

2019-20 TMSAA Handbook

DEFINITIONS

Practice – Coach and player(s) together with instruction, teaching, coaching, etc. Try-outs are considered practice.

Open Facilities – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after 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. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

Weight Training/Conditioning – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exception: In baseball and girls' softball, players may throw to condition arms. Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.

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. In all sports, the week preceding the 4th of July week and the week of the 4th of July will be a dead period. There can be no coaching, contact with, or observation by coaches with any players. All schools' indoor facilities must be closed unless approved in writing by the TMSAA.

Preseason Scrimmages – A school cannot practice with or scrimmage another school after TSSAA first official day of practice until both schools have practiced a minimum of three days. No tournament format of any type may be used. Preseason scrimmages should look more like practice than games. 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 season as corresponding athletic practice outside the school day.

50% Rule – Does not apply for the TMSAA.

Pre-season – Begins the first day of school until the first official day of practice in that particular sport. **Coaches may give individual instruction to a maximum of three students per day during the pre-season.**

Off-season – Begins with the school's elimination from postseason tournament play in a particular sport and concludes with the end of the school year. **Coaches may give individual instruction to a maximum of three students per day during the off-season.**

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. Tournaments shall count as two games/dates, notwithstanding the number of games/dates in which each team participates in a tournament. Post Season Tournaments or Bowl Games may be played, provided the plan is approved by the state office annually. Any post season tournament or play-off format that exceeds the number of regular season contests allowed must be approved by the state office.

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 a different 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 pre-season practice prior to the first season the sports begins. This would apply to girls' volleyball, girls' soccer, soccer, baseball, 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 pre-season in basketball.

2019-20 TMSAA Handbook

TMSAA SPORTS CALENDAR

FOOTBALL

- **Pre-Season Practice Rule** does not apply.
- **Pre-Season Acclimatization:** Helmets and shoulder pads may be worn the Monday of NFHS Week 3. Each individual athlete must practice in helmets and shoulder pads for three days prior to practicing in full pads, regardless of when they start practicing.
- First Practice Date in pads is the Monday of NFHS Week 4.
- **Practice Regulations:** **1.** Practice time in pads may not exceed 3 hours in a single practice. **2.** If there are multiple practices in pads on a single day, only one session per day should include full contact. The total practice time in pads may not exceed 5 hours, with practices separated by at least three hours of rest in a cool environment. **3.** No student shall participate in multiple practices in pads on consecutive days. Helmets may be worn at any time. A practice would be considered a practice in pads if shoulder pads and/or football pants with or without pads are worn. If weather postpones a practice in pads, the practice may resume after conditions are deemed safe and the remainder of the allotted practice time may be completed. In addition, all TSSAA Football Practice Regulations must be followed.
- **Preseason Scrimmage Rule** does apply.
- Maximum number of regular season contests is 8 games.
- **Maximum of 12 days of Off-Season practice within a 15 consecutive school day period and two interschool scrimmages are permitted. The first two days of practice must be in helmets only.**
- In the **Summer** there are no restrictions in regard to practice. No pads are permitted. Helmets may be worn.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR

GOLF (BOYS' AND GIRLS')

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 15 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

2019-20 TMSAA Handbook

TMSAA SPORTS CALENDAR GIRLS' VOLLEYBALL

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 20 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR CROSS COUNTRY (BOYS' AND GIRLS')

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR GIRLS' SOCCER

- **Pre-Season Practice Rule** does not apply.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

2019-20 TMSAA Handbook

TMSAA SPORTS CALENDAR BASKETBALL (BOYS' AND GIRLS')

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is **20** games.
- Maximum of ten days of **Off-Season** practice within a 15 consecutive school day period.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR WRESTLING

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR GIRLS' WRESTLING

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

2019-20 TMSAA Handbook

TMSAA SPORTS CALENDAR BASEBALL

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 18 games.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR GIRLS' SOFTBALL

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 18 games.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR TRACK AND FIELD (BOYS' AND GIRLS')

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 8 dates. Each meet counts as one date.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

2019-20 TMSAA Handbook

TMSAA SPORTS CALENDAR TENNIS (BOYS' AND GIRLS')

- As far as **Pre-Season Practice**, there are no restrictions.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 15 matches. Each tournament counts as two matches.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

TMSAA SPORTS CALENDAR SOCCER

- **Pre-Season Practice** is not allowed.
- There shall be a First Practice Date for each Sports Season. The First Practice Date for the Fall Season is the Monday, of NFHS Week 4. The First Practice Date for the Winter Season is the Monday of NFHS Week 13. The First Practice Date for the Spring Season is the Monday of NFHS Week 31. The Local Education Association will determine in which season each sport is played.
- **Scrimmage Rule** does apply.
- Maximum number of regular season contests is 12 matches.
- **Off-Season** practice is not allowed.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

Coaches and employees of a school are subject to the guidelines of the TSSAA Sports Calendar when working with students from his/her school.

Jamborees

Section 8. A member school may participate in one jamboree per sport provided (a) the jamboree is approved by the state office and is held before any of the participating schools play their first game; (b) the jamboree is sponsored by the participating schools and all proceeds go to the participating schools; (c) the jamboree is conducted in accordance with the following regulations:

- A. No team or participant shall play more than the equivalent of half of a game or contest.
- B. Registered TSSAA officials must be used.
- C. Schools participating in a jamboree must file the regular eligibility report (TMSAA Portal Roster) with the state office prior to participating.
- D. Schools must hold membership in TMSAA or membership in a Tennessee conference in order to be eligible to participate in a jamboree. (Out-of-state schools must obtain approval from their state association before participating.)

Participation in such a jamboree shall not count as a regular-season contest.