

ATHLETIC BYLAWS—ARTICLE 3

3.1 SPORTS SEASONS

3.1.1 Interscholastic sports sponsored by the Association shall be divided into three seasons: Fall, Winter, and Spring.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.1.1

Reference:

3.1.1 *A season begins on the first day of allowable practices for that sport, as designated in 3.1.1.2 below. The season officially ends with the conclusion of the State Championship in that sport. Students may not participate in outside group instruction or competition once the season officially begins, and outside group instruction or competition may not commence until the school team has been completely eliminated from further participation in the sport.*

3.1.1.1 A season begins the day of opening practice as permitted by the NSAA rules rather than the first day of interscholastic competition.

3.1.1.2 The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

Note: Week designations are for the standardized calendar. The standardized calendar usually begins with the first full week in July.

SEASON BEGINS

SPORT	DATE OF FIRST PRACTICE	DATE OF FIRST CONTEST	CLOSE OF SEASON
FALL			
Girls Golf	Monday, Week 6	Thursday, Week 7	State Tournament
Girls Softball	Monday, Week 6	Thursday, Week 7	State Tournament
Boys Tennis	Monday, Week 6	Thursday, Week 8	State Tournament
Football	Monday, Week 7*	Thursday, Week 9	State Finals
Football-Class A & B	Monday, Week 6	Thursday, Week 8	State Finals
Boys Cross Country	Monday, Week 7	Thursday, Week 9	State Meet
Girls Cross Country	Monday, Week 7	Thursday, Week 9	State Meet
Volleyball	Monday, Week 7	Thursday, Week 9	State Tournament
WINTER			
Boys Basketball	Monday, Week 20	Thursday, Week 22	State Tournament
Girls Basketball	Monday, Week 20	Thursday, Week 22	State Tournament
Wrestling	Monday, Week 20	Thursday, Week 22	State Tournament
Swimming & Diving	Monday, Week 20	Thursday, Week 22	State Meet
SPRING			
Boys Golf	Monday, Week 35	Thursday, Week 37	State Tournament
Boys Track & Field	Monday, Week 35	Thursday, Week 37	State Meet
Girls Track & Field	Monday, Week 35	Thursday, Week 37	State Meet
Girls Tennis	Monday, Week 35	Thursday, Week 37	State Tournament
Baseball	Monday, Week 35	Thursday, Week 37	State Tournament
Boys Soccer	Monday, Week 35	Thursday, Week 37	State Tournament
Girls Soccer	Monday, Week 35	Thursday, Week 37	State Tournament

APPROVED RULINGS AND INTERPRETATIONS FOR 3.1.1.2

*Note: *All Class C1, C2, D1, D2 football teams, with local board approval, may begin football practice at the same time as those schools that are assigned week 0 (zero) football games, with the school being mindful of NSAA heat and humidity acclimatization guidelines.*

Reference:

3.1.1.2 *If a student is participating in one sport during a sports season and decides to quit that sport and participate in another sport during the same season, the student shall be restricted from practice and competing for seven school days. No student who has practiced or competed in one sport will be allowed to switch to another sport if the district or state meet in the student's former sport is in progress or has been completed*

or a season has ended.

If a student participates in two sports simultaneously during a sports season, that student shall become ineligible to participate in the district and/or state contest during that sports season.

Refer to the Nebraska School Activities Association calendar or the Manual for the specific sport for the date of the beginning of the season, first date of permitted competition, and date of state contest for the current year.

- 3.1.2 **December Moratorium.** For five consecutive days in December, there shall be no practice and no interschool competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dates for each five-day period will be set by the Board of Directors three years in advance. (Refer to calendar for these dates.)

APPROVED RULINGS AND INTERPRETATIONS FOR 3.1.2

Reference:

- 3.1.2 *The intent of the December Moratorium is to provide coaches, athletes, and other school personnel a five-day break from the activity season. This rule is to be interpreted as a five-day dead period without organized practices, structured conditioning sessions, or meetings of any type. It is the member school's responsibility to monitor and enforce this rule.*

School-owned facilities shall be closed to all grades 9-12 workout activities during the moratorium (team or athletic meetings, practice, competition, weight-training, conditioning, open gym, or other physical activities). The term "no practice and no interschool competition by individuals or teams" shall be interpreted to mean that a grades 9-12 student who is a participant in an NSAA activity shall not be permitted:

(1) To practice or compete in that activity in-season during the moratorium in a school-owned facility that is used by the school for such activity, whether or not a coach, sponsor, or other adult associated with the program is present.

(2) To participate in practice, team meeting, or activity for the sport in season, directly or indirectly organized by the coach; the school coach, sponsor, or other adult associated with the school activity program may not supervise, direct, plan, or encourage any workout, practice, or competition during the moratorium by students participating in activities; and

(3) To participate in a student-organized practice, team meeting, or activity for the sport in season.

Students May:

(1) Continue to workout/condition on their own in facilities not owned by the school, including workouts or activities with family members;

(2) Receive individualized instruction from an individual who is not the school coach, sponsor, or other adult associated with the school activity program; and

(3) Receive physical therapy or rehabilitation services at facilities not owned by the school.

3.2 OUT-OF-SEASON PROGRAMS

- 3.2 A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports outside of the defined NSAA season.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2

Applicable to Students During The School Year.

Reference:

- 3.2 *Faculty vs. student, alumni vs. student, or parent vs. student contests are not permissible during the season of the sport involved. If such contests are held out-of-season, the organized practice rule must be followed.*

- 3.2.1 **"School-Year, Out-of-Season" Definition.** "School-year, out-of-season" is defined as that period of time during the school year in which no organized practice can be conducted. The "school-year, out-of-season" period begins on the first day of fall practice and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. For non-varsity competition, "school year, out-of-season" begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.

- 3.2.2 **"School-Year, Out-of-Season" Participation.** Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competition.

- 3.2.3 **Organized Practice.** No organized practice in any sport shall be held during the "school-year, out-of-season" period. An organized practice shall be defined as follows:

- a. **Football and Soccer.** An organized practice in 11-man football shall mean more than seven students under direct supervision of a sponsor. An organized practice in 8-man football and soccer shall mean

more than five students under direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice. The only pieces of general equipment shall be footballs, shoes, helmets, and kicking tees, and there shall be no contact with a mechanical training device or with another player.

- b. **Basketball, Baseball, Softball, Volleyball, and Wrestling.** An organized practice shall mean more than four students under the direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.
- c. **Track & Field, Swimming & Diving, Golf, Tennis and Cross Country.** An organized practice shall mean more than three students under direct supervision of a sponsor. If more than one such group is practicing at the same time, it shall be called an organized practice.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.3

Applicable to Coaches During the School Year:

Reference:

3.2.3 *Any individual who served as a school's head coach, assistant coach, coach's aide, or volunteer coach shall not coach athletes from that member school in non-high school competition if the number of athletes from the school which the individual served exceeds the number permitted for an organized practice in the sport involved.*

3.2.4 **Conditioning Program.** A member school may organize and supervise a "school year, out-of-season" conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision:

- a. Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.
- b. Sport specific drills are not allowed, and sport specific equipment may not be used.
- c. The conditioning session shall be no longer than 60 minutes in length, and no student shall participate in more than one such session per day.
- d. Conditioning programs shall be voluntary. No coach or school representative may directly or by implication direct a student to attend conditioning sessions as a prerequisite for membership or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.4

Reference:

3.2.4 *Conditioning sessions organized and run by members of the school's coaching staff are subject the 60-minute limitation. Students, for example, who work out on their own at the school facility in weight lifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.*

3.2.5 **Open Gym.** It is permissible for students to be involved in NSAA activities of a school's open gymnasium program during the "school year, out-of-season" period under the following conditions:

- a. The gym is open for all individuals and all activities.
- b. Schools may not designate sport specific times.
- c. Coaching or instruction is not provided.
- d. School employees who are present shall restrict their duties to supervision of the facility.
- e. Open gym shall be voluntary. No coach or school representative may directly or by implication direct a student to attend open gym as a condition for membership or restrict the level of team participation within the high school program.

3.2.6 **Clinic Definition:** A clinic includes planned activities of instruction or demonstration directly related to the teaching of individual skills. There shall be no competition between athletes who are in attendance.

3.2.6.1 **"School-Year, Out-of-Season" Clinics.** Athletes and coaches may attend professional or commercial sports clinics sponsored by non-member high schools. During the "school-year, out-of-season" period, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and receive instruction. Attendance to "school-year, out-of-season" clinics shall be voluntary. No coach or school representative may directly or by implication direct a student to attend a clinic as a condition for membership on the high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.6 AND 3.2.6.1

Applicable to Students During The School Year:

Reference:

3.2.6 and 3.2.6.1 *The purpose of specialized sports clinics is to give individual athletes an opportunity to improve*

his/her skills in a particular activity. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses, or support for individuals participating in clinics. Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity. The school may provide transportation for individuals participating in clinics with prior approval from the district's Board of Education.

- 3.2.7 **Camp Definition:** Camps include planned physical participation that is of a competitive nature where actual games are played or simulated by camp attendees. Participation shall mean physically taking part in the sport activity in which instruction is offered in the camp or school.
- 3.2.7.1 **“School-Year, Out-of-Season” Camps.** Athletes and coaches may attend commercial sports camps sponsored by non-member high schools. If the school's coach, assistant coach, or other adult team representatives are in attendance at such “school-year, out-of-season” camps, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and actively participate in the camp. Attendance at “school-year, out-of-season” camps shall be voluntary. No coach or school representative may directly or by implication direct a student to attend camps as a condition for membership on a high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.7

Applicable to Students During The School Year.

Reference:

- 3.2.7 *The purpose of a specialized sports camp is to give individual athletes an opportunity to improve his/her skills in a particular activity. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses, or support for individuals participating in such camps or schools. Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity. The school may provide transportation for individuals participating in camps with prior approval from the district's Board of Education.*

- 3.2.8 **Summer Activities.** From the Tuesday following Memorial Day to July 31, a member school may not sponsor a team or individual, provide uniforms, individual player equipment (except football, baseball, and softball protective equipment for commercial camps), or otherwise be responsible for a student in summer competition. Attendance at summer activities shall be voluntary. No coach or school representative may directly or by implication direct a student to attend summer activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.8

Applicable to Coaches During The Summer.

Reference:

- 3.2.8 *The school year out-of-season period begins on the date of the official start of fall practices. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply: (1) The organized practice rule shall be in effect; (2) Conditioning programs may be held; (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and (4) No school-sponsored clinics or camps may be held.*

- 3.2.8.1 **Allowable Summer Activities.** During the summer a member school may organize the following:
- 3.2.8.2 **Summertime School-Sponsored Camps/Clinics:** A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days over a period of 21 consecutive calendar days starting with the first date of the camp/clinic.
- Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
 - Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
 - The use of school facilities and equipment is permitted in accordance with local school board policy.
 - If a summertime school-sponsored camp/clinic is held in football, contact shall be prohibited. The no-contact rule shall prohibit contact with mechanical or training devices, as well as with other players. The use of blocking and tackling dummies, blocking sleds, and other mechanical devices is prohibited.

The no-contact rule does not preclude incidental or inadvertent contact, or the touching of a ball carrier with the hand(s). The only pieces of general football equipment shall be footballs, shoes, helmets, and kicking tees.

- 3.2.8.3 **Summertime Conditioning Program.** A member school may organize and supervise a summer conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision:
- Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.
 - Sport specific drills are not allowed, and sport specific equipment may not be used.
 - Conditioning sessions shall be no longer than 60 minutes in length, and no member shall participate in more than one such session per day.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.8.3

Reference:

- 3.2.8.3 *Conditioning sessions organized and run by members of the school's coaching staff are subject the 60-minute limitation. Students, for example, who work out on their own at the school facility in weight lifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.*

- 3.2.8.4 **Summertime Open Gym.** It is permissible for students to be involved in NSAA activities of a school's open gymnasium program during the summer under the following conditions:
- The gym is open for all individuals and all activities.
 - Schools may not designate sport specific times.
 - Coaching or instruction is not provided.
 - School employees who are present restrict their duties to supervision of the facility.
 - Permitting the participation by non-high school students (graduates, adults or individuals not a member of the school) shall be determined by local school board policy.
- 3.2.8.5 **Summertime School Recreation Programs.** Schools may sponsor summer recreation programs provided all individuals who wish to participate are permitted to attend and the competition is intra-school. Individual player equipment, except football helmets and pads, may be provided.
- 3.2.8.6 **Summertime Regulations for Athletes and Coaches.** From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches, provided no support is received from the school district.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.8.6

Applicable to Athletes and Coaches During the Summer.

Reference:

- 3.2.8.6 *The organized practice rule shall be in effect during the school year until Memorial Day, except in the case of organized teams (e.g., Legion baseball, ASA softball, etc.). If a high school coach or other adult associated with the school program is also the coach of an organized non-school team, practice and competition involving the coach and athletes of that non-school team may begin at the conclusion of the state tournament of that activity or during Week 46 of the standardized calendar, whichever date is later.*
- 3.2.8.7 **Summer Leagues.** High school coaches are permitted to coach students from their school in summer league competition and games, provided there is no direct support from the school.
- There must be evidence that the organization or individual conducting the league has rented or leased the school facility to prove the school is not involved with sponsorship or funding.
 - All league fees and costs are to be paid by the athlete and/or his/her parents. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in such leagues.
 - Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity.
 - The use of school names and uniforms (practice, game, warm-up or scrimmage vests) shall be considered school support and are prohibited.
- 3.2.8.8 **Summertime Use of School Facilities.** Member schools may permit the use of their facilities in accordance with the school board rental policy. Examples of acceptable use of school facilities for activities are:
- Summer Leagues.** There must be evidence that the organization or individual conducting the league has rented or leased the facility to prove the school is not involved in its sponsorship or funding.

- b. **Commercial Sport Camps/Clinics.** A school may rent its facility for use by individuals, including its own school coaches or other organizations for commercial camps/clinics or schools. 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.
- c. All-Star competition that involves graduated seniors.
- d. Competitive meets and contests sponsored by non-school groups.
- e. Facilities approved under the above stipulations include: gymnasiums, tracks, swimming pools, tennis courts, athletic playing fields, and baseball and softball diamonds.

3.2.8.9 **Summertime Use of School Equipment.** Member schools may permit the use of school equipment, other than individual player equipment and uniforms, as long as the school is in no way responsible or involved. Acceptable equipment shall be: shot puts; discus; vaulting poles; landing pits; hurdles; balls; tennis racquets; golf clubs; nets; vaulting, high jump, and volleyball standards; swimming kick boards; weight machines; football helmets and pads for students attending commercial camps; and batting helmets and catcher's equipment for students attending commercial camps.

3.2.9 **Summertime College/Professional/Commercial Team Sport Camps/Clinics.** High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

- a. The purpose of a specialized sports camp/clinic/school is to give team members an opportunity to improve their skills in a particular activity.
- b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps, schools, and non-school competition.
- c. Team fundraisers may be used to finance team commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for camp activities. Any athlete receiving money for summer team camps/clinics must participate in the fundraising activity.
- d. The school shall not provide uniforms (practice, game, warm-up or scrimmage vests) but may provide transportation for individuals participating in such camps/clinics, or schools with prior approval from the district's Board of Education.

3.2.10 **Summertime Individual Commercial Camps/Clinics.** During the summer, students may attend any individual skill/technique camps or clinics.

- a. The purpose of an individual camp/clinic/school is to give a student an opportunity to improve his/her skills in a particular activity.
- b. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps.
- c. Team fundraisers may be used to finance individual commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer individual camp/clinic activities. Any athlete receiving money for camps/clinics must participate in the fundraising activity.
- d. The school shall not provide uniforms (practice, game, warm-up or scrimmage vests).

3.3 GENERAL REGULATIONS GOVERNING COMPETITION

3.3.1 **Scheduled Contests.** In determining whether or not a contest is a regularly scheduled contest where participation in same shall count as competition between member high schools, one or all of the following shall be shown as evidence:

- (a) Contracts signed by representatives from all schools involved.
- (b) Advertising of contest.
- (c) Admission charge.
- (d) Officials contracted.
- (e) Score is kept.

3.3.1.1 In sports where the Nebraska School Activities Association, or a committee representing the Association, or individuals appointed by the Association schedules games, the school involved shall honor the scheduled games and write contracts for such games.

3.3.1.2 If a school fails to honor the assigned games, that school shall be excluded from participation in the state qualifying contest and/or the state contest for that particular sport.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.1.2

Reference:

3.3.1.2 (1) *At the discretion of the Board of Directors, more stringent penalties may be assessed if a school fails to honor the assigned contests. The Board of Directors may impose, but not be limited to, one or more of the penalties outlined in Bylaws 2.11.1 through 2.11.1.10. (2) When a school's varsity team is unable to complete the season, those remaining teams on that school's regular season schedule shall receive forfeit wins for those scheduled contests and shall be awarded wild card points for those forfeit wins. Wild card points will be determined by the forfeiting team's record at the time of seeding for postseason competition.*

3.3.2 **Scrimmage.** The characteristics of a scrimmage are as follows:

- (a) No charge for admission.
- (b) No spectators other than those who regularly attend practice.
- (c) No paid officials.
- (d) No advertising.
- (e) No publicity regarding the scrimmage.
- (f) No scoreboard, no official score.
- (g) No time shall be kept.
- (h) Coaches are permitted to stop the scrimmage to instruct players and may terminate the scrimmage at any time.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.2

Reference:

3.3.2 *Intra-squad scrimmages are permissible during the season of the sport involved and are not restricted by the scrimmage characteristics listed in Bylaw 3.3.2.*

3.3.3 **Contracts.** Contracts should be written for all interscholastic contests and should stipulate the following:

- (a) Date, site, and starting time of contest.
- (b) Financial arrangements, if any.
- (c) Level of competition, varsity, junior varsity, etc.
- (d) Any other agreements pertaining to contest.

3.3.3.1 Contracts shall not be cancelled except by mutual consent.

3.3.4 **Playing Rules.** Any athletic contest supervised by the Nebraska School Activities Association shall be governed by rules published by the National Federation or rules approved by the Board of Directors. Playing time may be changed only by the use of the procedures established by these rules.

3.3.5 **Disputes.** In case of a dispute between schools which cannot be settled by a conference between the administrative officials of the school, the proper method of procedure is to set forth clearly all facts to the Board of Directors by communicating these facts to the Executive Director.

3.3.6 **District Assignments.** There shall be a written explanation by class of the method used to make district assignments in each sport. The explanation will be printed in each sport's manual.

3.3.7 **State Contests.** The Board of Directors shall have charge of all state interscholastic contests in activities sponsored by the Association. The Executive Director shall be the director of all such contests. He/she may delegate the details to someone else and have such other help as he/she deems necessary.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.7

Reference:

3.3.7 *Eligibility for District/State Competition*

1. *In all athletic activities, teams wishing to enter a subdistrict, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the subdistrict, district, or state contest. (a)) Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.*
2. *In order to participate in a district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the subdistrict, district, or state tournament. (a) Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.*

3. *In all athletic activities, students wishing to enter a subdistrict, district, or state contest shall have been available to participate in at least 30% of the school's varsity interschool contests prior to the subdistrict, district, or state contest.*
 - (a) *Exceptions to the requirements for a student who has not been available to participate in at least 30% of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.*
 - (b) *When determining whether a student has been available for 30% of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.*
 - (c) *The term "available to participate" means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, not suspended from participation in activities for violation of school, team, or NSAA rules, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by NSAA.)*
4. *For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.*
5. *If a school takes its team off the playing field prior to the completion of a contest or prior to the suspension or termination of a game by the game officials, and the contest is forfeited because of the refusal of the school's team to continue play, the school shall be subject to a penalty set by the Board of Directors. The penalty may be the exclusion from participation in subdistrict, district, playoffs, or state contests.*
6. *Broadcasting, recording, photographing, videotaping or televising of NSAA sponsored events (district, state, playoff, etc.) shall not be permitted for commercial purposes or for other than personal use except with the expressed permission of the Nebraska School Activities Association.*
7. *If an individual or team qualifies for state competition through competing in a district meet, that individual or team is expected to compete in the state contest in which he/she or the team qualifies. Unless excused by the Executive Director for just cause, failure to compete in a state contest shall result in the school being penalized.*
8. *During subdistrict, district, or state competition in activities sponsored by the Nebraska School Activities Association, the use of smokeless tobacco by any participant is prohibited. If a participant or substitute is detected using smokeless tobacco during competition, that individual shall be disqualified from participation in further competition in that contest.*
9. *Cheerleading. Due to potential liability in case of injury, mounts and pyramids by cheerleaders and drill teams during the subdistrict, district, and state tournaments are prohibited. A mount is defined as any stunt where one individual is supported above the level of the floor by another individual or individuals. The height of the mount or pyramid, or the number of people involved, has no bearing on the type of stunt performed.*

3.3.7.1 The Board of Directors shall be empowered, whenever the receipts justify, to pay the transportation and such other expenses of the team as it deems necessary, wholly or in part, to and from the place where the contest is held. The team or teams of the city in which the meet is held shall not receive any share of its expenses. All expense money shall be paid only to the superintendent, principal or the authorized faculty representative.

3.3.7.2 The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant. If a school chooses not to travel to the contest site the day prior to the scheduled contest, the school shall understand that the games will go on as scheduled and if they are unable to arrive prior to the scheduled game time, a forfeit will be issued.

3.3.8 OUT-OF-STATE CONTESTS

3.3.8.1 (a) Students participating in interscholastic contests, whether held in or out of the state, must qualify for participation under the rules and regulations of his/her respective state association.

(b) Members of the NSAA may compete with schools outside the state, provided the out-of-state school is a member in good standing in its own state association.

(c) Refer to Section 1.8.5 for procedure to follow when competing in interstate competition.

3.3.9 **Sunday Contest.** No high school that is a member of the NSAA shall be permitted to engage in any interschool contest on Sunday. When weather conditions and facilities cause a change in a state tournament schedule, Sundays may be used for competition after 12:00 noon local time as determined by the Executive Director.

- 3.3.10 **Supervision.** The superintendent, principal, or an authorized representative of the faculty shall accompany and supervise the team or individuals to all contests.
- 3.3.10.1 Neither a team nor individual shall be permitted to compete in a subdistrict or district tournament, playoff contest or state contest unless the team or individual(s) is accompanied by the head coach, school administrator, or certificated faculty member.
- 3.3.11 **Conduct and Sportsmanship.** Member schools shall maintain proper crowd control and enforce the principles of good sportsmanship and ethics during all interscholastic contests. Failure to fulfill this obligation shall subject the school to penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.11

Reference:

- 3.3.11 *In the realm of good sportsmanship, it is the expectation that all student spectators wear shirts for all sub-district, district, and state events. Each individual school shall be responsible for assuring that student spectators are appropriately attired.*

- 3.3.11.1 **Conduct of Coaches and Athletes.** Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.
- 3.3.11.2 **Definition of Unsportsmanlike Conduct.** Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.
- 3.3.12 **Non-Varsity Competition.** If there is only one team representing a school in any sport, the school must declare if the team will play a varsity or non-varsity schedule. A school playing a non-varsity schedule shall not be eligible for any subdistrict, district, playoff, or state tournament.
- 3.3.12.1 In all interschool non-varsity contests, the twenty-hours-preceding-semester rule, the eleven-day enrollment requirement for the current semester, and the resident and transfer rule shall be waived. All other rules governing eligibility to participate in varsity interscholastic athletics shall apply to non-varsity interscholastic athletic competition.
- 3.3.13 **Seventh and Eighth Grade Competition.** A senior high school team shall not compete against any team which is composed of seventh and/or eighth grade students or allow seventh and/or eighth grade students to participate on a senior high school team (Exception: If a student in grade seven or eight reaches age 15 prior to August 1, that student may participate on a senior high school team.)
- 3.3.13.1 If a student in grade seven or eight reaches age 15 prior to August 1, the student shall not be eligible for interschool competition in grades seven or eight. The student may participate on a high school team.
- 3.3.13.2 Teams composed of students in grades seven or eight, or teams composed of students in grades seven and eight, which represent a junior high school in interschool competition shall be limited to the following number of contests (according to limitations established by the Nebraska Department of Education):
- (a) Football, four games.
 - (b) All other athletic competition, eight contests.
 - (c) In boys and girls basketball, volleyball, wrestling, and baseball, a tournament counts as one contest even though a team or individuals may participate in more than one game or match during the tournament.
- 3.3.14 **Prohibited Activities.** The following activities are prohibited.
- (a) Interscholastic boxing.
 - (b) The javelin throw.

3.4 PHYSICAL EXAMINATION

- 3.4.1 Each student who expects to participate in athletic contests shall present to the superintendent or principal once each year, before actual participation in any interschool sport, a physician's certificate on a form recommended by the NSAA that he/she is physically fit for athletic participation.
- 3.4.1.1 The individual giving a physical examination for the purpose of certifying a student is physically fit to participate in athletic activities should be licensed to diagnose, treat, or recommend treatment in the areas covered by the recommended physical examination form. The individual giving a medical opinion must do so within the scope of his/her training and within the limits defined by state statutes as to services which can be legally performed by the field of practice to which the individual belongs.
- 3.4.1.2 The requirement that a student must have a physical examination once each year has been interpreted to mean the examination must be given during the school year in which the student participates or during the

summer vacation period which precedes the school year in which the individual participates. A physical taken in the summer vacation period or anytime during the school year is good only to the end of the school year. Any physical taken May 1 or after will be considered a part of summer vacation.

- 3.4.1.3 The completed physical examination forms must be kept on file at the local high school.

3.5 PARTICIPATION ON NON-HIGH SCHOOL TEAMS AND IN NON-HIGH SCHOOL COMPETITION

- 3.5.1 Any student who participates in any athletic contest other than as a representative of his/her high school during the season of the sport involved becomes ineligible to represent his/her school in that sport for one or more contests or the remainder of the season.

- 3.5.1.1 **Swimming and Diving Outside Participation.** During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a non-school team or as an individual participant in an organized non-school swimming and diving practice or competition under the conditions listed below.

- (a) Priority shall be given to all school team practices and competition. Should a non-school practice/competition be in direct conflict with the school scheduled practice/competition, the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the non-school swimming and diving program if in direct conflict with the school program.
- (b) No school time shall be missed to compete, practice or travel to the site of such non-school swimming and diving competition unless the absence is approved in advance by the school administrator.
- (c) A school shall not replace its swimming or diving program with any non-school swimming or diving program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.1

Reference:

- 3.5.1 Refer to Article 3.1 for information on the beginning of each sport season.

Eligibility for District/State Competition. To be eligible to participate in a district and/or state contest, a student shall have been a member of the school's team and shall have been available to participate in at least eighty percent (80%) of the school's scheduled interschool contests and not have missed more than twenty percent (20%) of the school's scheduled contests because of participating in non-high school competition

- (a) *The term "available to participate" means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)*
- (b) *The term, "school's scheduled interschool contests," is defined as those contests which appear on the school's varsity schedule at the beginning of the season. An exception to this requirement will be considered if a student was unable to participate because of injury, illness, or had transferred from another high school.*

During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp, or school.

At no time during the high school sport season can a student who is a member of the school squad in that sport compete in non-school organized competition in any skill of the sport. A person maybe considered to be a participant without being an official entry in the competition.

The phrase "compete in non-school organized competition in any skill of the sport" is interpreted to mean to take part in any skill of the sport of season. For example, a student out for cross country or track would become ineligible to represent the high school if he/she participates in a road race or a marathon. A student on the high school basketball team would become ineligible if he/she participates in a free throw contest, 1 on 1, 2 on 2, 3 on 3, 4 on 4 basketball contest, or other similar contest. A student out for high school football will become ineligible if he competes in a punt, pass and kick contest. A wrestler shall not participate in a non-school takedown tournament during the wrestling season.

The exception to this rule would be for activities that are school-sponsored such as half-time basketball shooting or volleyball serving contests, parent-child golf outings at the local course, or fun runs/walks in support of a designated charity. Schools may call the Executive Director if there are questions about whether an activity would qualify under this exception.

If prizes or awards are provided for such participation, such awards need to be in compliance with NSAA guidelines. Awards to individuals for activity participation in the form of cash, merchandise certificates, or any negotiable instrument are not allowed.

A student may participate as an individual, without loss of interscholastic eligibility under the following conditions:

- (a) As a member of a national team (and the actual direct tryouts) which is defined as one selected by the National Governing Body of the sport on a national qualification basis, either through a defined selective process or actual tryout for the purpose of international competition which requires entries to officially represent their respective nations.*
- (b) In an Olympic Developmental Program, which is defined as a training program or competition.*
 - (1) Conducted or sponsored by the United States Olympic Committee (USOC), or*
 - (2) Directly funded and conducted by the USOC member national governing body on a national level (e.g. NGB national championship and direct qualification therefore); or*
 - (3) Specifically authorized by a national governing body involving only athletes previously identified by some qualifying procedure by the national governing body as having potential for future participation in regional, national, or international competition in the sport involved.*
 - (4) Coaches from schools involved with an Olympic Development Program must adhere to the organized practice rule.*
- (c) While representing the National Federation as a member of its United States national entry in an International School Sport Federation event.*
- (d) In an athletic contest sponsored by a non-high school organization, provided the individual has qualified prior to the sports season through actual competition in a meet or series of meets which were designated in advance by the sponsoring organization as qualifying meets. Times, distances, placement, or performance in high school competition shall not be considered as qualifying criteria.*
- (e) Provided in a, b, c, and d, such participation has been approved by the high school principal and the Nebraska School Activities Association.*

The high school principal and the coach of the sport involved must approve the request for a waiver of Section 3.5. The school then may request a waiver from the Nebraska School Activities Association. If the student(s) has not qualified for the competition through actual competition in a meet or series of meets which were designated in advance by the sponsoring organization as qualifying meets, or the competition is not a part of the United States Olympic Development Program, a waiver may be granted provided the student(s) does not represent his/her school in varsity competition of the sport involved for the same number of days in which he/she participated in the non-school competition.

Requests for the certification of distances or times attained in state meet competition shall be submitted by the individual along with information on how these marks are to be used. In order to be considered, the use of such marks must meet established minimum qualifying standards and competition must be open to any athlete meeting such standards. Certification of times or distances will not be given if qualification is based upon placement in a contest sponsored by the membership of the Nebraska School Activities Association.

- 3.5.2 **Individual Instruction.** During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contest.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.2

Reference:

- 3.5.2 *During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as part of a college or university recruiting visit, however, are not permitted.*

3.6 ALL-STAR COMPETITION

- 3.6.1 No member school shall permit its students to compete in any all-star contest nor be a member of any all-star team. No athletic team from any member school shall compete against any all-star team. A student violating this rule shall be declared ineligible for all interscholastic competition for a period of one year from the date of last offense.
- 3.6.2 A member school, a conference of member schools, or a league of member schools shall not conduct or promote all-star contests during the school year. A member school may petition the Executive Director for a waiver of the all-star rule for individuals provided the school season for the sport has been completed and the student has completed his/her eligibility in that sport.
- 3.6.3 A member school, a conference of member schools, or a league of member schools may sponsor all-star

competition which involves graduated seniors. Member schools may permit the use of their facilities, equipment, and provide uniforms for such competition.

- 3.6.4 The term "all-star" is defined as a player or players chosen on the basis of their individual accomplishments or reputation gained while competing in interschool competition. YMCA, YWCA, AAU, USVBA, etc., teams which are organized between sports seasons by individuals or clubs, or individuals selected through a designated try-out session shall not be considered as all-star competition.

3.7 AMATEUR RULE

- 3.7.1 A student shall be an amateur in all sports sponsored by the Nebraska School Activities Association. A student may be declared ineligible if he/she:
- (a) Accepts merchandise, compensation, or illegal awards for competing in Association-sponsored activities.
 - (b) Enters into an agreement or contract to compete in professional sports.
 - (c) Permits, with or without actual endorsement, the use of name, picture, and/or personal appearance as an athlete in the promotion of a commercial or profit-making event, item, plan, or service (this does not prevent a student's picture or name from being included in programs).
 - (d) Received remuneration for coaching any NSAA approved sport during the season of the sport in his/her school.
- 3.7.2 When a student participates in other than NSAA competition at any time during the calendar year, the student is governed by the rules of the amateur governing body of that sport.
- 3.7.2.1 If the student violates the amateur standing rule of the amateur governing body for that NSAA approved sport, the student is ineligible for NSAA competition.
- 3.7.3 Should a student lose his/her amateur standing, he/she may be reinstated by the Board of Directors after the lapse of one complete year, provided he/she has not persisted in breaking the amateur rule.

3.8 COLLEGIATE PARTICIPATION

- 3.8.1 A student who has been a member of a college team or participated in intercollegiate competition shall be ineligible for interscholastic competition.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.8.1

Reference:

- 3.8.1 *As part of a college or university recruiting visit, a student may participate in a try-out if such try-outs are permitted by the body which governs the college's or university's athletic program.*

3.9 ASSUMED NAME

- 3.9.1 No person shall enter or participate in interscholastic competition under an assumed name.
- 3.9.1.1 The penalty for a student participating under an assumed name shall be ineligibility to represent his/her school in interscholastic competition for a period of time, not to exceed one calendar year, as set by the Board of Directors.

3.10 ANNUAL PARTICIPATION REPORT

- 3.10.1 It shall be the duty of the superintendent or principal of every school belonging to the Nebraska School Activities Association to submit the seasonal online eligibility reports complete for each student who participates in an NSAA activity, regardless of the level of competition. From these online eligibility lists, the NSAA Executive Director or the Board of Directors shall by June 1 of each year, compile an annual participation report complete with the name, date of birth and number of semesters of attendance, beginning with the ninth grade, of each individual who has engaged in interscholastic athletics.
- 3.10.1.1 The oldest age given on the annual report shall be accepted as the student's age, unless a birth certificate certified by the Bureau of Vital Statistics, State Capitol, Lincoln, or the Bureau of Vital Statistics of any other state can be produced to the contrary.

3.11 SPORTS SPONSORED BY THE ASSOCIATION

3.11.1 BOYS AND GIRLS BASKETBALL

- 3.11.1.1 Basketball shall be conducted during the winter sports season. The season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament.
- 3.11.1.2 Member schools may participate in any approved basketball tournament during the regular basketball season set by the NSAA.
- 3.11.1.3 No team representing a member school may participate in more than eighteen basketball games and two tournaments in addition to the state sponsored series of tournaments from the date of the first permitted contest to the close of the State Basketball Tournament.

Note: If a team participates in an additional tournament other than the two allowed tournaments, each game played shall count towards the eighteen game limit.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.1.3

Reference:

3.11.1.3 *All games in a four-team basketball tournament must be played within a seven-consecutive-day period of time with no other games played within the interim, except weather postponements. The only exception to the seven-consecutive-day period shall be when weather forces postponement of one or more contests in that four-team tournament.*

3.11.1.4 No varsity team representing a member school may participate in more than one basketball game per day in either tournament or regularly scheduled play. A non-varsity team may play two games per day provided:

- 1) the length of quarters is six minutes or less;
- 2) there is at least one hour rest between games.

3.11.1.4.1 If the weather conditions require a change in state basketball tournament format, the schedule may be changed to permit a school to play multiple state tournament games per day.

3.11.1.5 No student shall participate in more than two basketball games per day.

- 1) If a student participates in varsity and non-varsity basketball games, the student shall be limited to six quarters of participation per day.
- 2) If a student participates in two non-varsity basketball games, the student shall be limited to eight quarters of participation provided the length of a quarter in any game does not exceed six minutes and there is at least one hour of rest between games.
- 3) Any participation during a quarter shall count as a quarter of participation under this rule. Participation in any overtime period or periods is considered as participation during the fourth quarter of the game.
- 4) Penalty for exceeding the limitations in the above rule shall be a technical foul and the player shall be removed from the game.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.1.5

Reference:

3.11.1.5 *If a student participates in two non-varsity games on the same day, and if the length of the quarters of at least one of those non-varsity games exceeds six minutes, the students shall be limited to six quarters of participation per day.*

3.11.1.6 No contest shall be held with any team not belonging to the NSAA or to its own State High School Association. No game or scrimmage may be held with any team prior to the first date permitted for winter sports contests.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.1.6

Reference:

3.11.1.6 *Prior to the first contest date for the winter sports season, only intra-squad games or intra-squad scrimmages are permitted. However, each school is permitted to participate in one scheduled "Jamboree game" to be held the beginning of Week 21 to Tuesday of Week 22 of the NSAA calendar. Proceeds from the Jamboree game are designated toward the Nebraska High School Sports Hall of Fame, with the guidelines and financial report to be determined by the NSAA Executive Staff, as directed by the Board of Directors.*

3.11.1.6.1 Each interschool scrimmage played on or after the first date permitted for winter sports contests after the opening game of the season shall count as a game played (one of the eighteen games allowed).

3.11.1.6.2 The penalty for participation in an illegal scrimmage or game may be suspension from the NSAA for one season in that sport.

3.11.1.7 During the basketball season, a school shall not permit a student who is not a member of the high school team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, game, or contest in which a school team or an individual who is a member of a school team is involved.

3.11.2 BASEBALL

3.11.2.1 Baseball shall be conducted during the spring sports season. The season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament.

3.11.2.2 No team representing a member school may participate in more than twenty-four dates in addition to the state sponsored series of tournaments from the date of the first permitted contest to the close of the State Baseball Tournament. Participation in any baseball tournament shall count as one date of the twenty-four dates permitted in which the team participates. A team may not participate in more than four tournaments, which includes the conference tournament.

3.11.3 CROSS COUNTRY

3.11.3.1 Cross Country shall be conducted during the fall sports season. The season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state meet.

- 3.11.3.2 Participation in interschool cross country competition by any student shall be limited to two meets per calendar week (Monday through Saturday).
- 3.11.3.3 All districts in which three or more full teams are entered will qualify three teams to state competition. If fewer than three full teams are entered, the full teams entered will automatically qualify.

3.11.4 FOOTBALL

- 3.11.4.1 Football shall be conducted during the fall sports season. The season for football shall begin with the first day of practice as permitted by NSAA rules and shall end with the state playoff finals.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.4.1

Applicable to Class A & B Football Schools.

Reference:

- 3.11.4.1 *Class A & B football schools will begin play on Thursday, Week 8, of the NSAA standardized calendar with playoff games scheduled to begin on Friday of Week 17.*

- 3.11.4.2 No team representing a member school may participate in more than eight (Classes C1, C2, D1, D2) or nine (Classes A and B) regularly scheduled football games in addition to the State-sponsored series of playoff games from the date of the first permitted contests to the last contest date.
- 3.11.4.3 An individual player may take part in no more than eight quarters of football per calendar week, except during the state playoff competition. (This limitation does not apply to a contest which has been postponed.)
- 3.11.4.4 No football "bowl" games shall be played.
- 3.11.4.5 No member school shall establish or attend an early season football camp.
- 3.11.4.6 At the beginning of football practice each year, every member school shall be required to have two days of no-contact drills. A school shall not permit an individual athlete to participate in a drill involving contact unless the athlete has had at least two days of practice without contact. The no-contact rule shall include contact with a mechanical or training device as well as with another player.
- 3.11.4.6.1 The only pieces of player equipment to be worn by the individuals during the period of no-contact drills are shoes and helmets.
- 3.11.4.6.2 The only pieces of general football equipment to be used during the first two days of football practice are footballs, kicking tees, and blocking dummies.
- 3.11.4.7 No game or scrimmage may be held in football with any team not belonging to the NSAA or to its own State High School Association.
- 3.11.4.7.1 No game or scrimmage in football may be held with any team other than an intra-squad scrimmage or game before the opening game of the season.
- 3.11.4.7.2 An alumni scrimmage is illegal in football.
- 3.11.4.7.3 The penalty for participating in an illegal scrimmage or game may be suspension from the NSAA for one season in that sport.
- 3.11.4.8 A state football playoff shall be held with regulations established by the Board of Directors.

3.11.5 GOLF

- 3.11.5.1 Girls golf shall be conducted during the fall sports season.
- 3.11.5.2 Boys golf shall be conducted during the spring sports season.
- 3.11.5.3 The season for golf shall begin with the first day of practice as permitted by the NSAA rules and shall end with the state tournament.
- 3.11.5.4 Participation in interschool golf competition by any school student shall be limited to 12 meets. No more than 9 of the 12 meets allowed can involve more than four teams. This would not include district or state competition.

3.11.6 SOCCER

- 3.11.6.1 Boys and girls soccer shall be conducted during the spring sports season.
- 3.11.6.2 The soccer season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.6.2

Reference:

- 3.11.6.2 *No team representing a member school may participate in more than thirteen soccer games, excluding the district and state tournaments, during the season. Note: If a school is involved in a conference tournament, the conference tournament is to be counted as one of the thirteen game limit. Participation in any soccer tournament shall count as one of the thirteen permitted games.*

3.11.7 SOFTBALL

- 3.11.7.1 Girls softball shall be conducted during the fall sports season.

- 3.11.7.2 The softball season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament.
- 3.11.7.3 No team representing a member school may participate in more than seventeen dates in addition to the state sponsored series of tournaments from the date of the first permitted contest to the close of the State Softball Tournament. Participation in any softball tournament shall count as one date of the seventeen dates permitted in which the team participates. A team may not participate in more than five tournaments, which includes the conference tournament.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.7.3

Reference:

- 3.11.7.3 *A tournament is defined as a contest involving four or more teams in which the winner continues to advance and compete until a single winner is determined. The NSAA shall permit a triangular softball engagement and shall count it as only one date. This can include three or four schools playing two contests or two of the other schools in one session.*

3.11.8 SWIMMING

- 3.11.8.1 Boys and girls swimming shall be conducted during the winter sports season.
- 3.11.8.2 The swimming season shall begin the first day of practice as permitted by NSAA rules and shall end with the state meet.

3.11.9 TENNIS

- 3.11.9.1 Boys tennis shall be conducted during the fall sports season.
- 3.11.9.2 Girls tennis shall be conducted during the spring sports season.
- 3.11.9.3 The tennis season shall begin the first day of practice as permitted by NSAA rules and shall end with the state tournament.

3.11.10 TRACK

- 3.11.10.1 Boys and girls track shall be conducted during the spring sports season.
- 3.11.10.2 The track season shall begin the first day of practice as permitted by NSAA rules and shall end with the state meet.
- 3.11.10.3 National Federation track and field rules shall govern the track and field athletics of this Association except that the order and number of events shall be determined by the Executive Director.
- 3.11.10.4 Participation in interschool track and field competition by any school student shall be limited to nine meets involving four or more teams. This would not include district or state competition.

3.11.11 VOLLEYBALL

- 3.11.11.1 Volleyball shall be conducted during the fall sports season.
- 3.11.11.2 The volleyball season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament.
- 3.11.11.3 No team representing a member school may participate in more than sixteen matches, in addition to the state sponsored series of tournaments from the date of the first permitted contest to the close of the state tournament. A team may not participate in more than five tournaments, which includes the conference tournament. Participation in any volleyball tournament shall count as one match of the sixteen matches permitted. No team may exceed thirty competition points prior to the district and state tournaments. Competition points are assigned according to the following chart.

- (1) Dual match – 1 point
- (2) Triangular match – 2 points
- (3) Four-team one-day tournament, 2 set maximum – 2 points
- (4) Four-team round robin tournaments – 3 points
- (5) One-day tournaments of more than four teams – 3 points
- (6) Two or three-day tournaments – 4 points

The following school and student limitations apply:

- (1) In other than tournament competition, three schools playing two contests or playing two other schools in one session (night), counts as only one match.
- (2) No student shall take part in more than four volleyball matches per day in tournament competition. When a Nebraska team plays in an out-of-state tournament, the Nebraska school may play five matches in one day if that is the rule of the governing body of that state.
 - (a) In other than tournament competition, no student may participate in more than two matches per day.

- (b) No student shall take part in more than six volleyball matches per week, except in tournament competition. The matches-per-week limitation does not apply to postponed contests.
- (c) Any participation during a set on any match counts as participation in that match.
- (3) A school that violates the team match limitation may be disqualified from district and state tournament competition. When a Nebraska team plays in an out-of-state tournament, the Nebraska school may play five matches per day if that is the rule that governs play in that state.
- (4) A school that violates the player limitations shall be assessed a point or loss of rally and the player shall be removed from the match. The match shall then continue.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.11.3

Reference:

3.11.11.3 *The NSAA shall permit a double-triangular in which there are 4-teams present and each team would play two of the other three teams present in a triangular format. The double-triangular must take place in one evening/session. The schedule shall be pre-determined as to which of the four teams will comprise each triangular. The double-triangular format in which each of the schools participates in two pre-determined matches shall count as one match.*

3.11.12 WRESTLING

- 3.11.12.1 Wrestling shall be conducted during the winter sports season.
- 3.11.12.2 The wrestling season shall begin with the first day of practice as permitted by NSAA rules and shall end with the state tournament. However, the eight teams in each class that qualify for the State Dual Tournament will have their season extended by one week to the end of the State Dual Tournament.
- 3.11.12.3 **Team Match Limitation.**
 - (a) No team representing a member school may participate in more than sixteen wrestling meets and tournaments in addition to the district and state tournaments.
 - (b) No team may exceed thirty competition points prior to the district and state tournaments. Competition points are assigned according to the following chart.
 - (1) Dual meets-1 Point
 - (2) Triangular meets (double-duals)-2 Points
 - (3) Quadrangular meets (triple-duals)-3 Points
 - (4) Four-team tournaments-2 Points
 - (5) One-day tournaments of more than four teams-3 Points
 - (6) Two- or three-day tournaments-4 Points
- 3.11.12.4 **Student Match Limitation.**
 - (a) No individual wrestler may participate in more than sixteen wrestling meets and tournaments in addition to the district and state tournaments.
 - (b) No individual may exceed thirty competition points prior to the district and state tournaments. Competition points are charged against an individual wrestler in varsity and non-varsity competition.
- 3.11.12.5 Schools are required to file their varsity wrestling schedule with the NSAA each November, indicating the type and point value for each meet, and the total points for their schedule.
- 3.11.12.6 A tournament shall be defined as a contest involving four or more teams in which an individual wrestler in each weight class or an individual team continues to advance or through round robin competition and compete until a single winner is chosen.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.11.1-3.11.12

Reference:

3.11.1-3.11.12 *During a sports season, a school shall not permit a student who is not a member of the high school's team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, or game in which a school team is involved (e.g., boys' soccer team member cannot participate with girls' soccer team members, etc.). This does not prevent a coach from being involved for the primary purpose of teaching or demonstrating a skill, method, or technique.*

3.12 OFFICIALS

- 3.12.1 **Approved Athletic Officials.** The Executive Director shall prepare a list of registered officials who shall be available for officiating games between the member high schools of the Association.
- 3.12.1.1 The registered officials are to be issued identification cards which may be revoked for cause.
- 3.12.2 **Officials for Varsity Contests.** Only those officials who are registered with the Association and to whom identification cards have been issued may be used by member high schools to officiate varsity competition

in football, baseball, basketball, wrestling, soccer, softball and volleyball competition, and start track & field meets.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.12.2

Reference:

- 3.12.2 *Schools are expected to utilize track starters that are registered with the Association for all varsity level meets.*
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- 3.12.3 **Competing Schools' Approval of Officials.** Officials for competitive contests shall not be chosen from cities and towns whose schools are represented without mutual consent. A list of officials agreed by consenting teams should be furnished to the visiting team(s) at least five days in advance of the scheduled contests.
- 3.12.3.1 Before the host school contracts officials for varsity contests, the visiting school must be given the opportunity to approve or disapprove the officials. If the visiting team disapproves the officials, they should not be contracted.
- 3.12.3.2 No penalty will be assessed against a school if it refuses to play a contest because it did not have the opportunity to approve the officials.
- 3.12.3.3 If the officials have been approved and accepted the contract, the contract cannot be voided unless there is an emergency or there is a mutual agreement between the officials and the contracting school.
- 3.12.4 **Protests.**
- 3.12.4.1 Protests based upon the eligibility of players will be considered by the Executive Director and Board of Directors.
- 3.12.4.2 Protests based upon play situations and situations which involve judgment on the part of game officials will not be considered.