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State Superintendent of Schools

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TO: Members of the State Board of Education
FROM: Lillian M. Lowery, Ed.D. *Lillian M. Lowery*
DATE: July 28, 2015
SUBJECT: COMAR 13A.06.03 Interscholastic Athletics in the State (AMEND)
PERMISSION TO PUBLISH

PURPOSE:

The purpose of this item is to request publication of amendments to COMAR 13A.06.03 Interscholastic Athletics in the State.

BACKGROUND/HISTORICAL PERSPECTIVE:

The current athletic regulation pertaining to the sport of swimming provide for a maximum of 12 regular season competitions with a limit of two per week and a prohibition of competition on consecutive days. Swimming is a winter sport conducted during the months of December to February.

Very few schools have swimming pools and the great majority of practices and competitions are conducted in off campus facilities. As a result, the rescheduling of weather related postponements becomes problematic as school systems compete with multiple organizations for limited pool time. The inability to schedule meets on consecutive days further reduces the potential for making up postponed contests. Therefore, some schools are unable to conduct a full season.

The prohibition on consecutive days of competition has been in place since these regulations were first adopted 40 years ago. They were put in place to prevent a perceived overuse of athletes. Like many other beliefs of the time, theories about exercise and endurance in adolescence have been reexamined. The maximum combined distance one could swim in a meet is 1,500 yards. During a normal practice session a swimmer would swim an average of 3,000 yards. Thus a swimmer would actually exercise twice as much by practicing the day before competition than actually competing on consecutive days.

The process for amending the regulation specifies that “amendments approved by the MPSSAA shall be forwarded to the State Superintendent of Schools who will receive recommendations from local superintendents of schools before the State Superintendent of Schools submits recommendations to the State Board of Education.” The local superintendents unanimously endorsed this proposed amendment which is now presented to the State Board for consideration.

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EXECUTIVE SUMMARY:

The regulations that govern interscholastic athletics provide for equity of competition throughout the state. As such, those regulations are the result of a collaborative process between the Maryland Public Secondary Schools Athletic Association, (MPSSAA) local superintendents, the State Superintendent, and the State Board of Education.

The proposed change to the swimming regulation provides schools with flexibility to reschedule postponed events and complete a full season of competition.

ACTION:

I am requesting that the State Board grant permission to publish amendments to COMAR 13A.06.03 Interscholastic Athletics in the State.

LML:efs

Attachment

MPSSAA Board of Control December 10, 2014 Approved Unanimously

MARYLAND STATE BOARD OF EDUCATION
Subtitle 06 SUPPORTING PROGRAMS

13A.06.03 Interscholastic Athletics in the State

Authority: Education Article, SS2-205 and 2-303(j),
Annotated Code of Maryland

.03 Sports Season

Member MPSSAA schools shall conduct all interscholastic athletic contests and practice sessions in accordance with the following:

A-text unchanged.

B. Maximum Number of Contests Permitted During a Sports Season.

(1) All school athletic schedules shall be established before the first MPSSAA allowable playdate of each sport's season according to the following instructions:

(a)-(m)-text unchanged

(n) Swimming

(i) 12 regular season meets;

(ii) No more than two meets per week; and

(iii) [Meets may not be held on consecutive days] *Three meets in one week may be scheduled once during the season.*

(p-q)-text unchanged

(2)-(3)-text unchanged