

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

**LCB File No. R049-19**

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

AUTHORITY: §§1-21, NRS 385B.060.

A REGULATION relating to interscholastic activities; requiring the Board of Control of the Nevada Interscholastic Activities Association, at least 2 years before each season of a sanctioned sport, to establish the dates upon which a school is authorized to begin engaging in certain activities for that season; revising certain requirements relating to the amount of practice a team and a pupil are required to complete before participating in certain sanctioned sports; 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 regulations require the Board of Control of the Association to establish the date upon which a school is authorized to begin practicing for a season of certain sanctioned sports at least 2 years before the beginning of the season for those sports. (NAC 385B.400, 385B.420, 385B.430, 385B.434, 385B.450, 385B.454, 385B.458, 385B.470, 385B.500-385B.520, 385B.530, section 2 of LCB File No. R162-16) **Section 2** of this regulation applies this requirement to all sanctioned sports. In addition to the date upon which a school is authorized to begin practicing, **section 2** also requires the Board, at least 2 years before the beginning of each season of a sanctioned sport, to establish the date upon which: (1) a school is authorized to begin tryouts for that season; and (2) the first game, contest or meet of that season is authorized to be held. **Section 2** requires the dates established by the Board to allow for a minimum of 10 days of team practice to be completed before the first game, contest or meet for the season. **Sections 4-10, 12-16, 19 and 21** of this regulation make conforming changes.

Under existing regulations, pupils and teams that participate in sanctioned sports other than golf or bowling are required to complete at least 10 days of practice before participating in the sanctioned sport. (NAC 385B.790, 385B.792, 385B.794) If the season of a sport in which a pupil participates extends into the season of another sport in which the pupil participates, the pupil is required to complete only 5 days of practice in the subsequent sport. Under existing regulations, this exception does not apply to a pupil who pitches in a baseball game. (NAC

385B.790) Existing regulations further require a pupil participating in football to meet certain additional practice requirements. (NAC 385B.436)

**Sections 3, 17 and 21** of this regulation revise practice requirements for teams and pupils participating in certain sanctioned sports. **Section 21** of this regulation eliminates the requirement that a team must complete 10 days of practice before participating in a sanctioned sport. **Section 17** of this regulation decreases the number of days of practice that a pupil is required to complete before participating in a sanctioned sport other than golf or bowling from 10 days to 5 days. **Section 17** provides that this requirement does not, with certain exceptions, apply to a pupil who has completed a season of a sanctioned sport and that season has extended into the season of the sanctioned sport in which the pupil is currently participating. Under **section 17**, the heightened practice requirements provided for under existing regulations for pupils participating in football are maintained. Additionally, **section 3** of this regulation provides that a pupil is not eligible to pitch in a baseball game unless the pupil has completed at least 10 days of practice in baseball. **Sections 11, 18 and 20** of this regulation make conforming changes.

**Section 1.** Chapter 385B of NAC is hereby amended by adding thereto the provisions set forth as sections 2 and 3 of this regulation.

**Sec. 2. 1.** *At least 2 years before the beginning of each season of a sanctioned sport, the Board shall establish the date upon which:*

*(a) The first game, contest or meet may be held for that season;*

*(b) A school may begin tryouts for that season; and*

*(c) A school may begin practicing for that season.*

**2.** *The dates established pursuant to subsection 1 must allow for a minimum of 10 days of team practice to be completed before the first game, contest or meet for the season.*

**3.** *A season of a sanctioned sport ends upon completion of the state tournament for the sanctioned sport.*

**Sec. 3.** *A pupil who participates in baseball is not eligible to pitch during any baseball game unless he or she has completed at least 10 days of practice in baseball before the baseball game.*

**Sec. 4.** NAC 385B.378 is hereby amended to read as follows:

385B.378 1. Except as otherwise provided in subsection 2, a school or a pupil enrolled in a school who participates in a sanctioned sport shall not, during the season for the sanctioned sport, participate in more than:

(a) For the fall season:

- (1) Fourteen cross-country meets;
- (2) Except as otherwise provided in subsection ~~5~~ 4 of NAC 385B.434, nine football games;
- (3) Sixteen matches for girls' golf;
- (4) Except as otherwise provided in subsection ~~5~~ 4 of NAC 385B.458, eighteen soccer games and two tournaments for soccer;
- (5) Eighteen tennis matches; or
- (6) Eighteen matches for girls' volleyball and two tournaments for girls' volleyball.

(b) For the winter season:

- (1) Eighteen basketball games and two tournaments for basketball;
- (2) Eighteen bowling competitions and two tournaments for bowling;
- (3) Eighteen flag football games and two tournaments for flag football;
- (4) Fourteen ski races; or
- (5) Fifteen wrestling contacts or meets.

(c) For the spring season:

- (1) Twenty-one baseball games and two tournaments for baseball;
- (2) Sixteen matches for boys' golf;
- (3) Twenty-one softball games and two tournaments for softball;
- (4) Twelve swim meets;

(5) Fourteen track and field meets; or

(6) Eighteen matches for boys' volleyball and two tournaments for boys' volleyball.

2. For each sanctioned sport specified in subsection 1, the Executive Director may exempt from the provisions of this section not more than one contact, game, match or meet for the sanctioned sport that is conducted against a school that is placed on independent status pursuant to NAC 385B.202.

**Sec. 5.** NAC 385B.420 is hereby amended to read as follows:

385B.420 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.†~~ Except as otherwise provided in section 1 of LCB File No. R148-18, 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.†~~ 2. 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}~~ 3. A team specified in subsection ~~{2}~~ 1 shall not participate in more than two basketball games during a day.

~~{5}~~ 4. If a team specified in subsection ~~{3}~~ 2 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 385B.378.

**Sec. 6.** NAC 385B.430 is hereby amended to read as follows:

385B.430 1. The ~~{Board shall establish the date upon which a school may begin practicing for a cross-country season at least 2 years before the beginning of the season. Each season ends upon completion of the}~~ state tournament for cross-country ~~{, which}~~ must be conducted at the date, time and place specified by the Board.

2. The rules of the National Federation of State High School Associations, or its successor organization, relating to cross-country govern each cross-country meet. The rules are in addition to any requirements for conducting the meet adopted by the Association.

3. A school shall not schedule a cross-country meet that is conducted for practice between schools.

4. A pupil shall not participate in more than one event for a cross-country meet during a day.

5. The length of the course for a league, regional or state tournament for cross-country must be 5,000 meters. The length of the course for a cross-country meet that is conducted for practice or during the regular season may be less than 5,000 meters.

6. Each team that participates in a cross-country meet must consist of at least seven members.

7. Except as otherwise provided in this subsection, to determine the total score of a team that participates in a cross-country meet, the team:

(a) Must use the scores of the members of the team who completed the meet in the first, second, third, fourth and fifth places on the team; and

(b) Must not use the scores of the members of the team who completed the meet in the sixth or seventh place on the team.

8. The places of the members of a team specified in paragraph (b) of subsection 7 for the meet must not be used to reduce the scores of an opposing team for the meet.

9. If a school enters at least one participant in an invitational cross-country meet, the school shall include that meet in the total number of meets in which the school may participate pursuant to NAC 385B.378.

**Sec. 7.** NAC 385B.434 is hereby amended to read as follows:

385B.434 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 385B.250.

~~{3.}~~ 2. Except as otherwise provided in section 1 of LCB File No. R148-18, each postseason football game must be approved by the Board.

~~{4.}~~ 3. The Executive Director shall determine the date, time and place for conducting each football play-off game.

~~{5.}~~ 4. 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. 8.** NAC 385B.450 is hereby amended to read as follows:

385B.450 ~~{The Board shall establish the date upon which a school may begin practicing for a season of boys' golf at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for boys' golf.}~~ The state tournament *for boys' golf* must be conducted at the time and date specified by the Board. The Executive Director and the director of each state tournament shall, before the beginning of the state tournament, select the location for that tournament.

**Sec. 9.** NAC 385B.454 is hereby amended to read as follows:

385B.454 The ~~{Board shall establish the date upon which a school may begin practicing for a season of girls' golf at least 2 years before the beginning of the season. Each season ends upon completion of the}~~ state tournament for girls' golf ~~{which}~~ must be conducted at the time and date specified by the Board. The Executive Director and the director of a state tournament shall, before the beginning of the state tournament, select the location for that tournament.

**Sec. 10.** NAC 385B.458 is hereby amended to read as follows:

385B.458 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 385B.250.

~~{3.}~~ 2. Except as otherwise provided in section 1 of LCB File No. R148-18, each postseason soccer game must be approved by the Board.

~~{4.}~~ 3. The Executive Director shall determine the date, time and place for conducting each soccer play-off game.

~~{5.}~~ 4. 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. 11.** NAC 385B.460 is hereby amended to read as follows:

385B.460 1. A school that participates in soccer as a sanctioned sport shall not participate in an interschool soccer scrimmage unless the school completes at least 5 days of team practice.

2. A school that completes the number of days of practice specified in subsection 1 may, before the date established by the Board for the beginning of soccer practice pursuant to ~~{NAC~~



~~385B.458.1~~ *section 2 of this regulation*, participate in not more than two interschool soccer scrimmages.

3. A school shall not participate in an interschool soccer scrimmage after conducting the first regularly scheduled game of the soccer season.

4. ~~Each school and each pupil who participates in soccer as a sanctioned sport shall, before competing in a scheduled interschool soccer game, complete at least 10 days of team practice.~~

~~5.1~~ As used in this section, “scrimmage” means a practice soccer game in which:

- (a) The score is not kept;
- (b) The coach for each team is present on the field of play to direct the team for which he or she is a coach;
- (c) Admission is not charged;
- (d) Donations are not accepted or solicited; and
- (e) Spectators are not encouraged to attend.

**Sec. 12.** NAC 385B.500 is hereby amended to read as follows:

385B.500 1. ~~The Board shall establish the date upon which a school may begin practicing for a swimming season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for swimming.~~

~~2.1~~ Each event that is held during a regional or state tournament for swimming must be conducted in the manner specified by the Board and the National Federation of State High School Associations or its successor organization. The Executive Director shall, before each regional or state tournament, provide to each school that participates in the tournament a list setting forth each event for the tournament and the order in which each event will be conducted.

~~13.1~~ 2. A pupil who participates in swimming as a sanctioned sport shall not participate in more than four events during any swim meet. The events must not include more than two individual events.

~~14.1~~ 3. Each school that enrolls a pupil who participates in swimming as a sanctioned sport at that school shall comply with the rules of swimming adopted by the National Federation of State High School Associations or its successor organization. Each pupil enrolled in that school who participates in swimming as a sanctioned sport shall, if wishing to establish a record of the performance in that sanctioned sport during a season, comply with those rules during any swim meet in which he or she participates.

~~15.1~~ 4. The Association will not accept the qualifying times of a pupil for the state tournament for swimming unless the pupil:

- (a) Participates in a regional swimming championship; and
- (b) Obtains those times during that regional championship.

**Sec. 13.** NAC 385B.510 is hereby amended to read as follows:

385B.510 1. ~~{The Board shall establish the date upon which a school may begin practicing for a tennis season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for tennis.}~~ The state tournament *for tennis* must be

conducted at the date, time and place specified by the Board.

2. Except as otherwise provided in this section, each tennis game must be conducted in accordance with the rules of tennis adopted by the United States Tennis Association or its successor organization.

3. A 45-point round-robin format must be used for each regular or postseason tennis game. Each team that participates in tennis as a sanctioned sport must consist of three members who

play singles games and six members who play as members of three doubles teams. A member of a team may not play both singles games and doubles games.

4. Each member of a team who plays singles games must play one set consisting of six games against each member of an opposing team who plays singles games. If the member wins a set, the member is entitled to receive two points for that set.

5. Each doubles team must play one set consisting of six games against each opposing doubles team. If a doubles team wins a set, the team is entitled to receive three points for that set. A doubles team may not receive more than 27 points for winning sets during a tennis match.

6. No person, other than a coach for a school, may provide instruction to a member of a team during a changeover that occurs during a set. Each coach shall ensure that each member of the team for which he or she is a coach wears a school uniform for tennis during the period in which the member participates in a tennis game as a member of that team. A school uniform for tennis is not required to consist of the colors of that school.

7. The individual portion of a league or regional tournament for tennis consists of a 32-singles draw and a 32-doubles draw. The two best teams in each league must qualify to participate in a regional tournament by using a 45-point round-robin format.

8. If a tennis match results in a tie score, the winner of the match must be determined in the manner specified in the manual prepared by the Association for that purpose.

9. Each state tournament for tennis must be conducted in accordance with the manual prepared by the Association for that purpose.

**Sec. 14.** NAC 385B.515 is hereby amended to read as follows:

385B.515 1. ~~{The Board shall establish the date upon which a school may begin practicing for a track and field season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for track and field.~~

~~—2.†~~ Each event that is held during a regional or state tournament for track and field must be conducted in the manner specified by the Board and the National Federation of State High School Associations or its successor organization. The Executive Director shall, before each regional or state tournament, provide to each school that participates in the tournament a list setting forth each event for the tournament and the order in which each event will be conducted.

~~{3.†~~ 2. A pupil who participates in track and field as a sanctioned sport shall not participate in more than four events during any track and field meet, including, without limitation, any relay race.

~~{4.†~~ 3. Each school that enrolls a pupil who participates in track and field as a sanctioned sport at that school shall comply with the rules of track and field adopted by the National Federation of State High School Associations or its successor organization. Each pupil enrolled in that school who participates in track and field as a sanctioned sport shall, if wishing to establish a record of the performance in that sanctioned sport during a season, comply with those rules during any track and field meet in which he or she participates.

**Sec. 15.** NAC 385B.520 is hereby amended to read as follows:

385B.520 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.†~~ Except as otherwise provided in section 1 of LCB File No. R148-18, 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.

~~13.1~~ 2. 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.

~~14.1~~ 3. If a team specified in subsection ~~12.1~~ 1 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 385B.378; 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 385B.378.

~~15.1~~ 4. 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,}~~ 5. 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,}~~ 6. 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,}~~ 7. 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.

**Sec. 16.** NAC 385B.530 is hereby amended to read as follows:

385B.530 1. ~~{The Board shall establish the date upon which a school may begin practicing for a wrestling season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for wrestling.~~

~~—2,}~~ Except as otherwise provided in subsection ~~{3,}~~ 2, each wrestling contest or meet must be conducted in accordance with the rules of wrestling adopted by the National Federation of State High School Associations or its successor organization.

~~3.~~ 2. The regulations of the Association apply to each pupil who represents his or her school in wrestling.

~~4.~~ 3. Each pupil who participates in wrestling as a sanctioned sport shall, during any period in which he or she participates in a contest or meet for wrestling, wear headgear in the manner specified by the Association.

**Sec. 17.** NAC 385B.790 is hereby amended to read as follows:

385B.790 1. Except as otherwise provided in this section and NAC *385B.436 and 385B.794* ~~1.~~ *and section 3 of this regulation*, a pupil is not eligible to participate in a *game, contest or meet for a* sanctioned sport at a school unless, *before the game, contest or meet*, he or she ~~completes~~ *has completed* at least ~~10~~ *5* days of practice in the sanctioned sport under the direct supervision of a member of the school's coaching staff for that sanctioned sport.

2. ~~Each~~ *For the purposes of subsection 1, each* calendar day ~~1.~~ *on which a practice is held*, other than a Sunday, shall be deemed 1 day of practice, regardless of whether more than one practice is held during that day.

3. Except as otherwise provided in ~~subsection 4, if~~ *NAC 385B.436 and section 3 of this regulation, the requirement set forth in subsection 1 does not apply to* a pupil ~~participates individually in a state tournament for~~ *who:*

(a) *Has completed a season of* a sanctioned sport ~~or~~ *as a member of a team ;* ~~that qualifies for a state tournament for a sanctioned sport,~~ and ~~if the~~

(b) *The* season for that sanctioned sport ~~extends~~ *has extended* beyond the beginning of the season for ~~another~~ *the* sanctioned sport in which the pupil ~~participates, the pupil must complete at least 5 days of practice for the other sanctioned sport before he or she is eligible to~~

~~participate in that sanctioned sport. A pupil may not participate in a day of practice for a sanctioned sport and compete in a sanctioned sport during that day.~~

~~—4.— A pupil specified in subsection 3 who participates in baseball is not eligible to pitch during any baseball game unless he or she completes at least 10 days of practice in baseball.]~~ *is currently participating.*

**Sec. 18.** NAC 385B.794 is hereby amended to read as follows:

385B.794 The provisions of NAC 385B.790 ~~[and 385B.792]~~ do not apply to a pupil or team that participates in golf or bowling.

**Sec. 19.** Section 2 of LCB File No. R162-16 is hereby amended to read as follows:

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

~~—2.]~~ Each school where a flag football game is conducted shall ensure that the game is timed in the manner prescribed by the Board. A school shall not participate in a flag 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.]~~ *385B.250.*

2. Each postseason flag football game must be approved by the Board.

~~[4.]~~ 3. The Executive Director shall determine the date, time and place for conducting each play-off game for flag football.

~~[5.]~~ 4. A school shall not allow a team of the school that participates in flag football as a sanctioned sport to participate in more than 18 games, other than a play-off game that is



approved by the Executive Director, during the regular season in which the team participates in flag football.

**Sec. 20.** Section 3 of LCB File No. R162-16 is hereby amended to read as follows:

1. A school that participates in flag football as a sanctioned sport shall not participate in an interschool scrimmage for flag football unless the school completes at least 5 days of team practice.

2. A school that completes the number of days of practice specified in subsection 1 may participate in not more than two interschool scrimmages for flag football.

3. A school shall not participate in an interschool scrimmage for flag football after conducting the first regularly scheduled game of the flag football season.

4. ~~Each school and each pupil who participates in flag football as a sanctioned sport shall, before competing in a scheduled interschool flag football game, complete at least 10 days of team practice.~~

~~5.~~ As used in this section, “scrimmage” means a practice flag football game in which:

- (a) The score is not kept;
- (b) The coach for each team is present on the field of play to direct the team for which he or she is a coach;
- (c) Admission is not charged;
- (d) Donations are not accepted or solicited; and
- (e) Spectators are not encouraged to attend.

**Sec. 21.** NAC 385B.400, 385B.470 and 385B.792 are hereby repealed.

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**TEXT OF REPEALED SECTIONS**

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**385B.400 Date for beginning practice; end of season.** The Board shall establish the date upon which a school may begin practicing for a baseball season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for baseball.

**385B.470 Date for beginning practice; end of season.** The Board shall establish the date upon which a school may begin practicing for a softball season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for softball.

**385B.792 Minimum amount of practice for a team.** Except as otherwise provided in NAC 385B.794, each team of a school that participates in a sanctioned sport must, before participating in the sanctioned sport, complete at least 10 days of practice in the sanctioned sport under the direct supervision of a member of the school's coaching staff for that sanctioned sport.