

PRACTICE GUIDELINES

- 1. Approximately two weeks will be set aside for practices before games begin. Gym time is assigned to allow all teams' equal access. Players should not be present during other team's practices.
- 2. Additional practice time may be arranged after the game schedule begins. These practices will be reserved using an online scheduling tool.
- 3. Practices will only be allowed at Cooper facilities and only those scheduled using the online scheduling tool.
- 4. A maximum of 3 events per week will be allowed per team including both practices and games. The week begins on Sunday.