



# COMPLIANCE WEEKLY UPDATE

## OUT-OF-SEASON CONDITIONING

**General Rule:** When out-of-season, the use of equipment related to the sport is strictly prohibited during conditioning activities. Furthermore, although permissible to simulate game activities (e.g., running around the bases) as a means of conditioning, it would NOT be permissible to utilize offensive or defensive alignments (e.g., situational running) when doing so. Also, out-of-season conditioning activities may NOT include contact-related drills or activities (e.g., combative activities, blocking drills). Lastly, the use of training or resistance sleds in conditioning activities is permissible, provided such equipment is not related to the sport (e.g., blocking sleds cannot be used in football).

**Exceptions:** The following are the ONLY exceptions to this rule. Sports not listed are prohibited from using these specific exceptions!

- Ice Hockey = The use of skates and protective equipment (e.g., pads, helmets, sticks) may be used during on-ice conditioning activities, provided no puck, projectile or other similar object is used.
- Swimming & Diving = The use of swim-specific equipment (e.g., starting blocks, kickboards, pull buoys) may be used in in-pool conditioning activities.
- Rowing = The use of an ergometer is not considered equipment related to the sport, therefore may be used for conditioning activities.

**Reasoning:** The rationale for limitations on conditioning activities outside the playing season is based on student-athlete well-being and injury prevention.