MHSAA®

Coaches Guidebook

2026-27

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GUIDEBOOK FOR HIGH SCHOOL COACHES MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

2026-27

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The *Coaches Guidebook* has been developed to assist Michigan high school and junior high/middle school coaches (faculty and non-faculty, paid and volunteer) in their knowledge of regulations and guidelines serving interscholastic athletics. In no way should coaches interpret the material in this *Guidebook* as the complete answer to every athletic situation. Coaches must maintain close contact with their athletic directors and other school administrators who have access to more comprehensive publications.

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Professional development is an important way for coaches to improve and grow in their respective sports. In Michigan we are fortunate to have individual associations for all of the MHSAA Tournament Sports. Please consult the MHSAA Website at mhsaa.com for current presidents and contact persons for these associations. The list is located on the Coaches page of MHSAA.com: "Resources for Coaches."

COACHES MAKE THE DIFFERENCE

I'm married to a coach. I was a coach. Every boss I've ever had was a coach. I owe almost everything I am to coaches – the overlooked, underpaid, high school and junior high school coach.

But more importantly, coaches have made athletics one of the most cost efficient and educationally accountable aspects of secondary schools. Nowhere in education do you find it as often as you do in school athletics that teachers are teaching what they want to teach, to students who are learning what they want to learn, and both are willing to work hour after hour on their own time, after school, to make certain that everything that can be taught is taught and everything that can be learned is learned.

Coaches may not be the reason students come out for sports, but they're usually the reason students **stay** out for sports. Coaches don't give students ability, but they discover or develop it. Coaches make both the quantitative and qualitative difference. Coaches are the reason some schools win more than others. Coaches are the reason some schools have better sportsmanship than others. Coaches are the reason some schools have a more educationally based program than others. Coaches make the difference between a program of excesses and a program of education.

Coaches are the critical link in the educational process of athletics, they are the critical link in the sportsmanship at contests, and they are the critical link in the traditions of success which some schools enjoy. It has always been so, and it always will be so. No one higher up or lower down the organizational chart has more impact on athletes than do coaches. Coaches are the **delivery system** of educational athletics, and they have delivered **well**!

Coaches, nothing that is done in high school athletics in this state is more important than what you do with your athletes day-in and day-out during the season. Thank you for your essential contribution and, please, stay with your high calling. **You** make the difference.

Coach, this is **educational** athletics. Learning is more important than winning. But your attention to the information in this book and your cooperation with the administrators of your school will help your teams be successful in 2026-27.

It is important that you see yourself as the teacher of students more than the coach of a sport. Your support of coaches of other sports and your encouragement that "your athletes" participate in other sports and school activities will help these students receive a complete educational experience that will serve them better than any one-dimensional experience.

Mark Uyl
MHSAA Executive Director

Ten Basic Beliefs of Michigan Interscholastic Athletics

1. Interscholastic athletics were begun outside the school day and curriculum and remain there as voluntary, extracurricular programs in which qualifying students earn the privilege of participation.

2. Interscholastic athletics are not courses offered by schools but are tools used by schools to reach and motivate students and to rally support within the community for school's academic and activity programs.

3. In order to justify school sponsorship, interscholastic athletics must be compatible with the academic mission of schools, giving priority deference to the academic schedule and requiring proper decorum at athletic events.

4. Interscholastic athletics are secondary to the academic program of schools and are partners with the schools' non-athletic activities in providing students opportunities to develop loyalty and school spirit, to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship and to gain lifetime appreciation of the arts, sports and healthy lifestyle.

5. There is equal potential to achieve these objectives in every sport and on the subvarsity as well as the varsity level.

6. A proper philosophy of interscholastic athletics emphasizes participation by many, not for few, and academic scholarship in school, not athletic scholarships to college.

7. To promote competitive equity and a program that is educational in both its means and its ends, the policies and procedures of interscholastic athletics must be determined by school representatives, not by courts, legislatures or commercial interests.

8. Schools, through their elected boards of education and their appointed administrators, are solely responsible, legally and practically, for governing and conducting interscholastic athletics at the local and league levels.

9. Any statewide organization which schools join to assist their administration of interscholastic athletics must be independent of outside interests and guided exclusively by the direct input of its member schools.

10. Interstate competition in interscholastic athletics is unnecessary in most situations; regional and national events are harmful to the purposes of interscholastic athletics in Michigan.

The *MHSAA Coaches Guidebook 2026-27* is intended as a practical reference guide and information contained herein does not change, replace or supersede the full edition of the *2026-27 MHSAA Handbook*. While this publication includes selected excerpts from the *Handbook*, all determinations regarding eligibility and member school compliance with MHSAA regulations must be made using the full edition of the *2026-27 MHSAA Handbook* and in consultation with a school's athletic administration.

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I. ATHLETIC CODES FOR COACHES & ATHLETES

Schools voluntarily join the MHSAA each school year by resolution of their respective Boards of Education. Member schools may have additional codes and requirements for coaches, athletes, administrators and even spectators. The following are guidelines, not MHSAA Regulations.

A. ATHLETIC CODE FOR COACHES

The Coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public.
2. Develop an up-to-date knowledge of the rules, strategies, precautions, and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' physical well-being.
8. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean and professional image in terms of personal appearance, and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

B. FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during and after contests.

Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right, that can be removed at any time for failure to meet the standards and requirements of particular teams, school or school districts, leagues or conferences, and regional, statewide or national organizations to which the student's school belongs.

STUDENT ADVISORY COUNCIL BELIEF STATEMENT

We believe athletes should be competitive, sportsmanlike and excel academically. We believe students in the stands should have fun, but not take the focus away from the game. We believe coaches should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that parents should always be positive role models and be supportive of their child's decisions. We believe officials commit their own time to high school sports and respect should always be shown and given to them.

The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.

II. ADMINISTRATION AND COACHES OF TEAMS

A. The superintendent of schools or principal of the high school, or that member of the faculty designated by either of them, shall administer the teams representing the school and shall execute all contest and official's contracts.

B. The person responsible for the immediate training or coaching of a secondary athletic team should be a member of the regular teaching staff of the school district. If a non-faculty member is used (paid or volunteer), that person must be registered by the school with the MHSAA before assuming any coaching duties. A coach must be at least eighteen (18) years of age and not a current high school student.

C. If a team is removed from competition in protest, the contest is forfeited to the opponent and the coach and principal of the removed team must appear before the Executive Committee to indicate why additional action should not be taken. The Executive Committee may also require the appearance of personnel from other schools and game officials.

D. If the coach is ejected from the contest and an assistant coach, or an assigned school representative is not available to continue as the coach, the event is terminated and forfeited to the opponent.

E. When a contest is interrupted or it ends prematurely because of breakdown of proper sportsmanship and whether or not the on-site officials forfeit the contest to one team, one or both schools may be subjected to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, loss of privilege of revenue sharing, expulsion. In addition, it may be required of one or both schools that their coaches and administrators appear before the Executive Committee to indicate why additional action should not be taken.

F. All schools should strive to the standard that all coaches of interscholastic athletic teams complete the MHSAA Coaches Advancement Program (CAP). It should be the goal of every member school to require coaching education for every coach, every year.

III. COACHING REQUIREMENTS

A. 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.

B. Schools shall attest that all assistant and subvarsity coaches have completed an MHSAA rules 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).

C. School administrators 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 and use of an AED provided by an organization or institution approved by the Michigan Department of Education. The established deadline for coaches (regardless of level) shall be the latest date set for the completion of the MHSAA rules meeting in each sport. In 2026-27, these are September 10, 2026 (fall sports), December 10, 2026 (winter sports), and April 15, 2027 (spring sports). A person who is a coach for more than one sport during the school year must meet the deadline for the first of those sports. A school shall not permit a coach who has not completed the requirement to be present at the MHSAA Tournament in that coach's sport.

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(8) to head coaches who do not meet this requirement.

D. Each head coach of a varsity team in a sport under MHSAA jurisdiction hired for the first time as a high school varsity head coach at any MHSAA member school after July 31, 2016, shall have completed either CAP 1 or CAP 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP 1 or CAP 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. An administrator or faculty member designee of that school shall be present with supervisory capacity over the school's competitors.
Deadlines for compliance are:
Fall: September 10, 2026 | Winter: December 10, 2026 | Spring: April 15, 2027

E. 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.

F. The use of a third-party contractor does not change a member school or coach's responsibility to follow all MHSAA regulations.

G. Failure to receive reminder notifications (email or other) does not change the requirement.

IV. COMPENSATION

Compensation for coaches is taxable income subject to state and federal regulations. Neither faculty nor non-faculty coaches may receive compensation for interscholastic coaching duties except through the school, and such compensation shall not be based on wins, championship and tournament participation, and shall not exceed predetermined payments and limitations which are commensurate with compensation to classroom teachers' schedules for supplementary assignments. Prohibited payments to coaches include, but are not limited to:

1. Compensation (directly or indirectly from any source) to supply team members with equipment, supplements, uniforms, shoes or warm-ups.
2. Compensation (directly or indirectly from any source) to encourage or facilitate students' enrollment at a particular college or university.
3. Compensation (directly or indirectly from any source) as an inducement for the school team to be scheduled for a game or tournament.
4. Compensation (directly or indirectly from any source) as an inducement to obtain the presence of one or more students of the school to participate in a camp, clinic, combine, game or tournament sponsored by any entity.
5. Compensation (directly or indirectly from any source) which exceeds the existing payment schedule for coaches.

Note: Booster Clubs may donate funds to schools for coaches compensation provided the school determines and issues the compensation and all other *MHSAA Handbook* Interpretations are followed. Schools may use third party contractors for the purpose of coaches compensation provided the school remains the source of the funds and all other Interpretations are followed.

V. PLAYING RULES AND RATING OFFICIALS

A. Schools shall adhere to the playing rules adopted by the MHSAA to govern games and meets in baseball, basketball, bowling, girls competitive cheer, cross country, field hockey, football, golf, gymnastics, ice hockey, lacrosse, soccer, softball, skiing, swimming and diving, tennis, track and field, volleyball and wrestling.

B. Unless modified elsewhere in the regulations, the official playing rules for competition involving one or more MHSAA member junior high/middle schools or high schools are as follows:

Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Boys Lacrosse, Girls Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball and Wrestling – *National Federation of State High School Associations (published or endorsed)*.
Bowling – U.S. Bowling Congress (applicable rules as stated in MHSAA Participating School Tournament Information).
Girls Competitive Cheer and Skiing – MHSAA
Golf – U.S. Golf Association
Tennis – U.S. Tennis Association

C. High schools and others which sponsor competition for member high school teams, shall use in the sports concerned, only those athletic officials who are registered with the Michigan High School Athletic Association for the current year in football, basketball, baseball, ice hockey, wrestling, girls competitive cheer, girls gymnastics, lacrosse, girls softball, girls volleyball and soccer. The referee and/or starter used in all interscholastic swimming, cross country or track and field meets must be registered for the current year in that sport.

Schools are responsible for rating officials who officiate contests involving their teams in sports for which officials' ratings are maintained. Schools which fail to rate any officials during the season shall be subject to penalties. The school principal or athletic director shall verify that the ratings submitted are truthful and accurate, have met with the approval of the appropriate school administrator, and are submitted on the school's behalf.

All ratings must be submitted online at mhsaa.com. Coaches or school administrators need to login to the site using their email address and password to submit online ratings. Schools should rate, one time only, each individual who works their varsity games, whether home or away. The same procedure applies to officials who officiate sub-varsity contests.

The current procedure provides the MHSAA an additional tool for the assignment of tournament officials. It also provides officials, when their average ratings are determined, an idea of how they rate in comparison to other years and other officials. In either case, the MHSAA does not inform officials of the rating given to them by individual schools.

Officials are also allowed to provide feedback on the sportsmanship of the student-athletes and coaches for all teams involved during a contest, as well as providing feedback for the host site/game management. Officials may only submit feedback for teams and contests that they have officiated during the current season. The purpose of the program is to give schools information and feedback on how their programs are perceived by the registered officials who work their games and contests.

Officials must complete an MHSAA rules meeting prior to officiating high school regular-season contests.

VI. DISQUALIFICATION RULES FOR ATHLETES AND COACHES

Coaches are cautioned to refrain from providing opinions regarding eligibility. It is recommended that statements regarding eligibility be issued by a principal or athletic director. It is the responsibility of schools to enter into competition only those students who are eligible under MHSAA regulations. Under MHSAA rules, a student may not participate on a sub-varsity and varsity team in the same sport on the same date, except wrestling and those sports which allow a fifth quarter of participation (basketball, football, boys lacrosse and soccer).

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 occurs. 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 he/she does 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:
  - If a coach, he/she completes the NFHS 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.
  - If a student, he/she completes the NFHS 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 24 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, 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)*.

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.

VII. SPORTSMANSHIP

If a team is removed from competition in protest, the contest is forfeited to the opponent and the coach and principal of the removed team must appear before the Executive Committee to indicate why additional action should not be taken. The Executive Committee may also require the appearance of personnel from other schools and game officials.

If the coach is ejected from the contest and an assistant coach, or an assigned school representative is not available to continue as the coach the event is terminated and forfeited to the opponent.

When a contest ends prematurely because of breakdown of proper sportsmanship and whether or not the on-site officials forfeit the contest to one team, one or both schools may be subjected to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, loss of privilege of revenue sharing, expulsion. In addition, it may be required of one or both schools that their coaches and administrators appear before the Executive Committee to indicate why additional action should not be taken.

VIII. ELIGIBILITY RULES FOR ATHLETES

A. AGE

Senior high school students must be under 19 years of age, 8th-graders under 15, 7th-graders under 14 and 6th – graders under 13, unless that birthday occurs on or after Sept. 1 of the current school year, in which case they are eligible throughout the school year.

B. AMATEURISM

Eligibility for interscholastic athletics at MHSAA member schools is limited to amateurs, meaning those student-athletes who have not received gifts of material or money and have not received other valuable considerations, including special considerations for loans, because of athletic performance or potential. Treatment of or privileges received by athletes or their families that are not provided or available to all students violate the principles of amateurism in interscholastic athletics. Gifts or loans to family members, based on the student's athletic performance or potential, are treated as gifts or loans to the student and violate that student's amateur status.

Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by *Handbook* interpretations 136-152; or have signed a professional athletic contract.

C. AWARDS

1. A student may accept, for participation in athletics, symbolic or merchandise awards such as trophies, medals or plaques which do not have a fair market value or cost in excess of $40.
2. Awards for athletic participation in the form of cash, merchandise certificates, or any other negotiable document are never allowed.
3. Banquets, luncheons, dinners, non-competitive trips, and fees or admissions to be a spectator at events, if accepted "in kind," are permitted.
4. Prizes or awards to team members who raise the most money through team fundraising efforts, which involve athletes or their parents only, are subject to awards limits: No cash or negotiable certificates are allowed; maximum value of $40. Fundraising that involves all students in the school are not subject to this restriction. Prizes, cash or merchandise awards to students from third party fund raising organizations are not allowed unless the fund raising activity is open to other students in the school, not just team members.
5. Acceptance of game balls from contests in which students participated does not violate the Awards Regulation.
6. Fundraising by team members to purchase athletic equipment, clothing, shoes or other items specific to that team membership is allowed as long as the item(s) remains a part of the school athletic department inventory.
7. Players may purchase at fair (current) market value and keep equipment such as shoes, gloves, jerseys, jackets and award sweaters without incurring a loss of eligibility. Personal wear items such as caps, shoes, and swimsuits may have a value of zero at the end of the season.

D. PERSONAL BRANDING ACTIVITY

A student may earn compensation through that student's personal branding activity (e.g. use of student's name, image and likeness). Permissible personal branding activity (PBA) is any situation where a student-athlete promotes or endorses a product or service in exchange for current or prospective fee(s), money, payments, compensation, income, or other thing(s) of value (collectively, "PBA compensation"), regardless of whether the activities relate to athletics, except for the limitations set in the *MHSAA Handbook*. Please see your athletic director for more information.

E. "ALL-STAR" CONTESTS/NATIONAL CHAMPIONSHIPS

No athletic director, coach, teacher, or administrator of a Michigan high school, and no athletic official registered with the Michigan High School Athletic Association, shall at any time, during the school year, assist either directly or indirectly with the coaching, management, direction, selection or transportation of players, promotion, or officiating of any "all-star" exhibition or similar contest, or of any contest that is or purports to be a national high school championship event (or national junior high/middle school championship event) or the qualification thereto in any MHSAA sponsored sport if any of the participants is enrolled in an MHSAA member high school at the time of the event.

F. ENROLLMENT

1. Students must be enrolled in the school for which they compete.
2. Students cannot be enrolled in high school for more than eight semesters or 12 trimesters. The seventh and eighth semesters must be consecutive, or the 10th, 11th and 12th trimesters must be consecutive.
3. Students are allowed only four first semesters and four second semesters, or four first, four second or four third trimesters.
4. Students cannot compete if they have graduated from high school, except as provided in Regulation I, Section 6 of the *MHSAA Handbook*.

G. ACADEMIC REQUIREMENTS

1. Students must pass 66% of full credit load potential for a full-time student during the previous semester/trimester.
2. Students must be currently passing at least 66% of full credit load potential for a full-time student.
3. Schools may require higher standards.

H. PHYSICAL EXAMINATION

Students must have on file in the school administrative office a statement for the current school year certifying that they are physically able to compete in athletic tryouts, practices and scrimmages, and a consent for disclosure. Valid physical exams for each school year must be conducted on or after April 15 of the previous school year.

I. LIMITED TEAM MEMBERSHIP

1. After practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, students cannot participate in an athletic contest on non-school teams in the same sport during the school season.
2. Ice hockey, bowling, cross country, golf, gymnastics, swimming & diving, track & field and wrestling shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice.
3. Alpine skiing shall apply the limited team membership rule to each individual from the point of the team's first participation in an interscholastic scrimmage or contest; rather than the first practice or competition of the individual.
4. Tennis shall apply the limited team membership rule to all students in that season commencing with the first day of allowed competition for any student under MHSAA regulations, regardless of when the team or student begins competition or the player joins the team.
5. During the high school season in bowling, cross country, golf, gymnastics, alpine skiing, swimming & diving, tennis, track & field or wrestling, a member of the school team in that sport may participate in a maximum of two non-school meets or contests in that sport while not representing his or her school. An event held on not more than three consecutive calendar days is considered a single meet in terms of limited team membership.
6. Points earned, weight established, times or records established shall not count toward any qualifying requirement for MHSAA meets or tournaments. Meets or tournaments entered under the above provisions shall not affect the number of games, contests or days of competition specified for each school team and individual.

LIMITED TEAM MEMBERSHIP: Section 12(A)		
Sport	**LTM Begins …**	**Exceptions**
Baseball, Basketball, Competitive Cheer, Field Hockey, Football, Lacrosse, Soccer, Softball, Volleyball	**1st Practice (or tryout) for student**	**None**
Ice Hockey	**1st Scrimmage or Contest for student**	**None**
Bowling, Cross Country, Golf, Gymnastics, Swim/Dive, Track/Field, Wrestling	**1st Scrimmage or Contest for student**	**2 non-school competitions**
Ski	**1st Scrimmage or Contest for team**	**2 non-school competitions**
Tennis	**1st Scrimmage or Contest for any team**	**2 non-school competitions**

J. MASTER ELIGIBILITY LISTS

Schools shall prepare a Master Eligibility List or its equivalent of all students eligible for that sport under the provisions of the Regulations, including current term academic record. A list must be prepared prior to participation and at the beginning of each semester/trimester. Additions to the squad should be duly added. Current copies of the Master Eligibility List are to be available to competing schools upon request and must be submitted by the opt-out due date to the manager at the entry level of each MHSAA Tournament to which the school is assigned.

IX. COACH-PLAYER RELATIONSHIPS

A. OUT-OF-SEASON COACHING REGULATIONS

1. Coaches are limited to providing coaching in their sport to four students in grades 7-12 of the school district in which they coach. The four player period runs from the Monday when Fall sports begin until the first Monday after Memorial Day.

   The regulation which permits a coach to coach a maximum of four students from the same school out-of-season during the school year (four player rule) does not allow two coaches to coach six or eight students from the same school. No matter how many coaches are present, no more than four players from the same school district may receive coaching or sport-specific instruction at the same time at the same facility or campus out-of-season during the school year.

   Voluntary structured and scheduled practice rotations throughout a facility of four player groups moving from conditioning programs or weight training or open gyms to skill development sessions (e.g. hitting, throwing, running, lifting) are permitted at the same time on the same campus or facility provided no more than one of the four-player groups involves sport-specific instruction. Two gyms does not permit two four player skill groups.

   Within a voluntary practice rotation, when sport-specific equipment is used separately from the coaching instruction allowed in a four-player skill group, it is considered an activity of an open gym when it is:
   - Student-conducted; students choose from offered activities.
   - Any coach of a sport under MHSAA jurisdiction who is present shall not coach, instruct, critique, direct, evaluate or participate in a sport he/she coaches.
   - Recreational emphasis; not an organized program of instruction and/or competition.
   - There must not be any organized drills, practice structure and no instruction by an person, including team captains and parents.

   During the school year, when it is out of season for both the boys and girls teams in the same sport, four-player skill groups may take place separately for each gender in that sport at the same time with separate coaches at the same facility or campus. If the same person is a school's coach for both the boys and girls teams in a sport during the school year, then four students of each gender may receive coaching at the same time and place, but the four-player groups may not interact in any activity. It is also intended that the four-player rule apply to Internet-based or other digital presentations.

   School coaches of non-school teams are allowed to provide coaching in non-school competition to four students of that coach's school district while, in another part of the facility or on the same court, other students from that same school district are receiving coaching from another coach, even one of the same school, provided the competition is the result of a tournament draw or progression.

2. Four year round principles apply to schools and coaches out-of-season all of the time, including summer and off season during the school year at workouts, clinics, camps or competitions:
   a. No activity may be mandatory or part of selection to the school team.
   b. No school transportation (except in summer – no general school operating funds allowed).
   c. No school general funds; a limit of $200 per student and sport from school-approved, fund-raised money is allowed.
   d. No school competition uniforms or warm-ups may be used. Practice jerseys are permitted.

3. Open gyms may be conducted in one or more sports but must follow the four year-round principles and not be a 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 must be open to all students of the school; but it is not required that they be open to the general public. The athletic-related transfer rule would render a student who attends an open gym and then transfers to that school ineligible for 180 school days in that sport.

4. 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. Jumps, cones and fitness apparatus are permitted.

5. During the summer there are no school teams however, school coaches and students may assemble from the same school over the summer in various settings (except during the summer dead period).

6. During the summer, 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, the rule activates when there are four players and a coach; in soccer, lacrosse and football, the rule activates when there are seven players and a coach. Football may only have seven summer dates of competition (passing league games). 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. Summer competition must be prior to August 1 and must follow the travel rule if held outside of Michigan. All teams at an event must be within 300 miles or from bordering states (not just those who you play against). Other sports are not limited in summer competition but the year-round principles always apply.

7. The limited player period ends on Monday after Memorial Day. Except for the dead period, any number of players may have contact with their coach in the summer provided the four year round principles apply. Schools may regulate the frequency and intensity of any summer voluntary workouts.

8. A 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 August 1 is called the summer dead period. No coach contact is allowed at fund raiser 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.)

B. TRANSFER STUDENTS

A good rule for administrators to follow regarding the eligibility of a student is: "When in doubt, sit the student out. . .until we find out!" **Coaches have no role in determining student eligibility**. Many coaches have encountered problems when they play athletes who are ineligible in a contest or scrimmage and their schools must forfeit those contests. It does not matter whether the participation was accidental or intentional, the contest is still forfeited. The transfer regulation is one for which coaches and parents must seek administrative assistance.

1. A student who does not qualify for one of the Exceptions under Section 9(A) and has transferred (changed enrollment) from a high school in Michigan or elsewhere at which he/she has participated in an MHSAA tournament sport on any level (9th grade, JV or varsity) of that school's team in an interscholastic scrimmage or contest during the previous season for a sport, is not eligible for the next season (including MHSAA tournament) in that sport at any MHSAA member high school; and if the transfer occurs during a season, that student is also not eligible in that sport at any level for the remainder of that season (including MHSAA tournament). This student is eligible for all other sports.

2. Students in grades 9 through 12 who in the previous or current season did not participate in an interscholastic scrimmage or contest on a school-sponsored team in Michigan or elsewhere in an MHSAA sport may transfer from one school to another with no delay in eligibility under the transfer rule at any level in that sport. No MHSAA action is required. Section 9(F) applies.

3. If there are compelling circumstances for changing schools having nothing to do with athletics, discipline or family finances and would not require Executive Committee evaluation or comparison of school demographics, environment or curriculum, schools may request that the Executive Committee waive the regulation to the extent that the period of ineligibility in the sport involved is reduced to 90 scheduled school days of enrollment in the new school. If approved, eligibility begins on the first calendar day following the 90th scheduled school day. The Executive Committee also has authority to approve immediate eligibility.

C. ATHLETIC-RELATED TRANSFERS (LINKS)

A high school student-athlete who changes schools and is ineligible under Section 9(A) and applicable Interpretations is ineligible to compete in the sport involved for the remainder of the current season and the next season in an interscholastic scrimmage or contest for the high school to which that student transferred if any one of the following circumstances existed during the previous 12 months:

1. That student participated at an open gym at that high school to which the student has transferred.
2. That student participated as an individual or on a non-school team or activity coached, coordinated or directed by any of that high school's parents (former or current) or administrators or by any of its coaches in the sport involved for either gender, including contact permitted under Regulation II, Section 11(H) 2 b (summer days of competition) or at camps or clinics.
3. A transfer student's participation in otherwise allowed out-of-season or summer activity with staff (coaches or administrators) of the new school, prior to being on the written or electronic records of the school that the student transfers into. This would cause the student to be ineligible as under Section 9(B) in that sport. A new student's enrollment information must be on file in the offices of the superintendent or principal or athletic director prior to participation in otherwise allowed out-of-season or summer activity.
4. One of that high school's coaches served as a personal sport trainer, conditioner or instructor (paid or volunteer) for that student. Note: The ineligibility will apply to all sports a student previously participated in during the previous or current season when transferring into a school where a non-sport-specific instructor (strength and conditioning coach) is on staff.
5. Regardless of the student's eligibility under Exception 1 of Section 9(A), that student transfers to a school where the coach of his/her most recent previous high school is employed (any level, paid or volunteer), even if the transfer of the student precedes the hiring of the coach. In this circumstance, Exception 1 (residential change) would not permit immediate eligibility. The student would be ineligible in the sport involved if that sport is in progress at the time of the transfer and the next full season for sports whose seasons have ended. Eligibility under Section 9(B) continues to apply to other sports.

D. UNDUE INFLUENCE (RECRUITING)

The use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the school or its athletic program to secure or encourage the attendance of a student or the student's parents or guardians as residents of the school district, shall cause the student to become ineligible for interscholastic scrimmages or contests for a minimum of 90 scheduled school days and a maximum of four years. The offending school shall be placed on probation for up to four years and the offending coach or coaches shall not be permitted to coach at that school for up to a four-year period in any sport and shall not coach for up to a four-year period at any other member school in any MHSAA tournament in any sport. Examples of undue influence would include but not be limited to offers of or acceptance of: residential location, financial aid to parents, guardians or student; reduced or eliminated tuition and/or fees; any special privileges not accorded to their students, whether athletes or not; transportation allowances; preference in job assignments; room, board or clothing; promotional efforts and admission policies for athletes which are in excess of efforts for other students.

Funds which have been donated to schools by clubs and individuals may be given as financial aid to students through the normal financial aid program of the school for all students, without regard to athletic potential. Financial aid based even partially on athletic potential or performance is not permitted from the school or from groups that exist because of or for the benefit of the school (booster clubs).

Individuals not exclusively representing athletic interests of a high school may make general presentations (not just athletic) to 6th-, 7th- and 8th grade students (not just athletes). There should be a diversity of presenters speaking on a variety of topics to students of all interests.

High school coaches or athletic directors may conduct for all feeder groups of the school / district presentations to groups of 6th-, 7th- or 8th-grade students and/or their parents assembled in advance by the school for the purpose of encouraging students to participate in specific sports when enrolled in that high school.

Informational communication (written or oral) announcing the starting dates of practices and other allowed summer activity may be distributed to groups of 8th grade students (not individuals) on or after April 1, provided they are informational only and confined to students who have formally registered an intention to attend that high school in the fall or who attend a junior high/middle school which has a relationship to a high school.

When a student at a junior high/middle school or other high school, or the parents of that student contacts the coach about attending the coach's school, the coach shall refer the student or parent to the appropriate school personnel (those who have responsibilities for seeking and processing prospective students.) There should be no contact or communication regarding enrollment between coaches and potential transfer students and their parents.

A high school coach may not initiate contact with a student at a junior high/middle school or other high school or the parents of that student, about attendance at the school. Normal community contact may include but is not limited to what which is unavoidable, brief and incidental to other intentions and without prior knowledge that such contact is likely to occur.

It is a violation of the undue influence regulation if coaches or their representatives call, send questionnaires, cards, electronic messages or letters or visit prospective athletes and their families in their homes.

High school coaches or their representatives may not attend grade school or non-school games for the purpose of evaluating or recruiting specific prospective athletes.

High school coaches and administrators may not request booster clubs, players or alumni from the high school to discuss the merits of their athletic program with prospective athletes or their parents by phone, through electronic messages, in person or through letters.

It is a violation of the undue influence regulation if coaches or their representatives call, send questionnaires, cards, electronic messages, letters, or connect (follow, friend request, direct message, etc.) with students on any social media platform which includes any public sites, private sites and direct message of any kind with students either at another high school (once a student begins the 9th grade) or with any student who has not yet enrolled in a high school or participated in an athletic practice or competition as a high school student. It is also a violation of the undue influence regulation if coaches or their representatives visit prospective athletes and their families at their homes or other locations.

X. RULES FOR SPORTS (Senior High Schools)

Students and teams are subject to the following limitations:

1. BASEBALL

A student shall not pitch in excess of the approved MHSAA pitch count limitations. A student or team shall participate in no more than two games per school day. A student or team shall compete in no more than four scrimmages and in no more than 38 games, exclusive of the MHSAA tournament.

Baseball players are allowed to play on multiple levels on the same day. The 38 game season and daily limits would still apply to students.

2. BASKETBALL

A student shall participate in no more than five quarters in a day, in no more than three days of competition in a week Monday through Sunday and in no more than 22 days of competition, exclusive of the MHSAA tournament. A team shall participate in no more than three games Monday through Sunday and observe the season maximum of four interscholastic scrimmages and 22 games, exclusive of the MHSAA tournament. A team shall participate in no more than one game of interscholastic basketball per day. A student or team participating in an MHSAA tournament shall compete in no other basketball game during the week of that tournament (Monday through Sunday).

3. BOWLING

A student or team shall participate in no more than four interscholastic scrimmages and 24 days of competition during the season, exclusive of the MHSAA tournament. A student shall participate in no more than 18 games per day and no more than eight games on a school day (Monday-Thursday). (Five "Baker" format games shall be the equivalent of one game for purposes of this rule). Bowlers may participate in subvarsity and varsity competitions on the same day, provided the events are separate – bowlers may still only be listed on one roster and bowl for one team during each event.

4. GIRLS COMPETITIVE CHEER

All school sponsored cheerleading competition must be in the MHSAA Girls Competitive Cheer Format. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 12 days of competition, exclusive of the MHSAA tournament.

5. CROSS COUNTRY

A contestant in a cross country meet shall not run a distance greater than 5,000 meters (3.1 miles). A student or team shall participate in no more than four interscholastic scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament.

6. FIELD HOCKEY

A student shall participate in no more than five quarters in a day and in no more than three games and/or interscholastic scrimmages of field hockey in one week (Monday through Sunday), including regular and MHSAA Tournament play. A team is limited to one game per school day, unless the day is followed by a non-school day. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

A student or team may participate in a multi-team tournament in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 18 regular-season contests (and one of three dates, Monday-Sunday). The following provisions would apply:

a. A student or team shall participate in no more than three multi-team tournaments in its season schedule. Each tournament must be held on a single day and count as one of the 18 games of competition allowed.
b. No more than 25-minute running time halves can be played, with no overtimes permitted; the games shall end in a tie. The clock stops for injuries, with one timeout allowed per team per half or two regulation games may be played.
c. Multi-team tournaments may only be held on non-school days or days not followed by school.
d. If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.
e. For purposes of the "fifth quarter" rule: If two teams from one school are at the same event, allow participation in no more halves or quarters than what is being played by the school's highest team level that day. Example: If the varsity team is playing three 25-minute half games for a total of six halves, a player playing both JV and varsity on the same day can play in six total halves that day.

7. FOOTBALL

A team shall participate in no more than one game of interscholastic football in five consecutive calendar days, in no more than four interscholastic scrimmages and in no more than nine games in a season, exclusive of the MHSAA tournament. A student shall participate in no more than four interscholastic scrimmages and in no more than nine games in a season, exclusive of the MHSAA tournament. A student may participate in no more than one game in a day (four quarters in a day) and in no more than five quarters in a week. Five or fewer quarters in a week shall constitute one of the nine allowed games. For the purposes of this regulation, a “football week” is defined as Wednesday to Tuesday.

8. GOLF

A student or team shall participate in no more than four interscholastic scrimmages and in no more than 16 days of competition, exclusive of the MHSAA tournament.

9. GYMNASTICS

A student or team shall participate in no more than four interscholastic scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament.

10. ICE HOCKEY

A student or team shall participate in no more than one interscholastic ice hockey game per day and in no more than one interscholastic scrimmage and in no more than 27 games during the regular season, exclusive of the MHSAA tournament. A student or team shall participate in no more than three games Monday through Sunday.

11. LACROSSE

A student shall participate in no more than five quarters in a day and in no more than three games and/or interscholastic scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA Tournament play. A team is limited to one game per school day, unless the day is followed by a non-school day. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

A student or team may participate in a multi-team tournament in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 18 regular-season contests (and one of three dates, Monday-Sunday). The following provisions would apply:

a. A student or team shall participate in no more than two (boys)/three (girls) multi-team tournaments in its regular-season schedule, each tournament must be held on a single day, counting as one of the 18 games of competition allowed.
b. No more than 25-minute running time halves can be played, with no overtimes permitted; the games shall end in a tie. Clock stops for injuries with one time out allowed per team per half. OR For girls, two regulation games may be played (no overtimes permitted). OR For boys, two regulation games may be played with one sudden-victory overtime permitted.
c. Multi-team tournaments may only be held on non-school days or days not followed by school.
d. If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.
e. For purposes of the "fifth quarter" rule: If two teams from one school are at the same event, allow participation in no more halves or quarters than what is being played by the school's highest team level that day. For example, if the varsity team is playing three 25-minute half games for a total of six halves, a player playing both JV and varsity on the same day can play in six total halves that day.

12. SKIING (Alpine)

A student or team may only participate in those USSA meets sanctioned by the MHSAA, and each meet shall count as one of the 15 ski meets allowed for that team and individual that season. If two members of a team participate in two different MHSAA sanctioned USSA meets in the same weekend, they count as only one of the 17 meets allowed. Each student must have on file with the schools administration (athletic director or principal) his/her complete and up-to-date USSA/high school meet schedule. An eligibility list from the school must be presented to the designated high school representative for the sanctioned meet prior to the student's participation in that meet. See Regulation II, Section 15(F). No student or team shall participate in more than two scrimmages and in no more than 17 meets total, exclusive of the MHSAA tournament but including MHSAA sanctioned USSA meets and meets against other school teams.

13. SOCCER

A student shall participate in no more than three halves in a day and in no more than three games and/or interscholastic scrimmages of soccer in one week (Monday through Sunday), including regular and MHSAA Tournament play. A team is limited to one game per school day, unless the day is followed by a non-school day. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 games, exclusive of the MHSAA tournament.

A student or team may participate in a multi-team tournament where the event counts as one of 18 regular-season contests. The event format could consist of up to two full 80-minute games, or a format in which total allowable playing time for any team is no more than 180 minutes (with a maximum of 30-minute halves). The following provisions would apply:

a. A student or team would be allowed a maximum of two multi-team tournaments in its regular-season schedule, each tournament counting as one of the 18 games of allowed competition.
b. Multi-team tournaments must be held on the same day, and could only be held on non-school days or days not followed by school.
c. The games may only be resolved by a shoot-out method; no overtime could be played.
d. If a student or team participates in an interscholastic multi-team tournament, that student or team shall participate in no more than two regulation games or interscholastic scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.
e. For purposes of the "three half" rule: if two teams from one school are at the same event, allow participation in no more halves than what is being played by the school's highest team level that day. For example, if the varsity team is playing three 30-minute half games for a total of six halves, a player playing both JV and varsity on the same day can play in six total halves that day.

14. SOFTBALL

A student or team shall participate in no more than two games per school day. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 38 games, exclusive of the MHSAA tournament.

15. SWIMMING & DIVING

A student or team shall participate in no more than 17 days of competition, exclusive of the MHSAA tournament. A student shall participate in no more than four events per meet, no more than two of which shall be individual events. Diving only competitions held on one day, which are scored as part of a swimming & diving meet held on a day other than the swimming events are held, will count as the same day of competition as the swimming event.

16. TENNIS

A student shall participate in no more than three matches per day, singles or doubles, except that in a league championship meet involving more than eight schools, a player may play a fourth match if the player has not played in more than six sets in the first three rounds and the fourth match would complete the tournament. A student shall participate in no more than 117 games in a given day, singles or doubles. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 16 days of competition, exclusive of the MHSAA tournament.

17. TRACK & FIELD

A student or team shall participate in no more than four events per meet (National Federation listed events only, but not javelin in any form). A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament.

18. VOLLEYBALL

A student or team shall participate in no more than 18 sets (games) per day. A student or team shall participate in no more than four interscholastic scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament.

19. WRESTLING

a. A student shall participate in no more than five matches per day (possibly six to complete a wrestle back in an individual tournament) and no more than two matches on a day of school (Monday-Thursday).
   • No contestant shall wrestle in more than 10 matches in a two-consecutive day period.
b. A student or team shall participate in no more than three days of competition, Monday through Sunday, but no more than two of the three days of competition shall occur on a day or night before a school day.
c. A student or team is limited to four scrimmages and 16 days of competition, exclusive of the MHSAA tournament.
d. A student or team is limited to eight events in which a wrestler may participate in more than two matches.
e. A student or team is limited to six events in which a wrestler may participate in no more than two matches.
f. A student or team is limited to two events in which a wrestler may participate in no more than 1 match. Only two schools are allowed at the event.
g. Weigh-ins do not count as a day of competition for an individual unless the student steps on the mat to wrestle or receives a void or forfeit.
h. Prior to the MHSAA tournament series, it is recommended that a student shall participate in no more than 54 total matches, eight events of five (*possibly six matches to complete an individual tournament), six events of two matches, and two events with 1 match each. [8 x 5 (40) + 6 x 2 (12) + 2 x 1 (2) = *54

XI. RULES FOR SPORTS (Jr. High/Middle Schools)

Coaches are reminded of the overall philosophy of junior high/middle school athletics. The program should parallel that of the academic philosophy of junior high/middle schools. It should encourage participation and experiences in a variety of activities. Keep in mind that the goal of "winning" must be superseded by the goal of participation."

Schools which have joined the MHSAA at the 6th-grade level may allow 6th-graders to participate with 7th- and 8th-graders in individual sports (e.g., bowling, cross country, track & field, swimming & diving, tennis, wrestling) and, with the approval of their middle school league, this may also occur in team sports.

1. BASEBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 10 days of competition. Doubleheader dates count as only one day of competition. Field dimensions may be modified to 80 feet (bases) and 54 feet (pitchers mound).

2. BASKETBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 games. A student or team shall participate in no more than one (1) game of interscholastic basketball per day except that on no more than four occasions during the season, a student or team may participate in two games on a day not followed by a day of school for either team. The two games must be on the same gender team and on the same level for each student. The four doubleheader days shall count as only one game toward the total of 12 allowed games. Games involving only students below the 9th grade shall be played in a maximum of eight (8) minute quarters. A school sponsoring games involving teams which combine 9th grade students with the 8th and/or 7th grades may be played in a maximum of eight (8) minute quarters. Leagues and conferences (or independent member schools) may request the use of the fifth-quarter rule to MHSAA staff prior to the start of contests during the season. The request must include roster size data and rationale along with support of league members and/or opponents.

1. The regulation size basketball will be used for junior high/middle school boys basketball unless the two competing teams (by contract or league adoption) mutually agree to use the smaller ball.
2. The three-point line and goal will be used for all boys and girls interscholastic competition unless the two competing teams (by contract or league adoption) mutually agree not to do so.

3. GIRLS COMPETITIVE CHEER

The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than eight dates. A student or team shall participate in no more than one competition per day and no more than three competitions per week (Monday through Sunday) provided one of these is on a nonschool day or a day not followed by school.

1. All school-sponsored cheerleading competition must be in the MHSAA girls competitive cheer format, but consisting of a Required Round and an Open Round only.
2. During competition a minimum of four and a maximum of 16 team members are allowed on the floor for competition in either round.

4. CROSS COUNTRY

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 10 meets per season with a maximum of two meets per week. Students shall not participate in two meets on the same day.

Rules of junior high/middle school cross country are those printed in the National Federation Track and Field Rule Book with published MHSAA modifications.

Cross Country distances may be shortened by mutual consent of the competing schools prior to the date of the meet.

A JH/MS athlete can compete in one MHSAA postseason event as a 7th or 8th grader. A student may be eligible to compete in one MHSAA tournament, but not both the JH/MS MHSAA Regional and the HS MHSAA Regional in cross country.

5. FIELD HOCKEY

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 games. A student or team may participate in a no more than two single day multi-team tournaments in which the total allowable playing time for any team is no more than 150 running time minutes and the event counts as one of the 12 regular-season contests (and one of three dates, Monday-Sunday). Games that are tied at the end of regulation playing time shall remain tied.

6. FOOTBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than six games. Games involving only students in grades 7 and/or 8 shall be played in a maximum of ten (10) minute quarters. Games which include a combination of 9th grade students and those in the 8th and/or 7th grades may be played in a maximum of ten (10) minute quarters. A student or team shall not participate in more than one game of interscholastic football in five consecutive calendar days. Regulation II, Section 9(B-C-D) and Interpretations 205-214 are applicable to junior high/middle schools.

7. LACROSSE

The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than 15 (boys) or 12 (girls) games.

A student or team shall participate in no more than three games Monday through Sunday, but only two of the three games may occur on a day or night before a school day.

A student or team shall participate in no more than one game of interscholastic lacrosse per school day.

A student or team may participate in a multi-team tournament in which the total allowable playing time for any student or team is no more than 160 (boys) / 150 (girls) running time minutes and the event counts as one of the 15 (boys) or 12 (girls) regular-season contests. The following provisions would apply:

1. A student or team shall participate in no more than four multi-team tournaments in its regular-season schedule, each tournament counting as one of the 15 (boys) or 12 (girls) games of allowed competition.
2. No more than 25-minute running time halves could have been played. Clock stops for injuries with one time out allowed per team per half. For girls, two regular games may be played (no overtimes permitted).
3. Multi-team tournaments may only be held on non-school days or days not followed by school.
4. There are no overtimes permitted, the games shall end in a tie.
5. If a student or team participates in a multi-team tournament, that student or team shall participate in no more than two regulation games or scrimmages that week, Monday through Sunday, in addition to the multi-team tournament.

Boys games involving junior high/middle school teams may not exceed 10-minute quarters.

8. SOCCER

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 games, except that two games may be played on a day not followed by a school day, up to two times a season. Each of the doubleheader days counts as one of the 12 games. A game shall consist of four (4) 15-minutes quarters or two (2) 30-minute halves. Games that are tied at the end of regulation playing time shall remain tied.

9. SOFTBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition. Doubleheader days count as only one day of competition. The maximum softball pitching distance for junior high/middle school fast-pitch softball shall be 40 feet.

10. SWIMMING AND DIVING

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than two meets per week and a maximum of 12 days of competition.

Order of Events

All events for junior high/middle school are as published in the National Federation Swimming and Diving Rules Book. Distances may be shortened or events eliminated by mutual consent of competing schools prior to the day of the meet.

Scoring

All dual league and invitational meets—Scoring is to be in accordance with provisions of the current year National Federation Swimming and Diving Rules Book.

Entries

A student may participate in a total of four (4) events, two of which must be relays. Preliminary trials and/or finals constitute participation in one event. Diving and relays are considered as events.

11. TENNIS

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition and no more than three (3) individual matches daily. There are no weekly limitations. USTA rules are to be used (with only MHSAA modifications allowed).

12. TRACK AND FIELD

The events are to be in accordance with the Michigan High School Athletic Association approved Track and Field List for junior high/middle schools.

A student may participate in any three track and/or field events from the approved list of Junior High/Middle School order of events.

Preliminary trials and relays are considered as events. A student shall not participate in events in 2 track meets held on the same date or 1 meet held on two days which would be in violation of these limitations of competition for 1 meet.

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 10 days of competition.

TRACK AND FIELD—ORDER OF EVENTS

Note 1: When boys and girls meets are conducted simultaneously, the events listed below are to be used. The boys events shall precede the girls events in even years; the girls events shall precede the boys events in odd years. If meets are not run simultaneously, the events listed for those not participating are to be eliminated. Schools must mutually agree to run the order of events in yards or meters prior to the meet. If schools cannot mutually agree, the host school will decide. Distances may be shortened or events may be eliminated by mutual consent of competing schools before the meet begins.

Junior High/Middle School Order of Events for Boys and Girls

Running Events

1. 4 X 800 Meter Relay
2. 55 Meter Hurdles (5 hurdles) (33” boys, 30” girls)
3. 100 Meter Dash
4. 4 X 200 Meter Relay
5. 1600 Meter Run
6. 4 X 100 Meter Relay
7. 400 Meter Dash
8. 70 Meter Dash
9. 800 Meter Run
10. 200 Meter Hurdles (5 hurdles, 35 meter intervals) (30”)
11. 200 Meter Dash
12. 3200 Meter Run
13. 4 X 400 Meter Relay

Field Events

1. Pole Vault
2. Shot Put (4 Kg. for boys; 6 lb. for girls)
3. Running High Jump
4. Running Long Jump

Note 2: Both the boys and girls 55-meter hurdles will be over five hurdles spaced as follows: 13 meters to the first hurdle 8.5 meters between the hurdles and 8.0 meters from the last hurdle to the finish.

Note 3: 200-meter (30”) low hurdles: If using a facility with a common finish line and the traditional 200-meter start on the curve, the 30” low hurdles are set 50 meters from the start, 35 meters between hurdles and 10 meters to the finish.

Note 4: One false start shall be permitted in Junior High/Middle School competition (When the above order of events are used.)

Scoring — Dual Meets — Individual events are to be scored 5-3-1

Other Than Dual Meets — Scoring is to be in accordance with the National Federation Edition of the Track and Field Rules Book and the current year.

Scoring Note: By prior mutual agreement of competing schools or by league or conference adoption, teams may score four places in dual meets and five places in triangular meets.

A JH/MS athlete can compete in one MHSAA postseason event as a 7th or 8th-grader. A student may be eligible to compete in one MHSAA tournament, but not both the JH/MS MHSAA Regional and the HS MHSAA Regional in Track & Field. The JH/MS regional will not count against the school or individual maximum competition limits.

13. VOLLEYBALL

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition, and no more than 15 sets (games) per day. A student or team shall participate in no more than three days of competition per week and only two may be on a day or night before a school day. A student or team shall compete in no more than five days of competition during any 14-day period Monday through Sunday.

If there is no prior mutual consent by competing schools to lower the net height, the net would be set at the National Federation regulation height of 7 feet 4 1/8 inches for girls or 7 feet, 11 5/8 inches for boys.

14. WRESTLING

The season shall be a maximum of 13 consecutive weeks from the start of practice, including tryouts, during which a student or team shall participate in no more than 12 days of competition with a limit of 60 days of practice and or competition. A student or team shall participate in no more than three days of competition Monday through Sunday. A student shall participate in no more than five matches per day. Only two of the days of competition may occur on a day of school (Monday-Thursday). A student shall participate in no more than 42 total matches (six events of five matches and six events of two matches [(6 x 5) + (6 x 2) =42].

A JH/MS athlete may compete in one MHSAA JH/MS MHSAA Regional competition per school year. This event will not count toward their maximum 10 competitions.

RULES AND WEIGHT CLASSES

The National Federation Wrestling Rules Book shall be followed except as indicated below:

1. In dual or tournament competition, matches shall consist of three (3) periods, one and one-half (1 1/2) minutes each.
2. An overtime match shall be a maximum of one minute. The overtime tie-breaker period will remain a maximum of 30 seconds.
3. All schools shall provide legal uniforms for the team no later than the third year of the school sponsorship of a wrestling program.
4. Leagues may establish their own weight classification procedure for league, dual meet and league tournaments. Unless mutual agreement is made prior to the date of the competition they shall use the mutual pairings procedure using the weight classification chart as **guidelines for determining those pairings**, no wrestler shall be paired where the difference of weight between them is more than one weight class.

70 lbs.	95 lbs.	120 lbs.	155 lbs.	285 lbs.
75 lbs.	100 lbs.	125 lbs.	167 lbs.	
80 lbs.	105 lbs.	130 lbs.	185 lbs.	
85 lbs.	110 lbs.	137 lbs.	215 lbs.	
90 lbs.	115 lbs.	145 lbs.	245 lbs.	

   Note: All contestants in the Heavyweight Class must weigh at least 246 lbs. The maximum weight allowable for heavyweight wrestlers shall not exceed 285 lbs.
5. It is recommended that the Wrestling Nutrition Education Program be presented by the local nutrition education coordinator to schools sponsoring junior high/middle school wrestling.
6. It is strongly recommended that in non-tournament competition team scores be eliminated. If final team scores must be kept, they shall be based on actual matches wrestled.
7. A junior high/middle school may participate in the minimum weight program. However, all calculations must be conducted at the local level. The MHSAA will not process the skinfold data.

XII. SCRIMMAGES

A. A scrimmage is defined as a practice session involving students from more than one school, organization or group and when pre-arranged or scheduled or directed by a school coach or representative.

B. Scrimmages are for instruction more than competition and schools may not charge admission (or accept cash donations), charge for parking or conduct raffles in lieu of admission, or publicize results of interscholastic scrimmages in any sport. Awards cannot be given and results may not count on won-loss records of the school. If a timing device is used, normal time shall be altered. The same competition may not be a game for one team and a scrimmage for another. If it is a game for one team, it is a game for both teams. Schools may share in the payment of expenses associated with conducting a scrimmage.

C. Each school team and all players are allowed a maximum of four scrimmages per season except in ice hockey (in ice hockey, each school team and all players are allowed a maximum of one interscholastic scrimmage per school). Scrimmages may occur at any time during the season, but not after the team's last scheduled regular-season or MHSAA tournament contest. Varsity and non-varsity scrimmages may be held at different sites and on different days. In wrestling, after the MHSAA Individual District Tournament competition, qualifiers to Individual Regional Tournament competition may practice with/scrimmage qualifiers from other schools.

D. It is not possible for a student to participate in both a scrimmage and a game on the same day in any one sport unless the regulations allow two games to be played in that sport on that day. "Fifth quarters," which do not count in the final score, are allowed in subvarsity competition; but students who participate in the "fifth quarter" of a game may not have participated in the regulation game.

XIII. SUMMER REGULATIONS

There is no such thing as a school team outside the interscholastic season of practice and competition. Schools shall not require or sponsor activities in the name of the school team outside the school season for the sport involved. That the regulations or their interpretation do not prohibit a specific action or activity does not mean that such is permissible. When the regulations or their interpretation describe an allowed out-of-season contact between the coach and students of his/her school, it does not mean such may be required, conducted or sponsored explicitly or implicitly by their school district.

1. As a general rule, the activity of students is not restricted outside the high school season, subject to limitations of the amateur and awards rules as well as prohibitions on all-star and national high school championship competition. An individual student-athlete may obtain any amount of coaching from any coach, including his or her school coach, any time, year-around except during the summer dead period, provided the restrictions placed upon school coaches are followed.
   NOTE: School coaches who also are involved with coaching active Unified Special Olympic programs and have limited contact between coaches and students who are regular season participants are exempt from the four-player rule.
2. These limitations out of season apply to coaches:
   a. Outside the school season during the school year (from Monday the week of Aug. 15 through the Sunday after Memorial Day observed), school coaches are prohibited from providing coaching at any one time under one roof, facility or campus to more than four students in grades 7-12 of the district or cooperative program for which they coach. This applies only to the specific sport(s) coached by the coach, but it applies to all levels, junior high/middle school and high school, and both genders, whether the coach is paid or volunteer (e.g., a volunteer JV boys soccer coach may not work with more than four girls in grades 7-12 outside the girls soccer season during the school year).
      NOTE: School coaches who also are involved with coaching active Unified Special Olympic programs and have limited contact between coaches and students who are regular season participants are exempt from the four player rule.
   b. When school coaches are in contact with students during the summer, they do so unsponsored by the school where they coach. These activities must be entirely non school programs:
      (1) **During the summer prior to Aug. 1**, except as limited during the summer "dead period" (see (3) below), coaches are limited to 15 days when they can coach in competition students in grades 7-12 of their school district if the teams involve more than the following number of players:

Soccer - 7	Lacrosse - 7	Volleyball - 4
Basketball - 4	Ice Hockey - 4	Field Hockey - 7

      Only the sports listed above are subject to these limitations on summer competition; and there are to be no summer competitions (as defined for these sports) on or after Aug. 1.

      In football, a maximum of seven players at one time may engage in organized competition with their school coach present for a maximum of seven days (more than seven players may be present). These 7-on-7 events may not be played on or after Aug. 1 for both high school and junior high/middle schools and must adhere to travel limitations for events held outside of Michigan. In addition to summertime out-of-season practice and competition regulations (7-on-7), informal activities (with footballs, helmets and football shoes – not sleds and dummies) may take place on any number of days during the summer (prior to Aug. 1) as long as no more than seven students in grades 7-12 of the district are assembled with a football coach of that district.

      These 15 (or 7) days of competition in the summer with the school's coaches of the sport present are subject to the same out-of-state travel limits that apply to school teams during the school season under Regulation II, Section 6, except for camps conducted within Michigan.
      (2) **During the summer prior to Aug. 1**, except as limited during the summer "dead period" (see (3) below), football coaches may participate at bona fide summer football skills camps where more than 7 students from their school district in grades 7-12 are participating.
         a. Bona fide football camps are those sponsored by institutions or business enterprises including: colleges, individual schools or intermediate school districts, community school programs, etc.
         b. The camps must be open to students from any school district, and are subject to player equipment limitations of shoes and helmets. Sleds and dummies may be used at these camps.
         c. Camps limited to students entering grades 9-12 must be promoted and advertised in public media to be open to students from more than one high school.
         d. Camps sponsored by a high school and limited to students entering grades 9-12 may not extend more than 10 days total.

(3) **Summer "Dead Period"** - In addition to (1) and (2) above, member schools shall designate a minimum of seven full consecutive calendar days during the summer when school is not in session and after the school's last participation in any MHSAA Tournament sport and prior to August 1 when open gyms (see 4 below) and conditioning programs, including weight training, (see 5 below) are not permitted to be conducted on school premises or sponsored by the school at other facilities. None of the 15 or seven days of competition permitted under (1) above shall occur during this dead period. The summer dead period applies to all levels of MHSAA member schools, coaches and students in grades 7-12.

a. During the summer dead period, coaches may not provide coaching instruction to any students from the district in which they coach in any setting (including camps), except that non-school, organized baseball and softball practices or competitions regularly scheduled throughout the summer with schools' coaches and students from the same district may continue without interruption (e.g., American Legion)."

b. Within a school, the dead period shall be the same for all MHSAA tournament sports sponsored by that school, and it shall not overlap any portion of the fall preseason downtime. It is recommended that these seven days include the 4th of July.

(4) **Preseason "Down Time"** - Beginning August 1 for all fall sports, March 1 until the start of practice for spring sports and 14 calendar days prior to the earliest start of practice for each winter sport:

a. No open gyms which involve that sport or sport-specific camps or clinics shall occur at the school or be sponsored elsewhere by the school; and no competition (intrasquad or intersquad) between groups that resemble school teams (more than three [or four] students of grades 7-12 of the district) may occur in that sport at any school facility or any other location with any of that school district's personnel present.

Conditioning, weight training and one voluntary four-player sport specific skill group with coaching is permitted, but no open gyms or rotations to other sport specific activity with coaches' present is permitted during the preseason downtime.

b. Regardless of what they are called or where they are held, coach-conducted running or swimming sessions which involve the structure of distances and timing and/or teach sport specific technique shall not be provided even on a voluntary basis during the down time prior to cross country, track & field or swimming & diving seasons if they are conducted by the school coaches of those sports.

3. These limitations apply to member schools year-round:

a. School transportation shall not be used for any out-of-season activity during hte school year. There may be no use of school owned and issued competition warm-ups and/or uniforms (non-competition practice jerseys may be worn whether or not school-owned or issued). Neither the school nor its coaches shall allow the out-of-season activity to be mandatory or to be any part of the basis for selection of the school team.

b. School operating funds may not be used in any way to support out-of-season activities; only funds from school-approved activities of booster clubs, school teams, student groups and community, civic or service groups may be used to pay fees for individuals on some basis other than athletic ability or potential (qualification for federal school lunch program is a suggested criterion). The limit is $200 per sport per student per year (September through August).

c. Because students and coaches may assemble from the same school, there is a tendency at summer camps and in summer leagues to call teams by their school names, but it must be understood they are not school-sponsored teams. They can't be. To assure there are not misunderstandings about the school's authority and responsibility (including liability for injuries), the following should occur:

(1) School administration must not allow camp and league organizers to use the school designations. "Lansing" is permissible; it's a city; but not "Lansing Everett" or "Lansing Catholic Central," which are the names of schools.

(2) School administrators should not allow school public address announcements or school website, newspaper or school yearbook coverage of any non-school sports activity or accomplishment that is not typical of promotion given to non-athletic non-school activities of students.

4. Except as limited by 2b.(3) and (4) preceding, school-sponsored "open-gyms" or "after school" activities are permitted in the school district's facilities out of season if they are voluntary and not part of the team selection process and adhere to these principles:

a. Diversity of students—open to all students of that school (it is required that an open gym be open to the general public).

b. Student-conducted—students choose from offered activities. Any coach of a sport under MHSAA jurisdiction who is present shall not coach, instruct, critique, direct, evaluate or participate in a sport he/she coaches.

c. Recreational emphasis—not an organized program of instruction and/or competition. There must not be any organized drills, practice structure and no instruction regarding offensive or defensive schemes by any person, including team captains and parents.

5. Except as limited by 2b.(3) and (4) preceding, school-sponsored “conditioning programs” are permitted out of season if they are voluntary and not part of the team selection process and do not involve equipment which is specific to a sport conducted on an interscholastic basis in Michigan. Examples of prohibited equipment include, but are not limited to, basketballs; volleyballs or nets; hockey sticks or pucks, track starting blocks, batons, shots, discusses, hurdles, or high jump and pole vault standards; football helmets, pads, footballs, sleds or dummies; baseball/softball bats, balls or bases; girls competitive cheer mats; wrestling mats; gymnastics mats or apparatus; swimming starting blocks. Generic equipment such as cones, weights, jump ropes, and other fitness apparatuses are permitted.
6. Curriculum Courses - Interscholastic athletics are extracurricular and may not be part of any curriculum. If classes contain no content specific to an MHSAA tournament sport, they are allowed. If any subject matter specific to any MHSAA tournament sport is taught to students, instruction to every student during any trimester or semester shall include nearly equal attention to at least three different topics such as other sports, lifesaving, water safety instruction, CPR, officiating, sportsmanship and first aid, as well as fitness, general weight training and conditioning. Classes must be open to all students. Out of season, school sport coaches may only be involved in teaching sport content in these courses in a sport they coach for that school district, if they are the staff member assigned to instruct this course on a regular basis throughout the semester or trimester.
7. Depending on the severity and/or frequency of out-of-season coaching violations, a coach or member school may be subject to any or all, but not limited to, the following:
   a. **Censure**. Further restrict coach/player contact out of season.
   b. **Probation**. Prohibit out-of-season coach/player contact, including at otherwise permitted conditioning programs, open gyms, summer competitions and three-player coaching situations.
   c. **Probation**. Restrict coaches' attendance at in-season practices, scrimmages and/or games, including regular season and/or MHSAA tournament.

APPENDIX A
COACHING EXPECTATIONS AND RESPONSIBILITIES

I. PROFESSIONAL AND PERSONAL RELATIONSHIPS AND EXPECTATIONS

a. RAPPORT
A coach must be able to develop a good rapport with any number of individuals and groups; team personnel, the student body, the professional staff (faculty, administration, maintenance, etc.), the community as a whole, spectators, officials, fellow coaches in the conference, media representatives and the parents of his/her players. Good rapport and competency are invaluable for the coach.

b. COOPERATION
The district expects a maximum of cheerful give and take between all individuals associated in any degree with the comprehensive program. Coaches must work hand in hand with their athletic director, principal and other members of their staff.

c. LEADERSHIP
Diligence, enthusiasm, honesty and a love for the game are all part of a professional pride that should be exhibited by any coach. Personal appearance, dress, physical condition, following practice schedules and building positive attitudes are very important.

d. DISCIPLINE
Every facet of discipline is the coach's responsibility. Individually, the coach becomes a model of all that the program represents–observation of school codes, training rules, rules of the game, ideals of good sportsmanship, behavior of participants throughout the season–at home and away, and the conduct of the crowd–especially where the student body is concerned. Desire to do well, **to win well, to lose well**, should be emphasized. Staff, players and spectators should be motivated toward established goals.

e. IMPROVEMENT
A coach must constantly take advantage of opportunities presented for self-improvement. Attendance at district meetings, rules clinics, special workshops and clinics in specific fields and similar in-service training programs is a must. Membership should be maintained in professional organizations, coaches' associations, and similar groups whose programs are geared toward greater achievement and fuller performance. Keeping abreast of current literature in professional journals, newspapers and magazines, and utilizing enrichment material available in other media forms is also expected.

II. COACHING TECHNIQUES

a. Use sound and acceptable teaching practices.
b. Run well-organized practice sessions.
c. Complete preseason planning well in advance of starting date.
d. Adhere to a highly efficient and technically sound program of injury prevention. When injuries do occur, follow a prescribed routine and maintain good communications with patient, trainer, doctor and parents.
e. Construct a well-organized gameplan.
f. Develop a sound system for equipment accountability, including seasonal inventory, repair, reconditioning and replacement. All purchasing should be accomplished through the allocated budget.
g. Keep assistant coaches, student managers and statisticians well informed as to what is expected. Cooperate fully with maintenance staff, transportation people and others similarly involved in the overall program.

III. RESPONSIBILITIES

a. TO THE PLAYERS ON THE TEAM

The main reason for having athletic teams within the school is to help provide opportunities for young men and women to develop their respective capabilities to the fullest extent. Development of positive attitudes is an important means to accomplishing this aim. We must promote and teach only clean, aggressive and fair play, while stressing good sportsmanship. The coach must be the leader and set the example. The coach should be fair and unprejudiced with players, considering their individual differences, needs, interests, temperaments, aptitudes and environments. Players have a right to expect coaches to have a genuine and up-to-date knowledge of that which they propose to teach. The physical welfare of players should always be uppermost in the coaches' minds. The coach's primary responsibility is to the individual boy or girl. The athlete's family must not be ignored, however, since consideration must be given to the family and to their requests.

b. TO THE SCHOOL DISTRICT

As a coach, you are a frequent topic of conversation at various community locations–the home, the work place and at the meetings of many civic organizations. Your profession, as well as your reputation as a coach, is constantly under scrutiny. Your actions and statements should always reflect confidence and respect for your School District. Much can be done by the coach in public contacts to build and maintain a high level of confidence in the athletic program and the school district.

c. TO THE SCHOOL

A coach owes his/her school his/her efforts and loyalty at all times. He/she must constantly strive for excellence in all areas of his/her school. To be effective, a coach must be respected. To be respected, good personal habits and neat appearance are important; but most important are the examples set by the coach. **Being respected** is much more important than being **well-liked.** Treat the faculty, the players, and the general students with the same honor and respect that you desire to be shown. Private, firm, fair and constant discipline must be maintained. The work of the coach must be an integral part of the educational program of the school. The coach should show mastery of the principles of education and consequent improvement in teaching and coaching. The coach should give support to all endorsed activities of the school. At every opportunity, the coach should urge the student body to be polite, courteous and fair to the visiting team.

d. TO THE PROFESSION

A coach should continue professional growth in both the academic teaching area and the athletic coaching area. To best accomplish this, a coach should belong to the various coaching associations open to the profession.

e. TO FELLOW COACHES

The makeup of a coaching staff is basically a quasi-autocratic society. The head coach must always be in command. Despite this position of authority, the wise head coach will encourage independent thought on the part of the staff. An important factor is human relations skills which provide for an open exchange of ideas in a courteous, thoughtful manner. A wise head coach will praise the assistants and award recognition whenever possible. Misunderstandings between coaches should be discussed as soon as possible and in an appropriate location away from the athletes and other people not concerned with the program. The head coach expects all staff to contribute a full measure of time, effort, thought and energy to the program. The assistant coaches must be willing and able to do things that they may not wish to do, or even like to do. They must fulfill the responsibility to the head coach, the boys and girls, and the sport itself.

It is most difficult to be a good assistant coach; however, the success of the school, the team and the coaching staff is dependent upon the quality and effort of the assistant coaches.

f. TO OTHER COACHES IN YOUR SCHOOL

One must always bear in mind that his or her sport is not the only sport; it is only part of the total athletic and educational program of the school. Therefore, it is important to support, promote and cooperate with all the other coaches and activity sponsors for the well-being of the total program. A coach should support and serve fellow coaches whenever possible. All remarks should reflect confidence in one's fellow coaches. A strong, harmonious, interpersonal relationship must exist among coaches and other faculty members.

g. TO FACULTY MEMBERS

A coach is responsible for cooperating with every faculty member on the staff. If the coach cooperates with the teachers of academic subjects by allowing an athlete to make up a test on practice time, he/she can be certain that cooperation and help will be returned twofold in efforts by other faculty members to keep the athletes eligible and to get that extra helping hand when the going gets tough.

h. PHYSICAL PLANT

Each coach is responsible for the following:

1. Keeping practice areas and locker rooms in order.
2. Storing equipment neatly and using equipment properly.
3. Keeping storage areas locked.

APPENDIX B

COACHES' AREA OF RESPONSIBILITY

I. TEACH & WARN

Coaches should teach fundamentals in their particular sports and protective skills.

a. **Teach athletes to protect themselves.**
b. **Teach proper fundamentals.**
c. **If athletes are praised or encouraged** for doing something improperly it will come back to haunt you.
d. **Negligent entrustment** (entrusting authority/activity to someone who is not qualified to carry out that particular authority/activity).
   1. Assistant coaches.
   2. Volunteer coaches.
e. **Athletes & Parents** must be warned of the inherent dangers of competition in each sport, before practice begins.

II. PROPERLY SUPERVISE

a. **The more hazardous or the more contact**, all the more closely the activity must be supervised.
b. **You must be at least immediately accessible**.
   1. Accessible to all aspects of practice or activity.
   2. Systematic overseeing of the practice or activity:
      a. Systematic supervision
      b. Written itinerary
      c. Emergency policies
      d. Locker rooms rules/regulations posted
c. **Regular-Season Contest Delays**
   When a league or conference does not have a written policy regarding late contest start time, the following MHSAA policy shall apply:
   1. If a team fails to arrive for a regular season contest at the time stated on the contract, it shall be necessary for the host administration to delay the contest, declare the game forfeited, reschedule the contest, or declare the event "no contest."
   2. If the host management has been notified of the reason for the delay and projected arrival, the officials must stand by for 60 minutes beyond the scheduled starting time. When the team arrives, a reasonable amount of time must be provided for the visiting team to conduct a pregame warm-up. In any case, warm-up shall not be less than 15 minutes.
   3. If the host management has not been notified that there is a delay and the reason for it, the officials have permission to leave the site, without obligation, 30 minutes after the contracted start time has passed.

   In MHSAA tournament play, the *Participating School Tournament Information* for each sport will prescribe the specific action to be taken. For regular-season play, league and conference policy supercedes the policy above, so coaches and officials should inquire with their league to see if any policy exists.
d. **Officials Fail to Arrive**
   In the event a contracted official fails to arrive for a scheduled contest, those officials who are present may 1) officiate the contest with less than the usual number of officials; 2) replace the absent official with a local registered official to fill-in or 3) cooperate with the involved teams to postpone the contest.
   Note: It is never an option to accept or use the services of an unregistered official.
e. **Unregistered Officials**
   Registered officials are never to work with anyone who does not hold current MHSAA registration in the sport. While it is the responsibility of the host school in particular and all schools in general to use only currently registered officials in those positions which require MHSAA registered officials, each contracted official has a responsibility and obligation to assure that he/she works only with MHSAA registered officials. If it is learned that an unregistered person is present to function as an official, the MHSAA registered official shall 1) advise the host, 2) remind the host that no MHSAA registered official may work any part of a contest with an unregistered person, 3) delay the start of the contest until a replacement is provided, 4) work the contest only with the registered officials present with the mutual consent of all schools, or 5) postpone the contest.
f. **Game Suspension Guidelines**
   1. On threatening days, game management should consult with contest officials about steps to be followed if conditions worsen.

2. When lightning has been observed or thunder is heard, the contest must be suspended. Officials and game management may consult weather applications to make suspension, resumption and continuation decisions using the following policies:
   a. If lightning has not been observed and thunder has not been heard, the contest must be suspended if independently validated lightning-detection devices or mobile weather applications indicate a lightning strike within 10 miles of the event location.
   b. At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event before the full 30-minute suspension has expired. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a further threat. Independently verified lightning detection information would help eliminate any uncertainty.
   c. Severe weather with precipitation (rain or snow) may make the field unplayable.
3. When a contest is suspended, the home school administration shall attempt to arrange for the security of all participants.
   a. When a contest is suspended, the home school administration shall attempt to arrange for the security of all participants. Contestants and support personnel shall be moved to appropriate indoor facilities.
   b. When the contest is suspended, contestants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes unless the resumption criteria in Item II-B above has been satisfied.
   c. Spectators shall be advised of the action being taken to seek shelter. (Some hosts may be able to offer shelter to spectators, but are not required to do so.)
   d. The final decision shall consider liability and conditions of facilities as well as future schedules, the need to play the contest, and finally, the quality of all other options.

g. "**Acts of God"**

Officials are to take action according to the rule book in the sport. *Terminated contests* count as a game or day of competition. *Suspended contests*, continued from the point of interruption, will not count as an additional day of competition. Any contest or game which starts over is to be counted as a new game or day of competition.

1. **Emergency Decisions**

   The MHSAA is confident that with the guidance and direction provided by various MHSAA policies and procedures, every official will exercise common sense "in the spirit of the rules" and according to MHSAA regulations to successfully handle any emergency which arises. An official's decision will be appropriate if the basis for an emergency decision is the adopted rules of the contest and the MHSAA regulations. Decisions which are not supported by acknowledged and accepted policy or rules will place the officials and the schools involved at risk. An emergency that requires medical attention for an athlete requires the official to maintain his/her role as an official. Officials are not encouraged to take an active part in providing medical care to an injured athlete. The official shall supervise the event within the rules and make such decisions as are necessary within the rules of the contest.

2. **Protests**

   In accordance with the *MHSAA Handbook*, a protest of a contest is not allowed by the MHSAA when it is based on judgment decisions of officials or on misinterpretation or misapplication of playing rules. Officials are required to adhere to all provisions of the playing rules which allow for the review of decisions during contests.

III. SCHOOL POLICY

Coaches must know school policy in every situation.

1. Know if you have a school policy and do not deviate from it.
2. If no school policy, go to the Board/Superintendent.
3. If you fulfill school policy, you automatically fulfill your duties as a reasonably prudent administrator or coach.
4. Adopt the policy rules of the superior administrative agencies.

IV. EQUIPMENT

Once injury does take place

1. Remove the equipment from use, label it. Get evidence of purchase and sequester it.
2. If on film, study film and keep it.

V. DUTIES OF A COACH

a. Properly plan an activity.
b. Evaluate athletes or students for injury.
c. Match or equate athletes.
d. Provide or maintain proper effective equipment.
e. Warn of inherent risks of a sport.
f. Supervise closely.
g. Know and use emergency procedures and first-aid.
h. Keep adequate records.
i. Know, document, post and operationalize school policies.
j. Teach proper skills.
k. Inspect, repair, recondition equipment properly.
l. Teach athletes to inspect their own equipment.
m. Create and set policies and procedures for an activity.
n. Adopt risk minimization standards of pertinent superior administrative organization.
o. Assess an injury or incapacity in an athlete.
p. Keep adequate and accurate records.

APPENDIX C
COACHES ADVANCEMENT PROGRAM

The Michigan High School Athletic Association in cooperation with the Michigan Interscholastic Athletic Administrators Association and the Institute for the Study of Youth Sports of Michigan State University has developed the Coaches Advancement Program for faculty and non-faculty and college coaches of middle level and high school sports teams. Over 40,000 Michigan coaches have participated through the last 15 years.

Coaches are encouraged to attend a program of basic coaching knowledge to be updated each year. Subject areas include sessions on MHSAA eligibility regulations, legal responsibilities, psychology of coaching, conditioning and injury prevention, practice planning, transportation and budget concerns, and effective public relations. A reference manual includes supplementary reading on each subject.

A list of Coaches Advancement Programs for this school year can be found on the MHSAA Website, mhsaa.com. This list is updated frequently.

Each head coach of a varsity team in a sport under MHSAA jurisdiction hired for the first time as a head coach at any MHSAA member school after July 31, 2016, shall have completed either CAP 1 or CAP 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP 1 or CAP 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. An administrator or faculty member designee of that school shall be present with supervisory capacity over the school's competitors. The MHSAA may substitute an alternative coach's education program for late hires which will fulfill the requirement on a temporary basis.

Deadlines for compliance are:

Fall: September 10, 2026
Winter: December 10, 2026
Spring: April 15, 2027

APPENDIX D
TOBACCO AND ALCOHOL POLICY AT MHSAA TOURNAMENTS

For coaches and officials at all MHSAA tournaments, use of tobacco products of any kind, including e-cigarettes or other smoking devices, within sight of players and spectators and use of alcohol during a contest or at any time before it on the day of the contest is prohibited.

Enforcement

Tobacco: It is not intended that a violation of the tobacco policy should lead to immediate ejection of a coach. He or she should be reminded of the policy and reported to his or her school administration after the contest. Only if the coach is unwilling to comply promptly shall he or she be disqualified from coaching at the event.

Officials should be reminded of the tobacco policy and reported in writing by the tournament manager to the MHSAA.

Alcohol: Historically, officials promptly disqualified coaches, and tournament managers immediately replaced officials who were under the influence of alcohol; and no change in such procedures is intended by these policies.

APPENDIX E

STATEMENT OF AIR QUALITY AND SPORT PARTICIPATION POLICY

Recent fires and smoke from outside our state continue to raise questions regarding safe participation in sports and practice for young athletes. This position statement serves as a resource to coaches, administrators, parents, and students who have questions about participation in outdoor activity during periods of diminished air quality for MHSAA member schools.

A valid and reliable standardized national air quality resource is the National Weather Service (NWS) Air Quality Forecast System. This system provides constant monitoring of ozone, particulate matter, and pollutants with accurate and advanced notice to prevent the adverse effects of decreased air quality. The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI is reported as a single number based on a scale of 0 to 500 with 0 being completely safe and 500 indicating the most hazardous levels of air pollution.

The MHSAA offers the following guidance to institutions seeking to make decisions about the appropriateness of practice or competition in questionable air quality situations. MHSAA recommends following these guidelines. If specific guidelines have not yet been provided, the following are useful guidelines consistent with NCAA and NFHS position statements on air quality.

1. Monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions is recommended. Advice and monitoring is best done by the primary athletics health care providers (athletic trainers, school nursing staff, team physicians) who have training in such monitoring. Schools may choose to delegate this responsibility to a staff member with knowledge of AQI.
2. At AQI values **above 150**, local host consideration should be given to shortening, delaying, modifying, rescheduling the activity or moving it indoors if possible. Prolonged exposure and heavy exertion should be reduced, shortened or even avoided.
3. At AQU values **above 200**, outside events should be rescheduled, postponed or cancelled.

School Emergency Action Plans may guide the emergency care response in these circumstances and the staff should be made aware of this plan. The Preparticipation Physical Examination for Sport will be used as a tool to identify students at risk for smoke inhalation exposure such as asthma, cardiac disease, and respiratory disease. Emphasize to student-athletes that the wearing of masks, such as for protection against COVID-19, does not protect against exposure to hazardous air quality. Consequently, wearing masks will not allow competition or practices when AQI is at hazardous levels.

There are now validated online applications to smartphones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. The MHSAA recommends using the **www.airnow.gov** application for this purpose. The AQI may even be checked periodically during a day of competition or practice in case of changing conditions. The application was created with the collaboration of the Environmental Protection Agency and contains not only air quality data but also current fire conditions, webcams, and email notifications consistent with local and regional up-to-date conditions.

References

1. *Air Quality Position Statement. NCAA Sports Science Institute*, Sept 2018
2. *NFHS Position Statement on Physical Activity, Air Quality, and Wildfires*, April 2019
3. *US Environmental Protection Agency*. Air Now website www.airnow.gov

APPENDIX F
2026-27 MHSAA PLAYING RULE ADOPTIONS
(Including Point Differential Rules)

Regulation II, Section 8 (A) states that schools shall adhere to the playing rules adopted by the Michigan High School Athletic Association. The source for playing rules for competition involving one or more member schools include the National Federation of State High School Associations for most sports, the MHSAA for alpine skiing and girls competitive cheer, the U.S. Bowling Congress, the U.S. Golf Association and the U.S. Tennis Association. Currently there are no adoptions or modifications of playing rules listed for alpine skiing, golf, or bowling. Schools and officials should consult Regulations II, Sections 8-10, Representative Council Policies in the back of the Handbook, the sport specific rule book, Participating School Tournament Information and Tournament Managers Material for complete sports playing rule information.

BASEBALL and SOFTBALL

I. Regulation Game

A. A regulation called game where a winner cannot be determined, shall be counted as 1/2 game won and 1/2 lost for each team. (MHSAA allowed – requires league adoption)

II. Game Shortening/Ending Procedures

A. The four options listed are the only permitted game-shortening procedures allowed for baseball and softball games at the varsity and subvarsity levels. (Schools, leagues or invitational tournament management shall determine which are to be utilized with prior mutual written consent): Item '1' shall be observed for every game of the MHSAA Baseball and Girls Softball tournament series.
   1. Requires games to be terminated during, or following the completion of, the home team's at-bat when there is a 15-run difference any time after three innings (or two and a half innings if the home team is ahead) or a 10-run difference any time after five innings (or four and a half innings if the home team is ahead);
   2. Allow a team to discontinue play any time it trails by more than 15 runs;
   3. Establish shortened games of five or six innings in doubleheaders.
   4. Establish a time limit at the subvarsity level (1 hour, 45 minutes recommended if a time limit is used).
   5. **Suspended Games (Baseball and Softball):** By default, a game will be considered suspended any time the game is called before it reaches regulation, or if called any time when the score would be tied. If both schools agree, a game called prior to regulation or a tied game may be declared a "no game." Games resumed from the point of suspension do not count as an additional game, pitching limitations apply. Consult the Baseball and Softball Participating School Tournament Information on MHSAA.com for more details.

B. For MHSAA softball tournament games the tiebreaker will be used with the beginning of the 11th inning. For regular-season games, the tiebreaker may be used by local league and conference adoption beginning with the 8th inning.

III. Equipment

A. Middle School Bats: For games at the middle school level, member school teams may deviate from National Federation rules and use the bat standard currently allowed by Little League Baseball. This bat standard is the certification mark placed on the bat of USA Baseball.

B. Double First Base: During MHSAA Tournament contests, the double first base will not be used and must be manually removed. For regular-season games, use of the double first base is optional by mutual consent of competing teams or by league adoption. If not used, the double first base is not required to be removed.

IV. Protests

A. The MHSAA does NOT recognize protests of any playing rule, disqualification or ejection.

See Baseball Pitching Limitations (page 113).

BASKETBALL

I. Point-Differential Rule

A. At all levels of play and in MHSAA tournaments, when one team has a lead of 40 points or more in the first half, or 30 points or more in the second half, a running clock shall be established. Once the point differential rule is activated, it no longer reverts back to normal timing rules. During any running clock mode, the clock shall be stopped as normal for all timeouts and between quarters; and for free throws during the last two minutes of the game. By league or conference adoption the point differentials (both to establish a running clock and then resume normal timing) may be modified at the junior high middle school level only.

II. Coaching Box

A. A 28-foot coaching box for regular-season and tournament games shall be used.

FIELD HOCKEY

I. Goal-Differential Rule

A. The 8-goal differential rule is in effect for the MHSAA Tournament and regular-season varsity play. It is optional for leagues and schools to adopt for subvarsity regular-season competition. A game shall be terminated when a team is ahead by 8 goals or more anytime after the first half is completed. (Note: officials must be aware of this adoption by schools or leagues before the contest begins). This game counts toward one of the 18 allowed contests.

B. When there is a six-goal differential:
- The clock becomes a running clock at a six-goal differential (only stopping on injury or time out).
- The game clock will revert to normal timekeeping if the goal differential becomes five.

II. Overtime Procedures

MHSAA Tournament Overtime Procedures – The required MHSAA tournament procedures are:

A. Play a 10-minute sudden victory overtime period with a team of six field players and one goalkeeper. Teams do NOT change goals at the end of the regulation game. The winner of the coin toss shall choose to be on offense or defense to begin the overtime period. On a penalty corner, there shall be three defensive players and a goalkeeper behind the end line.

B. If the game remains tied after the 10-minute period is played, then it will go to the one-on-one overtime procedure. A series of five shots on goal shall be taken by individual players in a one-on-one situation (attacker vs. goalkeeper). To begin this procedure, the attacker stands on the 25-yard line, and the goalkeeper stands on the goal line. Play continues for 8 seconds (10 seconds on a grass field), with follow-up shots permitted.

NOTE: A foul or violation by the attacker ends the procedure. For an unintentional foul by the goalkeeper, the one-on-one shall be retaken. For an intentional foul by the goalkeeper, a penalty stroke shall be awarded. Any player on the approved roster may take the penalty stroke. The procedure also ends when: (1) the 8 (or 10) seconds have elapsed; (2) a goal is scored; (3) the ball goes out of play over the end line or sideline.

II. Overtime Procedures

Leagues and conferences may have an overtime option for end-of-season bracketed tournaments (see above overtime procedures). In this section, overtime is considered an extension of the fourth quarter.

A 10-minute sudden-victory overtime period with a team of six field players and one goalkeeper shall be used in the regular season. Regular-season games still tied at the end of the 10-minute overtime shall end in a tie, unless it is a bracketed tournament

IV. Complete Game - Inclement Weather Conditions

When a game cannot be completed due to inclement weather, a game is considered complete when one team has a three or more goal differential at any time following completion of the second quarter.

FOOTBALL

I. Pregame Coin Toss

A. For regular-season games, the pregame coin toss may be held on the field 20 minutes prior to kickoff games rather than three minutes prior. For tournament games, it is required that the coin toss be held 20 minutes prior to kickoff.

II. Point-Differential Rule

A. The running clock, 35-point margin rule shall be used for all football games, regular season and playoffs, varsity and subvarsity, high school and junior high/middle school. After the first half, any time the score differential reaches 35 points or more, the following changes, and only these changes, shall be made regarding rules determining when the clock will and will not be stopped. The clock shall run continuously except for the following situations when it will be stopped **(T I P S)**:

1. **T**imeouts (charged to a team)
2. **I**ntermission (between 3rd and 4th quarters, and after a score)
3. **P**enalty enforcement (whistle to ready-to-play)
4. **S**afety reasons (injuries, etc.)

Normal timing procedures shall resume if the point differential is reduced to less than 35 points. Additionally, should the point margin increase to a 50 point differential any time in the game, the clock will run continuously except for officials' timeouts for injured players.

Note: The use of this option does not preclude the use of Rule 3-1-3 which reads: "A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee any remaining periods may be shortened at any time or the game may be terminated."

B. In 9th-grade and junior varsity contests, the clock shall start on the ready-for-play signal rather than the snap following a change of possession.

III. Overtime

A. The 10-yard-line overtime rule outlined in the National Federation Football Rules Book will be in effect for all varsity regular-season games and MHSAA Playoff games which end with scores tied at the end of regulation.

IV. Competition Against Non-school Teams

A. Only subvarsity football teams may schedule games with non-school teams as is currently allowed in all other sports. Regulation II, Section 9 (D) requires senior high school varsity teams compete only against teams composed exclusively of high school students and representing high schools.

V. Eight-Player Football

A. Schools may support teams using the Eight Player Format. Recommended field size is 100 x 40 yards. National Federation published eight player rules will be used.

VI. Casts

A. Authorization for players to compete while wearing a legally padded cast must be in writing from an M.D., D.O., Physician's Assistant or Nurse Practitioner.

GYMNASTICS

I. Mechanics of Scoring

A. Regular-season and MHSAA tournament gymnastics shall use open scoring.

B. An inquiry of an official's score is permitted within 10 minutes after all scores for that team have been recorded for that individual event (rather than 5 minutes). The MHSAA allows unlimited inquiry.

See Requirements for regular-season Gymnastic Meets (page 113).

ICE HOCKEY

I. Goal-Differential Rule

A. The 8-goal differential rule is in effect for both the regular season and MHSAA Tournament: A running clock shall be used when a team leads by 8 or more goals during the first and second periods. After two periods of play or anytime during the third period, the game will be terminated when a team leads by 8 goals. During the first or second period when the score differential drops beneath 8 goals, regular time shall be reinstated until an 8-goal margin is reached. The rule is not optional nor shall it be modified.

II. Length of Periods

A. As allowed by National Federation Rule 9-12, leagues and conferences may, by prior mutual agreement, permit schools to play 17 minute periods during regular-season games. If there is no prior mutual agreement, periods shall be a maximum of 15 minutes in length. In MHSAA Tournament games, periods will be 17 minutes in length.

III. Regular-Season Overtime Procedures

A. For a regular-season single game, one sudden victory overtime period of a maximum 8 minutes in length. Teams shall change ends after regulation. If no goals are scored in the OT period the game ends in a tie. By prior mutual agreement, a league or conference may elect to not play OT. If there is no prior league/conference agreement to not play OT, a game tied at the end of regulation shall have one sudden victory OT period, maximum 8 minutes in length. This is the MHSAA default rule for all regular-season single games – one 8-minute OT period. If there is no league or conference agreement (or in non-conference games a prior agreement) to not play OT, then one 8-minute OT period shall be played.

B. Regular-season tournaments involving four or more teams played on days not followed by a school day (weekend tournament/holiday tournament), may use any number of overtime periods up to 8 minutes in length to determine a winner. Teams shall change ends after regulation, as well as each subsequent overtime period. MHSAA Tournament games will use 8 minute sudden victory overtime periods to determine a winner in all games.

C. A shootout may be conducted at the end of the regulation time in conference games by prior league/conference adoption or by pregame mutual consent of both teams in non-conference games as follows:

- At the end of regulation, the head official will instruct the timekeeper to put two minutes on the clock and immediately start the clock.
- The other two officials will request a list of three shooters from each coach.
- The head official will meet at center ice with the captains to explain the protocol during the two-minute period.
- The goalkeepers remain at the same ends as the third period.
- The home team has the option of shooting first or defending first in Round 1, with the order reversed in Round 2. Teams will have their three shooters alternate shots in each round. The shootout ends if a team scores more times in its round than the opponent does in its round (1-0, 2-1, 3-2). Each team has an equal number of chances to shoot before a winner is declared.
- If the shootout remains tied at the end of two rounds, each coach will select a different shooter, this time in a sudden death situation. Neither team may use a repeat shooter until each skater on the smallest team's roster has shot. For example, if Team A has 17 skaters but Team B has only 12 skaters, both may use repeat shooters on the 13th penalty shot but not before.

D. By prior written MHSAA approval, MHSAA shootout procedures can be used to break a tie at the end of a two-game series if the total goals are tied after two regulation games.
E. By prior league or conference adoption or by pregame mutual consent in non-conference games, after one scoreless overtime period of a maximum 8 minutes in length, the MHSAA Tournament OT procedure of 4 on 4 periods may be used to break a tie. Teams shall change ends after regulation and each overtime period.

Only the above options are allowed for regular-season contests that end tied in regulation.

IV. MHSAA Tournament Overtime Procedures

A. During MHSAA Tournament contests, four sudden-victory overtime periods not to exceed eight minutes in length followed by unlimited 4-on-4 periods will be used to determine a winner. Procedures for resurfacing are stated in the MHSAA ice hockey Participating School Tournament Information and Tournament Managers Manual.

V. Tournament Netting Requirements

A. All MHSAA ice hockey tournament facilities shall have protective netting behind the goal area, or restrict seating behind the goals.

VI. Neck Guards

A. The MHSAA has approved mandatory use of neck guards for all MHSAA member school players, including goalies in both MHSAA regular-season games and MHSAA tournament games. Neck guards are to be worn properly during the game and also during pregame and between period warm-up time.

VII. Sportsmanship - Next Game Disqualifications

A. The MHSAA penalty for player or coach game disqualifications in the same season is as follows: first game disqualification – two-game suspension; second game disqualification – four-game suspension and may not coach in the MHSAA tournament; third game disqualification – the coach or player is suspended for the remainder of the season.

VIII. Players in Uniform

A. The number of players in uniform may be increased from its current 22 active players to include a 23rd player to be dressed in uniform if that player is a goaltender.

IX. Helmets - Players, Coaches and Officials

A. Helmets must be worn at all times by players and officials while on the ice, except while standing for the National Anthem or during post game awards ceremonies.
B. All members of a high school ice hockey coaching staff shall wear HECC Certified helmets while on the ice for practice.

LACROSSE (Boys and Girls)

I. Casts

A. Authorization for players to compete while wearing a legally padded cast must be in writing from an M.D., D.O., Physician's Assistant or Nurse Practitioner.

II. Girls Lacrosse Overtime Procedures

A. Previous overtime procedures have been retained. (Alternative possession shall continue from regulation and alternate possession is continuous through any overtime period.) The rule is:
- When the score is tied at the end of regular playing time, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. Six minutes (two 3-minute halves) of overtime will be played. The clock stops on official timeouts or fouls in the critical scoring area. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team which is ahead at the end of six minutes wins the game.
- If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. The winner will then be decided on a "sudden victory" overtime of no more than six minutes in length with the teams changing ends after 3 minutes. The game will be restarted by a center draw. The team scoring the first goal wins the game.
- Play will continue with "sudden victory" overtime periods of six minutes in length (two minute halves) with 3 minutes in between and change of ends until a winning goal is scored.
- Overtime is considered an extension of the fourth quarter insofar as this section is concerned.

III. Misconduct/Disqualification

A. In girls lacrosse, the actions of a spectator does not necessitate the head coach be assessed a card.

IV. Suspended Games

A. A regular-season or tournament game is legal and complete after three quarters for boys.

V. MHSAA Boys Lacrosse Tournament Game Termination

A. An MHSAA tournament game in boys lacrosse will end when an 18-goal margin is reached any time after the third quarter is completed. The 12-point goal point differential running clock in the second half continues. NFHS Rule 3.5 also states: By mutual agreement of the opposing coaches, and approval of the referee, any period may be shortened or the game terminated.

SOCCER

I. Goal-Differential Rule

A. The 8-goal differential rule is in effect for the MHSAA Tournament and regular-season varsity play. It is optional for leagues and schools to adopt for subvarsity regular-season competition. A game shall be terminated when a team is ahead by 8 goals or more anytime after the first half is completed. (Note: officials must be aware of this adoption by schools or leagues before the contest begins).

B. If the goal differential reaches eight (8) during the first half, institute a running clock for the remainder of the half. The clock will not stop for goals, cards, injuries, or any other reason.

II. Overtime Procedures

A. MHSAA Tournament: The required MHSAA tournament procedures are two full ten-minute overtimes with no golden goal conclusion (play full time regardless of score). Teams shall change ends of the field at the conclusion of the first overtime. If still tied at the end of the second full 10-minute overtime, the shootout (penalty kick) process is used.

B. Regular Season: There will be no overtime periods or shootouts in the regular season. Leagues and conferences may have an overtime option for end-of-season bracketed tournaments (overtime not to exceed two 10-minute periods plus shootout).When considering the three-half rule, overtime is considered an extension of the second half. A multi-team tournament may use a shootout to determine a winner.

III. Uniforms (Caps)

A. Players may wear soft and yielding ski caps during inclement weather. Caps must be alike in color.

B. A team not complying with the playing rules for colors of jerseys would be responsible for wearing whatever options are used to attain different jersey colors.

IV. Casts

A. Authorization for players to compete while wearing a legally padded cast must be in writing from an M.D., D.O., Physician's Assistant or Nurse Practitioner.

V. Tournament Procedures

A. The minimum requirement for an official game in an MHSAA tournament game is 60 minutes if the difference in score is one goal or less at the time the game is suspended and cannot be resumed.

B. Vuvuzela horns are banned at all MHSAA Soccer Tournament matches.

SOFTBALL See Baseball and Softball

SWIMMING & DIVING

I. Water Depth

A. DEQ Regulation states a pool must have 79 inches of water in order to use starting platforms. (Pools with at least 60 inches of water have been grandfathered by the DEQ).

II. Step-Up starts will be used

III. Final Meet Qualifying

A. At the MHSAA Finals, the qualifying criteria has been modified so as to qualify approximately 32 individuals or relay teams per event, per division.

IV. Events

A. Schools may request approval from the MHSAA to modify events for invitationals.

V. Swim Caps

A. Swimmers may wear caps that read "State Team" for both regular season and postseason competition provided all other NFHS regulations with regard to caps are followed.

TENNIS - U.S. Tennis Association USTA

I. Scoring

A. Schools may use no-ad scoring, play pro sets, or short sets or shorten the rest period between the second and third set.

II. Misconduct, Sportsmanship

A. Cumulative Point Penalty System applies for all levels of the MHSAA Tournament.

B. The penalty for unsportsmanlike conduct after or during a match by a player or non-player (Regional or Final) shall be: individual is defaulted for the rest of the tournament (Regional and Final) and one point is subtracted from the team total.

C. MHSAA Point Penalty System is: warning, point, default.

III. Rest Periods

A. The continuous play rule has been modified; breaks occur at each odd game (including the first game) and a set break of a maximum of two minutes is allowed.

B. The rest period between second and third set is a maximum of five minutes. Coaching is allowed during every change over, set break and five-minute break between the second and third sets.

IV. Seeding

A. At the Finals, up to six (6) players per flight may be seeded in all flights except #1 singles. Should there be 21 to 23 #1 singles players in the draw, up to seven players may be seeded. If there are 24 or more, up to eight players may be seeded in #1 singles.

B. Seeds at the Regional and Final will be placed, therefore no coin flip is needed.

C. No appeals or protests regarding a seed or the placement of seeds determined by the Seed Committees for the Regional and Final levels of the MHSAA Tournament are allowed or may be considered by those Committees, MHSAA Staff or MHSAA Executive Committee after the Seed Committee adjourns.
This does not preclude the MHSAA from removing students from the tournament for violations of MHSAA Regulations.

V. Regular-Season Results Reporting

A. Schools must enter all regular-season match data online via tennisreporting.com on a timely basis. Tennisreporting.com and more specifically the “Player Season Reports” (PSR) generated by tennisreporting.com will be used by tournament administration to seed the Regional and Final tournaments.

VI. Uniforms

A. The minimum uniform requirement is an unaltered shirt with sleeves, preferably in school colors or with school identification. (Exception: females may wear a sleeveless dress/shirt, including a racer-back top) All uniforms must be approved by the school. Team shorts/skirts are required and shall be the same color. Penalty: Match will not start unless the individual/team has uniform on. Point penalty system for lateness will be used.

TRACK & FIELD and CROSS COUNTRY

I. Uniforms, Attire, Adornments

A. Should the uniform jersey hang below the waistband of the shorts, jerseys must be tucked in.

B. Throwing Events: The event landing areas must be clearly identified and marked with flags or ropes.

C. Sunglasses may be worn in competition.

II. Events

A. A student shall participate in no more than four events per meet (National Federation listed events only but not javelin in any form).

B. Schools may request approval from the MHSAA to modify events for invitationals.

C. The 1600-meter run, 3200-meter relay and 3200-meter run at all Lower Peninsula Regional and Final meets will use waterfall and a one-turn stagger. The upper waterfall cut-in will be at the start of the front straightaway; the lower waterfall cut-in immediately.

VOLLEYBALL

I. Match Format

A. The fourth or fifth set of a match may be played even after one team has won its third set. See Int. 286 b. regarding officials.

B. Modification of match format is permitted for competition other than varsity dual matches. All varsity dual matches must be played as best three-of-five sets. In varsity tri and quad matches that use a best two-of-three format, all sets must be played to 25 points, including a deciding set, if necessary.

II. Warm-Up Time in MHSAA Tournament

A. During the MHSAA Tournament, the pre-match warm-up is 20 minutes. The first four minutes is shared time; the second four minutes is home team; the next four minutes is visitor; next four minutes is home team; last four minutes is visitor.

III. Ball

A. The gray, white and royal blue ball will be required for regular season and all MHSAA Tournament Rounds.

WRESTLING

I. Home Weigh-ins

A. Home weigh-ins are permitted by mutual consent for all regular-season contests.

II. Wrestling – Result Reporting for Individual Tournament

A. Schools must enter all regular-season match data online via TrackWrestling on a timely basis. This data must be submitted to TrackWrestling prior to the Individual District submission deadline. TrackWrestling will be used by tournament administration to automatically seed each level of the Individual District, Regional and Final tournament rounds.

III. Ineligible Participation Penalty – Dual Meet

The following steps will be followed if a student participates in a weight class for which they are ineligible during a wrestling dual meet competition.

- If this fact is discovered during the involved match, the match is stopped and forfeited by the opponent.
- Six (6) team points are awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the offending team's head coach, which requires the deduction of one additional team point (7-point penalty).
- If this is discovered after the involved match but before the completion of the dual meet, the dual continues with the team score being adjusted so that any team points earned during the match in question are removed.
    - 6 team points are then awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the head coach of the offending team, which requires the deduction of one additional team point (7-point penalty).
- In both cases, neither wrestler who competed in the "illegal" match may compete again during that dual meet.
- If this is discovered after the dual meet when the scorebook has been signed by the official and both teams have left the mat area, the results of the dual meet will stand.

IV. Participation – Dual Meets

When there is an odd number of teams at a wrestling tournament (dual meet format), eligible student-athletes from participating teams may assemble as a group to compete against other teams in the event.

APPENDIX G

BASEBALL PITCHING LIMITATIONS

The following pitch count limitations are in place for all MHSAA schools sponsoring baseball at the senior high school and junior high/middle school level.

Senior High School (Grades 9-12)
Maxium Number of Pitches in One Day = 105

Rest Period per No. of Pitches	
76-105 Pitches	3 Days of Rest
51-75 Pitches	2 Days of Rest
26-50 Pitches	1 Day of Rest
25 Pitches or Less	No Required Days of Rest

Junior High/Middle School (Grades 6-8)
Maxium Number of Pitches in One Day = 75

Rest Period per No. of Pitches	
51-75	3 Days of Rest
26-50	2 Days of Rest
25 Pitches or Less	1 Day of Rest

Definitions and Key Terms

- Day of Rest: A calendar day in which a student does not participate in any game on that day as a pitcher (starter or relief pitcher).
- Counted Pitch: All regulation pitches that are thrown to a batter that result in a ball, strike (called or swinging), foul ball or fair batted ball put into play are considered a “counted pitch” for purposes of this rule. An illegal pitch, a pitch that follows a balk or timeout being called, warm-up pitches, throws when playing a batted or thrown ball and pick-off throws to a base are NOT counted under this rule.
- Daily Pitches: These are all the counted pitches that are thrown on any given calendar day. If a pitcher participates in multiple games of a doubleheader or tournament on a given calendar day, those counted pitches must be added together in establishing that pitcher’s daily number of pitches.

NOTE: Head coaches may track and record pitches using either a Pitching Record Form (PRF) or through a GameChanger Plus account provided free of charge by the MHSAA*, or a combination of both. If using the GameChanger account, **it must allow public access to the box score portion so that opposing coaches may review the pitching statistics.** Pitching records from the previous three calendar days must be made available (through either method) to the opposing coach at the plate meeting. The MHSAA has access to the dates and times when pitching statistics are added to GameChanger. For more information, visit the AD/Coaches Baseball page of MHSAA.com.

APPENDIX H

MHSAA FOOTBALL PRACTICE POLICIES

During the first week of practice of the season, only helmets are allowed the first two days, only shoulder pads may be added on the third and fourth days, and full pads may not be worn until the fifth day of team practice.

NEW DEFINITIONS:

1. "**Collision**" practice is one in which there is live, game-speed, player-vs.-player contact in pads (not walk-throughs) involving any number of players executing full tackles at a competitive pace, taking players to the ground.

NEW LIMITATIONS:

2. **First two weeks of practice before first contest**: Collision contact is limited to no more than 6 hours in a week (Monday – Sunday). Inter-squad scrimmages will calculate collision contact based on ½ of the total time (2-hour scrimmage = 1 hour of collision contact, 3 – hour scrimmage = 1.5 hours of collision contact.

3. **Thud: Full speed, contact above the waist only**, with no player being taken to the ground. There is no winner or loser, predetermined or otherwise. Coaches are not grading physical domination in thud.

   Teammates are merely trying to give each other a simulation of full-speed game action. Thud is not collision contact and is an alternative to live/full contact. Thus drills and segments are unlimited during the football season.

   Note: Thud tempo drills and activity is not considered Collision contact and is unlimited.

   - During any additional practice sessions, players may wear helmets and other pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, full-speed contact is limited to players vs. player in thud activity or calculated in collision practice.

4. **After the first regular-season game,** teams may conduct no more than 30 total minutes of collision practice in any week, Monday through Sunday. During other practice sessions, players may wear helmets and other protective pads (neither is mandatory). Blocking and tackling technique may be taught and practiced.

5. No single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.
   - Warm-up, stretching, speed and agility drills and cool down are all considered part of practice. Neither strength/weight training activities nor video/classroom sessions are considered practice for the purposes of the three- or five-hour limits.

FOOTBALL PRACTICE Q & A

A. Q Do the policies apply at both the high school and junior high/middle school levels?
   A Yes.

B. Q Is the purpose of the proposals to improve student-athlete acclimatization or reduce head trauma?
   A Both.

C. Q Are "girdle pads" allowed during the first week of practice?
   A Girdle pads may be worn under or in place of shorts during the first four days of acclimatization practice that precede the first day in full pads.

D. Q Does the three-hour limit on single practices and the five-hour limit for multiple practices on the same day apply only to football?
   A Yes. The MHSAA recommends that the limits be added as soon as possible to the MHSAA "Model Policies for Managing Heat & Humidity" and apply to all sports.

E. Q How much time is required between sessions on days with multiple practices?
   A Because practice venues differ greatly and some may raise questions regarding supervision and the possibility of injury risks as great off the field as on, the Task Force declined to set a maximum and minimum length of rest periods. However, one hour between practices when there is no physical activity is the minimum recommendation. Classroom sessions would be allowed during the period of physical rest. To be clear, break time is not included in the five-hour limit.

F. Q Can a team have different collision practices for different levels of players?
   A If varsity and subvarsity squads practice separately, their collision sessions may be different. However, if the squads practice together, then their collision sessions must be the same.

G. Q How are the 6-hours or 30-minutes of collision practices per week calculated?
   A Any part of a full contact drill or live scrimmage where players are taken to the ground constitutes time that should be included in the 6-hour or 30-minute total. Team breaks or time out from the collision portions of practice where players are being given instruction or resting from contact, need not be included in the 6-hour or 30-minutes. Moving from a huddle to the line of scrimmage or standing in line to enter a full contact segment of a drill are to be counted as part of the 6-hour or 30-minute total. The calculation is to the team or portion of a team within a week. It is not intended that time be counted and recorded separately for each individual player. See points 2 and 3 in the practice polices for the criteria of a Collision vs. Thud practice.

APPENDIX I

MHSAA PROTOCOL FOR IMPLEMENTATION OF NATIONAL FEDERATION SPORTS PLAYING RULES FOR CONCUSSIONS

"Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests and practices when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.
2. If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. If a student is removed during practice by a coach or other staff member, he or she shall not return to practice that day unless it is confirmed by the designated health care professional that the student did not sustain a concussion.
4. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
   a. The clearance may not be on the same date on which the athlete was removed from play.
   b. Only an M.D., D.O., Physician's Assistant or Nurse Practitioner may clear the individual to return to activity.
   c. The clearance must be in writing **and must be unconditional. It is not sufficient that the M.D., D.O., Physician's Assistant or Nurse Practitioner has approved the student to begin a return-to-play progression. The medical examiner must approve the student's return to unrestricted activity.**
   d. Individual school, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior or after to the written clearance for return to activity.
5. Following the contest, an Officials Report shall be filed with a removed player's school and the MHSAA **if the situation was brought to the officials' attention.**
6. **ONLINE REPORTING: Member schools are required to complete and submit an online report designated by the MHSAA to record and track head injury events when they occur in all levels of all sports during the season in practices and competitions. Schools with no concussions for a season (fall, winter and spring) are required to report this at the conclusion of that season.**
7. **POST-CONCUSSION CONSENT FORM:** Prior to returning to physical activity (practice or competition) the student and parent (if a minor student) must complete the Post-Concussion Consent Form which accompanies the written unconditional clearance of an M.D., D.O., P.A or N.P. **This form should be kept on file at the school for seven years after the student's graduation and emailed to concussion@mhsaa.com.**
8. In cases where an assigned MHSAA tournament physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

NON-COMPLIANCE WITH CONCUSSION MANAGEMENT POLICY

Following are the consequences for not complying with National Federation and MHSAA rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a *subsequent day* without the written authorization of an M.D., D.O., Physician's Assistant or Nurse Practitioner and the MHSAA-designated "Post-Concussion Return to Activity Consent Form" also signed by the student and parent.

These students are considered ineligible players and any meet or contest which they enter is forfeited.

In addition, that program is placed on probation through that sport season of the following school year.

For a second offense in that sport during the probationary period – that program is continued on probation through that

APPENDIX J
MODEL POLICY FOR MANAGING HEAT & HUMIDITY

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designee whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:

- **All Sports**
  - o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - o Optional water breaks every 30 minutes for 10 minutes in duration.
  - o Ice-down towels for cooling.
  - o Watch/monitor athletes carefully for necessary action.

If the Heat Index is 95 degrees to 99 degrees:

- **All Sports**
  - o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - o Optional water breaks every 30 minutes for 10 minutes in duration.
  - o Ice-down towels for cooling.
  - o Watch/monitor athletes carefully for necessary action.
- **Contact sports and activities with additional equipment:**
  - o Helmets and other possible equipment removed while not involved in contact.
- **Reduce time of outside activity. Consider postponing practice to later in the day.**
- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

If the Heat Index is above 99 degrees to 104 degrees:

- **All Sports**
  - o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - o Mandatory water breaks every 30 minutes for 10 minutes in duration.
  - o Ice-down towels for cooling.
  - o Watch/monitor athletes carefully for necessary action.
  - o Alter uniform by removing items if possible.
  - o Allow for changes to dry t-shirts and shorts.
  - o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  - o Postpone practice to later in the day.
- **Contact sports and activities with additional equipment**
  - o If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below..
- **Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.**

If the Heat Index is above 104 degrees:

- **All sports**
  - o Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

MHSAA Tournament Managers at all levels will follow this policy without exception
A Heat Index Calculation Chart can be downloaded from the Health & Safety Page of MHSAA.com

APPENDIX K

HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

Relative Humidity at Site	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
100	84	87	91	95	99	103	107	112	116	121	126	132	137	143	149	155	161	168	174	181	188	195
99	84	87	91	94	98	102	106	111	116	120	125	131	136	142	147	153	160	166	172	179	186	193
98	84	87	90	94	98	102	106	110	115	120	124	130	135	140	146	152	158	164	171	177	184	191
97	84	87	90	94	97	101	105	110	114	119	124	129	134	139	145	151	157	163	169	176	182	189
96	83	87	90	93	97	101	105	109	113	118	123	128	133	138	144	149	155	161	167	174	180	187
95	83	86	90	93	97	100	104	108	113	117	122	127	132	137	142	148	154	160	166	172	179	185
94	83	86	89	93	96	100	104	108	112	116	121	126	131	136	141	147	152	158	164	170	177	183
93	83	86	89	92	96	99	103	107	111	116	120	125	130	135	140	145	151	157	162	169	175	181
92	83	86	89	92	95	99	103	106	111	115	119	124	129	133	139	144	149	155	161	167	173	179
91	83	86	89	92	95	98	102	106	110	114	118	123	127	132	137	143	148	154	159	165	171	178
90	83	86	88	91	95	98	102	105	109	113	117	122	126	131	136	141	147	152	158	164	170	176
89	83	85	88	91	94	98	101	105	109	113	117	121	125	130	135	140	145	151	156	162	168	174
88	83	85	88	91	94	97	101	104	108	112	116	120	125	129	134	139	144	149	155	160	166	172
87	83	85	88	91	94	97	100	104	107	111	115	119	124	128	133	138	143	148	153	159	164	170
86	83	85	88	90	93	96	100	103	107	110	114	118	123	127	132	136	141	146	152	157	163	168
85	83	85	87	90	93	96	99	102	106	110	113	117	122	126	130	135	140	145	150	155	161	167
84	83	85	87	90	93	96	99	102	105	109	113	117	121	125	129	134	139	144	149	154	159	165
83	82	85	87	90	92	95	98	101	105	108	112	116	120	124	128	133	137	142	147	152	158	163
82	82	85	87	89	92	95	98	101	104	108	111	115	119	123	127	132	136	141	146	151	156	162
81	82	84	87	89	92	94	97	100	104	107	110	114	118	122	126	131	135	140	144	149	155	160
80	82	84	86	89	91	94	97	100	103	106	110	113	117	121	125	129	134	138	143	148	153	158
79	82	84	86	89	91	94	96	99	102	106	109	113	116	120	124	128	133	137	142	146	151	157
78	82	84	86	88	91	93	96	99	102	105	108	112	115	119	123	127	131	136	140	145	150	155
77	82	84	86	88	90	93	96	98	101	104	108	111	115	118	122	126	130	135	139	144	148	153
76	82	84	86	88	90	93	95	98	101	104	107	110	114	117	121	125	129	133	138	142	147	152
75	82	84	85	88	90	92	95	97	100	103	106	109	113	116	120	124	128	132	136	141	145	150
74	82	83	85	87	90	92	94	97	100	103	106	109	112	116	119	123	127	131	135	140	144	149
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71	81	83	85	87	89	91	93	96	98	101	104	107	110	113	116	120	124	127	131	136	140	144
70	81	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119	123	126	130	134	138	143
69	81	83	84	86	88	90	92	95	97	100	102	105	108	111	115	118	122	125	129	133	137	141
68	81	83	84	86	88	90	92	94	97	99	102	105	108	111	114	117	121	124	128	132	136	140
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66	81	82	84	86	87	89	91	93	96	98	101	103	106	109	112	115	119	122	126	129	133	137
65	81	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118	121	125	128	132	136
64	81	82	84	85	87	89	91	93	95	97	99	102	105	108	110	114	117	120	123	127	131	135
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59	81	82	83	84	86	87	89	91	93	95	97	99	102	104	107	109	112	115	118	122	125	128
58	81	82	83	84	85	87	89	90	92	94	96	99	101	103	106	109	111	114	117	120	124	127
57	80	81	83	84	85	87	88	90	92	94	96	98	100	103	105	108	111	113	116	119	123	126
56	80	81	83	84	85	86	88	90	92	93	95	98	100	102	105	107	110	113	115	118	122	125
55	80	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117	120	124
54	80	81	82	83	85	86	87	89	91	93	94	96	99	101	103	106	108	111	114	116	119	123
53	80	81	82	83	84	86	87	89	90	92	94	96	98	100	103	105	107	110	113	116	118	121
52	80	81	82	83	84	86	87	88	90	92	94	96	98	100	102	104	107	109	112	115	117	120
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49	80	81	82	83	84	85	86	88	89	91	92	94	96	98	100	102	105	107	109	112	115	117
48	80	81	81	82	84	85	86	87	89	90	92	94	96	97	100	102	104	106	109	111	114	116
47	80	81	81	82	83	85	86	87	88	90	92	93	95	97	99	101	103	105	108	110	113	115
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25	78	79	79	80	81	82	82	83	84	85	86	87	88	89	90	91	93	94	95	97	98	100
24	78	79	79	80	81	82	82	83	84	85	86	87	88	89	90	91	92	94	95	96	98	99
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22	78	79	79	80	81	81	82	83	84	85	86	87	88	89	90	91	92	93	94	96	97	98
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19	78	79	79	80	81	81	82	83	84	84	85	86	87	88	89	90	91	92	94	95	96	97
18	78	78	79	80	80	81	82	83	84	84	85	86	87	88	89	90	91	92	93	94	96	97
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16	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	92	93	94	95	96
15	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	92	93	94	95	96
14	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	90	91	91	92	93	95	96
13	78	78	79	80	80	81	82	83	83	84	85	86	87	88	89	89	90	91	92	93	94	95

APPENDIX L

MHSAA Cold Weather Policy for Skiing (Competition & Practice)

When to Cancel or Postpone

• If a competition lasts more than one minute and the ambient temperature is –4°F or colder, the event must be canceled or postponed.
• If the ambient temperature is –20°F or colder, or the wind chill is –40°F or colder, all skiing activity must be canceled or postponed.

Key Safety Notes

• At a wind chill of –15°F or colder, exposed skin can freeze within one minute.
• At –70°F or colder, exposed skin can freeze in under 30 seconds.

Guidelines by Temperature

Temperature / Wind Chill	Risk / Concerns	Required Adjustments
> –4°F ambient	Moderate cold exposure risk.	Inspect exposed skin frequently for frostbite.
–4°F to –10°F ambient	High risk of frostbite and hypothermia.	• Avoid metal jewelry • Use eye protection • Protect genital area • Limit exposure to less than 30 minutes.
< –10°F ambient or wind chill down to –40°F	Extreme risk.	• No exposed skin • Wear extra layers and a wind shell • Limit pre-race exposure to less than 20 minutes • Reschedule if possible.
< –40°F wind chill	Severe or fatal risk.	**Cancel or postpone all competition.**

Additional Clarifications

• The “no strip rule” means athletes are not permitted to remove outer layers and must remain fully covered.
• Pre-race protocol adjustments include all pre-competition activities (warmups, staging, and waiting) and must be shortened in severe cold.
• This policy applies to both competition and practice — safety takes priority over scheduling.

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