

OUT OF SEASON COACHING AND FLEX DAYS Rule §127-3-7



By the numbers

- 32 flex days
 - Do not roll over to the next school year.
- Current School Year Cycle
 - Ends June 5, 2026.
 - New cycle begins June 8, 2026
- Dead Periods
 - Two weeks surrounding Christmas Day and New Years Day
 - Week of July 4

What do you need to know?

- All participating students **MUST BE ENROLLED IN YOUR SCHOOL.**
- Coaches must have principal approval.
- The use of any part of the day for an activity will count as a flex day and participation must be voluntary.
- Flex days can only be used on Sunday with WVSSAC approval.
- Flex days cannot be used as part of the tryout.
- Eighth grade students from a feeder middle school may participate in flex days at the feeder high school once they have completed their 8th grade season in that same sport.



For more information:

Call: (304)485-5494

or

Visit: wvssac.org



“WHEN ADULTS
DON'T KNOW THE
RULE, IT HURTS THE
STUDENT”