

UHSAA 20-HOUR PRACTICE LOG

Utah High School Activities Association | Bylaw 2.2.6 Practice Limitations



RULE SUMMARY

20-hour weekly practice limit: UHSAA sports Aug. 1-June 1; UHSAA activities Sept. 1-June 1. At least one day off is required each Monday-Sunday week. Competition days, including travel, count as 3 hours total. Count all team meetings and sport/activity-related contact, including practice, film, weights, team dinners and individual instruction.

SCHOOL

SPORT / ACTIVITY

HEAD COACH / ADVISOR

MONTH

YEAR

WEEK BEGINS ON

Use Monday-Sunday weeks

ENTRY KEY:

P Practice C Competition day (3 hrs) F Film/meeting W Weights/conditioning I Individual instruction T Team event/dinner O Other

For each day, enter the activity code and actual countable hours (example: P 2.0).

MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTALS
Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	WEEK 1 Total Hours: Day Off: <=20 hrs day off
Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	WEEK 2 Total Hours: Day Off: <=20 hrs day off
Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	WEEK 3 Total Hours: Day Off: <=20 hrs day off
Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	WEEK 4 Total Hours: Day Off: <=20 hrs day off
Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	Date: Daily Total:	WEEK 5 Total Hours: Day Off: <=20 hrs day off

COACH / ADVISOR CERTIFICATION

I certify that this log is complete and accurate and reflects all countable practice/activity time for the period shown above.

Signature:

Date:

MONTHLY SUMMARY

Total Countable Hours:

Weeks compliant: of 5

LEA review: Mid-season / End-season

LEA DESIGNEE REVIEW / CERTIFICATION

Use at required mid-season or end-season certification.

Mid-season

End-season

Designee Signature:

Date: