

**JUNIOR HIGH SPORTS**  
**GUIDELINES FOR PRACTICING**

- I. No practicing shall occur prior to the first practice day scheduled. Coaches may meet with athletes prior to the first day of practice to get an idea of the number of interested participants, but there will be no practicing.
  
- II. There will be no practices on school holidays; however, teams may practice on all-district release days and in-service days.
  
- III. If there is a holiday during the practice week, teams may practice on Saturday; however, this must not be a mandatory practice for athletes.
  
- IV. If a school has a special event that is held during the regular practice time, that school may practice in the evening or on a Saturday to make up for that missed practice. Special events may include concerts, dances, conferences, etc.
  
- V. Any school who chooses to have open gym during any time of the year may do so provided they classify it as an OPEN GYM, in that any student may come in to the gym to play. No pressure is to be put on a team member to be at the gym during an open gym, and no formalized practices will be scheduled. Open gym will be allowed during winter and spring break if coaches supervise.