

# PENN MANOR SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

APPROVED: March 18, 2011

REVISED:

## 123-AR-10. SUNDAY PRACTICE EXCEPTIONS

Practices, competitions and other official gatherings of Penn Manor School District sponsored interscholastic athletic teams and groups must generally be scheduled between Monday and Saturday. Sundays should typically remain a day free from such activities. From time to time, special circumstances may warrant exception to this general rule and necessitate the scheduling of practice on Sunday. Requests for Sunday Practice Exceptions shall be governed by the following requirements:

1. Sunday practices may not be regularly scheduled events and always require the submission of a formal request to the Superintendent for special exception in accordance with these guidelines.
2. Requests for Sunday Practice Exceptions must be submitted for approval not less than three (3) days before the requested practice.
3. Sunday Practice Exceptions may only be granted for High School level activities.
4. Sunday practices may only be scheduled between the hours of 1:00 PM and 8:00 PM and may not exceed two (2) hours in duration.
5. Out of season sports or activities are not permitted to receive Sunday Practice Exceptions.
6. Support services, such as athletic training, may not be made available for Sunday practices.
7. Granting of Sunday Practice Exceptions for interscholastic athletic teams shall be in strict accordance with Pennsylvania Interscholastic Athletic Association regulations limiting practices and/or games to six (6) per week.