



2026-27 CALENDAR

**Calendar subject to change. Always consult MHSAA.com for most updated version.*

SPORT	FIRST PRACTICE DATE	FIRST CONTEST DATE	DAYS OR CONTESTS	OPT OUT DUE DATE	DUE DATE OF RATINGS	MHSAA TOURNAMENT DATES				
						DISTRICTS	REGIONALS	QTR FINALS	SEMI FINALS	FINALS
FALL ●										
Cross Country: LP	Aug 10	Aug 19	15D	Oct 9			Oct 30 or 31			Nov 7
Cross Country: UP	Aug 10	Aug 19	15D	Oct 2						Oct 24
Field Hockey	Aug 10	Aug 19	18C	Oct 8	Dec 1		Oct 14-26		Oct 28	Oct 31
Football - 8 Player	Aug 10	Aug 27	9C	N/A	Dec 1		Oct 30 or 31 & Nov 6 or 7		Nov 14	Nov 20 or 21
Football - 11 Player	Aug 10	Aug 27	9C	N/A	Dec 1	Oct 30 or 31 & Nov 6 or 7	Nov 13 or 14		Nov 21	Nov 27 & 28
Golf: LP Girls	Aug 10	Aug 14	16D	Sep 18			Oct 5, 6, 7, 8, 9 or 10			Oct 16-17
Soccer: Boys	Aug 10	Aug 19	18C	Sep 16	Dec 1	Oct 14-16, Oct 19-24	Oct 27-31		Nov 4	Nov 7
Swimming: LP Girls	Aug 10	Aug 19	17D	Nov 16 Dive: Nov 10			Dive: Nov 12			Nov 20-21
Tennis: LP Boys	Aug 10	Aug 14	16D	Oct 9			Oct 7, 8, 9 or 10			Oct 14-24
Tennis: UP Girls	Aug 10	Aug 14	16D	Sep 25						Sept 30-Oct 3
Girls Volleyball	Aug 10	Aug 19	18D	Oct 9	Dec 1	Nov 2-7	Nov 10 & 12	Nov 17	Nov 19-20	Nov 21
WINTER										
Basketball: Girls	Nov 18	Dec 7	22C	Feb 10	Apr 1	Mar 1 & 3 & 5	Mar 8 & 10	Mar 16	Mar 18-19	Mar 20
Basketball: Boys	Nov 11	Nov 30	22C	Feb 3	Apr 1	Feb 22 & 24 & 26	Mar 2 & 4	Mar 9	Mar 11-12	Mar 13
Bowling: Boys & Girls	Nov 9	Nov 28	24D	Jan 23			Feb 17-20			Feb 26-27
Competitive Cheer	Nov 9	Nov 23	12D	Jan 22	Apr 1	Feb 12-13	Feb 20			Feb 26-27
Gymnastics	Oct 26	Nov 14	15D	Feb 23			Feb 27			Mar 5-6
Ice Hockey	Oct 26	Nov 2	27C	Jan 23	Apr 1		Feb 15-24	Feb 27	Mar 4-5	Mar 6
Skiing: Boys & Girls	Nov 16	Dec 5	17C	Feb 1			Feb 8-12			Feb 22
Swimming: LP Boys	Nov 23	Dec 5	17D	Mar 8 Dive: Mar 2			Dive: Mar 4			Mar 12-13
Swimming: UP Boys & Girls	Nov 9	Nov 21	17D	Feb 8						Feb 20
Wrestling: Individual	Nov 16	Dec 2	16D	Jan 28	Apr 1	Boys: Feb 13 Girls: Feb 14	Boys: Feb 20 Girls: Feb 21	ALPHA WEIGH-IN		Mar 5-6
Wrestling: Team	Nov 16	Dec 2	16D	Jan 28	Apr 1	Feb 10 & 11	Feb 17	10/19/26 - 1/31/27		Feb 26-27
SPRING										
Baseball	Mar 15	Mar 24	38C	May 5	June 20	May 27-29 or June 1, 4-5	June 9 & 12	June 12	June 17-18	June 19
Golf: LP Boys	Mar 15	Mar 19	16D	May 5			June 1, 2, 3, 4 or 5			June 11-12
Golf: UP Boys & Girls	Mar 15	Mar 19	16D	May 14						June 2, 3, 4 or 5
Lacrosse: Boys	Mar 15	Mar 24	18C	Apr 21	June 20		May 14-June 2	June 4 or 5	June 8 or 9	June 11 or 12
Lacrosse: Girls	Mar 15	Mar 24	18C	Apr 21	June 20		May 20-June 5		June 8 or 9	June 11 or 12
Soccer: Girls	Mar 15	Mar 24	18C	Apr 28	June 20	May 26-28, June 1-5	June 8-12		June 15-16	June 18-19
Softball	Mar 15	Mar 24	38C	May 5	June 20	May 27-29, June 1, 3-5	June 12	June 15	June 17-18	June 19
Tennis: LP Girls	Mar 15	Mar 19	16D	May 5			May 19, 20, 21 or 22			June 2-12
Tennis: UP Boys	Mar 15	Mar 19	16D	May 21						June 2-5
Track & Field	Mar 15	Mar 24	18D	May 11			May 19, 20, 21 or 22			June 5
Boys Volleyball	Mar 15	Mar 24	18D	Apr 28	June 20		June 1-5	June 8	June 11	June 12

7/1/26

- Junior high/middle school fall sports practices may begin on Monday, Aug. 17, 2026.

MHSAA STAFF
(7/31/26)



Kiersten Anstead, Administrative Assistant
Wendy Baker, Receptionist
Tony Bihn, Director of Information Systems
Brad Bush, Assistant Director
Jordan Cobb, Asst Director of Information Systems
Sam Davis, Director of Officials Services
Andy Frushour, Senior Assistant Director-Communications & Mktg
Camala Gillette, Administrative Assistant
Scott Helmic, Custodian & Building Maintenance
Dan Hutcheson, Assistant Director
Cody Inglis, Senior Assistant Director-Eligibility
Rob Kaminski, Director of Publications & Website
Geoff Kimmerly, Director of Communications

Cole Malatinsky, Director of Special Projects
Will McKoy, Assistant Director
Andi Osters, Assistant Director
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Lesli Schrauben, Business Manager
Jeff Spedoske, Officials Department Specialist
Mark Uyl, Executive Director
Jamie VanDerMoore, Executive Assistant
Kathy Vrugink Westdorp, Senior Assistant Director-Admin
Tricia Wieferich, Administrative Assistant
Paige Winne, Director of Brand Management

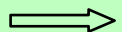
MHSAA Staff Email: (first name)@mhsaa.com. Example: jamie@mhsaa.com

Note: Some emails may be accepted with (first initial, then full last name)@mhsaa.com. Example: muyil@mhsaa.com

WHOM TO CONTACT AT THE MHSAA

The following list of subjects and the MHSAA staff persons responsible for them is provided to assist persons who call the MHSAA office with questions or concerns. Asking for a specific person will help the receptionist serve callers more efficiently.

<u>Subject</u>	<u>Staff</u>	<u>Subject</u>	<u>Staff</u>
AD Connection	Bush	Litigation	Uyl
Advertising	Frushour	Media	Kimmerly/Ross
Athletic Director In-Service	Hutcheson/Bush	Officials:	
Registration	Gillette	Associations/Assigners/Trainers	Spedoske/Roberts
Athletic Equity Committee	McKoy	Directory & Guidebook	Davis
Attesting	Westdorp	Recruitment/Retention/Education	Davis/Bush
Awards (Forsythe/Bush/Norris/WISL/Hampton)	Westdorp	Reports/Sportsmanship	Davis/Spedoske
Baseball	Bush/Wieferich	Ratings	Roberts
Basketball	McKoy/Wieferich	Registration	Roberts/Spedoske
Bowling	Malatinsky/Anstead	Tourn. Assignments/General	Spedoske/Roberts
Calendar	VanDerMoore	Specific Sport Issues	Contact Sport Admins on this list
Captain's Clinics	Frushour	Opt-Out	Gillette
Classification	Uyl/Gillette	Out-of-State Travel	Osters
Coaches:		Printing / Programs	Kaminski
Education, <i>GamePlans</i> , <i>Guidebook</i>	Westdorp	Promotions	Frushour
CAP Registration	Anstead	Publicity	Kimmerly/Ross
Competitive Cheer	Westdorp/Anstead	Radio	Ross
Concussion Reporting	Malatinsky/Westdorp	Broadcast Applications-Radio	Gillette
Cooperative Programs	Inglis/VanDerMoore	Broadcast Applications-Video	Ross
Cross Country	Inglis/Wieferich	Records (MHSAA/National)	Kimmerly
Educational Transfer Forms	Malatinsky/Inglis	Representative Council	Uyl/VanDerMoore
Eligibility Advancement	Inglis/VanDerMoore	Sanctioning	Osters
Eligibility Questions	Inglis/Bush/Hutcheson/Osters/McKoy	Scholar-Athlete Program	Winne/Frushour
Executive Committee	Inglis/VanDerMoore	Skiing	Inglis/Gillette
Field Hockey	Winne/Gillette	Soccer	Frushour/Anstead
Finance	Uyl/Westdorp/Schrauben	Social Media	Winne
Football:		Softball	Osters/Wieferich
Playoffs & Rules	McKoy/Bush/Wieferich	Sponsorships	Frushour
Schedules/Open Dates	Kimmerly/Frushour/Winne	Sports Participation Survey	Gillette
Foreign Exchange/International Students	Hutcheson	Sportsmanship Clinics	Frushour/Winne
Golf	Malatinsky/Frushour	Student Advisory Council	Frushour/Winne
Gymnastics	Westdorp/Gillette	Student Leadership Grants	Frushour/Winne
Ice Hockey	Inglis/Malatinsky	Swimming & Diving	Osters/Wieferich
Information Systems	Bihn/Cobb/Ryder	Television	Ross
Insurance	Uyl/Westdorp	Tennis	Hutcheson/Anstead
Interstate Meets	Osters	Ticketing/GoFan	Frushour/Winne
Investigations	Inglis/Bush/McKoy/Hutcheson	Track & Field	Inglis/Roberts
Junior High/Middle Schools	Bush	Trophies & Medals	Winne
Lacrosse:		Update Meetings	Uyl/Gillette
Boys	Hutcheson/Anstead	Registration	Gillette
Girls	Westdorp/Anstead	Upper Peninsula Athletic Committee	Inglis/Wieferich
League/Conference Meeting	Uyl	Volleyball (Boys and Girls)	Osters/Wieferich
Registration	Gillette	Website	Kaminski/Frushour/Bihn
Legacy Officials	Spedoske/Roberts	Women in Sports Leadership Conf/Grants	Westdorp
Legislation	Uyl	Wrestling, Weight Monitoring	Hutcheson/Davis/VanDerMoore



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Sport

Baseball
Basketball
Bowling
Competitive Cheer
Cross Country
Field Hockey
Football:
 Playoffs & Rules
 Schedules/Open Dates
Golf
Gymnastics
Ice Hockey
Lacrosse-Boys
Lacrosse-Girls
Skiing
Soccer
Softball
Swimming & Diving
Tennis
Track & Field
Volleyball
Wrestling

Staff

Bush/Wieferich
McKoy/Wieferich
Malatinsky/Anstead
Westdorp/Anstead
Inglis/Wieferich
Winne/Gillette

McKoy/Bush/Wieferich
Kimmerly/Frushour/Winne
Malatinsky/Frushour
Westdorp/Gillette
Inglis/Malatinsky
Hutcheson/Anstead
Westdorp/Anstead
Inglis/Gillette
Frushour/Anstead
Osters/Wieferich
Osters/Wieferich
Hutcheson/Anstead
Inglis/Roberts
Osters/Wieferich
Hutcheson/VanDerMoere

General

Accounting/Financial
Coaches Education (CAP)
Concussion Reporting
Cooperative Programs
Educational Transfer Forms
Eligibility Questions
Executive Committee
Officials
Sanctioning
Sport Sponsorship Changes
Streaming/Broadcast

Staff

Schrauben
Westdorp/Anstead
Malatinsky/Westdorp
Inglis/VanDerMoere
Malatinsky/Inglis
Inglis/Bush/Hutcheson/Osters/McKoy
Inglis/VanDerMoere
Davis/Roberts/Spedoske
Osters
Gillette
Ross

NEW STUDENT FORM 2026-27 – For students who change schools after starting 9th grade**LAST YEAR FOR THIS FORM. ALL TRANSFERS STARTING IN 27-28 WILL USE THE “TRANSFER TRACKER” DIGITAL PROCESS.****YES ☐ NO ☐ I AM INTERESTED IN PARTICIPATING IN ATHLETICS**

To be completed by new students, parents, and former school. This form is intended to assist schools in compiling information to determine eligibility under MHSAA Regulations. Provide copies in new student packets and as soon as possible, the form should be submitted to the athletic director for evaluation. The AD may then contact the MHSAA for assistance. Consult Int. 65 and 77 or the Residential Change Check List on MHSAA.com (Schools → Parents → Regulations Summary) to assist in determining if residential changes are full and complete. **Int. 37 states two current and complete documents are prerequisites for participation: Physical Exam/Consent Form or Health Questionnaire/Consent Form and official school record (transcript) since first enrolling in the 9th grade of any school.**

SECTION COMPLETED BY SCHOOL & STUDENT – CHECK TRANSCRIPT	- Official enrollment date (in school records & attending one or more classes) →	
	- Number of classes for which credit has been given in the previous academic term →	
	- Number of potential classes for a full-time student in the previous high school →	
	- Number of semesters and/or trimesters in grades 9-12 COMPLETED to date →	
	- In what school year did the student END the 8th grade (and BEGIN grade 9th) →	
	- Has the student REPEATED any grades 9-12? →	

STUDENT'S NAME _____ GRADE _____ BIRTHDATE ____/____/____

PHONE (____) _____ EMAIL _____

CURRENT (NEW) ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF RESIDENCE CHANGE INTO CURRENT (NEW) ADDRESS _____

CURRENT (NEW) PUBLIC SCHOOL DISTRICT IN WHICH YOU RESIDE _____

NEW ADDRESS IS IN A DIFFERENT PUBLIC SCHOOL DISTRICT (OR ATTENDANCE AREA OF A MULTI-HIGH-SCHOOL DISTRICT) ☐ Y ☐ N

OLD HOME ADDRESS _____ CITY _____ STATE _____ ZIP _____

FORMER RESIDENCE (CHECK ALL THAT APPLY) ☐ VACANT ☐ SOLD ☐ RENTED ALL BELONGINGS MOVED? ☐ Y ☐ N

FORMER PUBLIC SCHOOL DISTRICT OF RESIDENCE _____

PARENT(S) OR GUARDIAN(S) _____ PHONE: (____) _____

1. The last school the student attended _____

 2. While enrolled at the former school, the student lived with _____
 (List ALL people & their relationship to the student - parents, siblings, or others)
☐ YES ☐ NO The student lived with the above for at least 30 days during the most recent previous academic term.
 3. The student NOW lives with _____
 (List ALL people & their relationship to the student - parents, siblings, or others)
SELECT THE APPROPRIATE ANSWER

4. 9 10 11 12 Circle the highest grade in which the student was enrolled at any previous school.

5. ☐ YES ☐ NO School previously attended was a nonpublic or charter school.6. ☐ YES ☐ NO Student is a "Ward of the Court/State" and was placed in this school District by court order.7. ☐ YES ☐ NO Student is an international student enrolling from a foreign country. **Select VISA:** ☐ F1 ☐ J17a. ☐ YES ☐ NO Student is from an MHSAA Approved International Student Program (AISP).Program Name: _____ Program is listed on MHSAA.com ☐ Y ☐ N8. ☐ YES ☐ NO Student's previous school has been closed, dissolved, or reorganized. (see Int. 64 & 90)9. ☐ YES ☐ NO Student's parents are DIVORCED. If divorced, give exact decree date: **Month** ____ **Day** ____ **Year** ____10. ☐ YES ☐ NO Student is 18 or under, or the 19th birthday is on or after Sept. 1st of this school year.11. ☐ YES ☐ NO Last year, the student lived at a boarding school, or while enrolled out of state, attended a sports academy.12. ☐ YES ☐ NO Student is 18 and moved into this District WITHOUT his or her parents.13. ☐ YES ☐ NO Student participated in a cooperative program involving his/her previous school and our school.14. ☐ YES ☐ NO Student wishes to discuss her/her situation with the athletic director.**OVER →**

VERIFICATION OF PREVIOUS HIGH SCHOOL SPORTS PARTICIPATION

15. List ALL high school sports the student participated in (game/meet or scrimmage at any level) in the most recent previous school year and, if the transfer occurs after the school year started, list any sports participated in at any level during the current school year. List the year next to the sport played (e.g., 2025-26).

FALL	WINTER	SPRING

16. List the sport(s) in which the student desires to participate in during the next 12 months at the new school:

• _____ • _____ • _____ • _____

Unless a student meets one of the 14 stated Exceptions, the student is INELIGIBLE for participation in any of the sports listed above (item #15) during the 2026-2027 school year. Students are eligible for participation in sports NOT listed above (item #15).

Today's Date _____ IN THE PAST 12 MONTHS?

17. YES NO While at the **previous high school, the student was coached by** any member of our high school's coaching staff (current or incoming). If yes, indicate the name of the coach(es) and sport(s):

RECOMMENDED VERIFICATION & COMMUNICATION BETWEEN SCHOOLS

By my signature below, I state that the above is true and accurate. I also understand that contests the student participates in may be forfeited to opponents if the information submitted is not accurate:

STUDENT

DATE

PARENT/GUARDIAN

DATE

NEW SCHOOL ATHLETIC DIRECTOR

DATE

SCHOOL NAME + EMAIL OR FAX

TO PREVIOUS SCHOOL A.D. - PLEASE SIGN AND RETURN TO A.D. AT THE STUDENT'S NEW SCHOOL

Exchange this form between athletic directors for students who wish to play the same sport as played previously. The previous school athletic director indicates that to the best of their knowledge, the above is true and accurate:

PREVIOUS SCHOOL ATHLETIC DIRECTOR

DATE

Form Returned to NEW School:

DATE

Notes if previous AD declines to sign: _____

ALERT! The Sport Specific Transfer Rule states: ANY sport a student played in 2025-26 determines eligibility in 2026-27 should the student transfer and not meet one of the 14 stated Exceptions.

THIS PAGE IS FOR INTERNAL SCHOOL USE

Do NOT send any page of this form to the MHSAA

Return the completed form to the School Athletic Director, who should complete the following:

The eligibility status of _____ at _____ High School is checked below.

- ☐ This student is IMMEDIATELY ELIGIBLE to participate in interscholastic athletics.
- ☐ This student will be eligible upon completion and processing of the Educational Transfer Form.
- ☐ There is a question about the eligibility of this student, and he/she may not participate in an interscholastic scrimmage or contest until written permission is given by the school and the MHSAA.
- ☐ This student is NOT ELIGIBLE to participate in interscholastic athletics.
- ☐ This student may be ELIGIBLE effective ____/____/____

ATHLETIC DIRECTOR

DATE

PRINCIPAL

DATE

Assistance in Applying the MHSAA Transfer Rule and Interpretations

Page 1 and 2 of this form is based upon the following MHSAA Regulations, Sections and Interpretations. Administrators should consult the *MHSAA Handbook* and then, if necessary, the MHSAA staff to assist in Processing a new student transfer. The only interpretations that are official are those received in writing.

This boxed information is intended to provide evidence to address Regulation I, Section 2 (age eligibility), Section 4 (maximum enrollment), Section 7 (previous academic term record), and Section 9(A-F) (transfer student). **A transfer student must be enrolled prior to Oct 1 to participate in fall MHSAA tournaments, Feb 1 for winter tournaments or May 1 for spring tournaments.** See Reg. I, Section 9 [F].

The CAPITALIZED INFORMATION on residence relates to Regulation I, Section 9 exceptions regarding residential change "from one public school District to a different public school District." Exceptions: 1, 2, 3, 4, 8, & 12 and Int. 90.

- Line 1: Indicates type of school: public, nonpublic or charter school.
- Lines 2-3: Regulation 1, Section 9(A), Exception 1, (30 days) Interpretations 65 and 90.
- Line 4: Determine grade level. Regulation 1, Section 9(A), Exceptions 10 and 11.
- Line 5: Verification of line 1 and Interpretation # 62 (school of residency).
- Line 6: Regulation I, Section 9(A), Exception 3.
- Line 7: Regulation 1, Section 9(A), Exception 4. J-1 or F-1 Visa International Students See Interpretations 83-89 and MHSAA.com for Approved International Student Program (AISP) listing.
- Line 8: Regulation I, Section 9(A), Exception 6, (also see Interpretations 65, and 90)
- Line 9: Regulation I, Section 9(A), Exception 8 (allowed one time → Must use "Educational Transfer Form"). Student moving between parents who never married see Interpretation 92 and include documentation.
- Line 10: Regulation I, Section 2.
- Line 11: Regulation I, Section 9(A), Exception 2 (Int. 62, 63) or Exception 1 (Int. 67 - out-of-state sports academy).
- Line 12: Regulation I, Section 9(A), Exception 12 (allowed ONE time → Must use "Educational Transfer Form").
- Line 13: Regulation I, Section 9(C), Former school must concur, and student must have participated in the co-op.
- Line 14: Acknowledges that the student or parents need to discuss the matter of eligibility further.
- Lines 15-16: Regulation I, Section 9(B) Checks history of sports participation during the most recent previous school year. See section 9(B) Sports Specific Eligibility.
- Line 17: Section 9(E.5) the Athletic Related Transfer Regulation (Links Rule). Checks enrolling at a school where a coach from the former school has been recently hired in the previous 12 months.

ALERT! The Sport Specific Transfer Rule states: ANY sport a student played in 2025-26 determines eligibility in 2026-27 should the student transfer and not meet one of the 14 stated Exceptions.



Contest Ejection and Next Day of Competition Protocol and Guide

MHSAA Regulation V, Section 3(D)

Penalty Summary

- When a coach or student is ejected or disqualified from an MHSAA contest (including as a result of progressive penalties such as yellow cards in soccer, technical fouls in basketball or unsportsmanlike fouls in football), he/she shall be ineligible to continue participating in that day of competition.
- He/she will also be ineligible, at minimum, to participate in the next day of competition regardless the number of contests scheduled (See Defining "Next Day of Competition" Suspension) and will be ineligible to participate indefinitely until he/she completes the specified NFHS online sportsmanship course (see Required Online Sportsmanship Course).

Overturning Ejection/Disqualification

- Ejections/Disqualifications may not be overturned or rescinded by the contest official(s) after play has resumed following the ejection/disqualification, or after the officials have left the grounds or facility if a post-contest ejection. Officials and coaches may not negotiate a "quasi-ejection", in which the participant is ejected, but the official agrees not to submit a report to avoid the next day of competition penalty.
- See Ejection Review Protocol for all requirements when a school would like to have the suspension caused by an ejection reviewed by MHSAA staff.

Requirements Following Ejection/Disqualification

- A coach that is ejected must leave immediately and shall not be present on site or within sight, sound or communication for the remainder of that day of competition.
- A student that is ejected may be allowed to remain on the team bench as long as they do not create any further disturbance. If warranted, the contest official(s) may require the student to leave the playing site/facility; in which case, he/she must be accompanied by an adult.

Defining "Next Day of Competition" Suspension

- The "Next Day of Competition" suspension for both coaches and students applies to that team, in that sport, at that level, and all intervening contests in that sport at any level.
- If there are no further days of competition remaining at that level in which the coach or student is disqualified, he/she shall be ineligible for at least the next day of competition in that sport at any level (including an MHSAA tournament contest).
- If the coach or student is ejected/disqualified during the last contest date of that season (including during the MHSAA tournament):
 - For graduating seniors or eighth graders, he/she shall be ineligible for the next day of competition in the next sport in which he/she participates that year.
 - For all other students, he/she shall be ineligible for the next day of competition in that sport at any level the following year. If the student does not participate in the same sport the following year, he/she shall be ineligible for the next day of competition in the next sport in which he/she participates.
- Scrimmages do not satisfy the next day of competition suspension requirement.

Permissible Activity during Suspension of Next Day of Competition

- Coaches serving a suspension on the next day of competition are not permitted to be present at the facility (home or away) and may not participate in pregame activities (i.e., bus rides, pep talks or warm-ups) on site of the competition. Coaches that are parents of participating students are not provided any special consideration and are not eligible to coach or attend the next day of competition.

- Students serving a suspension on the next day of competition may be allowed by their school to be present at the facility and on the bench with his/her team (permitted to dress in uniform) but may not participate.

Required Online Sportsmanship Course

- In addition to the minimum next day of competition suspension, a coach or student is not eligible to participate in any contest in that sport at any level until:
 - Coach: completes the [National Federation Teaching and Modeling Behavior learning course](#) (or other course designated by the MHSAA) and submits a certificate of completion to the school's athletic director.
 - Student: completes the [National Federation Sportsmanship learning course](#) (or other course designated by the MHSAA) and submits a certificate of completion to the school's athletic director.

School's Onus for Enforcement

- Contest officials that penalize a coach or student by ejection/disqualification are required to submit an incident report indicating the actions leading up to, and including, the ejection. This must be submitted within 48 hours from the conclusion of the contest date. Additionally, the official(s) should notify the school's athletic director in person, by phone or by email of any ejection/disqualification by noon the next day.
- However, it is the school's responsibility to ensure that any coach or student ejected/disqualified serves the required suspension on the next day of competition, regardless as to whether the athletic director receives notification of the ejection/disqualification from the contest official(s) by report or otherwise.
- In sports that do not have contest officials (i.e., golf, tennis, bowling), the host school or tournament manager is responsible to contact the school whose coach/student was ejected.

Suspended/Forfeited Contest Provisions

- When a coach or student is ejected during a contest that is subsequently suspended, he/she is not eligible to return to participate in the resumed portion of that contest, regardless of the date it is resumed. If the suspended portion of the contest is resumed on a later date when another contest will take place, the coach or student is eligible to participate in that additional contest as long as he/she has already served his/her next day of competition suspension and completed the required online sportsmanship course.
- If a coach's or student's next day of competition occurs on a date in which a contest is suspended or forfeited, this shall satisfy the suspension requirement. If the suspended contest is resumed on a later date, the coach or student shall be permitted to participate in the resumed portion of the suspended contest as long as he/she has completed the required online sportsmanship course.

Sport-Specific Participation Provisions

- Except for where specified below, if a coach or student is ejected, disqualified or removed from further participation during a contest by rule or because of unsportsmanlike conduct, it shall be considered an ejection and is subject to the next day of competition suspension and completion of the required online sportsmanship course. (See Overturning Ejection/Disqualification).

Baseball

- A coach or student may be restricted to the dugout as permitted by the rules. A coach restricted to the dugout may continue to coach from that position; but a student restricted to the dugout may not participate in any further capacity. In neither case is this considered an ejection/disqualification that results in a next day of competition suspension.

Basketball

- When a student accumulates five fouls, he/she is ineligible from further participation in the current contest, but does not result in a next day of competition suspension unless he/she receives two technical fouls or a single flagrant foul.

Boys Lacrosse

- When a student accumulates five minutes of penalties, he/she is ineligible from further participation in the current contest, but does not result in a next day of competition suspension. If a student receives two non-releasable unsportsmanlike fouls, this is equivalent to an ejection and is subject to the next day of competition suspension.

Girls Lacrosse

- When a coach or student receives a second yellow card, he/she is ineligible from further participation in the current contest, but does not result in a next day of competition suspension. If a coach or student receives a red card, this is equivalent to an ejection and is subject to the next day of competition suspension.

Ice Hockey

- When a coach or student is disqualified from a contest, he/she is not eligible to participate in the next two days of competition. A second disqualification in the same season results in a next four days of competition suspension (see Multiple Ejections/Disqualification in the Same Season), and a third disqualification in a season results in a suspension for the remainder of the season.
- A game misconduct penalty results in no further participation in the current contest but does not result in a next two days of competition suspension. A game disqualification penalty is equivalent to an ejection and is subject to the next two days of competition suspension.
 - When a student receives five penalties in a game, it results in a game misconduct and removal from further participation that game, but does not result in an ejection (i.e., game disqualification) that leads to a suspension from the next two days of competition.
 - When a coach or student violates the post-contest ejection policy, it shall be designated as a game disqualification and will result in a suspension from the next two days of competition.

Track and Field

- When a student is disqualified from an event for a rules violation that does not involve unsporting conduct or behavior, it does not result in a next day of competition suspension.

Volleyball

- When a coach or student receives a single red card, it is a loss of rally/point. If the red card is issued to any coach or bench personnel, the head coach is restricted to the bench for the remainder of the contest but may continue to coach from that position. If the red card is issued to a player on the court, no additional penalties apply other than the loss of rally/point. In neither case is this considered an ejection/disqualification that results in a next day of competition suspension. If a coach or student receives a red/yellow card, this is equivalent to an ejection and is subject to the next day of competition suspension.

Ejections/Disqualifications during an MHSAA Tournament

- If a coach or student is ejected during an MHSAA tournament contest, the next day of competition suspension must be served the next day of tournament competition for that team, in that sport, and all intervening contests in that sport at any level.
- If there are no further days of competition remaining for that team in the MHSAA tournament from which the student or coach is disqualified, it shall be served in accordance with normal disqualification rules (see Defining "Next Day of Competition" Suspension).

Multiple Ejections/Disqualifications in the Same Season

- Any coach that is ejected/disqualified two or more times during a season, or any student who is disqualified three or more times during a season, is ineligible for participation in the MHSAA tournament for that sport that season. This penalty does not carry over to another sport during that year or another tournament in the same sport the following year (even if such ejection/disqualification occurs during an MHSAA tournament).

Physical Contact with Contest Official

- Any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and/or aggressively physically contacting an official at any time during that season, or who commits such acts after being ejected, shall be suspended for the next fourteen (14) calendar days of competition from the date of the incident. Following this penalty with completion of the required online sportsmanship course, the school district shall inform the MHSAA on school letterhead that the ejected individual has been reinstated to the team as a player or coach and is eligible for future days of competition. When the coach is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and/or aggressively physically contacting an official at any time during that season, or who commits such acts after being ejected, the coach is not eligible to coach in the MHSAA tournament for that sport that season. The disqualified coach shall not be present on site or within sight, sound or communication of the contest. This MHSAA tournament penalty for the coach is in addition to the fourteen (14) calendar days of competition suspension.

Circumvention of the Intent of the Regulation

- If a school, athletic director and/or coach is determined by MHSAA staff as having acted in attempt to circumvent the regulation requiring the next day of competition suspension, such as, but not limited to, adding an intervening contest to the schedule or "playing" a student for a contest in which they were not already expected to participate, the provisions of that requirement shall not have been satisfied. This may result in the ejected/disqualified person having to serve an additional day of competition suspension, or further penalties (see Penalties for Failure to Enforce Suspensions).

Penalties for Failure to Enforce Suspensions

- If a school or official is aware that a next day of competition suspension was not enforced, the school of the ejected coach/student should be contacted first so that they may resolve the issue - followed up by a call or email to the MHSAA, if necessary.
- If a school knowingly fails for any reason to withhold a coach or student from competition when required, the contest in which he/she participated may be retroactively forfeited in addition to the ejected/disqualified person having to serve an additional day of competition suspension.
- If a school willingly and intentionally fails to enforce a next day of competition suspension or uses tactics to circumvent the intent of the regulations, this will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular-season contest.



Ejection Review Protocol MHSAA Regulation V, Interpretation 293

When a school administrator (athletic director or principal) submits a review request for the next day of competition (or MHSAA tournament) suspension following the ejection of a player or coach, the first determination will be whether the situation falls within the three reviewable categories.

The three (3) reviewable categories include:

- **Rule Misapplication:** Misapplication of a rule that directly results in the ejection of a player or coach (e.g. basketball coach incorrectly ejected after one direct technical foul and one indirect technical foul). Note that this category only includes rule misapplications that directly result in the ejection. If a playing rule is misapplied during a contest and a coach or player reacts or responds to that situation in an unsportsmanlike manner and is ejected, this is not reviewable as the ejection was not a direct result of the rule misapplication.
- **Individual Misidentification:** Misidentification of an ejected individual (e.g. jersey number of players are confused or mixed up). Note that if #7, for example, is ejected for throwing a punch and video review confirms it was #8 instead, the suspension would be removed for #7 and would then be correctly applied to #8.
- **Contact Review:** Flagrant or malicious contact with an opponent as defined by playing rules or intentional and/or contact with an official when video evidence proves otherwise.

The following protocol shall be used when an ejection falls within the three reviewable categories defined above:

1. The member school administrator (athletic director or principal) must submit the school's penalty appeal request electronically: <https://my.mhsaa.com/My-MHSAA/School-Administrator-Services/Official-Reports-Admin/view/addAppeal>
 - NOTE: The electronic appeal must be completed in its entirety in order to be considered.
 - a. If submitting a **rules misapplication** review request, the request must include the specific rule and rule reference alleged to have been misapplied
 - b. No other information about the ejected individual will be accepted, including (but not limited to) grades, character, previous (or lack of) ejections/discipline, family background, skill level, or playing ability. No written argument, rationale, or supporting documents will be accepted. Providing extraneous information will result in the review process being terminated and will only be reopened if the review request is resubmitted correctly.
 - c. When uploading video, it must be an unedited clip showing all action leading up to, during and following the incident. Video that is slowed down, zoomed in or out, highlighted, spot-shadowed or that shows only the immediate incident will not be accepted and will result in termination of the review process. Multiple video clips from a variety of angles will be accepted, provided they meet the criteria above.
2. MHSAA staff will review the request and determine whether all required elements have been provided. Valid requests will be reviewed in a timely manner, and a written determination will be provided to the requesting school and, in some cases, the future opponent(s). If the review is not resolved before the date the suspension is to be served, the player or coach must still be withheld from competition.
3. All determinations made by MHSAA staff under these three categories of review are final and are not subject to further review, appeal or waiver by MHSAA staff, Executive Committee or the Representative Council.
4. School administration must submit their review requests **within 72 hours** of the ejection. Requests received after 72 hours will not be reviewed by MHSAA staff.

••**CURRICULUM COURSES:** Classes with content specific to an MHSAA tournament sport (e.g., football class) must be open to any student and must provide nearly equal attention to three different topics in an academic term, such as other sports, weight training, fitness, officiating, etc. In football, except during the season, plays and schemes of the school team may not be taught, and regular or improvised football equipment may not be used. Out of season, school coaches cannot be involved in these classes unless they are the full-time teacher of the course.

During the Summer...

During the summer, some limitations continue. Except for football, fewer restrictions are in place. There are no school teams in the summer; however, school coaches and students may assemble from the same school over the summer in various settings beginning on the first **Monday after Memorial Day**. Football has a practice limit of no more than seven players in the summer **prior to Aug. 1** in informal football activities in helmets and shoes with a coach.

••**SUMMER COMPETITION LIMITS:** Five sports are limited to **15** dates of competition when more than four or seven students from that school and a school coach are present in competition against others not enrolled in that school. Basketball, volleyball, and ice hockey (four players and a coach); soccer, lacrosse, and football (seven players and a coach). Football may only have seven summer dates of competition (7-on-7 passing league games) See the Football Section below. Summer competition must be prior to Aug. 1 and must follow the travel rule if held outside of Michigan: However, when “summer teams” travel out of state to a bordering state and teams are present from other states that exceed the MHSAA travel limit, “summer teams” may participate against any team at the event. Sports not on this list are not limited in summer competition, but the Three Year-Round Principles continue to apply.

••**INCOMING 9TH GRADERS** become “high school students” when the four-player rule ends on the **Monday after Memorial Day**. Provided these former 8th-graders are not still involved in middle school sports, they may begin working out with high schools of enrollment in the summer. This does not change the rule that prohibits recruiting for athletic purposes (undue influence).

••**THE FOUR-PLAYER PERIOD ENDS** on the first **Monday after Memorial Day**, which is also the Monday after Baseball and Softball District Tournaments and the Track Finals. Except for the dead period (below), any number of players may have contact with their coach in the summer provided the Three Year-Round Principles apply (there is a seven-player limit in football). Schools must regulate the frequency and intensity of any summer voluntary workouts so students may participate in more than one sport and so that families may have time away from school sports.

••**SUMMER DEAD PERIOD:** A school determined seven-day zero player/coach and zero school facility period of time from the end of school or participation in the MHSAA spring tournaments to **Aug 1**. No coach contact whatsoever is allowed including at fundraisers, functions, or places of employment. Each school sets its own seven-day dead period, and it applies to ALL sports, except that non-school summer baseball or softball games and practices may continue in the summer dead period. Most schools select a seven-day period which includes **July 4**.

••**FOOTBALL:** Only football helmets and football shoes are permitted out of season in ANY setting, including camps or clinics, whether held in-state or out-of-state. No pads except during the season. The exception is that shoulder pads may be worn at college summer camps sponsored and run directly by NCAA/NAIA institutions. A football coach may hold 15 dates of non-mandatory activity with any number of players in grades 9-12 or 6-8 separately. Teams may use these dates as they see fit under other regulations (i.e., practice or 7-on-7), but a team or individual may not exceed seven “7 on 7” competitions. Any camp day would be counted among the allowed 15 dates. When football coaches are in contact with 7 or fewer players, on those occasions, it will not count as one of their 15 allowed dates of activity.



Out-of-Season Coaching REGULATIONS



Understanding the Summer Dead Period and Preseason Down Time

A Summary of Michigan High School Athletic Association
Handbook Regulations and Interpretations

Three Year-Round Principles...

Three Year-Round Principles apply to schools and coaches out of season ALL the time: both summer and off season during the school year at workouts, clinics, camps, or competitions.

1. **NO activity may be mandatory or part of the selection of the school team.**
2. **NO school general funds; a limit of \$200 per student per sport from school-approved fundraised money is allowed in the summer.**
3. **NO school competition uniforms or warm-ups may be used (practice jerseys permitted).**

During the School Year...

During the school year, there are limitations on coaches and some permitted activities:

••**FOUR-PLAYER PERIOD:** Coaches are limited to providing coaching in their sport to four students in grades 7-12 of the School District in which they coach. Even though MHSAA membership now extends to 6th-graders, the out-of-season coaching limitation applies to grades 7-12; so existing programs for 6th-graders with school coaches may continue. The four-player period runs from the **Monday when Fall sports begin**, until the first **Monday after Memorial Day**. Coaches can coach out-of-season up to four “players” (students in grades 7-12 are called players for this rule). This applies to any setting, including a camp, clinic, AAU game, travel softball team, or indoor soccer league. As has always been the case, two coaches present do not increase the limit to eight players.

••**INCIDENTAL PRESENCE OF MORE THAN FOUR PLAYERS:** Coaches may be present coaching within the four-player rule at a **non-school facility** even if more than four students of their School District in grades 7-12 are present, provided they are only coaching four players and other students’ presence is coincidental and not prearranged by the coach. This same allowance is permitted to any coach at non-school facilities with multiple playing surfaces, such as is likely to occur at a large soccer or tennis complex.

••**CALLING SOMETHING A CLINIC:** Charging a fee, or holding the event at a non-school facility (batting cage, indoor soccer, or hockey rink, etc.) does not waive the four-player rule. Booster clubs may not fund or support activities during the school year that the school or coach is prohibited from doing, such as batting cages, indoor courts or fields, hiring trainers, etc. High school administrators (including athletic directors) acting on their own in programs involving students in grades 9-12 may not sponsor or support out-of-season programs or perform out-of-season functions that the school or coach is prohibited from doing. This allows administrators to be involved with middle school-age students out of season.

••**ROTATIONS** (also known as circuit training or stations) are permitted, provided there is no more than one four-player group with sport-specific instructions. Rotations from open gyms, weightlifting, or conditioning to four-player sport-specific skill workouts are intended to be a more efficient approach to off-season workouts. Sport-specific equipment is permitted at an open gym but there may not be any coaching instruction. Any number of rotations can have sports equipment for students to select from, but only one group may have coaching instruction and this group may not exceed four students. These rotations must adhere to the elements of an open gym and are not permitted during preseason downtime. See the next page on open gyms. Two gyms on the same campus do not permit two four-player skill groups. The Three Year-Round Principles continue to apply – especially that all sessions are voluntary and not part of team selection.

••**COORDINATING OR ASSISTING:** During or in preparation for the four-player period, coaches may not make arrangements for activities they themselves are prohibited from doing. Groups that exist because of the school (e.g., booster clubs) may not do that which the school or coach is prohibited from doing. Coaches may not provide transportation, create a schedule for more than four of their players, or arrange for someone else to coach to get around the four-player rule. Coaches may be spectators at events but may not coach when more than four of their players are present, and they may distribute information produced by someone else regarding out-of-season camps or clinics. Involvement must be voluntary and clearly not part of the selection of the school team. In hockey, a school may commit to renting ice for the off-season, non-school activity so as to secure in-season ice rentals and pricing. If necessary, consult the exact Handbook language on what is generally prohibited and permitted during or in preparation for the four-player period.

••**CONDITIONING AND WEIGHTLIFTING:** Provided they are not mandatory, or part of team selection, conditioning, and weightlifting are permitted year-round except during the summer dead period. Conditioning must be non-sport-specific and not use any equipment such as balls, nets, dummies, sleds, or helmets. Jump ropes, cones, and fitness apparatus are permitted.

••**OPEN GYMS (& ROTATIONS):** May be conducted in one or more sports but must follow the Three Year-Round Principles and especially not be part of team selection. Coaches may not coach, critique, evaluate, or participate in the sport they coach. Open gyms are student conducted and recreational. There shall be no organized instruction or competition, drills or practice structure, and no instruction by captains, parents, or others. Open gyms/rotations must be open to all students of the school, but not necessarily open to the general public or students from other schools.

••**PRESEASON DOWNTIME:** Just prior to each season, to establish an official start to practice, this period prohibits open gyms, rotations, competitions, or sport-specific camps or clinics from occurring at the school or sponsored elsewhere by the school, regardless of whether that school sponsors the sport. No competition, intrasquad or intersquad may occur with groups that resemble school teams. Voluntary conditioning, weightlifting, and four-player coaching may continue in the preseason downtime – but no open gyms, practices, or rotations. The **FALL** sports downtime is **Aug. 1 to the start of practice**, **WINTER** sports is **14 calendar days before practice begins**, and the **SPRING** sports downtime runs from **March 1 to the start of practice**. **MIDDLE SCHOOLS** observe this period **14 days before practice begins**. Because conditioning is so similar to actual practices in swimming, cross country, and track, coaches in these sports may not provide instruction in any sport-specific technique or conduct sessions that involve both time AND distance during the preseason downtime.

••**CHEER RESTRICTIONS:** Because of the similarity between Competitive & Sideline Cheerleading, a school that sponsors MHSAA Competitive Cheer may not hold any cheer activities from the end of winter sports the **last Monday of March** to the first **Monday after Memorial Day**. This restriction prohibits coaches or cheerleading advisers from working with more than four students from the School District grades 7-12 in cheer-related activities, including but not limited to tumbling, gymnastics, instruction, routine development, tryouts, etc. This rule prevents competitive cheer teams or individuals from holding out-of-season activities under the premise of sideline cheer practices or tryouts. *(Note: Interpretation 235 prohibits a coach from “coordinating or assisting” during or in preparation for the four-player period. A coach may not arrange for a parent or non-staff person to coach out of season or to do that which the coach is prohibited from doing).* Ending the cheer restriction time by the Monday after Memorial Day allows a school, if it so chooses, to have fall sideline cheerleading tryouts before school is out in June. Competitive cheer coaches remain subject to the four-player rule until the first **Monday after Memorial Day**.



Coaching Requirements and Deadlines
COACH MUST COMPLETE • AD ATTEST • BY THE DEADLINE
Head Coach Rules Meeting Requirement has NOT Changed

2026-27

FALL SPORTS 2026	Start Date	End Date
Football, Girls Volleyball, Soccer, Field Hockey	Mon, July 20	Thurs, Sept 10
Cross Country, Golf, Tennis, Swim & Dive	Mon, July 27	Thurs, Sept 10
School Attests: All Fall HS & JH/MS head coaches have valid CPR and subvarsity & assistant coaches have met MHSAA rules meeting requirements. New varsity head coaches must complete CAP Level 1 or 2.		Thurs, Sept 10

WINTER SPORTS 2026-27	Start Date	End Date
Basketball, Hockey, Competitive Cheer, Wrestling	Mon, Oct 5	Thurs, Dec 10
Bowling, Gymnastics, Skiing, Swim & Dive	Mon, Oct 12	Thurs, Dec 10
School Attests: All Winter HS & JH/MS head coaches have valid CPR and subvarsity & assistant coaches have met MHSAA rules meeting requirements. New varsity head coaches must complete CAP Level 1 or 2.		Thurs, Dec 10

SPRING SPORTS 2027	Start Date	End Date
Baseball, Softball, Boys Lacrosse, Soccer, Boys Volleyball	Mon, Feb 1	Thurs, Apr 15
Golf, Girls Lacrosse, Tennis, Track & Field	Mon, Feb 8	Thurs, Apr 15
School Attests: All Spring HS & JH/MS head coaches have valid CPR and subvarsity & assistant coaches have met MHSAA rules meeting requirements. New varsity head coaches must complete CAP Level 1 or 2.		Thurs, Apr 15

◆ **REGULATION II, SECTION 3(B)** - High schools must attest by each season's established deadline that all head coaches at all levels of each high school team have a valid, current Cardiopulmonary Resuscitation (CPR) certification. The established deadline for coaches (regardless of level) shall be the latest date set for the completion of the MHSAA rules meeting for the sport. A person who is the head coach for more than one sport during the school year must meet the deadline for the first of those sports. It is expected that schools will impose the penalty of Section 8(B) on head coaches who do not meet this requirement.

◆ **REGULATION IV, SECTION 3(B)** - Junior high/middle schools must attest by each season's established deadline that all head coaches at all levels of each junior high/middle school team have a valid, current Cardiopulmonary Resuscitation (CPR) certification. The established deadline for coaches (regardless of level) shall be the first contest date for the sport. A person who is the head coach for more than one sport during the school year must meet the deadline for the first of those sports. It is expected that schools will impose the penalty of Section 8(B) on head coaches who do not meet this requirement.

◆ **REGULATION II, SECTION 3(C)** - Each head coach of a varsity team in an MHSAA tournament sport hired for the first time as a high school varsity head coach at any MHSAA member high school after July 31, 2016, shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP Level 1 or 2 prior to the established deadline, that coach shall be prohibited from coaching in that season's MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach's team is being held. See Regulation II, Section 15(H)4. An administrator or faculty member designee of that school shall be present with supervisory capacity over the school's competitors. Failure to receive reminder notifications (email or other) does not change the requirement of this Section. The MHSAA may substitute an alternative coach's education program for late hires, which will fulfill the requirement on a temporary basis.

◆ **REGULATION II, SECTION 3(D)** - Starting with the 2024-25 school year, high schools shall attest by each season's established deadline that all high school teams (varsity and subvarsity) have an emergency action plan specific to their practice and contest locations. These plans shall be posted, documented, and rehearsed at least once per season. Schools are expected to impose the penalty of Section 8(B) on high school head coaches (varsity and subvarsity teams) who do not meet this requirement.

◆ **REGULATION II, SECTION 8(B)** - Each head coach of a varsity team in a sport under MHSAA jurisdiction shall complete (in person or online) the MHSAA rules meetings for that sport for the current school year prior to the deadline if meetings are provided and attendance is required. If the head coach does not complete a rules meeting prior to the deadline, that coach shall be prohibited from coaching in that season's MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach's team is being held. See Regulation II, Section 15(H)4. An administrator or faculty member designee of that school shall be present with supervisory capacity over the school's competitors. Failure to receive reminder notifications (email or other) does not change the requirement of this Section.

◆ **REGULATION II, SECTION 8(C)** - Schools shall attest that all assistant and subvarsity coaches have completed an MHSAA rule meeting (online or in person) for that sport for the current school year prior to the deadline. Assistant or subvarsity coaches who coach more than one sport during a school year must fulfill the requirement each season unless the sport is the same and the coach had completed the MHSAA sport-specific rules meeting earlier in the school year for that sport (e.g., JV boys and JV girls soccer coach). It is expected that schools will impose the penalty of Section 8(B) on assistant or subvarsity coaches who do not meet this requirement by the deadline.



Athletic Directors and Coaches Guide for Rating Game Officials

MHSAA Handbook, Regulation II, Section 7 (B) requires schools to rate officials who officiate contests involving their teams in sports for which ratings are maintained. Each official will be rated in four categories for each contest: **Judgment, Presence & Demeanor, Attitude & Effort** and **Administration & Communication**. Criteria and descriptions for each of these categories are listed on the next page.

Rating officials is critical to provide those officials areas where improvement is needed and to give the MHSAA feedback and guidance for the selection of officials for postseason consideration. Ratings are submitted through the MHSAA website.

The following guidelines are provided to assist athletic directors and coaches of member schools in the rating of officials.

Rating Definitions

Superior –	Performance demonstrates an exceptionally high degree of competence and knowledge of the category.
Above Standard –	Performance exceeds the standard and performance better than the average official in the category.
Meets Standard –	Performance is standard and expected, and official is functional and competent in the category.
Marginal –	Performance acceptable, but corrective action and remedial training is suggested in the category.
Below Standard –	Performance unacceptable and corrective action is clearly necessary in the category.

Things to Consider Before Entering Online Ratings

- **ONLY OFFICIALS THAT ACTUALLY WORKED THE CONTEST MAY BE RATED.** Keep track of the officials that officiated your school's contests. This may be different than those listed on the ratings page.
 - Check the checkbox to remove official that didn't officiate your school.
 - Add and rate any official(s) that officiated but is not listed.
- Rate each official based on his/her performance for only that contest. Officials should not be rated based on a reputation, a performance from a previous contest or on a single call or decision.
- Rate officials independent of the rest of officials that work on the crew. It is expected that officials will receive different ratings and areas of improvement from other members of the crew based on their individual performances – not the crew's performance as a whole.
- You are free to assign any rating to an official you feel appropriate; however, coaches may not use the threat of low ratings to intimidate or coerce officials during the contest. **Coaches that threaten low ratings are subject to immediate ejection.**
- Timing of ratings is important. There is a "cool down" period for submitting ratings following the conclusion of a contest. Ratings submitted sooner than later are better, though, as performances are fresh on your mind and regular feedback may indicate patterns that can be addressed sooner. **Ideally, ratings will be submitted within a week from the conclusion of the contest.**
- A **GREEN CHECKMARK** means the contest is satisfactorily rated. A **RED DOT** means that there are outstanding unrated officials listed on the contest still.

Category Criteria and Descriptions

Judgment

- **Consistency**
Maintains a uniform philosophy in application of calls, decisions, penalties and technical aspects of the position in accordance with the standards mandated by the MHSAA.
- **Accuracy**
Correctly makes decisions in judgment for rulings, calls and decisions in a completely objective manner.

Presence & Demeanor

- **Appearance in Uniform**
Displays adequate physical condition, proper body language and appears confident in mannerisms, movements and interactions. Uniform worn is style mandated (or accepted) by the MHSAA; includes proper emblems, patches, or logos; and is kept in a clean, neat condition.
- **Composure/Approachability**
Demonstrates proper self-control and poise while handling unusual or high-pressure situations. Actively listens and effectively communicates using appropriate volume, tone and assertiveness based on the situation.
- **Mobility (if applicable)**
Possesses adequate physical ability, athleticism, coordination and agility to carry out required duties during the contest.

Attitude & Effort

- **Professionalism**
Represents the MHSAA and the avocation in a proper and positive manner by exhibiting honesty, integrity, dependability, and responsibility. Makes all calls, decisions and enforcements of penalties solely on the present circumstances and not in regard to any previous history or incident(s).
- **Focus**
Displays a consistent level of concentration and alertness throughout the contest without regard to the score, standings, weather conditions or other circumstances.
- **Fraternization**
Avoids unnecessary or excessive casual conversations with players, coaches or spectators during the contest.
- **Hustle (if applicable)**
Moves with a purpose and in an energetic manner.

Administration & Communication (the rating for this category should have input from the AD)

- **Dependability/Punctuality**
Provides proper communication with administrative officials regarding schedule and contest details when appropriate. Arrives in time to properly prepare for the contest and is available to start at the scheduled time to begin.
- **Contest Management**
Displays the ability to control the contest with an appropriate level of authority. Does not intentionally and unduly draw attention to oneself, but also does not hesitate to make difficult and/or unpopular decisions regardless of the expected response. Makes a best effort to maintain a proper flow throughout the contest and pays attention to the details associated with handling of escalating situations and weather concerns.
- **Clarity/Conciseness**
Skillfully communicates with administrators, coaching staffs and players before and during the contest. Provides clear and reliable answers to questions when appropriate.
- **Rule Knowledge/Application**
Properly enforces rules, interpretations and regulations without regard to personal preferences or biases.

2026-27 Handbook Helper

For Administrators

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= Handbook Interpretation Numbers

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Booster Clubs	Reg. I, Sect. 10, #100, #110, #113 Undue Influence Reg. I, Sect. 11, #131, #142 (Camps, Clinics) Reg. II, Sect. 3, #184 (Coaches Pay) Reg. II, Sect. 11 (H) 3b, #146, #147, #231 (Out-of-season)
Cancellations (Suspended contests) Lightning, Thunder, Tornado	Reg. II, Sect. 11 (D) pg. 73 pg. 112-114
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Curriculum Courses	Reg. II, Sect. 11, (H) 6, #207, #244-245
Concussion Insurance Benefits	pg. 110 (Insurance), pg. 124 (Protocol & Reporting) pg. 109 & MHSAA.com: "I Am...">Administrator> Health & Safety>Concussion Insurance Benefits
Cooperative Programs	Reg. I, Sect. 1 (D, E & F), Reg. III, Sect. 1, (D)
8th grade to 9th grade Course Load Practice w/ H.S. team 9th grader in official practices in August	Reg. I, Sect. 4 Int. 24; Reg. III Sect. 1 (B) Reg. II, Sect. 11 (H) P. 75 Reg. I, Sect. 1, Int. 11 Reg. I, Sect. 9, Int. 74
Eligibility Lists, Rosters, Opt-Out Due Dates	Reg. II, Sect. 4, #185-187 Reg. II, Sect. 15, (E) #260 Quick Reference Calendar: mhsaa.com
Executive Committee Executive Committee Transfer Rule Waivers Future Meeting Dates	Article VII, Sect. 3 & 4, of the Constitution p. 17 Reg. I, Sect. 9, (B-3), (C) MHSAA.com: "I Am...">Administrator>Representative Council/Executive Committee Meeting Minutes
Football - Practice, In-Season	Reg. I, Sect 9 and pg. 125 football
Heat & Humidity Model Policy	pg. 126
International (AISP) Foreign Exchange Students F-1 or J-1 visa	MHSAA.com: "I Am...">Administrator> Approved International Student Programs (CSIET) on Reg. I, Sect. 9, Exception 4, #81, #83-89
Fundraising - Camps, Clinics - To Purchase Uniforms	Reg. I, Sect. 11, #130-131, #127, #145-149 Reg. II, Sect. 11, #232 Reg. I, Sect. 11, #127-128
Girls on Boys Teams (also see Mich. School Code)	Reg. II, Sect. 11, #243 Reg. II, Sect. 15, #252-254
Home School Students	Reg. I, Sect. 1(A)3 (Enrollment) Reg. I, Sect. 9 (A), (B) #78 (Transfers) Reg. I, Sect. 7 (A), 8, #46, #50, #55

2026-27 Handbook Helper

For Administrators

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= Handbook Interpretation Numbers

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-Ejections/Disqualifications	MHSAA.com: "I Am...">Administrator> Disqualification Guide
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Transfers- Sport-Specific Transfer Rule	Reg. I, Sect 9 (A), (B)
Transfer – Educational Transfer Form	Reg. I, Sect. 9
3 exceptions only (Completed form required –	Exception 8 - Divorced #82, Never Married #92
ETF must be received by school signed by MHSAA)	Exception 12 - 18 years old #93
Athletic Related Transfer (Links)	Exception 13 - Into a Boarding School #94
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Transportation (out-of-season)	Reg. II, Sect. 11 (H) 3a. #232, 235a4
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-Athletes buying own	Reg. I, Sect. 11, #127-128
-Out of Season	Reg. II, Sect. 11(H) 3. a.
Ward of the Court	Reg. I, Sect. 9 Exception 3
-Guardianship	Does not apply

2026-27 MHSAA TRANSFER RULE ... FOR DUMMIES and DIRECTORS

Consult the exact Handbook language of Regulation I, Section 9 and Interpretations (60-99)

THE SPORT SPECIFIC TRANSFER RULE

A student enrolled in grades 9 -12, who changes schools, is not immediately eligible in the new school in a sport played last year, **UNLESS** the student meets one of the **14 Exceptions** and falls within one or more of 40 **Interpretations**.

A student who enters a game, meet or scrimmage against another school is considered to have played that sport and if the student transfers, he or she is not eligible in that sport the next school year. Just practicing is not considered participation under this rule. Use the MHSAA Transfer Tracker or exchange the New Student Form with the former AD to verify past sport participation, and other information related to the student's transfer

The student can play other sports not played in the previous school year.

If the student changes schools mid-season he or she is not eligible for the remainder of that season and all of the next season in that sport.

If a student enrolls later in the season and is otherwise eligible because they have met an exception or want to play a sport not played in the previous school year, that student is NOT eligible for MHSAA tournaments unless they are enrolled by Oct. 1 for fall sports, Feb. 1 for Winter Sports or May 1 for Spring Sports.

Enrolled means on the books of the school **and** in a seat taking at least one class or participation in a scrimmage or contest (Int. 98).

14 EXCEPTIONS FOR IMMEDIATE ELIGIBILITY

EIGHT RESIDENCY EXCEPTIONS

1. Student moves with the people he/she was living with previously (full & complete)
2. Not living with either parent moves back to them +
3. Ward of the Court, placed with foster parents
4. Students from an Approved International Student Program (AISP on F-1 or J-1 visa) placed with host family in district. Play 1 year, wait 1 year. Non-AISP may have subvarsity only for all years without waiver after sitting out (MLK or Aug 1)
5. New school established; enrolled on first day
8. Student moves with or to **divorced** parent (ETF) +
12. An 18 year old moves without parents (ETF) +
13. A student resides in a boarding school (ETF) +

FOUR SCHOOL STATUS EXCEPTIONS

6. School ceases to operate, not merged (Int. 64, 81 & 90)
7. School is reorganized or consolidated
9. School Board orders safety or enrollment shift transfer
11. Achieved highest grade available in former school

TWO STUDENT STATUS EXCEPTIONS

10. Incoming 9th-grader not here on an F-1 or J-1 visa
14. Expelled student returns under pre-existing criteria

See Note on Handbook page 40-41 under the 14 Exceptions for "Non-Exceptions."

+Four Exceptions (2, 8, 12 & 13) are allowed *once* in grades 9-12.

(ETF) = Educational Transfer Form is only used for these 3 exceptions (8, 12 & 13). The current MHSAA form must be completed by both school principals and returned signed by the MHSAA **before** the student participates in a game or scrimmage. There is an allowance for students whose parents never married to use this form (See Int. 92).

CHANGES OF RESIDENCY – MEETING AN EXCEPTION

MUST BE FULL AND COMPLETE – (As defined by Interpretations 65 & 77) - All the people the student lived with previously (The Family Unit) (Int. 65) change residences and the previous residence is disposed of as in Int. 77 (vacant, sold, rented to non-family). Note: Transfers who follow a newly hired HS coach are not eligible in that sport under the Links Rule even if a full residential change occurs. Athletic Motivated residential changes must be full and complete at the time of enrollment.

MUST BE FROM ONE PUBLIC SCHOOL DISTRICT INTO ANOTHER PUBLIC SCHOOL DISTRICT – Multi-high school districts such as Detroit, Grand Rapids and Lansing use each attendance area as a separate district (Int. 61).

WHEN A STUDENT CHANGES SCHOOLS UNDER A RESIDENCY EXCEPTION THEY ARE ELIGIBLE AT: **The Rule of 4**

1. The same school (they don't have to change schools) (Int. 62a. and 66)
2. The public school of their new district or attendance area (Int. 62b.)
3. The closest Non-Public School to their new residence (Int. 62d.)
4. The closest Charter School to their new residence (Int. 62c.)

STUDENTS NOT ENROLLING AT THEIR SCHOOL OF RESIDENCE OR CLOSEST NON-PUBLIC SCHOOL

Even though a student may have a residential change their sport specific eligibility would only allow eligibility in a previous year's sport at one of the Rule of 4 Schools (school of residence or closest nonpublic or charter). A student would have eligibility in sports not played in the previous school year.

FREQUENTLY USED TRANSFER RULE INTERPRETATIONS (Check exact *Handbook* language)

- 64, 81 A student from a **closed school** (who does not make a residential change) is eligible at any school; like an
90 incoming 9th-grader. A student from a school closing and merging with another school with new boundaries is eligible only at the merged school as under Section 9B. The multi-school district closing its school will determine this.
65. Defines the “parent/parents” same as step parent(s) and defines “**persons with whom a student had been living**” as “**the Family Unit**” as mentioned throughout the regulation.
66. A student whose family changes residence **does not have to change schools**. They may do this at any time and be eligible immediately provided the residential change occurred after the student began the 9th grade.
69. For a student to claim a legitimate change of residence under Exception 1 (moving with the persons they were living with previously) they must **live at least 30 days in the previous term** with “that one parent or parents or persons.”
70. Residential change with “school of choice” enrollment does not make a student eligible in a sport played last year.
74. An incoming **9th-grade student who practices with one team in August** before school begins is not eligible at another school in that sport should he/she change and enroll at a school different from the one he/she practiced with. Only applies to 9th graders.
75. If a transfer student changes residency and schools, plays in a game or scrimmage **and then returns to reside in their original school district before the completion of 180 school days**, that student is ineligible anywhere until approved by both schools and the MHSAA.
77. Defines what is considered a **full and complete residential change**. Note three often quoted sentences:
1. **Before being deemed eligible** all personal belongings are moved from prior residence; attest to facts and produce documents (changed driver’s license), mail received, etc.
2. A **former residence** must be either vacant of people and possessions or sold, or rented to persons other than family members.
3. A **former residence may not be occupied** at any time by the student or his/her parents or siblings for any residential purpose.
78. A **home school student** may transfer under Exception 6, 11 or 12 and be eligible immediately, provided they have been home schooled for 270 consecutive calendar days. 6-school closes, 11-highest grade available, 12-18 year old moving out.
81. **An incoming 9th-grade student** is eligible at any high school (Exception 10) that they choose that will enroll them; this does not apply to International Students.
82. A student who moves between **separated parents** becomes eligible when the **divorce decree is final** and an ETF is completed.
- 83-88. **International Students** (F-1 or J-1 visa) including incoming 9th graders are only eligible if they meet a residency exception or if they are placed by an Approved International Student Program (AISP). AISP students are eligible immediately for one year and then wait one year (play one, wait one - no eligibility at any level). International students who are not AISP may be eligible at the subvarsity level only for their entire tenure without waiver after sitting out 90 school days. Otherwise, international students are not eligible for varsity sports at any time.
92. A student who moves between **parents who never married** may use an ETF with birth/parentage documents.
98. **Defines “enrolled”** under the transfer rule as on the books of the school and attending one or more classes or participation in a scrimmage or contest.
99. **Clarifies that sport specific ineligibility applies to sports sponsored twice in a school year.** e.g. A girl who plays boys soccer and then transfers is not eligible for either boys or girls soccer next year.

BRIEF SUMMARY OF SECTIONS 9 A - F

- Section 9 (A) – Transfer Regulation and the 14 stated exceptions listed. (See Note at end of list for NON-exceptions)
- Section 9 (B) – Sport-Specific eligibility part of the transfer rule. Students who have not met one of the 14 Exceptions: If played last year, student is not eligible in those sports but is eligible for sports not played the previous year.
- Section 9 (C) – For students changing schools who played in a cooperative agreement previously. Former school must approve. Submitted to the Executive Committee.
- Section 9 (D) – An athletic **motivated** transfer which if alleged and proven can result in ineligibility in that sport.
- Section 9 (E) – Athletic **related** transfers sit that sport if “linked” in previous 12 months to staff or open gym at new school.
- Section 9 (F) – Late arriving transfers, even if they meet an exception or eligible in a sport not played last year, are not eligible for MHSAA Tournaments. To be eligible for MHSAA tournaments, transfer students must be enrolled for fall sports by Oct. 1, winter sports by Feb. 1 and spring sports by May 1.

EMERGENCY ACTION PLAN (EAP)

School administration MUST ATTEST by each season's established deadline that their high school coaches have EAPs that are
1. specific to location, 2. posted, 3. dispersed, 4. rehearsed, 5. discussed, 6. documented within their practice plans.

School District: _____ School: _____ Sport: _____
Head Coach: _____ Head Coach Cell: _____ Level: _____
Practice Location: _____ Address: _____
Practice Facility: _____ Best Access Point: _____
Practice Facility Directions: _____
Competition Facility: _____ Address: _____
Location of ALL AEDs nearest this area: _____

In the event of an emergency, WHO does the following:

Primary	Back-Up
X _____	X _____ : Calls 911 (STAY ON THE LINE!)
X _____	X _____ : Calls School Administration (and trainer if needed)
X _____	X _____ : Gets the AED (if a medical emergency)
X _____	X _____ : Has keys to any area, gates, or locked doors in question
X _____	X _____ : Meets emergency team at access point listed above
X _____	X _____ : HELPS (provide CPR/First Aid, secure doors, assist as needed)
X _____	X _____ : HELPS (provide CPR/First Aid, secure doors, assist as needed)

Provide a brief description of your plan as you see it developing for any type of emergency:

Designated Rehearsal #1 (early-season)	Designated Rehearsal #2 (mid-season)	Designated Rehearsal #3 (late-season)
DATE: _____ TIME: _____	DATE: _____ TIME: _____	DATE: _____ TIME: _____

DEADLINE DATES FOR AD ATTESTMENT – on this form AND on your MHSAA “AD Dashboard”		
FALL	WINTER	SPRING
EAP: THR, SEPT 12	EAP: THR, DEC 12	EAP: THR, APR 17
CPR & AED Certified: THR, SEPT 12	CPR & AED Certified: THR, DEC 12	CPR & AED Certified: THR, APR 17
Coaches Rules Meeting: THR, SEPT 12	Coaches Rules Meeting: THR, DEC 12	Coaches Rules Meeting: THR, APR 17

This form must be completed by each high school head coach and submitted to the school administration for review, updates, attestation, and filing prior to the season each year. Copies must be posted (displayed) in areas it is intended to serve.

HEAD COACH SIGNATURE

DATE

ADMINISTRATION SIGNATURE

DATE



EMERGENCY ACTION PLAN INFORMATION

Components of the EAP:

1. Each high school head coach (varsity, JV, freshman) will develop an EAP prior to each season for managing serious and or potentially life-threatening injuries/situations.
2. The EAP should be developed and coordinated with local EMS, venue public safety officials, onsite medical personnel, and administration.
3. The EAP should identify personnel and their responsibilities to carry out the plan of action with a designated chain of command.
4. The EAP should be specific to each venue and include specific directions to that venue and onsite emergency equipment that may be needed should be listed.
5. When the EAP is completed, the school administration will make copies that will be displayed, shared, and filed.
6. Administration and coaches will display copies of the form in the location the form is referencing.
7. Head coaches should be provided with emergency contact numbers of those in the district who should be contacted in the case of an emergency.
8. Coaches will complete "rehearsals" at the dates and times indicated.
9. Coaches will discuss the rehearsal results following each designated activity and adjust the EAP if they discover an area for improvement after rehearsal.
10. Any updates made will be submitted to the administration.

Practice Facility:

This is where the team typically practices or trains. It may be in a separate area from where the team competes. For example, a team may practice in its wrestling room but usually competes in the main gym. The wrestling room may be in a location that is not close to the gymnasium or where they typically compete.

Practice Facility Directions:

Explain how to get to the area in question once entering the building through the "Best Access Point."

Example: *"Practice room located on the 2nd floor. Enter exterior door A1 and access the stairs inside this door on your left. Halfway down the 2nd floor hallway on your right..."*

Competition Facility:

This is where the actual competition typically takes place. It may vary from where a team typically practices. For example, a cross-country team may practice or train on various courses but may compete at a specific Metro Park.

General Facility:

For general facilities or areas such as weight rooms, locker rooms, etc., the school administration will complete the EAP form that ALL teams utilizing that area will follow.

Best Access Point:

Most school buildings and doors (access points) are identified by a number and or letter. Your high school may be identified as building "A," and the main gymnasium door may be identified as door #1. The access point that is provided would then be "A1." If you have access points that you have provided to your local police and or fire, be sure to use these same identification codes. If your District does not have identifiers for access points, be specific about the location. You might choose to go to the exact area and check your GPS coordinates. This step may be useful for some off-campus areas such as cross-country courses, etc.

Student Designations:

If a student under 18 is designated to help during an emergency, the coach will communicate with the student's parents to approve their participation.

Brief Description:

It is difficult to develop a perfect plan for every type of emergency. Do your best to think of all possible scenarios, and "who will do what" if such an emergency arises.

Designated Rehearsal:

Coaches should rehearse (practice) their EAPs on the dates and times provided on the form. If, after rehearsing and discussing the rehearsal results, it is discovered that a change or addition would make the EAP more effective, the EAP form will be updated and provided to the administration, and the new EAP will be filed and placed in the areas it serves.

Deadline for Attesting:

The form lists attesting deadlines based on the sport's season. The EAP form should be completed prior to the season so that implementation is seamless as the season begins.



Emergency Action Plan (EAP)

School Name:



Activate the EAP if:

- Any loss of consciousness
- Difficulty or absent breathing or pulse
- Dislocation, Open Fracture, Displaced Closed Fracture
- Possible Spine Injury
- Uncertainty of if you have a medical emergency

Emergency Procedures:

- **Check the scene**
 - Is it safe for you to help?
 - What happened?
 - How many victims are there?
 - Can bystanders help?
- **Instruct coach or bystander to call 911**
 - Provide the following information
 - Name, staff position, phone number
 - General information about the injury or situation, number of individuals injured, type of injury that has occurred, treatment given
 - Location of victim(s), address, specific directions
 - Any additional information
 - ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- **Perform emergency CPR/First Aid**
 - Check circulation/airway/breathing, level of consciousness, and severe bleeding
 - If athletic trainer is present he/she should stay with victim (if able) and provide immediate care
 - If athletic trainer is not present, most qualified staff (training/certifications) should stay with victim (if able) and provide immediate care
 - **Instruct coach or bystander to get an AED**
- **Designate coach or bystander to control crowd, protect privacy**
- **Contact school emergency personnel, athletic trainer, school admin if not present already at the scene**
- **Meet ambulance and direct to appropriate site**
 - Open Appropriate Gates/Doors
 - Designate an individual to "flag down" EMS and direct to scene
- **Assist AT and/or EMS with care as directed**
 - Retrieve Necessary Supplies/Equipment
- **If a parent/guardian is not present, a school staff member should go with the victim to the hospital or follow in a car if not allowed in the ambulance**
- **Document event and debrief (drill or event)**
- Provide additional page with the following:
 - Map of facility, entrances, equipment locations, etc.
 - Additional school/facility policies that could be used in emergency and non-emergency situation.

Sport/Venue name and address:

Emergency personnel:

Present:

On-call:

AED location(s):

First Aid kit/equipment location(s):

Player medical information:

Address/directions to location:

Address:

Directions to specific location in venue:

Keys needed to access gates/doors:

Review and Rehearse Annually:

Approved:

Date:

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:

Activity:

Level:

1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone		
EMS Access Point		
Street Intersection		
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate		
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer		
Athletic AD		
Student 1		
Student 2		

2 CPR/AED TEAM

START CPR

1. Position person on back.
2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.
3. Take turns with other responders as needed.

Coach		
Student 1		
Student 2		
Student 3		

WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS

1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Administrator for data download.

3 AED TEAM

GET THE AED

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED		
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location		
Student 1		
Student 2		

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

4 HEAT STROKE TEAM

	PRACTICE	EVENTS
Tub Location		
Water Source Location		
Ice Source Location		
Ice Towel Location		
Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	EVENTS
Student 1		
Student 2		

1. Remove equipment/excess clothing. Move to shade.
2. Immerse athlete into cold ice water tub, stir water. *If no tub; cold shower or rotating cold, wet towels over the entire body.
3. Monitor vital signs.
4. Cool First, Transport Second.
 - a. Cool until rectal temperature reaches 102°F if ATC or MD is available.
 - b. If no medical staff, cool until EMS arrives.



2026-27 Uniforms, Equipment & Facilities
New & Recent Rules Changes and Reminders as of July 2025
See 2025-26 Handbook Pages 115-123 for MHSAA Adoptions
► First time noted on this document.

BASEBALL: Wrist cards must be worn on a player's wrist/forearm. They cannot be worn on the belt. Pitchers must wear the cards on their non-throwing wrist.

► Effective January 1, 2027, the double first base or a larger first base with the dimensions of 18 inches square will be required.

► A dugout-to-catcher and pitcher electronic communication system is now legal.

► Eye black (grease, strips, or stickers) must be a single, solid stroke with no words, numbers, logos, or symbols, and cannot extend past the width of the eye socket or below the cheekbone. (1-15-12)

BASKETBALL: Uniforms: 3-4-3-e-(1) Effective 2024 - The style of the number shall be clearly visible. Numbers must be a solid contrasting color with no more than two solid color ¼-inch borders around the entire number. If the team jersey color is used as a border, it shall be counted as one of the allowed colors. A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed ½ inch in width and may be used with one ¼-inch border.

3-4-4a — Allows the use of a school logo/mascot image to be centered directly above the uniform number in place of an identifying name, removing the restriction of allowing only lettering on the front of the jersey.

3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.

3-5-6: Allows undershirts worn under visiting team jerseys to be black or a single solid color similar to the torso of the jersey. All teammates wearing undershirts must wear the same solid color.

4-1-7 ... Jewelry is prohibited. Religious and medical-alert items are not considered jewelry. Religious items shall be taped and worn under the uniform. A medical-alert item shall be taped and may be visible.

COMPETITIVE CHEER: If bows are worn, the bow must be of a solid color, non-metallic and may include a heat transfer item of a school-approved logo and lettering. Adornments may not include glitter, mesh, overlays, rhinestones, sequins and/or studs.

FIELD HOCKEY: 1-5-1-b: The home team shall wear single solid dark-colored uniform tops front and back on the torso, and the visiting team shall wear single solid white uniform tops front and back on the torso.

► **1-5-1-b-(1):** Players are permitted to wear a single-color undershirt, short or long-sleeved. If worn, the undershirts for the home team shall match the color of the jersey or be a dark color, and the visiting team's undershirts shall be white. All players on the same team who choose to wear an undershirt shall wear the same color.

► **1-6-5-c:** A wire-caged face mask that is smooth and rounded may be worn for defending penalty corners. Players shall remove the wire-caged masks at the completion of the penalty corner. If no suitable opportunity to remove the mask arises, they may continue to wear it within the 25-yard area. Again, Rule 1-6-5 allows a wire-caged face mask to be worn when defending a penalty corner, but it should be noted that players are not required to wear the wire-caged face mask; they are optional.

FOOTBALL: ► Effective 2026: [1-5-3c(9)] — Football players are allowed to wear play cards on both the forearm/wrist and belt areas of the body.

Effective 2026: Tooth and mouth protectors may not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth.

Effective 2027: Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA Specification), that must be visible and appear legibly on the exterior of the arm sleeve.

GYMNASTICS: Uniforms: the proper uniform shall be a one-piece leotard of moderate proportions with matching, clear or skin-colored or black undergarments.

Unitards that are ankle length with or without sleeves are acceptable. Unitards, ankle-length leggings, tights, or fitted shorts (black, solid matching color to the leotard, or skin-colored) may be worn with the leotard. Head covering worn for religious reasons must be made of non-abrasive, soft material and must fit securely, not to impose a safety hazard to the gymnast.

Rule 3-3-4 has been modified to permit stud earrings not to exceed one per ear.

ICE HOCKEY: ► The longstanding MHSAA Ice Hockey playing rule adaptation (since 1992) requiring neck laceration protectors has

been confirmed by the NFHS and is now a required piece of playing equipment. The NFHS rule states that neck laceration protectors, in their original manufactured state and as intended by the manufacturer, must be worn during competition.

LACROSSE (GIRLS): Eye Protection: All field players must properly wear eye protection that meets the current ASTM standard (F3077) for women's lacrosse. All ASTM women's lacrosse eyewear and headgear that are legal for play are listed on the US Lacrosse website. All eyewear on the playing field must be SEI certified and will be listed on the SEI website. All eyewear must bear the SEI mark for certification by 01/01/25.

Only school related or player identifying names (school's name, nickname, logo, mascot and/or team member's name) will be allowed on the team jersey above the uniform number beginning in 2027.

► Jerseys shall be of contrasting colors for opposing teams. Home team jerseys shall be light and visitor jerseys shall be dark. **Beginning January 1, 2031**, home team jerseys shall be white. If both teams have uniform jerseys of the same or similar color, the home team shall be obligated to change or wear numbered pinnies of contrasting color.

LACROSSE (BOYS): Fields must have a clearly marked center line that runs the entire width of the field, AND continuous sidelines and end lines. A failure to have continuous centerline, sidelines, and end lines (i.e., lacrosse field markings broken/obscured by midfield or end zone logos) will result in an illegal procedure penalty assessed against the home team to start the game.

► A cone must be placed at the corner of the coaches area and the team area to clearly mark the team area.

The home team will be required wear white jerseys and the away team will be required to wear non-white jerseys.

Beginning in 2027, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

Number size on the back of the jersey must be a minimum height of eight inches – matching the minimum height requirement on the front of the jersey.

► Undergarments on the top or bottom to be white, gray, black or one of the team's official colors.

SOFTBALL: Jewelry can now be worn during gameplay. Umpires still have the authority to rule out anything that is considered a distraction or increases risk to any player.

Coaches may use one-way electronic communication devices to communicate with the catcher while on defense.

Rule 1-8-6 has been modified to prohibit players from transmitting or recording audio and/or video from the playing surface.

SWIMMING & DIVING: Swimmers may now make use of the backstroke ledge in pools that are legally equipped, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.

The swimsuit and/or cap may display the school name, school nickname, school mascot, school logo, and/or the competitor's name.

TRACK & FIELD/CROSS COUNTRY: ► The MHSAA adaptation limiting the types of head attire allowed during competition has been eliminated. Athletes may wear any hat or head covering during competition.

The MHSAA adaptation that prohibited temporary body adornment in competition has been eliminated. Athletes may have or wear temporary body adornment (painted or fastened) during competition.

VOLLEYBALL: Teams will remain on the same benches throughout the match. In the event there is a clear and distinct disadvantage, teams may switch sides. At the pre-match conference, teams shall assume benches will remain the same throughout the match, UNLESS a coach requests, for consideration, a disadvantage on their side of the court. If officials determine a CLEAR disadvantage exists, officials will determine that teams will exchange sides of the court after each set until the conclusion of the match. The visiting team calls the coin flip and chooses to serve or receive.

Rule 4-2 now states that team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom. All team members, other than the libero, wearing an undergarment must wear the same color.

Beginning July 1, 2029, the number on the front of the uniform must be centered on the upper half of the uniform top, eliminating the measurement requirements from the shoulder seam and neckline.

ALL SPORTS – Head Adornments, Hair Length. MHSAA Handbook Int. 203 e. Schools may permit the wearing of head adornments such as a hijab or leggings covering the legs because of firmly held religious reasons by the student without advance MHSAA approval. Head adornments must be securely fastened and not affixed with non-yielding fasteners (i.e., pins). Hijabs and leggings must be of a single color and not be a safety risk for the student or opponents. This is in accord with recent NFHS regulations that eliminate the need for officials to remove securely fixed items (e.g., beads) from an athlete's hair or regulate the hair length of a participant.