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Memorandum

To: NMAA Wrestling Schools
From: Scott Owen, Wrestling Director
RE: **OUT-OF-SEASON COACHING RULES/REGULATIONS – UPDATED 9/29/2021**

1. Out-of-Season Defined

- Out-of-season is the period of time during the school year outside of the regular wrestling season. The regular wrestling season is between weeks 19 and 34. Anything before or after these weeks is considered out of season.
 - Summer is not part of “out-of-season”

2. “7.5 Hour Rule”

- Each individual school wrestling program (high school, middle school, junior high) has 7.5 hours of total contact time per school week to work with their student-athletes during the off-season
 - Monday thru Saturday only and only when school is in session
 - MAY NOT have contact on snow days, holidays/holiday weekends or in-service days
- Each athlete DOES NOT have his own 7.5 hours
 - If you work 3 hours with athletes in group A and another 3 hours with athletes in group B you only have a remaining 1.5 hours for your school
 - Time is cumulative
- Your entire coaching staff at each individual school has a combined 7.5 hours of contact time
 - Once you have exhausted your 7.5 hours at that school, you MAY NOT have any coaches associated with your program run additional practices for students at that school
- Sports Specific athletic classes count toward your 7.5 hours
- 8th grade athletes cannot participate at both the high school and the middle school / junior high. They are only eligible to participate with one or the other.

3. Open Practices

- Open practices or joint practices consisting of wrestlers from multiple teams are not permissible. You may work with your own athletes but are precluded from running practices combining wrestlers from multiple teams.

4. Club Teams

- Coaches (head, assistant, volunteer) MAY NOT coach club teams involving your sport's athletes during the off-season.
 - You may supervise a “junior league” club team for student-athletes 6th grade and below at your discretion

5. Competitions (Super 32, Flo/NHSCA Nationals, Dual Tournaments, FS/GR)

- Any coach associated with your program MAY NOT transport, supervise or coach athletes in your program during out-of-season competitions. Coaches are also prohibited from organizing events.
 - Coaches may be in the competition venue but are precluded from coaching, cornering or instructing athletes during competition

6. **Out-of-Season Violations**

- 1st Offense: Member school fined \$2500 to be paid prior to its participation in any further contests
- 2nd Offense: Member school fined \$5000 to be paid prior to its participation in any further contests and the offending coach will be reported by the NMAA to the Public Education Department

7. **Summer Activities**

- Summer activities are under the guidance of the local school district
- The NMAA has limited jurisdiction during summer activities but does prohibit the following scenarios:
 - Requiring athletes to attend summer activities
 - Using summer camp or program participation as a prerequisite for participation in the regular sports season
 - Using summer performance to determine upcoming season's depth chart
- Coaching club teams as well as transporting athletes to competition is permissible at the discretion of your local school district

8. **Transfer Considerations**

- Remember, beginning with the summer prior to entering the 7th grade, should a student who has been affiliated with your club and attends a school outside of your district choose to enroll in/transfer to your school, regardless of a change in bona fide residence, it will be assumed that the student has been recruited to attend your school or transferred to your school for athletic reasons and that student will be ineligible for all high school athletic participation for a minimum of 180 school/calendar days.

Please make sure you are adhering to the policies set forth to ensure compliance while also promoting a well-rounded athletic experience. Make sure you use your best judgment and if you have any questions please do not hesitate to contact me.

Sincerely,



Scott Owen
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