



Rep. Janet Yang Rohr

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10300HB5406ham002

LRB103 37214 RJT 72242 a

1 AMENDMENT TO HOUSE BILL 5406

2 AMENDMENT NO. _____. Amend House Bill 5406, AS AMENDED,
3 by replacing everything after the enacting clause with the
4 following:

5 "Section 5. The School Code is amended by adding Sections
6 10-20.87 and 34-18.87 as follows:

7 (105 ILCS 5/10-20.87 new)

8 Sec. 10-20.87. Athletic practice time limits.

9 (a) In this Section:

10 "Athletics" means any activity that is overseen as part of
11 a school's athletic department.

12 "Practice" means:

13 (1) any school team or individual activity organized
14 by the coach or a member of the athletics staff that is
15 intended to maintain or improve an athlete's skill
16 proficiency in a sport;

1 (2) any other required coach-directed or supervised
2 school team or individual activity or instruction for a
3 specific sport; or

4 (3) any other required team or individual instruction
5 for a specific sport organized or supervised by any team
6 member or anyone else associated with the high school
7 athletics program, team, or school.

8 (b) For the benefit of the physical and mental health of
9 athletes, beginning with the 2025-2026 school year, a school
10 board shall adopt a policy to govern the maximum time spent by
11 students for all practices, games, or contests by a high
12 school athletics program or team during the school year.

13 (c) A school board may adopt its own guidelines under this
14 Section, including rules set forth by an association or other
15 entity that has as one of its purposes promoting, sponsoring,
16 regulating, or in any manner providing for interscholastic
17 athletics or any form of athletic competition among high
18 schools and high school students within this State, or may
19 adopt the following guidelines:

20 (1) A team may be allowed no more than 18 hours of
21 practice time per week and no more than 4 hours of practice
22 time in any single day.

23 (2) For golf only, an 18-hole round of golf shall
24 count, at most, as 4 hours of practice time.

25 (3) Any competition day shall count as 3 hours of
26 practice no matter the length of the competition.

1 Additional practice time may continue for one hour after
2 the competition, which shall include post-competition
3 cool-downs, stretching, and team discussion.

4 (4) An outside organizational activity may not be used
5 to circumvent this subsection (c).

6 (5) Team captains or other team leaders, such as
7 upperclassmen, may not be used to circumvent this
8 subsection (c) and may not organize practice to circumvent
9 this subsection (c). Required student-led practices may
10 occur but shall count toward the practice limitation under
11 this subsection (c).

12 (6) Other optional activities, including, but not
13 limited to, team dinners and team building, may not be
14 considered practice time if the optional activities do not
15 fall under the definition of "practice" under subsection
16 (a).

17 (7) More stringent guidelines from an interscholastic
18 athletic association or other entity shall supersede the
19 athletic practice time limits.

20 (8) The school board or principal may approve each
21 exception for individual practices or competitions that
22 result in practice or competition times that exceed the
23 limits set forth in paragraph (1).

24 (105 ILCS 5/34-18.87 new)

25 Sec. 34-18.87. Athletic practice time limits.

1 (a) In this Section:

2 "Athletics" means any activity that is overseen as part of
3 a school's athletic department.

4 "Practice" means:

5 (1) any school team or individual activity organized
6 by the coach or a member of the athletics staff that is
7 intended to maintain or improve an athlete's skill
8 proficiency in a sport;

9 (2) any other required coach-directed or supervised
10 school team or individual activity or instruction for a
11 specific sport; or

12 (3) any other required team or individual instruction
13 for a specific sport organized or supervised by any team
14 member or anyone else associated with the high school
15 athletics program, team, or school.

16 (b) For the benefit of the physical and mental health of
17 athletes, beginning with the 2025-2026 school year, the school
18 board shall adopt a policy to govern the maximum time spent by
19 students for all practices, games, or contests by a high
20 school athletics program or team during the school year.

21 (c) The school board may adopt its own guidelines under
22 this Section, including rules set forth by an association or
23 other entity that has as one of its purposes promoting,
24 sponsoring, regulating, or in any manner providing for
25 interscholastic athletics or any form of athletic competition
26 among high schools and high school students within this State,

1 or may adopt the following guidelines:

2 (1) A team may be allowed no more than 18 hours of
3 practice time per week and no more than 4 hours of practice
4 time in any single day.

5 (2) For golf only, an 18-hole round of golf shall
6 count, at most, as 4 hours of practice time.

7 (3) Any competition day shall count as 3 hours of
8 practice no matter the length of the competition.
9 Additional practice time may continue for one hour after
10 the competition, which shall include post-competition
11 cool-downs, stretching, and team discussion.

12 (4) An outside organizational activity may not be used
13 to circumvent this subsection (c).

14 (5) Team captains or other team leaders, such as
15 upperclassmen, may not be used to circumvent this
16 subsection (c) and may not organize practice to circumvent
17 this subsection (c). Required student-led practices may
18 occur but shall count toward the practice limitation under
19 this subsection (c).

20 (6) Other optional activities, including, but not
21 limited to, team dinners and team building, may not be
22 considered practice time if the optional activities do not
23 fall under the definition of "practice" under subsection
24 (a).

25 (7) More stringent guidelines from an interscholastic
26 athletic association or other entity shall supersede the

1 athletic practice time limits.

2 (8) The school board or principal may approve each
3 exception for individual practices or competitions that
4 result in practice or competition times that exceed the
5 limits set forth in paragraph (1).

6 Section 99. Effective date. This Act takes effect upon
7 becoming law.".