

Informed Consent – Assumption of Risk – Concussion Awareness

By its nature, participation in interscholastic athletics includes risk of injury which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk.

Participants have the responsibility to help reduce the chance of injury. Players must obey all rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

All athletes, parents and coaches must be aware of the signs and symptoms of concussion and the importance of discontinued participation in practices and competitions. See the Concussion Education Materials/Acknowledgement Form in Sports or other resources on the Health & Safety page of MHSAA.com.

Top Ten List for Student Eligibility

1. You were enrolled in a high school not later than the fourth Friday after Labor Day.
2. You will not have turned 19 before Sept. 1.
3. You have had a physical examination and MHSAA Student Participation Consent Form completed since April 15, and it is on file in the school office.
4. You have not been enrolled in more than eight semesters or 12 trimesters in high school (Grades 9-12).
5. You have received credit for the equivalent of at least 66 percent of full class-load potential for a full time student in the previous academic term.
6. Your school has determined that your academic eligibility for fall sports 2026 has been satisfactorily met by your academic performance in the final term of 2025-26.
7. You have not changed schools without a corresponding move by your parents and persons with whom you were living for at least 30 calendar days during your last semester/trimester.
- Any sport a student plays (scrimmage or contest) affects that student's eligibility should that student change schools (transfer) without a residential change as defined. That student would be ineligible in that sport at the new school in the coming school year. The student would be eligible for sports not played in the previous school year. This is the Sport Specific Transfer Regulation.
8. You have not received money, merchandise or other valuable considerations for participating in MHSAA tournament sports.
9. You have not participated in non-school contests during your sports season after having reported for your school team (limited allowances for some team and individual sports).
10. You have not competed in an all-star or national high school championship after having played for an MHSAA school team in any MHSAA tournament sport.

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See [MHSAA.com](https://www.mhsaa.com) for all things high school sports!

A copy of this brochure may be downloaded from MHSAA.com. Duplicate as needed

2026-27



YOUR HIGH SCHOOL ELIGIBILITY A Guide for Student-Athletes

A Message to Student-Athletes

Your school is one of more than 750 public, non-public and charter high schools that have agreed to follow the rules and regulations of the Michigan High School Athletic Association.

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. The privilege of competing in interscholastic athletics is a once-in-a-lifetime experience which will influence you forever, but participation is dependent on your eligibility.

The essential eligibility requirements in this brochure are only a summary of some of the regulations affecting student eligibility. Most requirements are found in the **MHSAA HANDBOOK**, which can be located in the school administrative offices. In addition, your school district has the authority to establish more stringent standards and to enact codes of athletic conduct that are in the best interests of individual students, the team and community.

Review the rules with your parents/guardians and ask questions of your principal, athletic director and coaches. Your role in following the rules will assure eligibility to participate in interscholastic scrimmages or contests or prevent your participation as an ineligible athlete, which would result in forfeiture of contests for your school.

MHSAA Rules Apply to the Following Interscholastic Sports

Baseball	Golf	Girls Softball
Basketball	Girls Gymnastics	Swimming & Diving
Bowling	Ice Hockey	Tennis
Girls Competitive Cheer	Lacrosse	Track & Field
Cross Country	Skiing	Volleyball
Girls Field Hockey	Soccer	Wrestling
Football		

A Summary of the Rules

1. AGE

High school students become ineligible if they reach their 19th birthday before September 1 of a current school year.

2. PHYSICAL EXAMINATION

Students must have on file, in the school's office, a physician's statement for the current school year (on or after April 15), certifying that he/she is physically able to compete in athletic practices and contests. An assumption of risk and consent to participation signed by the student and parent or guardian as well as consent to disclosure of information otherwise protected by FERPA and HIPAA must also be on file prior to participation.

3. ENROLLMENT

Students must be enrolled in the school they are representing prior to the fourth Friday after Labor Day for the first semester/trimester or second trimester or prior to the fourth Friday of February for the second semester or second or third trimester. "Enrolled," under this rule, is receiving active credit in at least 66% of full credit load potential for a full time student of the school you participate for. (Generally 4 of 5 or 6 classes on a transcript awaiting grades). NOTE: A student who is enrolled at an MHSAA member school may not compete as an unattached or non-school participant in any regular-season school contest.

4. MAXIMUM ENROLLMENT

Students cannot be eligible in high school for more than eight semesters, or twelve trimesters and the seventh and eighth semesters or 10th, 11th and 12th trimesters must be consecutive. Students are allowed four first semesters and four second semesters or four first, four second and four third trimesters of enrollment and competition and cannot compete if they have graduated from high school or accepted a GED. Terms count to the allowed total whether or not a student participates in sports.

5. ACADEMIC RECORDS

Students must have received credit for at least the equivalent of 66 percent of full credit load potential for a full time student in the previous semester/trimester of enrollment, and must be currently receiving credit toward graduation or a certificate of completion and passing the same on the transcript of the school they represent in competition. The MHSAA minimum period of ineligibility is 60 school days for a student who has not passed 66% at the end of a term.

6. TRANSFER STUDENTS

Under the Sport Specific Transfer rule, students who change schools and do not meet one of the 14 stated exceptions and their interpretations, such as a full and complete residential change as defined – would not be eligible for the upcoming season in a sport he or she participated in during the previous season in that sport. Participation means actually entering into an interscholastic scrimmage or contest. Students who transfer during a season in which they are participating are ineligible for the rest of that season and they remain ineligible at all levels of that sport through the next complete season in that sport.

A transfer student would have immediate eligibility in a sport not played in the previous school year.

An otherwise eligible transfer student who changes schools later in a season, after set dates, is not eligible for MHSAA Tournaments in that sport but may play in the regular season. (Oct. 1 for Fall sports, Feb. 1 for Winter sports, May 1 for Spring sports).

International students in the US on an F-1 or J-1 visa should contact the athletic director for allowances and differences under the transfer rule.

Students contemplating a family residential change should consult with the athletic director or MHSAA in advance. Students who transfer to follow a newly hired HS coach into a new school are not eligible in that sport even if the residential change is full and complete.

Students and parents anticipating a change of high schools should first seek advice from their high school administration or the MHSAA Staff.

7. UNDUE INFLUENCE (Anti-Recruiting)

The use of undue influence by any person directly or indirectly associated with a student or school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of 90 scheduled school days and a maximum of four years. Adults who recruit because of sports face suspension or disconnection from the program for up to four years.

8. LIMITED TEAM MEMBERSHIP

After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport in the same season. Exceptions include ice hockey and all individual sports, which apply the rule from the point of a student's first participation in a contest or scrimmage, rather than practice. In tennis, the rule applies from the first date that competitions are allowed to commence for any player. In skiing it applies when the team holds its first scrimmage or contest. In girls spring soccer, up to two scrimmage competitions are allowed at certain college ID camps. Students in skiing, hockey and soccer may only enter the MHSAA tournament if they have been a team member in a contest against at least four MHSAA member school teams. Students in golf may only participate in the MHSAA tournament if the play in at least

half of their team's regular season dates of competition. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests during the school season while not representing their school.

9. ALL-STAR COMPETITION

Students who have represented any MHSAA school in competition in any MHSAA sport shall not compete at any time in any MHSAA tournament sport in all-star contests or national high school championships, regardless of the method of selection. Participation in an all-star contest shall cause that student to become ineligible for a maximum period of one year of school enrollment in that sport. An exception is made for 12th-graders to receive written permission to attend certain All Star events after their season so long as the school requests this exception in advance of the event.

10. AWARD STATUS & AWARDS

Students who have represented an MHSAA school in competition in any MHSAA sport cannot receive money or other valuable consideration for participating in MHSAA-sponsored sports or officiating interscholastic athletic contests, except as specifically permitted by the *MHSAA HANDBOOK*.

Sport-Specific Transfer Rule

A student who plays in a scrimmage or a contest and transfers without meeting one of the 14 stated Exceptions such as a full residential change, will not be eligible in that sport for the next school year. A student would have immediate eligibility in a sport not played in high school the previous school year. **Contact your school Athletic Director or the MHSAA in advance of changing schools or competing at a new school.**

Limitations on Practice & Competition

To promote the health and safety of students and their academic pursuits, and the promotion of multi-sport participation, MHSAA member schools have adopted rules which limit practice and competition for teams and individuals during the season and rules which limit school coaches' contact out-of-season during the school year and in the summer with students in grades 7-12 of the school district.

These rules include setting practice starting dates and first contest dates, and establishing the number of dates of competition or the number of contests allowed in each sport. Football has adopted restrictions on the length and content of practice sessions.

Consult with your school athletic director and coach for specific sport details.