

A student-athletes guide to common IHSAA by-law terms and rules: What do I need to know about my participation in sports and the IHSAA rules?

What is the difference between a “team” sport and an “individual” sport?

**Team Sports:**  
Football, Volleyball, Soccer, Basketball, Baseball, Softball

**Individual Sports**  
Golf, Cross Country, Tennis, Swimming & Diving, Wrestling Track & Field

Events with my club, AAU, or travel team during the high school season (team sport answer on the left; individual sport answer on the right):

Can I participate in a non-school event during the high school season (Travel team, AAU, showcase, etc.)?

No.

Can I participate in a non-school event during the high school season?

Yes, provided that a waiver is submitted through your coach and athletic director with the IHSAA. It cannot conflict with a high school contest date. Two waivers are allowed per high school season.

Sunday Participation during the High School Season:

Can my high school coach conduct team activities/practices with student-athletes on a Sunday?

No. During the summer (June & July), a team could participate in a team camp at a college campus during a Sunday. This is the only exception.

Private Lessons with the Coaching Staff (team sport answer on the left; individual sport answer on the right):

May I receive a paid, private lesson from a member of my high school staff?

No.

May I receive a paid, private lesson from a member of my high school staff?

Yes, provided it is outside of the contest season (IHSAA by-law 15-2.1 (b))

Commonly used term, “During the School Year Out of Season”:

What does the term “During the School Year Out of Season” mean?

This refers to the time period when school is in session, but official practices are not being held in my sport. (i.e. a baseball player begins their official season in the middle of March to the end of the season. August to the middle of March is considered During the School Year Out of Season.)

Can I compete in a non-school event/game during the authorized contest season?

No. Individuals cannot participate in a club, intramural, or AAU exhibition games or contest when they are involved in a team sport

Yes. A student can participate in two non-school events per season if the event does not conflict with a high school scheduled game/meet. Waiver must be submitted through the coach/AD with the IHSAA

Participation limits on rosters for non –school teams (AAU, Travel, Club, etc.) when there is more than one Carmel High School student-athlete on the team:

Are there limitations to the number of my teammates that can participate on a non-school team During the School Year Out of Season?

Yes. Here are the maximum number of players in each sport. Number is based on students participating on a Carmel HS team the previous season. Student that does not play for Carmel HS does not count for this number (for example, played club soccer and not for CHS)  
Baseball – 5; Football – 6; Softball – 5  
Basketball – 3; Soccer – 6; Volleyball – 3.  
Example: This includes the maximum # of rostered players, not 10 rostered from Carmel. but only 6 play in any individual club soccer

Are there limitations to the number of my teammates that can participate on a non-school team During the School Year Out of Season?

No

Are there limitations to the number of my teammates that can participate on a non-school team during the Summer (June & July only)?

No

Participation in intramural sports during the high school season:

Can I participate in an intramural contest during the authorized contest season?

No

Practice requirements prior to participating in a contest:

How many practices must I participate in prior to competing in my first contest for the season?

A student-athlete must participate in 10 practices before playing in the first contest. However, a student moving from one sport season to the next would only need 5 practices. For example: Football player plays in state finals, then transitions to basketball games after 5

Just a reminder... you can always contact the athletic office regarding any eligibility or participation questions.