

**ADOPTED REGULATION OF THE  
NEVADA INTERSCHOLASTIC ACTIVITIES ASSOCIATION**

**LCB File No. R148-18**

EXPLANATION – Matter in *italics* is new; matter in brackets ~~omitted material~~ is material to be omitted.

AUTHORITY: §§1-8, NRS 385B.060.

A REGULATION relating to interscholastic activities; authorizing a pupil or team at a school to participate in an out-of-season competition for a sanctioned sport under certain circumstances; and providing other matters properly relating thereto.

**Legislative Counsel’s Digest:**

Existing law authorizes the formation of the Nevada Interscholastic Activities Association, composed of all the school districts of the State, for the purposes of controlling, supervising and regulating all interscholastic athletic events and other interscholastic events in the public schools and requires the Association to adopt regulations governing those events. (NRS 385B.050, 385B.060) Existing law further requires those regulations to provide for the membership in the Association of charter schools, private schools and parochial schools which may elect to join the Association. (NRS 385B.110) Pursuant to those laws, the Association has adopted regulations which extensively regulate sanctioned sports and other interscholastic activities in this State. (NAC 386.600-386.886)

Under existing regulations, the season for each sanctioned sport in which a pupil or team participates for a school begins on the first day of practice for the sanctioned sport established by the Board of Control of the Association and ends upon the completion of the state tournament for the sanctioned sport. A school is prohibited from providing uniforms or transportation for a pupil or team to participate in any out-of-season competition for the sanctioned sport, including, without limitation, a camp, summer league or travel to a foreign country or another state, territory, district or possession of the United States. (NAC 386.695) Existing regulations also authorize each league, region or class established by the Board to establish the requirements for eligibility for a pupil who is in the league, region or class to participate in any competition for a sanctioned sport that is conducted after the regular season for the sanctioned sport. (NAC 386.698) **Section 1** of this regulation authorizes a pupil or team to participate in an out-of-season competition for a sanctioned sport if the Executive Director of the Association approves the participation of the pupil or team in the competition. **Section 1** also: (1) authorizes the Executive Director to limit the number of games or practices in which the pupil or team may participate for

the competition; (2) prohibits the Executive Director from approving the participation of the pupil or team in the competition unless certain conditions are met; and (3) authorizes a school that receives such written approval from the Executive Director to provide equipment, uniforms and transportation for the pupil or team to participate in the competition. **Sections 2-8** of this regulation make conforming changes.

**Section 1.** Chapter 386 of NAC is hereby amended by adding thereto a new section to read as follows:

*1. A pupil or team that participates in a sanctioned sport may, after completion of the state tournament for a season for the sanctioned sport, participate in an out-of-season competition for the sanctioned sport if the Executive Director approves the participation of the pupil or team in the competition. A request for approval must be submitted by a school on a form approved by the Association. Except as otherwise provided in subsection 2, as soon as practicable after receiving such a request for approval, the Executive Director shall approve or deny the request in writing and notify the school of its decision. When approving such a request, the Executive Director may limit the number of practices or games in which the pupil or team may participate for the competition.*

*2. The Executive Director shall not approve the participation of a pupil or team in an out-of-season competition pursuant to subsection 1 unless:*

*(a) The competition is completed more than 6 months before the date established by the Board for the first day of practice of the sanctioned sport for the next school year;*

*(b) The competition is not an all-star competition or national competition which is conducted to determine a national champion for the sanctioned sport;*

*(c) The pupil or team is invited to participate in the competition by the director or other person in charge of the competition;*

*(d) The participation of the pupil or team in the competition is approved by the school and the school district in which the school is located;*

*(e) The pupil, each member of the team and each coach for the pupil or team complies with the requirements of the school, the school district in which the school is located and the Association relating to eligibility to participate in the sanctioned sport; and*

*(f) The pupil or team complies with any other requirement imposed by the Executive Director to participate in the competition.*

*3. A pupil or team that receives written approval from the Executive Director to participate in an out-of-season competition for a sanctioned sport pursuant to subsection 1:*

*(a) Shall comply with the requirements to participate in the sanctioned sport pursuant to NAC 386.600 to 386.886, inclusive; and*

*(b) May participate in any practice conducted for the sanctioned sport subject to any limitation imposed by the Executive Director pursuant to subsection 1.*

*4. The school of a pupil or team specified in subsection 3 may provide equipment, uniforms and transportation for the pupil or team to participate in the out-of-season competition.*

**Sec. 2.** NAC 386.695 is hereby amended to read as follows:

386.695 1. The season for each sanctioned sport begins on the first day of practice for the sanctioned sport established by the Board pursuant to this subsection and ends upon the completion of the state tournament for the sanctioned sport. Except as otherwise provided in

NAC 386.600 to 386.886, inclusive, *and section 1 of this regulation*, not later than September 1 of each year, the Board shall:

(a) Establish the date for the first day of practice for each sanctioned sport for the school year; and

(b) Prepare a schedule of activities that includes each date established pursuant to paragraph (a).

2. Each school shall ensure that a practice for a sanctioned sport is conducted on the date established for that practice pursuant to subsection 1.

3. ~~1A~~ *Except as otherwise provided in section 1 of this regulation*, a school shall not provide uniforms or transportation for a pupil or team to participate in any out-of-season competition for a sanctioned sport, including, without limitation, a camp, summer league or travel to a foreign country or another state, territory, district or possession of the United States. A school may engage in an activity to obtain money for an out-of-season competition and deposit any money obtained as a result of that activity in an account maintained by the school or by a bank or other financial institution in this State.

4. A coach of a school that complies with subsections 2 and 3 may assist a pupil in an activity that is related to a sanctioned sport and that is conducted during a period that is not the season for the sanctioned sport. The participation of the pupil in the activity must be voluntary and must not be a condition for qualifying for a team or for accepting the pupil as a member of a team during the season for the sanctioned sport.

5. Except as otherwise provided in this section, a coach or pupil specified in subsection 4 may, if approved by the school and the school district in which the school is located, use any

facility or equipment of the school to engage in an activity specified in that subsection. A coach or pupil may use the following equipment for football during any period that is not the football season:

- (a) Footballs;
- (b) Football shoes;
- (c) Shorts and sweatshirts; and
- (d) A helmet and shoulder, hip and thigh pads, and any other protective equipment.

6. A coach or pupil shall not use a blocking dummy or sled, or any similar device for football pursuant to subsection 5.

7. A school or school district in which a school is located may require each pupil of the school who engages in an activity relating to a sanctioned sport pursuant to subsection 5 to maintain a policy of health insurance in an amount determined by the school or school district.

8. A coach or pupil shall not engage in an out-of-season activity relating to a sanctioned sport pursuant to subsection 5 if the activity interferes with an in-season sport.

**Sec. 3.** NAC 386.696 is hereby amended to read as follows:

386.696 1. A person shall not require a pupil to participate in any athletic program for a sanctioned sport that is conducted before or after the season for that sanctioned sport.

2. Each team that participates in a sanctioned sport must be selected, and practices for that team conducted, during the season for that sanctioned sport.

3. ~~1A~~ *Except as otherwise provided in section 1 of this regulation, a* pupil may engage in any out-of-season activity relating to a sanctioned sport if:

- (a) The pupil engages in that activity voluntarily;

(b) The activity is conducted to improve the pupil's ability to participate in the sanctioned sport;

(c) The activity is not conducted between two or more schools, including, without limitation, any competition, scrimmage or practice for the sanctioned sport; and

(d) The activity is not conducted during the week before or the week of tryouts for another sanctioned sport.

**Sec. 4.** NAC 386.698 is hereby amended to read as follows:

386.698 1. If, during the school year, a pupil participates in a sanctioned sport as a member of a team or engages in an activity as a member of a spirit squad for a school, the pupil may participate as a member of any other team or event for the sanctioned sport or spirit squad if:

(a) The coach for the sanctioned sport or spirit squad approves the pupil's participation on the team or in the event;

(b) The pupil counts each game, contest or meet in which the other team participates or each event in which the spirit squad competes as one of the allowable games, contests or meets or competitions specified in the athletic bylaws for the sanctioned sport or spirit squad; and

(c) The other team is not a team for a school.

2. In addition to the requirements of subsection 1, if the team or spirit squad of which the pupil is a member is a team or spirit squad of a high school, and if the pupil participates in an interscholastic activity other than as a member of the team or spirit squad, the pupil's participation in the interscholastic activity must be approved by the head coach of the high

school. The pupil is not required to substitute games, contests or meets to participate as a member of the team or spirit squad.

3. Each league, region or class established pursuant to NAC 386.667 may establish the requirements for eligibility for a pupil who is in the league, region or class to participate in any competition for a sanctioned sport or spirit squad that is conducted after the expiration of the regular season for the sanctioned sport or spirit squad. *Any requirement established pursuant to this subsection must not conflict with the provisions of section 1 of this regulation.*

**Sec. 5.** NAC 386.715 is hereby amended to read as follows:

386.715 1. The Board shall establish the date upon which a school may begin practicing for a basketball season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for basketball.

2. ~~1A~~ *Except as otherwise provided in section 1 of this regulation, a* school shall not, after completion of the state tournament for basketball for that season, organize a basketball team or conduct a practice for the team until the date established by the Board for the beginning of practice for the next basketball season.

3. A team that participates in basketball as a sanctioned sport may not participate in more than two interschool basketball scrimmages during the period beginning on or after the date established by the Board for the season in which the scrimmage is played and ending on the first day of that season. The team shall not participate in a basketball scrimmage after it participates in the first basketball game for that season. As used in this subsection, “scrimmage” means a practice basketball game in which:

(a) The score is not kept;

- (b) Unpaid sports officials are used;
  - (c) The period of play is divided into a number of equal segments with running time kept;
- and
- (d) Spectators are not encouraged to attend.

4. A team specified in subsection 2 shall not participate in more than two basketball games during a day.

5. If a team specified in subsection 3 participates in a basketball game between the team and an alumni association for the school or a similarly organized group, the school shall include that game in the total number of games in which the team may participate pursuant to NAC 386.699.

**Sec. 6.** NAC 386.720 is hereby amended to read as follows:

386.720 1. The Board shall establish the date upon which a school may begin practicing for a football season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for football.

2. A school shall not participate in a football game that is scheduled during the regular season after the play-offs begin for the league in which the school is aligned pursuant to NAC 386.667.

3. ~~Each~~ *Except as otherwise provided in section 1 of this regulation, each* postseason football game must be approved by the Board.

4. The Executive Director shall determine the date, time and place for conducting each football play-off game.

5. A school shall not, without the approval of the Board, allow a football team to participate in more than nine games, other than a play-off game that is approved by the Executive Director, during the regular season in which the team participates in football.

**Sec. 7.** NAC 386.731 is hereby amended to read as follows:

386.731 1. The Board shall establish the date upon which a school may begin practicing for a soccer season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for soccer.

2. Each school where a soccer game is conducted shall ensure that the game is timed in the manner prescribed by the Board. A school shall not participate in a soccer game that is scheduled during the regular season after the play-offs begin for the league in which the school is aligned pursuant to NAC 386.667.

3. ~~Each~~ *Except as otherwise provided in section 1 of this regulation, each* postseason soccer game must be approved by the Board.

4. The Executive Director shall determine the date, time and place for conducting each soccer play-off game.

5. A school shall not allow a team of the school that participates in soccer as a sanctioned sport to participate in more than 18 games or more than 2 tournaments, other than a play-off game that is approved by the Executive Director, during the regular season in which the team participates in soccer. If a member of the team is selected to participate in the United States Youth Soccer Olympic Development Program and, after being selected, the member participates in a game conducted for that Program, the game must not be counted toward the maximum number of games or tournaments in which the team may participate pursuant to this subsection.

**Sec. 8.** NAC 386.749 is hereby amended to read as follows:

386.749 1. The Board shall establish the date upon which a school may begin practicing for a volleyball season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for volleyball.

2. ~~1A~~ *Except as otherwise provided in section 1 of this regulation, a* school shall not, after completion of the state tournament for volleyball for that season, organize a volleyball team or conduct a practice for the team until the date established by the Board for the beginning of practice for the next volleyball season.

3. A team at a school that participates in volleyball as a sanctioned sport may participate in not more than two interschool volleyball scrimmages during the period beginning on or after the date established by the Board for the season in which the scrimmage is played and ending on the first day of that season. The team shall not participate in a volleyball scrimmage after it participates in the first volleyball game of that season. As used in this subsection, “scrimmage” means a practice volleyball game in which:

- (a) The score is not kept;
- (b) Unpaid sports officials are used;
- (c) The period of play is divided into a number of equal assignments with running time kept;

and

- (d) Spectators are not encouraged to attend.

4. If a team specified in subsection 2 participates in:

(a) A match between the team and an alumni association for the school or a similarly organized group, the school shall include that match in the total number of matches or meets in which the team may participate pursuant to NAC 386.699; or

(b) A match between the team and any other team for a charitable purpose, the school shall include that match in the total number of matches or meets in which the team may participate pursuant to NAC 386.699.

5. Each volleyball game must be conducted in accordance with the rules of volleyball adopted by the National Federation of State High School Associations or its successor organization.

6. Before each volleyball match, the home team for the match shall select the bench where the home team will sit during the match. The sports official who is assigned to the match shall, by tossing a coin, determine the team that will serve first for the match. The captain of the visiting team for the match shall call the toss of the coin. If the captain wins the toss, he or she may choose whether his or her team will serve or receive. For the deciding game of the match, the captain of the home team shall call the toss of the coin. If the captain wins the toss, he or she may choose whether his or her team will serve or receive for that game. Any time-out that is taken during the match must not exceed 60 seconds if each team participating in the match is prepared to play during the time-out.

7. A pupil who participates in volleyball as a sanctioned sport shall not wear any jewelry during any volleyball match or warm-up activities for the match.

8. Before each volleyball match, each team that participates in the match may engage in:

(a) Warm-up activities for the match for not more than 7 minutes; and

(b) Shared serving for the match for not more than 2 minutes.