

SECTION 9: ATHLETICS AND INSTRUCTIONAL TIME

9.1 INSTRUCTIONAL TIME

- 9.1.1** All regular season contests shall be scheduled after school hours. *Exception:* A school shall be allowed to participate in four boys' and/or girls' 18-hole golf matches or tournaments during a school day from February 15 for girls and March 1 for boys through the week prior to the regional golf tournament provided the contest does not begin before 11:00 a.m. and provided the school participates in no more than one match or tournament during a school week. If a student is receiving a failing grade in any class at the time, he/she shall not be permitted to be released from school to participate in the match or tournament.
- 9.1.2** If possible, no instructional time shall be missed by student-athletes when traveling to athletic events.
- 9.1.3** If teams are allowed early release from school to attend an event, release time shall be kept to a minimum, and the Regular Season Release Time Table, shall be strictly followed in determining release time.
- 9.1.4** All class work missed by student-athletes, while attending athletic events, shall be made up and completed in a manner that would be required of other students.
- 9.1.5** The championship playoff season is viewed as "special" for the entire school and, therefore, shall be treated differently in determining release time.

9.2 RELEASE TIME FOR REGULAR SEASON CONTESTS

- 9.2.1** A student shall not be allowed to miss any class he/she is presently failing. *Interpretation:* This does not render the student ineligible; he/she shall not be released from classes he/she is currently failing in order to attend an athletic event. He/she shall be released early only from classes he/she is passing.
- 9.2.2** A student shall attend school at least one hour prior to release time in order to be released to participate in a contest. Only the school administrator can grant exceptions to this rule.
- 9.2.3** The following Regular Season Release Time Table shall be applied and adhered to in releasing teams or players during school hours.

SPORT	DRESS OUT TIME REQUIRED	WARM-UP TIME REQUIRED	FIELD/COURT PREP. REQUIRED	PRE-CONTEST MEAL
FOOTBALL	1 hr. + 15 min. equip. time #	45 minutes (includes coin toss)	No Factor	On trips for games
VOLLEYBALL	30 minutes	30 minutes	No Factor	NO
CROSS COUNTRY	20 minutes	20 minutes	No Factor	NO
WRESTLING	30 minutes	20 minutes	No Factor	NO
BASKETBALL	30 min. + 15 min. equip. time #	30 minutes	No Factor	On trips for games
BASEBALL	30 min. + 15 min. equip. time #	45 minutes	Yes for home team @	No-unless night game
SOFTBALL	30 min. + 15 min. equip. time #	45 minutes	Yes for home team @	No-unless night game
TRACK	20 minutes	30 minutes	Yes for home team @	No-unless night game
SOCCER	20 minutes	30 minutes	Yes for home team @	No-unless night match
GOLF	20 minutes	30 minutes	No	No
TENNIS	20 minutes	30 minutes	No	No

KEY

- * Allow one hour for pre-game meals. Pre-game meals shall not be taken unless team is in a night contest over 50 miles away.
 - # Allow 15 minutes for packing equipment for long trips where players will dress at opponent's school.
 - @ If necessary, allow 30 minutes for field preparation.
- 9.2.4** The following table shall be used in determining the amount of travel time to be applied to athletic release time for participation in an athletic event occurring after school hours:

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<u>MILEAGE</u>	<u>TRAVEL TIME ALLOTTED</u>
0-10	15 minutes
0-10	*25 minutes
11-15	20 minutes
11-15	*30 minutes
16-20	30 minutes
16-20	*35 minutes
21-25	40 minutes + 5 minutes*
26-50	1 hour + 5 minutes-up to 10 minutes**
51-75	1 hour + 30 minutes
76-100	2 hours
101-125	2 hours + 30 minutes
126-150	3 hours
151-175	3 hours + 30 minutes
176-200	4 hours
201-250	4 hours + 30 minutes
251+	5 hours + 30 minutes for every 25 miles above 250 miles

*Big city travel-New Orleans, Lafayette, Baton Rouge and Shreveport

**Plus 5 minutes for every 5 miles above 40 miles, up to 50 miles

9.3 DETERMINING ATHLETIC RELEASE TIME

- 9.3.1 The following formula shall be used to determine the earliest time a team shall be released from school to participate in an athletic event occurring after school hours:

CONTEST STARTING TIME

minus Equipment Time (If allowed)
minus Travel Time (See #9.2.4)
minus Pre-Game Meal Time (If allowed)
minus Dress out Time
minus Warm-up Time
equals **RELEASE TIME**

- 9.3.2 Scratch meetings for track and field meets and the weigh-in process for wrestling matches, during the regular season, shall be conducted after school hours.

9.3.3 **The penalties for a school that violates the athletic release time rule:**

1. The school may be placed on administrative, disciplinary, or restrictive probation not to exceed one year.
2. The school may be suspended not to exceed one calendar year in the sport in which the violation occurred.
3. The school may be suspended from the association until the alleged violation can be assessed by the Executive Committee.
4. The school may be fined not to exceed \$500.
5. The coach shall be penalized under Rule 5.12.
5. Other penalties may be imposed on the school and/or individual(s) to a degree in keeping with the severity of the violation.

9.4 CHAMPIONSHIP PLAYOFF SEASON RULE

- 9.4.1 The championship playoff rules apply to play above the district level.

- 9.4.2 The LHSAA views playoff events and experiences as "special" for the entire school, and therefore, treats them differently from regular season contests.

- 9.4.3 Because the championship playoff season involves additional planning, such as travel arrangements, hotel accommodations, meals, practice time schedules, possible inclement weather and contest starting times, the release time for a traveling team is left to the discretion of the school principal using the following provisions as a guide:

1. When possible, championship playoff contests shall be scheduled after school hours, preferably at night. *Exception: Because many track and field facilities are without lights and therefore, cannot be used for night competition and because more than one classification and/or district may be required to use the same facility on the same day, district track and field meets may begin at 1:00 p.m. with the scratch meeting beginning no earlier than 12:00 noon.*
2. When possible, the Regular Season Release Time Rule table shall be used as a guide for determining release time.
3. In all cases, missed instruction time shall be kept to a minimum.

4. All class work missed by student-athletes while attending playoff contests shall be made up and completed in a manner that would be required of other students.

9.5 PRACTICE DURING THE SCHOOL DAY

- 9.5.1 At all levels of play in all LHSAA sports prior to reporting for a team practice session that school day, if applicable, the school shall prohibit a student(s) from participating in any form of athletic participation for more than one regular class period during instructional time on a school day. This includes participation in weight lifting sessions, conditioning sessions, skull sessions, the viewing of game films, viewing of game video tapes or DVDs, or any other similar athletic session.
- 9.5.2 The principal is directly responsible to the association for his/her school's strict compliance with these rules.
- 9.5.3 If a school allows a student(s) to violate the rule, the school shall be ruled immediately ineligible for varsity state championship honors in the sport in which the student competes or has competed, and also penalized under Rule 5.11.12 - Schools involved in infractions inconsistent with wholesome competition or a wholesome athletic program including sportsmanship violations.
- 9.5.4 This rule shall be enforced throughout the entire school year.