

DEPARTMENT OF EDUCATION
14 DE Admin. Code 1008
Statutory Authority: 14 Delaware Code,
Section 122(e) (14 **Del.C.** §122(e))

REGULATORY IMPLEMENTING ORDER

1008 DIAA Junior High/Middle School Interscholastic Athletics

I. Summary of the Evidence and Information Submitted

The Secretary of Education seeks the consent of the State Board of Education to amend 14 *DE Admin. Code* 1008 DIAA Junior High/Middle School Interscholastic Athletics in order to remove 4.3.1 the chart on Maximum Game Schedules and Designated Sports Seasons allowing the maximum game schedules and designated sports seasons to be designated by the DIAA Board of Directors. The first words of 4.3.2 “The preceding game limitations” have also been adjusted to read simply “Game limitations” in order to reflect the deletion of the chart.

Notice of the proposed regulation was published in the *News Journal* and the *Delaware State News* on April 21, 2005, in the form hereto attached as *Exhibit “A”*. No comments were received.

II. Findings of Facts

The Secretary finds that it is appropriate to amend 14 DE Admin. Code 1008 in order to remove 4.3.1 the chart on Maximum Game Schedules and Designated Sports Seasons allowing the maximum game schedules and designated sports seasons to be designated by the DIAA Board of Directors.

III. Decision to Amend the Regulation

For the foregoing reasons, the Secretary concludes that it is appropriate to amend 14 **DE Admin. Code** 1008. Therefore, pursuant to 14 **Del.C.** Ch.3, 14 **DE Admin. Code** 1008 attached hereto as *Exhibit “B”* is hereby amended. Pursuant to the provision of 14 **Del.C.** §122(e), 14 **DE Admin. Code** 1008 hereby amended shall be in effect for a period of five years from the effective date of this order as set forth in Section V. below.

IV. Text and Citation

The text of 14 **DE Admin. Code** 1008 amended hereby shall be in the form attached hereto as *Exhibit “B”*, and said regulation shall be cited as 14 **DE Admin. Code** 1008 in the *Administrative Code of Regulations* for the Department of Education.

V. Effective Date of Order

The actions hereinabove referred to were taken by the Secretary pursuant to 14 **Del.C.** Ch.3 on June 16, 2005. The effective date of this Order shall be ten (10) days from the date this Order is published in the *Delaware Register of Regulations*.

IT IS SO ORDERED the 16th day of June 2005.

DEPARTMENT OF EDUCATION

Valerie A. Woodruff, Secretary of Education
Approved this 16th day of June 2005

STATE BOARD OF EDUCATION

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4.0 Sports Seasons, Practice Sessions and Maximum Game Schedules and designated Sports Seasons

4.1 Sports Seasons

4.1.1 The fall sports season shall begin on August 25 and end not later than December 1. Practice for any fall sport shall not begin earlier than August 25.

4.1.1.1 The first three (3) days of football practice shall be primarily for the purpose of physical conditioning and shall be restricted to non-contact activities. Coaches may introduce offensive formations and defensive alignments, run plays on "air", practice non-contact phases of the kicking game, and teach non-contact positional skills. Protective equipment shall be restricted to helmets, mouth guards and shoes. The use of dummies, hand shields, and sleds in contact drills is prohibited. Blocking, tackling, and block protection drills which involve any contact between players are also prohibited.

4.1.1.2 No member school shall participate in spring football games nor shall a member school conduct football practice of any type outside of the regular fall sports season except when participating in the state tournament." Organized football" or "organized football practice" shall be defined as any type of sport which is organized to promote efficiency in any of the various aspects of football. Touch football, featuring blocking, tackling, ball handling, signaling, etc. shall be considered "organized football" and shall be illegal under the intent of this rule

4.1.2 The winter sports season shall begin 21 days before the first Friday in December and end not later than March 1. Practice for any winter sport shall not begin earlier than 21 days before the first Friday in December

4.1.3 The spring sports season shall begin on March 1 and end not later than the last school day. Practice for any spring sport shall not begin earlier than March 1.

4.1.4 A school which conducts practice prior to the first allowable date shall pay a \$100.00 fine per each illegal practice day and a school which participates in a game prior to the first allowable date shall be required to forfeit the contest and pay a \$100.00 fine.

4.1.5 No member school shall participate in a post season contest without the written approval of the Executive Director.

4.2 Practice Sessions

4.2.1 A practice session shall be defined as any instructional or conditioning activity on the field, court, mat, or track or in the pool, weight room, or classroom such as team meetings, film reviews, chalkboard sessions, warm-up and cool down exercises, drills, and mandatory strength training, etc. Member schools shall conduct a minimum of 21 calendar days of practice under the supervision of the school's coaching staff prior to the first scheduled contest in all sports.

4.2.2 Practice sessions shall be limited to two (2) hours on official school days. Split sessions may be conducted, but practice time shall not exceed two (2) hours for any individual athlete. The two-hour practice limitation does not include time for non-instructional activities such as dressing, showering, transportation, or training room care.

4.2.3 Practicing on holidays and weekends shall be left to the individual schools and conferences. However, there shall be one day of no activity (practice, scrimmage or contests) during any seven day period.

4.2.4 A student shall be required to practice for a period of at least seven (7) calendar days prior to participating in a contest. However, if an eighth grade student has been participating in a state tournament during the preceding sports season and is unable to begin practicing at least seven (7) calendar days before his/her team's first contest, he/she shall be exempt from this requirement.

4.2.5 A school which exceeds the two-hour practice limitation shall pay a \$100.00 fine.

4.3 Maximum Game Schedules and Designated Sports Seasons:

4.3.1 The maximum number of regularly scheduled interscholastic contests/competition dates for each team and individual in the recognized sports and their ~~designated sports~~ season shall be as follows: designated by the DIAA Board of Directors.

~~Team Limitations~~

~~Individual Limitations~~

Sport	Season	Week	Week	Day
Fall				
Cross Country (boys and girls)	+2 competition dates	+2 competition dates	+2 competition dates	
Field Hockey (girls)	+2 contests	2 contests	2 competition dates	2 halves
Football (boys)	8 contests	+1 contest	4 quarters	
Soccer (boys)	+2 contests	2 contests	2 competition dates	2 halves
Volleyball (girls)	+2 competition dates	2 competition dates	2 competition dates	
	of which one date may			
	involve more than			
	2 teams			
Winter				
Basketball (boys and girls)	+4 contests	2 contests	2 competition dates	4 quarters
Wrestling (boys)	* +2 contests	2 competition dates	2 competition dates	5 matches
Spring				
Baseball (boys)	+2 contests	2 contests	2 contests	
Softball (girls)	+2 contests	2 contests	2 contests	
Outdoor Track (boys and girls)	+10 competition dates	+2 competition dates	+2 competition dates	
Tennis (boys and girls)	+2 contests	2 contests	2 contests	2 halves
Outdoor Track (boys and girls)	+10 competition dates +	2 competition dates	+2 competition dates	

+ A team may not participate in two different cross country or outdoor track meets on the same day.

*Participation in a triangular meet shall count as two contests and participation in a quadrangular meet shall count as three contests toward the seasonal limitation.

Participation in any part of a quarter/half shall count as a quarter/half toward the weekly and daily limitations in that sport. However, in the case of football, participation on a free kick or a play from a scrimmage kick formation shall not count as a quarter. Overtime periods shall be considered as part of the fourth quarter or second half.

4.3.2 ~~[The preceding game]~~ Game] limitations, with the exception of the individual daily limitation, shall not prohibit the rescheduling of postponed games at the discretion and convenience of the member schools involved provided the game was postponed due to inclement weather, unplayable field conditions, failure of the assigned officials to appear for the game, breakdown of the bus or van carrying the visiting team, or any other circumstances beyond the control of site management which preclude playing the game. However, a team may not participate in more than three (3) contests/ competition dates in a week.

4.3.3 A student shall participate in a particular sport for only one season during each academic year.

4.3.4 A school which participates in more than the allowable number of contests in a season shall be fined \$200.00.

4.3.5 A school which exceeds the weekly contest limitation shall forfeit the contest and pay a \$100.00 fine.

4.3.6 A student who exceeds the weekly or daily contest limitation shall be considered an ineligible athlete and the school subject to the penalties stipulated in 2.10.

***Please Note: As the rest of the sections were not amended they are not being published. A complete set of the rules and regulations for the Department of Education are available at:**

<http://www.state.de.us/research/AdminCode/title14/>

9 DE Reg. 124 (7/1/05)(Final)