



**Delaware Interscholastic Athletic Association**  
**1040 - Out-of-Season and Summer Athletic Activities and Contact**  
**"Coaching out of Season" FAQ's and Essential Information**

**3.0 - Open Gym Programs**

*(Dead Period Does Not Apply)*

**3.2.1 - "...Coaches who supervise an open gym program shall follow all of the requirements in subsection 6.2.1."**

→ *There is no subsection 6.2.1 - Correcting.*

**3.2.2 - "A coach shall not directly or indirectly require a student athlete to participate in the activities."**

*FAQ: What do "directly" and "indirectly" mean?*

→ *A coach cannot require a student athlete to participate in an open gym program. A coach cannot refuse a student athlete from participating in an open gym program.*

**4.0 - Individual and Team Workouts and Conditioning Programs**

*(Dead Period Does Not Apply)*

**4.1.1 - "The Workout session or Conditioning Program shall be available to all students accepted and registered in the Member School and shall not be restricted to members of a particular team..."**

*FAQ: How can Workout sessions or Conditioning Programs be worded that they are not team specific?*

→ *Workout sessions or Conditioning Programs at a member school are to be offered for all students who wish to attend and participate. When advertised, Member Schools, Athletic Administration, and coaches should be mindful of this - Workout sessions or Conditioning Programs should not be advertised as team/sport specific. Informal Instruction (5.0) may be advertised as team/sport specific.*

**5.0 - School Sponsored Informal Instruction**

*(Dead Period Does Apply)*

**In Section 2.0, Informal Instruction is defined as: "Drills to teach sport-specific skills with only demonstration-level contact permitted. Informal Instruction does not involve team competitions or contests. Intentional or direct contact is not permitted."**



→ *Informal Instruction is not intended to be a standard team practice where competition periods such as scrimmaging or live team repetitions take place. Individual skills and drills that take place during a standard team practice are permitted through Informal Instruction.*

**5.1.4 - "...The intent of subsection 5.1.4 is to prohibit multiple coaches from providing informal instruction to multiple groups of students at the same time."**

*FAQ: Can multiple coaches from the same member school and sport provide informal instruction at the same time?*

→ *No. The new regulations are designed strictly for informal instruction and not competition based on preparation or other "X's and O's" opportunities.*

**5.1.7 - "Informal Instruction shall not exceed two hours per day and a maximum of four hours per week per student inclusive of all Out-of-Season interscholastic athletic activities."**

*FAQ: What are the time restrictions on students participating in Informal Instruction? What are the time restrictions on coaches offering informal instruction?*

→ *Students may not exceed two hours of Informal Instruction in a single day, and no more than four hours of Informal Instruction in a week. There is no time restriction on how much Informal Instruction a coach can provide. DIAA reminds coaches offering Informal Instruction that all activities must be approved by both your school administration and athletic director.*

**5.1.8 - "Informal Instruction should be scheduled during times that do not overlap with In-Season Practices or Competitions."**

*FAQ: Does this mean that Informal Instruction is not to be offered until all in-season practices or competitions have been completed for the particular day?*

→ *Locally, schools and athletic departments have the final say on when Informal Instruction can/cannot be offered. DIAA advises all schools and athletic programs to be mindful of the fact that Informal Instruction is not to deter student-athletes from participating in other sports/seasons. In-season sports should remain the priority.*



**5.1.9 - “Dead Periods shall begin with the first permissible Practice date of a sports season...Each season’s Dead Period shall end four weeks after the first permissible Practice date of the respective sports season...An additional Dead Period shall begin with the last scheduled spring championship game and end two weeks later.”**

*FAQ: What are the dead periods for the 2022-2023 academic year?*

→ Please reference the provided form [22-23 DIAA Dead Periods](#). This notes the Dead Periods for the 2022-2023 academic year. An update will be provided regarding the final Dead Period when spring championship dates are finalized. A reminder of the following:

- Fall Dead Period (Applies to Winter/Spring Sports)
- Winter Dead Period (Applies to Fall/Spring Sports)
- Spring Dead Period (Applies to Fall/Winter Sports)
- Summer Dead Period (Applies to ALL Sports)

**5.1.9.1 - “Student athletes should have at least 12 weeks of rest total in any given sport in a calendar year.”**

*FAQ: Does a student athlete need 12 weeks of rest from every sport that they participate in?*

→ No. The 12 week rest period only applies to the single-sport athlete. (Practice, Competition, Informal Instruction).

**5.1.9.2 - “Member schools are responsible for tracking the rest periods for their student athletes.”**

*FAQ: How should I track the rest period for a student athlete?*

→ At the local level, schools can determine the best system and process for tracking the rest period of student athletes. The provided form [Informal Instruction Tracking Tool](#) can be used to monitor your student athletes, as necessary, and their Informal Instruction participation over the course of an academic year. Member schools can create their own forms to track informal instruction or rest time, as needed.

**5.1.12 - “...Protective equipment, the primary purpose of which is to protect the wearer from physical injury, may be used.”**

*FAQ: Are there any restrictions on what protective equipment can be used?*



→ Protective equipment that is typically worn by a student-athlete during practice or competition may be used for Informal Instruction.

FAQ: Do the charts in subsections 8.3.2.7 and 9.3.2.6 apply to School Sponsored Informal Instruction?

→ No. The charts found in subsections 8.3.2.7 only apply to Commercial Camps and Clinics (8.0) and Nonschool Athletic Activities, Programs, and Teams (9.0).

**5.2.3 - “A coach shall not provide Informal Instruction that limits participation to members of the coach’s school team.”**

→ A coach should not provide Informal Instruction solely to returning players. Informal Instruction shall be equally available to all accepted and registered students.

## **7.0 School Camps and Clinics**

**7.1 - “A school camp or clinic is a camp or clinic that is open to all student athletes regardless of whether they are accepted and registered students at the school, is operated for profit as a school fundraiser or not-for-profit, and provides coaching or other sports training that is consistent with the DIAA's purpose...”**

**7.2.1 - “The school camp or clinic shall be open, voluntary, and equally available to all students and shall not be restricted to members of a particular team.”**

**7.3.3 - “A coach shall not host or fund a school camp or clinic that limits participation to members of the coach’s school team.”**

FAQ: Can School Camps and Clinics be offered for free or have a fee to attend?

→ Yes. School camps and clinics can be operated for profit or not-for-profit.

FAQ: Is there a limit to the number of school camps and clinics a school can offer?

→ No. All participation at school camps and clinics must be voluntary. The use of equipment at these camps must be approved by the Principal or Head of School. All camps should be advertised in advance and member schools should be able to provide a list of all attendees if/when asked to do so.

## **8.0 - Commercial Camps and Clinics**

**8.3.2.11 - “The commercial camp or clinic was advertised in print and online for at least two weeks prior to the start date of the camp or clinic.”**

FAQ: What is acceptable documentation of advertising?



→ Online posting through organizational websites should typically be the first form of advertising. Organizations are encouraged to post on social media and send marketing emails (i.e. Constant Contact) for the sake and standard of timestamping. The purpose of this regulation is to make sure all individuals are aware of the activity and it is open to all, it should not be “private.” Appropriate posting on your website is an acceptable form of advertising that can be included as required documentation. The more thorough and inclusive a program or club can be in advertising, the better.

**8.3.2.9 - “The coach shall not have any instructional contact with any returning student athletes during the seven-day period before the start of the fall, winter, and spring seasons as defined in 14 DE Admin. Code 1035 In-Season Athletic Activities and Contact.”**

*FAQ: How does this apply to a commercial camp or clinic?*

→ Seven days prior to the start of each sports season for all sports, no instructional activity shall be provided to returning student athletes at a commercial camp or clinic. This is directly related to instructional activity, however, does not include team competition or contests.

**Dates for 2022-2023**

**Fall Sports is August 8<sup>th</sup>-August 15<sup>th</sup>**

**Winter Sports is October 31<sup>st</sup>-November 6<sup>th</sup>**

**Spring Sports is February 20<sup>th</sup>-February 27<sup>th</sup>**

**8.3.2.11 - “The commercial camp or clinic was advertised in print and online for at least two weeks prior to the start date of the camp or clinic.”**

*FAQ: What is acceptable documentation for advertising?*

→ Posting online on organization’s website does not have a timestamp which may be the first form of advertising. Organizations are encouraged to post advertisements on social media and send marketing emails (i.e. Constant Contact) for additional documentation purposes. The purpose of this regulation is to ensure that all individuals are aware of the activity and it is not “private” and exclusive. The more advertising you can produce the better.



*FAQ: How does this apply to a commercial camp or clinic?*

→ Seven days prior to the start of each sports season for all sports, no instructional activity shall be provided to returning student athletes at a commercial camp or clinic. This is directly related to instructional activity, however, does not include team competition or contests.

**8.3.3 - “A coach may be compensated by the commercial camp or clinic for instructional contact with student athletes who are not on the coach’s school team. A coach shall not be compensated by the Member School at which they are employed, including school organizations and school-related groups, such as booster clubs, or by a student athlete or a student athlete’s family. A coach may be compensated by the commercial camp or clinic for instructional contact with returning student athletes who are on the coach’s school team if the source of compensation is anonymous and equal for each Member School. For the purpose of Section 8.0 of this regulation, anonymous means that the origin of the funds in the source from which the coach is paid is unknown to coaches and participants.”**

*FAQ: What are the general rules around compensation? What does anonymous and equal mean in relation to the regulation?*

→ Coaches should not be paid for providing instruction at commercial camps and clinics by the member school in which they coach. They may be paid by the non-school organization and the payment should be equal regardless of the member school at which the coach works, or the student athletes they provide instruction to. No direct payment should be made from the athlete or their family to the coach.

**8.3.4 - “Prior to the start date of providing instruction at a commercial camp or clinic, a coach shall complete, sign, and submit the DIAA-approved form verifying the coach meets the requirements in subsections 8.3.1 through 8.3.3 to the DIAA Office and the coach’s Member School”**

*FAQ: Where is this form located?*

→ The Commercial Camp Verification form can be accessed through the DIAA website. It must be completed in advance of providing instruction at a commercial camp.

## **9.0 - Nonschool Athletic Activities, Programs, and Teams**



*FAQ: Can a head coach, assistant coach, or volunteer coach have instructional contact with student athletes who are returning members at nonschool athletic activities, programs, or teams?*

*→ Yes. However, the coach may only have contact with the maximum number of returning athletes noted on the chart below (9.3.2.6).*

*FAQ: Who can provide instructional contact to an **unlimited** number of student athletes (**Returning/Not Returning**) at nonschool athletic activities or through nonschool programs or teams?*

*→ Any adult who is not currently affiliated with a member-school coaching staff can provide instructional contact or coach a nonschool program or team.*

*(Example: Fall/Winter/Spring/Summer Leagues)*

***\*Please Note: Coaches who are coaching returning members of their school team in a nonschool activity or league must complete and submit the Coaching-Out-of-Season [Form](#) to DIAA.\****

***\*See the last page of this document for additional form details.\****

***\*Please Note: Any league that a nonschool team is participating in will require a roster to be submitted prior to league play. If a member-school coach is coaching that team, the number of returning players participating/noted on the roster must be no more than the maximum number of returning student athletes noted on the chart in 9.3.2.6.\****

**9.3.1 - “A coach may have instructional contact with student athletes who are not returning members of the coach's school team at nonschool athletic activities or programs or on nonschool athletic teams Out-of-Season and in the Summer.”**

**9.3.2 - “A coach may have instructional contact with student athletes who are returning members of the coach's school team at nonschool athletic activities or programs or on nonschool athletic teams Out-of-Season and in the Summer provided the requirements in subsections 9.3.2.1 through 9.3.2.14 are met.”**

*→ A total of 14 subsections apply to coaches having instructional contact with student athletes who are and who are not returning members of the coach's school team at nonschool athletic activities or programs or on nonschool athletic teams Out-of-Season and in the Summer. Please review all subsections prior to offering instructional contact through nonschool athletic activities, programs, and teams to ensure compliance.*



**9.3.2.5 - “The coach's instructional contact with returning student athletes at the nonschool athletic activity, program, or team shall be limited as follows:**

**9.3.2.5.1 - “For individual athletic activities Out-of-Season and in the Summer, the coach may provide instruction to returning student athletes up to two hours per day except during the no-contact periods provided in subsection 9.3.2.9. The instruction shall not exceed a total of four hours per week.”**

**9.3.2.5.2 - “For team-based athletic activities Out-of-Season, the coach may provide instruction to returning student athletes up to two hours per day and for a total of four hours per week except during the no-contact periods provided in subsection 9.3.2.9.”**

**9.3.2.5.3 - “For team-based athletic activities during the Summer, the coach may provide instruction to returning student athletes up to five hours per day and for a total of four days per week except during the no-contact periods provided in subsection 9.3.2.9.”**

**9.3.2.13 - “The coach may hold organizational practices for a league or tournament if it is permitted by the written, pre-established rules of the league or tournament. If the league or tournament does not have written, pre-established rules regarding organizational practice, then organizational practice is not permitted. In no event shall more than one organizational practice be permitted and the number of games and practices shall not exceed three in one week.”**

*FAQ: What defines instructional contact and what counts towards the hours referred to in these sections?*

*→ Section 9.3.2.5 refers to instruction. Instruction should be likened to informal instruction which is defined as: “Informal Instruction means drills to teach sport-specific skills with only demonstration-level contact permitted. Informal instruction does not involve team competitions or contests. Intentional or direct contact is not permitted.” Therefore, this allows for instruction (like training or practices) up to the approved time limits specified and does not include tournament play (i.e. team competitions or contests. Team competitions and contests are not included in the mandated instructional time restrictions. Time restrictions are in regards to instruction.*

**9.3.2.8 - “During the Summer, subsection 9.3.2.6 (Participation Chart) does not apply to nonschool athletic teams participating in leagues in the following sports: baseball, basketball, field hockey, lacrosse, soccer, softball, and volleyball.”**

*FAQ: Why does the participation chart not apply to all sports during the Summer?*





→ DIAA is actively working to evaluate the current regulation and ensure equity for all sports and student-athletes. This chart does not apply to the aforementioned sports during the summer. It applies to all fall, winter, and spring leagues. **Summer is defined within the regulations as “the period of time from the last scheduled date for DIAA spring sport championships to August 1st.”**

**9.3.2.9 - “The coach shall not have any instructional contact with any returning student athletes during the seven-day period before the start of the fall, winter, and spring seasons as defined in 14 DE Admin. Code 1035 In-Season Athletic Activities and Contact.”**

*FAQ: How does this apply to a nonschool athletic activity, team, or program?*

→ Seven days prior to the start of each sports season for all sports, no instructional activity shall be provided to returning student athletes at a commercial camp or clinic. This is directly related to instructional activity, however, does not include team competition or contests. Team competition and contests are not considered instructional opportunities.

**9.3.3 - “A coach may be compensated for instructional contact with student athletes who are not on the coach's school team by the organization conducting the nonschool athletic activity, program, or team. A coach shall not be compensated by the Member School at which they are employed, including school organizations and school-related groups, such as booster clubs, or by a student athlete or a student athlete's family. A coach may be compensated for instructional contact with returning student athletes who are on the coach's school team by the organization conducting the nonschool athletic activity, program, or team if the source of compensation is anonymous and equal for each Member School. For the purpose of Section 9.0 of this regulation, anonymous means that the origin of the funds in the source from which the coach is paid is unknown to coaches and participants.”**

*FAQ: What are the general rules around compensation? What does anonymous and equal mean in relation to the regulation?*

→ Coaches should not be paid for providing instruction for a nonschool activity, program, or team by the member school in which they coach. They may be paid by the non-school organization and the payment should be equal regardless of the member school at which the coach works, or the student athletes they provide instruction to. No direct payment should be made from the athlete or their family to the coach.



**8.0/9.0 - Commercial Camps and Clinics/NonSchool Athletic Activities, Programs, and Teams**

*FAQ: What sections does the participation chart apply to?*

→ *The participation chart noted below **applies only to sections 8.0 and 9.0.***

→ *The participation chart can be found on Page 7 of this document.*

<b>Sport</b>	<b>Maximum Number of Returning Student Athletes</b>
Baseball	7
Basketball	4
Cross Country	8
Golf	4
Field Hockey	9
Football	9
Indoor Track	8
Lacrosse - Boys'	8
Lacrosse - Girls'	10
Outdoor Track and Field	8
Soccer	9
Softball	7
Swimming & Diving	8
Tennis	4
Volleyball	5
Wrestling	9



***Currently, any time a DIAA coach will be providing instruction to any DIAA athletes (HS or MS) in the sport in which they coach, the form referenced above should be completed and returned to DIAA. In doing so, the only requirement is to fill out the top portion, select “NO” and sign Section D. This may be modified in the future. The form in its entirety only needs to be completed when a coach is providing instruction to any returning student athletes that they coach at their member school.***

***No DIAA approval is necessary to proceed, this process simply verifies compliance. However, please remember that coaches must have permission from the member school in which they coach to provide coaching and instruction to returning student athletes at a nonschool camp/clinic or as part of a nonschool activity, program, or team.***

***DIAA recognizes the timing involved and that coaches may not know exactly who is participating in a non-school camp/clinic or on a non-school team until close to the start of the instructional contact. With that being said, the form should be submitted as soon as possible and always prior to instruction being provided.***

***If a form is submitted and roster changes occur, please submit an addendum to the original form (i.e., had 3 returning athletes, now have 4 or change in the returning student athletes present).***

***Authorized representatives from the organization only have to sign the form if a coach is being compensated for providing instruction to returning student athletes.***