Memorandum

To: District Athletic Directors
   Wrestling Athletic Directors
   Head Wrestling Coaches

From: Scott Owen, Assistant Director

RE: OUT-OF-SEASON COACHING RULES/REGULATIONS – UPDATED 10.25.16

Coaches and Athletic Directors, there have been some concerns as well as questions regarding the rules and regulations surrounding the NMAA out-of-season coaching policy. I would like to clarify some of these issues specific to wrestling to help ensure a greater deal of understanding and compliance.

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”
   - You have 7.5 hours of total contact time per school week to work with your prospective student-athletes during the off-season (Grades 8-12 only; 7th graders cannot be included in out-of-season practices).
     - Monday thru Friday only and only when school is in session.
     - NO WEEKENDS
     - MAY NOT have contact on snow days, holidays 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 program.
     - Time is cumulative.
   - Your entire coaching staff has a combined 7.5 hours of contact time.
     - Once you have exhausted your 7.5 hours you MAY NOT have an assistant coach, junior high coach or parent run practices.
   - Sports Specific athletic classes count toward your 7.5 hours
   - 8th grade athletes and up who are zoned to your school count against your 7.5 hours

3. Open Practices – UPDATED 2.29.16
   - Open practices or joint practices consisting of wrestlers from multiple teams are not permissible during the off-season. 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 (7th grade and below if your district does not allow 8th grade participation).
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 you 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 (8th grade if your school does not allow 8th grade participation), 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 180 school/calendar days.

These should help clarify any questions or concerns. 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 there are still some uncertain areas regarding the policy please do not hesitate to contact me. I will be happy to answer any question I can.

Sincerely,

Scott Owen
NMAA Wrestling Director