Scott County Public Schools Out-Of-Season Guidelines

- A coach must follow all dead periods set by the VHSL (Summer, Fall, Winter and Spring).
- No shoulder pads or other protective equipment are to be used during a sport that is out-of-season.
- If a student-athlete is on a team that completes their first contest and quits the respective sport, then the student-athlete cannot join another sport until the sport they quit completes its season in entirety.
- A student-athlete will not participate and a coach will not allow an athlete to participate in a sport (in-season) and leave that sport to participate in another sport (out-of-season). This includes but is not limited to any open gyms or practices.