

Verification of adherence to the SEVEN-DAY Rule:

SEVEN-DAY RULE ([NYSPHSAA handbook pg 103](#))

"No student of team may be permitted to participate in school organized practice or play on **seven consecutive** days during the regular season". If you have any Sunday competitions scheduled, please note the following: Mon-Day 1 Tues-Day 2 Wed-Day 3 Thurs-Day 4 Fri-Day 5 Sat-Day 6 Sun-Day 7
If you were to practice/compete from Monday thru Friday and then enter a 2-day tournament on Sat/Sunday you have just violated this rule. The penalty from the Section 9 Athletic council could be: censuring of your team, team being placed on probation, or team being suspended. **Please plan ahead and do not practice on either the Monday, Tuesday, Wednesday, Thursday, or Friday prior to your 2-day Sat/Sun tournament.**
S9 Tournament directors of Sunday events may be asked to submit a list of the participating teams and the day of the week they opted not to practice as verification.

Name of Tournament:

Dates:

Tournament Director:

#	TEAM	Did not practice on:		Signature of Head Coach
		Day	Date	
1				
2				
3				
4				
5				
6				
7				
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Tournament Directors should submit completed form to Sectional Chairmen at conclusion of the tournament.

Fax to: Sectional Chairman at: