

In-school, out-of-season rule

- **15-2.3 Conditioning Program**

- a. During the School Year Out-of-Season, a student who participates in Team Sports may participate in a Conditioning Program; a Conditioning Program is a program which occurs in a School's gymnasium, playing field or other School facility and is designed for and limited to activities which promote physical fitness and exclude game drills. Examples of permissible activities are weight lifting, running, and aerobic exercising. The limitations on participation by, and contact with, a student in Team Sports, During the School Year, Out-of-Season, do not apply to a student's participation in a Conditioning Program.
- b. During the School Year Out-of-Season, as a part of a student's Conditioning Program, a student who participates in a Team Sport may, as an act of conditioning, perform individualized game skills, including shooting a basketball, hitting a volleyball, throwing and kicking a football, kicking a soccer ball, and throwing a baseball or softball. When a baseball or a softball is thrown as part of a Conditioning Program, the throw shall not involve a pitching mound or a pitching circle, an actual or simulated batter, or any type of pitching instruction.