

2018-19 TSSAA SPORTS CALENDAR

BASEBALL

- **Pre-Season Team Practice** is not allowed.
- First Practice Date is the Monday of NFHS Week 33.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Monday of NFHS Week 37. Eligibility and schedules must be filed online.
- Maximum number of regular season contests is 30 games. Maximum of four tournaments with each tournament counting as three games.
- **Off-Season** team practice is not allowed. Exception: Coaches may be involved in a coaching capacity with students in their school on non-school teams.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

IMPORTANT BASEBALL DATES

Rules Meetings are held in January, the dates of which can be found on the TSSAA Website (<http://tnhs.us/65cnx5>).

First Practice Date	Feb. 11, 2019
First Contest Date	Mar. 11, 2019
Deadline to File Eligibility & Schedules	Mar. 11, 2019
DI Districts (MBC By)	May 10, 2019
DII AA First Round	May 10-11, 2019
DI Region Semifinals	May 13, 2019
DI Region Finals	May 15, 2019
DI Sectionals	May 17, 2019
DII AA Quarterfinals	May 17-18, 2019
DII A Quarterfinals (MBC By)	May 18, 2019
DI & DII State Championships	May 21-24, 2019
Dead Period	June 23 – July 6, 2019

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

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.

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.

Beginning Sport – Any school starting baseball for the first time may have five days of **Off-Season** practice prior to the first season the sport begins.

50% Rule – Participation (includes practice or games) during the school year on a non-school team prior to the school season by students that will play the following season on the high school team is limited to 50% of the number of players required to play the game, which would be five in baseball. Only the specified number of students participating on a non-school team prior to the school season may be placed on the high school eligibility list the following season. Those students cannot be interchanged on the school's team roster.

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 competition of three or more teams and three or more games, matches, etc., which progress to determine a winner.

Pre-Season Practice Rule – Begins the first day of school until the first official day of practice in that particular sport. Individual instructions may be given to no more than three students per day.

Scrimmage Rule – After the TSSAA first official day of practice, a school cannot practice with or scrimmage another school until both schools have practiced a minimum of three days. A school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages. No tournament format of any type may be used. Scrimmages should look more like practice than games. Once a school has played their first game, there can be no more scrimmages.

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. Individual instructions may be given to no more than three students per day.

Summer – The period of time from the end of the school year until the beginning of the following school year.

Dead Period Rule – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, is NFHS Week 52 and NFHS Week 1 – 14 days.