

2013-2014

TENNIS

July 29, 2013 – Aug. 18, 2013	Dead Period
Aug. 19, 2013 – Dec. 31, 2013	Weight training and conditioning permitted. No open facilities and no practice.
Jan. 1, 2014 – Feb. 9, 2014	Weight training, conditioning, open facilities permitted. No practice
February 10, 2014	Practice begins – Must practice 3 days before preseason scrimmages. After team is eliminated from tournament series, coaches may be involved in a coaching capacity with students in their school in summer programs or on non-school teams.
March 10, 2014	Date of First Contest & Deadline to file Eligibility & Schedule online.
End of school until June 21, 2014	No practice regulations
June 22, 2014 – July 5, 2014	Dead Period
July 6, 2014 – July 28, 2014	No practice regulations

Definitions

Practice: Coach and player(s) together with instruction, teaching, coaching, etc.

Open Facilities: Schools may use school facilities for students in their building prior to or at the conclusion of the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere.

Weight training/conditioning: Must be a generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and softball, players may throw to condition arms.

Dead Period: No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning.

Pre-season Scrimmages: A school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. A school may have a maximum of 4 pre-season scrimmages or 2 pre-season scrimmage dates or 1 pre-season scrimmage date and 2 pre-season scrimmages. Once a school participates in their first regular season contest, they cannot participate in a scrimmage.

Practice During the School Day: All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and seasons as corresponding athletic practice outside the school day.

Tournament: All tournaments shall be held on consecutive days with no other regular season games being played during the tournament unless permission is granted by the Executive director. A tournament is defined as a competition of three or more teams and three or more games, matches, etc., which progress to determine a winner.

Multiple Contests: In all individual sports (cross country, golf, track and field, tennis, and wrestling) individuals accompanied by a coach may enter varsity competition at different a site on the same time and date, and this will count as two days on the school's schedule.

Beginning Sport: Any school that is starting a sport for the first time may have five days of off-season practice prior to the first season the sport begins. This would apply to girls' volleyball, girls' soccer, soccer, baseball, girls' softball, and track and field. It would not apply to football and basketball since schools are allowed 10 days in the off-season in football and 5 days in the off-season in basketball.

Pre-Season – Begins the first day of school until the first day of practice in that particular sport.

Off-Season – Begins with a school's elimination from post season tournament play in a particular sport and concludes with the end of the school year.

Maximum number of contests: 16 matches, each tournament counts as 2 matches