

Informed Consent – Assumption of Risk – Concussion Awareness

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

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

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

It is the policy of the Michigan High School Athletic Association that no person who meets essential eligibility requirements shall be discriminated against or excluded from the opportunity to try to participate in MHSAA-sponsored activities, solely on the basis of race, color, religion, national origin or ancestry, gender, marital status, or disability.

Top Ten List for Student Eligibility

1. You were enrolled in a high school not later than the fourth Friday after Labor Day.
2. You will not have turned 19 before Sept. 1.
3. You have had a physical examination and MHSAA Information Consent Form completed since April 15, and it is on file in the school office.
4. You have not been enrolled in more than eight semesters or 12 trimesters in high school (Grades 9-12).
5. You have received credit for the equivalent of at least 66 percent of full class-load potential for a full time student in the previous academic term.
6. You are currently passing the equivalent of at least 66 percent of full class-load potential for a full time student.
7. You have not changed schools without a corresponding move by your parents and persons with whom you were living for at least 30 calendar days during your last semester/trimester.
8. You have not received money, merchandise or other valuable considerations for participating in MHSAA tournament sports.
9. You have not participated in non-school contests during your sports season after having reported for your school team (limited allowances for ice hockey and individual sports).
10. You have not competed in an all-star or national high school championship after having played for a high school team in a MHSAA tournament sport.

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YOUR HIGH SCHOOL ELIGIBILITY A Guide for Student-Athletes

A Message to Student-Athletes

Your school is one of more than 750 public, parochial, private and charter high schools that have agreed to follow the rules and regulations they help enact through the Michigan High School Athletic Association.

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

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

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

MHSAA Rules Apply to the Following Interscholastic Sports

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

A Summary of the Rules

1. AGE

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

2. PHYSICAL EXAMINATION

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

3. ENROLLMENT

Students must be enrolled in the school they are representing prior to the fourth Friday after Labor Day for the first semester/trimester or second trimester or prior to the fourth Friday of February for the second semester or second or third trimester. "Enrolled," under this rule, is receiving active credit in at least 66% of full credit load potential for a full time student of the school you participate for. (Generally 4 of 5 or 6 classes on a transcript awaiting grades).

4. MAXIMUM ENROLLMENT

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

5. ACADEMIC RECORDS

Students must have received credit for at least the equivalent of 66 percent of full credit load potential for a full time student in the previous semester/trimester of enrollment, and must be currently receiving credit toward graduation or a certificate of

completion and passing the same on the transcript of the school they represent in competition. The MHSAA minimum period of ineligibility is 60 school days for a student who has not passed 66% at the end of a term.

6. TRANSFER STUDENTS

A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest for a set period of time (nearly one half the school year) depending on when the student changes schools unless the student qualifies for immediate eligibility under one or more of 15 stated exceptions and their written interpretations. An otherwise eligible transfer student who changes schools after set dates may not be eligible for MHSAA Tournaments. (Oct. 1 for Fall sports, Feb. 1 for Winter sports, May 1 for Spring sports). International students in the US on an F-1 or J-1 visa should contact the athletic director for allowances and differences under the transfer rule.

A transfer student who has played high school sports and who does not meet one of the 15 stated exceptions would be ineligible for 180 school days in that sport if the transfer is into a school where one of the following links existed in the previous 12 months: A student participated on a non-school activity coached, **coordinated or directed** by any of that high school's **parents or administrators or by any of its coaches**. The student was coached by a former coach or personal trainer (school, non-school or out-of-season/summer) now on the staff of the new school; or the student attended an open gym at the new school. Under a rule known as an Athletic Motivated Transfer, an ineligible transfer student who is confirmed to have transferred for athletic reasons is ineligible to participate in an interscholastic contest for 180 scheduled school days for the school to which the student transfers.

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

7. UNDUE INFLUENCE (Anti-Recruiting)

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

8. LIMITED TEAM MEMBERSHIP

After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport in the same season. Exceptions include ice hockey and all individual sports, which apply the rule from the point of a student's first participation in a contest or scrimmage, rather than practice. In tennis, the rule applies from the first date that practices are allowed to commence for any player. In skiing it applies when the team holds its first scrimmage or contest. Students in skiing, hockey and soccer may only enter the MHSAA tournament if they have competed in a contest against at least four MHSAA member school teams. Students in individual sports may participate in a maximum of two (2) non-school individual

meets or contests during the school season while not representing their school.

9. ALL-STAR COMPETITION

Students who have represented an MHSAA school in competition in any MHSAA sport shall not compete at any time in any MHSAA tournament sport jurisdiction in all-star contests or national high school championships, regardless of the method of selection. Participation in an all-star contest shall cause that student to become ineligible for a maximum period of one year of school enrollment in that sport.

10. AWARD STATUS & AWARDS

Students who have represented an MHSAA school in competition in any MHSAA sport cannot receive money or other valuable consideration for participating in MHSAA-sponsored sports or officiating in interscholastic athletic contests, except as allowed by the **MHSAA HANDBOOK**. Students may accept, for participating in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$25. Banquets, luncheons, dinners, trips and admissions to events, are permitted if accepted "in kind." Awards in the form of cash, merchandise, certificates, or any other type of negotiable document are never allowed.

Limitations on Practice & Competition

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

These rules include setting practice starting dates, first contest dates, establishing the number of dates of competition or the number of contests allowed in each sport. Football has adopted restrictions on the length and content of practice sessions. For example, a high school basketball player may only play one basketball game in a day, no more than the three games in a week to a total of 20 games in a season exclusive of the MHSAA tournament. Four scrimmages are allowed in most sports before the final contest of the season. Different contest and practice limitations exist for every sport and often vary from sport to sport and from high school to middle school.

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