

The South Carolina Independent School Association

Spring Practice Guidelines

1st Day of Spring Practice: Open (Late April through May 29th)

Last Date of Spring Practice: May 29, 2021

A school can determine their dates for spring practice. SCISA recommends for spring practice to be scheduled after all spring sports have been completed and consideration given to review and exam schedules.

1. Spring Practice is restricted to only **fall sports** (football, volleyball, cheer, XC, ...)
2. Teams are allowed up to ten (10) days in the Spring for organized practice.
3. Spring practice shall be restricted to no more than two (2) hours of total contact time.
(*Contact time: practice, drills, conditioning, video, weight room...*)
4. All athletes participating in spring practice must have a valid *Physical, Agreement for Participation, Warning of Inherent Risk and Student-Parent Concussion Awareness* forms on file.
5. Teams are prohibited from scrimmaging (*this includes inter-squad or against other teams*).
6. See the football section for additional football spring practice guidelines.

