

Offseason Strength & Conditioning Instruction

Off-Season Strength/Conditioning Instruction During School Year Section 1206 (h) of the UIL C&CR

- **Strength & Conditioning instruction** sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone starting the first day of school. This is for sports in the **off-season** only.
 - A strength and conditioning session shall be no more than one hour per day outside the school day, Monday through Friday, and a student shall attend no more than one session of supervised instruction per day.
 - Sport specific skill instruction is prohibited during the strength and conditioning session.
 - Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited during the strength and conditioning session.
 - School shirts, shorts and shoes may be provided by the school (local school option).
- **Sport Specific Skill Instruction** – During the school year, there is no sport specific skill instructions allowed for off-season sports, outside of the school day.

Off-season Strength and Conditioning [FAQ's](#)

- Q: May a coach make off-season strength and conditioning sessions mandatory for athletes who are not participating in another sport currently in season?
- A: *Yes, a school or coach may choose to make strength and conditioning sessions mandatory for athletes who are not currently participating in another sport.*
- Q: May a coach make off-season strength and conditioning sessions mandatory for athletes who are in-season for another team sport?
- A: *No, a coach may not require an athlete who is in-season in another team sport attend off-season strength and conditioning workouts.*
- Q: May a coach make off-season strength and conditioning sessions mandatory for athletes who are in-season for an individual sport?
- A: *Yes, but students may not attend an off-season workout on the day of an in-season competition.*
- Q: May a student athlete who is in-season for a team sport attend with an off-season strength and conditioning session outside of the school day for another team sport with the approval of the in-season sport's coach?
- A: *If the in-season coach allows athletes to attend an off-season strength and conditioning session, the 60 minutes would count towards their allotted 8 hours of practice outside the school day for the school week.*