Summer 2026

Summer –
The period which begins on Tuesday following Memorial Day (May 26, 2026) and ends on the day before Monday of Week 5 (August 2, 2026).

A. Whether Summer athletic activities are sponsored by a member School or a non-school organization, students may participate so long as participation is voluntary.

B. Except for football, if a member School sponsors athletic activities for its student-athletes at the School during the Summer, such athletic activities may only be conducted in a Summer Open Facility program, except for Summer athletic competitions, which may be conducted outside of an Open Facility program.

C. Summer Conditioning Program may extend through Saturday of Week 4.

D. Beginning Summer 2027, the limitation on the number of student-athletes applies equally to students participating in Summer Team Sport Practices and Contests as members of non-school team, as outlined in Rule 2.2(a).

a. Students may participate in Team Sport Practice and Contests as members of a Non-School Team provided no more than the following number of students,
(i) who have participated in a Contest the previous season as a member of One (1) of their School teams in that sport or (ii) who were incoming freshmen in either the current or in the immediate prior School Year (and who seek to participate on a Non-School Team from Monday of Week 5 until the date of the first authorized Practice in that sport), are rostered on the same Non-School Team, at the same time. Seniors, who have exhausted their eligibility in a particular sport, do not count in the maximum number of students that can participate on a Non-School Team in that sport.

Baseball – 5	Football – 6	Soccer – 7
Basketball - 3	Flag Football – 4	Softball - 5
Volleyball – 3	Lacrosse – 7	

Summer Open Facility Program –
A School sponsored program wherein a student may participate in athletic activities involving an IHSAA Recognized Sport. The program's activities must occur in the School's gymnasium, playing field or other School facility and must be open to all students who have attended the School.
The program's activities are only open (i) to students who have attended the School, to students who have attended a Feeder School, to incoming 9th grade students from non-Feeder Schools who have Enrolled at the School and to incoming transfer students who have Enrolled at the School and (ii) have completed and submitted to the IHSAA the first section of an IHSAA Transfer Report.

Camps/Clinics –
• For all school-sponsored camps and clinics, in all seasons, attendance must be terminated prior to Monday, Week 5 (August 2, 2026).
• For non-school-sponsored camps and clinics, in Fall Sports, attendance must be terminated prior to Saturday, Week 6 (August 14, 2026).
• Attendance at non-school sponsored winter and spring sport camps and clinics may continue on or after Saturday, Week 6 (August 14, 2026). Verified Olympic development camps are exempt from this rule.

Competition Days –
All sports teams, with the exception of football, may participate in up to Ten (10) Competition Days (a day when a School's coaching staff takes Two (2) or more players from a School's team to either practice or compete against One (1) or more players from another School or program). Prior to the first day of

Summer, a School's coaching staff must designate to the School's principal or athletic director the specific Competition Days in which the School's team plans to participate.

Football –

A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards:

a. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the Summer.

b. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a School's football coaching staff coaches Two (2) or more players from the School's football team engaged in Football Activities) during the Summer.

c. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football coaching staff takes Two (2) or more players from a School's football team to either participate with or compete against One (1) or more players from another School or Non-School Team). The maximum time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a Five (5) hour period.

d. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouth piece.

e. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is Two (2) hours.

f. Prior to the first day of Summer, a School's football coaching staff must designate to the School's principal or athletic director the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

Moratorium –

- Each member school shall observe a moratorium starting on Monday of the week which includes July 4th (June 29 – July 5, 2026). During this seven-day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.
- Each member school shall also designate five additional separate weekdays in which there shall be no contact between athletes, coaches, and no athletic activities, including conditioning, conducted.

Future Moratorium Dates –

- **2027:** June 28-July 4
- **2028:** July 3-9
- **2029:** July 2-8
- **2030:** July 1-7