

START DATE POLICY

The philosophy of starting dates is to give students the opportunity to participate in other athletic events. In addition, it gives all schools the same advantage of contact time with athletes.

Effective school year 2008-09, the OIA will follow the HHSAA Start Date Policy as follows:

Starting Dates

Except for football, the start date for each sport will be a maximum of fourteen (14) weeks prior to the state tournament week, on the Monday of that week (i.e., Boys Basketball Tournament is during week 34. The starting date will be the Monday of week 20).

The start date policy will apply to the following team sports:

Baseball, Basketball, Canoe Paddling, Soccer, Softball, Volleyball, and Water Polo.

Individual sports shall have a try-out date, a maximum of fourteen (14) weeks prior to the state tournament week, on the Monday of that week. **Prior to the try-out date, practices cannot be mandatory and team selections cannot be made.** *(Adopted by HHSAA Executive Board 04/08/06)*

Coach-Player Contact Restrictions

(Refer to chart Adopted by HHSAA Executive Board 06/13/06)

Student-athletes of team sports have no outside participation restrictions except for league rules/by-laws that govern in-season (Green shaded area of the chart) outside participation restrictions.

The following restrictions apply to all Varsity and Junior Varsity programs:

- In-season – 14 weeks (except Football) – (Green area)

- Out of season Conditioning and Weight Training – (White area)
Restrictions to be determined by each league.
The program shall have a coach or other authorized personnel in supervision. Prior to the start dates, activities cannot be mandated and team selections cannot be made.

- Member schools bear the responsibility of monitoring facilities and making the determination if adult supervision is adequate for off-season conditioning. *(Adopted by HHSAA Executive Board 04/08/06)*

- Summer Activities - (Yellow Area)
No restrictions during this period. *(Adopted by HHSAA Executive Board 06/13/06)*

- No Contact/Dead period – (Red Area)
The no contact/dead period is defined as a specified time span of non-instructional/non-developmental sport specific activity. *(Adopted by HHSAA Executive Board 06/13/06)*

- Football Spring Practice
To be determined by each league
Football spring practice period or those leagues who allow spring practice. *(Adopted by HHSAA Executive Board 06/13/06)*

- Exemptions to this policy
Requests for exemptions to this policy to participate in a national or international sporting event must be made in writing to the HHSAA Executive Director.

- It is highly recommended for individual and team sports that student-athletes have at least one week of total rest between seasons.

Penalty for Violations

If a violation occurs and is reported, the Athletic Director shall warn the coach and inform the league Executive Director, in writing. The league Executive Director shall forward the report to the HHSAA office.

If a second violation should occur, the coach will be dismissed, and will not be allowed to coach at any HHSAA member school for two (2) years. A coach is defined as any person on the staff, inclusive of volunteer coaches. *(Adopted by HHSAA Executive Board 04/08/06)*

OIA League Restrictions

- A. The following sports shall adhere to the HHSAA Start Date Policy: Baseball, Basketball, Football, Paddling, Soccer, Softball, Volleyball, and Water Polo. For these sports, the following restrictions are as follows:
1. Coaches may not conduct any organized practice sessions with any student enrolled in their school as determined by the HHSAA Start Date Policy.
 2. Practice may be conducted after the last State Tournament is completed during the HHSAA unrestricted practice dates. Any exception to the rule must be approved by the OIA Athletic Directors Council. A coach may present their case for an exception to the AD Council but may not be present during the council's vote for approval.
 3. Football will not be allowed to use pads or helmets after the last State Tournament except during the designated ten days of Spring football.
- B. All other OIA sanctioned sports have no start dates. Due to the nature of these sports, participation with a coach will be allowed throughout the year. An official Try-out date will be listed on their sports schedule as a means to determine a team roster.
- C. No team shall be selected before the designated Start or Try-Out date.
- D. Any violation not corrected will be referred to the Oahu Interscholastic Association Review and Sanction Committee. The HHSAA Start Date Policy Penalty for Violation will be followed.

2008-09 OIA Try-Out and Starting Dates

<u>Sport</u>	<u>Try-Out Date</u>	<u>Starting Date</u>
FALL SPORTS		
Air Riflery	August 6, 2008	
Bowling.....	July 28, 2008	
Cheerleading, Competitive	August 11, 2008	
Cross Country	July 28, 2008	
Football, Helmets.....		July 28, 2008
Football, Full Pads		August 4, 2008
Softball, JV		August 4, 2008
Soft Tennis.....	July 28, 2008	
Volleyball, Girls.....		July 28, 2008
WINTER SPORTS		
Baseball, JV		October 27, 2008
Basketball, Boys.....		December 1, 2008
Basketball, Girls.....		November 24, 2008
Paddling.....	November 3, 2008	
Soccer, Girls.....		November 3, 2008
Soccer, Boys.....		November 10, 2008
Swimming	November 10, 2008	
Tennis, JV Girls	October 6, 2008	
Wrestling.....	November 17, 2008	
SPRING SPORTS		
Baseball, Varsity.....		February 2, 2009
Softball, Varsity		February 9, 2009
Golf, Boys	February 9, 2009	
Golf, Girls.....	February 2, 2009	
Judo	February 2, 2009	
Tennis, Varsity.....	February 2, 2009	
Track & Field.....	February 9, 2009	
Water Polo	February 2, 2009	
Volleyball, Boys.....		February 9, 2009