running clock.
- (e) Schools cannot be required to wear game uniforms.
- (f) The Amateur Rule is in effect.
- (g) No trophies may be awarded.
- (h) Spectators may not be charged admission.

A high school coach may work at team and individual summer camps, but coaching his/her own players in team competition would count as one of the allowed seven days of competition.

SECTION 21. SUMMER PRACTICE RULES. Coaches are allowed to practice with their own students during the summer months (from the end of school until the starting practice date for fall sports) and use drills to teach skills. Mandatory practices are prohibited until the starting practice date for fall sports. No football equipment except hand-held blocking pads may be used until the starting date for fall practice.

Weight training and conditioning programs are not restricted. It is the responsibility of each school to see that the Summer Practice Rule is not violated.

Summer Practice Competition.

1. A school may participate in seven days of practice competition per sport during the time school is out until the first fall practice date. No interscholastic contest may be scheduled on Sunday without prior approval of the Central Board of Control. This includes summer play.
 - a. **Note:** If a coach conducts more than seven days of practice competition, he/she could be restricted from coaching that team the following school season.
2. Each student is allowed seven days of practice competition per sport. Only eligible students may participate in summer competition.
3. Coaches may coach their own school players in practice competition. Coaches may coach their own children in more than seven days of competition if none of the coach's other players are on the child's team.

4. Each day of practice competition in organized events (team camps, Sports Festival, etc.) will count toward the maximum seven days allowed.
5. All practice competition and team camps sponsored by AHSAA-member schools must include only AHSAA-member schools or schools from other NFHS affiliated state associations. (All team camps hosted by colleges and other outside organizations are excluded.)
6. Practice competitions between schools are deemed to be modified or practice contests under the jurisdiction of participating schools, therefore AHSAA-registered officials are not required and National Federation rules may not apply.
7. Each school should analyze the liability issues of its practice competition and act accordingly.
8. Admission may be charged to any practice competition under the direction of the school principal.
9. No practice competition involving coaches and players in grades 7-12 (including team camps) is allowed during All-Star Sports Week, a "dead week".
10. Helmets and hand-held blocking pads are the only types of protective equipment that may be used in any football practice competition (includes team and individual camps).