

2018-19 TSSAA SPORTS CALENDAR

TRACK AND FIELD (BOYS' AND GIRLS')/UNIFIED TRACK AND FIELD

- As far as **Pre-Season Practice**, there are no restrictions.
- 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 11 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.

IMPORTANT TRACK AND FIELD 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 Sectionals & DII Regions (MBC By)	May 15, 2019
DI & DII State Decathlon & Pentathlon	May 16-17, 2019
DI & DII State Meets	May 22-24, 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.

Multiple Contests – In track and field, individuals accompanied by a coach may enter varsity competition at a different site on the same date and time, and this will count as two days on the school's schedule.

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

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

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.

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.