

9.1 INSTRUCTIONAL TIME

9.1.1 All regular season contests shall be scheduled after school hours.

9.1.2 Release time for an athletic contest shall be left to the discretion of the school principal as directed by Bulletin 741.

9.2 POSTSEASON RULE

9.2.1 The LHSAA views playoff events and experiences as “special” for the entire school, and therefore, treats them differently from regular season contests; therefore, a playoff contest can be scheduled during school hours.

1. Release time for a traveling team is left to the discretion of the school principal.

2. The postseason rule applies to play above the district level. *Exception: Because many track and field facilities are without lights and, therefore, cannot be used for night competition and because more than one classification and/or district may be required to use the same facility on the same day, district track and field meets may begin at 1:00 p.m. with the scratch meeting beginning no earlier than 12:00 noon.*

3. When possible, postseason play should be scheduled after school hours, preferably at night.

9.3 **PRACTICE DURING THE SCHOOL DAY** - At all levels of play in all LHSAA sports prior to reporting for a team practice session that school day, if applicable, the school shall prohibit a student(s) from participating in any form of athletic participation for more than one regular class period during instructional time on a school day. This includes participation in weightlifting sessions, conditioning sessions, skill sessions, the viewing of game films, viewing of game video tapes or DVDs, or any other similar athletic session. The principal is directly responsible to the association for his/her school's strict compliance with these rules. If a school allows a student(s) to violate the rule, the school may be ruled immediately ineligible for varsity postseason play in the sport in which the student competes or has competed, and also penalized under Rule 5.11.12 - Schools involved in infractions inconsistent with wholesome competition or a wholesome athletic program including sportsmanship violations. This rule shall be enforced throughout the entire school year.