



103RD GENERAL ASSEMBLY

State of Illinois

2023 and 2024

HB5406

Introduced 2/9/2024, by Rep. Janet Yang Rohr

SYNOPSIS AS INTRODUCED:

105 ILCS 25/1.25 new

Amends the Interscholastic Athletic Organization Act. Provides that, for the benefit of the physical and mental health of athletes, beginning in the 2024-2025 school year, all practices, games, or contests by a State high school athletic program or team that is a part of an association or other entity that has, as one of its purposes, promoting, sponsoring, regulating, or in any manner providing for interscholastic athletics or any form of athletic competition among high schools and high school students within this State shall meet all specified requirements. Provides that an association or other entity that has as one of its purposes promoting, sponsoring, regulating, or in any manner providing for interscholastic athletics or any form of athletic competition among schools and students within this State shall enforce a penalty for a State high school athletic program or team exceeding practice maximums, which may include, but are not limited to, a loss of a practice day or other sanctions determined by the Illinois High School Association for each violation and shall be imposed as appropriate to the level, extent, and duration of the penalty. Effective immediately.

LRB103 37214 RJT 67333 b

STATE MANDATES
ACT MAY REQUIRE
REIMBURSEMENT

A BILL FOR

1 AN ACT concerning education.

2 **Be it enacted by the People of the State of Illinois,**
3 **represented in the General Assembly:**

4 Section 5. The Interscholastic Athletic Organization Act
5 is amended by adding Section 1.25 as follows:

6 (105 ILCS 25/1.25 new)

7 Sec. 1.25. Athletic practice time limits.

8 (a) In this Section, "practice" means:

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

13 (2) any school team or individual activity that
14 includes skill drills, game situation drills, inter-squad
15 scrimmages or games, weight training, chalk talks, film
16 review, and meetings outside of school time, excluding
17 parent meetings that are explicitly or implicitly required
18 by the coach or a member of the athletics staff;

19 (3) any other coach-directed or supervised school team
20 or individual activity or instruction for a specific
21 sport; or

22 (4) any other team or individual instruction for a
23 specific sport organized or supervised by any team member,

1 or anyone else associated with the high school athletic
2 program, team, or school.

3 (b) For the benefit of the physical and mental health of
4 athletes, beginning in the 2024-2025 school year, all
5 practices, games, or contests by a State high school athletic
6 program or team that is a part of an association or other
7 entity that has, as one of its purposes, promoting,
8 sponsoring, regulating, or in any manner providing for
9 interscholastic athletics or any form of athletic competition
10 among high schools and high school students within this State
11 shall meet all of the following requirements:

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

15 (2) For golf only, a team is allowed a maximum of 2
16 days per week of 18-hole round of golf. A 18-hole round of
17 golf shall count as 4 hours of practice time.

18 (3) Any competition day shall count as 3 hours of
19 practice no matter the length of the competition.
20 Additional practice time may continue for one hour after
21 the competition, which shall include post-competition
22 cool-downs, stretching, and team discussion.

23 (4) An outside organizational activity may not be used
24 to circumvent any of the requirements of this subsection
25 (b).

26 (5) Team captains or other team leaders, such as

1 upperclassmen, may not be used to circumvent any
2 requirements of this subsection (b) and may not organize
3 practice to circumvent any requirements of this subsection
4 (b). Student-led practices may occur but shall count
5 toward the practice limitation under this subsection (b).

6 (6) Other optional activities, including, but not
7 limited to, team dinners and team building, shall not be
8 considered practice time if the optional activities do not
9 fall under the definition of practice under subsection
10 (a). Optional activities must be approved by the principal
11 or the principal's administrative designee.

12 (c) An association or other entity that has as one of its
13 purposes promoting, sponsoring, regulating, or in any manner
14 providing for interscholastic athletics or any form of
15 athletic competition among schools and students within this
16 State shall enforce a penalty for a State high school athletic
17 program or team exceeding practice maximums under this
18 Section, which may include, but are not limited to, a loss of a
19 practice day or other sanctions determined by the Illinois
20 High School Association for each violation of this Section and
21 shall be imposed as appropriate to the level, extent, and
22 duration of the penalty.

23 Section 99. Effective date. This Act takes effect upon
24 becoming law.