

**6A-1.0455 Middle School and High School Start Times.**

(1) As provided by section 1001.42(4)(f)3., F.S., in order to be deemed in compliance with section 1001.42(4)(f)2., F.S., a district school board must submit a report to the Florida Department of Education by June 1, 2026.

(2) The district board report must include:

(a) The start times of elementary, middle, and high schools in the school district;

(b) A description of the strategies considered to implement a later school start time for middle schools and high schools within the school district, including the number of board meetings, public hearings, and opportunities for parent input to discuss the strategies;

(c) A description of the impact of implementing the school start time requirements in section 1001.42(4)(f)2., F.S., including the financial impact for the school district; and

(d) A description of the identified unintended consequences to the school district, students, and the community by implementing the school start time requirements in section 1001.42(4)(f)2., F.S.

(3) The district school board report must be submitted to [SchoolList@fldoe.org](mailto:SchoolList@fldoe.org) by June 1, 2026. Once a district school board is deemed in compliance by submission of this report, no further reports are required. District school board reports must not include district-sponsored charter schools.

(4) Charter school governing boards may submit a report for each of their charter schools to be deemed in compliance as authorized in section 1002.33(16)(b)16., F.S., using the same format and process prescribed for school districts in this rule.

(5) Submission of this report does not prohibit a district school board or charter school governing board from establishing different middle school and high school start times in future school years.

(6) The report template that must be used is entitled School Start Time Compliance Report (Form SST-1), effective March 2026 (<http://flrules.org/Gateway/reference.asp?No=Ref-19094>). This form is incorporated by reference and may be obtained at <https://www.fldoe.org/schools/k-12-public-schools/>.

*Rulemaking Authority 1001.02(1), (2)(n), 1001.42(4)(f) FS. Law Implemented 1001.42(4) FS. History—New*