# **II. PRACTICE REGULATIONS**

 A. When school is not in session, daily practice will last no more than five hours per day. No practice session shall be longer than three hours in length. Double practice sessions shall be separated by a three-hour recovery period. Practice time includes blackboard sessions, showing of films and drills, and starts from the announced beginning time and continues until the termination of the practice session.

 B. Practice for all sports should occur each school day and should not exceed two hours. Mandatory Saturday practice is left to the discretion of the coach and principal/designee.

The above is from our Athletics handbook

**Additional points:**

Typically, we cannot start practices until the Teacher’s Contracted Duty Day is over. For High Schools, it is 2:45pm.

Emergency coaches may begin practices earlier with permission from the principal.

**Fall:** most outside practices are finished by 5:30-6:00pm

Practices in the stadiums must be finished by 5:45pm due to the Joint Use Agreement (JUA) with HCRP. The same is true in the spring as well. A copy of the JUA is attached.

**Winter:** Practices may begin earlier due to the limited space for indoor sports. A typical winter practice schedules are attached for a school with two gyms.

**Spring:** Spring sports follow the same pattern as fall, however, there is also a practice schedule posted for inclement weather days. Spring indoor schedules are attached for a school with two gyms.