



# Coaches Guidebook 2015-16



## Anticipated\* 2016 MICHIGAN MERIT EXAM DATES

Beginning in 2014-15 the Michigan Department of Education instituted a spring online testing period which involves a window of approximately seven weeks. At the time of the MHSAA Handbook Publication, the 2015-16 window was not published. The window from the **previous** year was from the 2nd Monday of April (April 13, 2015) through the 2nd Friday after Memorial Day (June 5, 2015). The window conflicts with some MHSAA spring tournaments but has apparently increased flexibility as the online tests may be administered on any instructional day and not all students need to be administered the same assessment at the same time, nor on the same day. **Consult the school counselor and the Michigan Department of Education for the testing dates for 2015-16.**

MHSAA tournament events possibly conflicting with online testing on instructional days (**Mon-Fri only listed below – many events held on weekends not listed**)

DATES	CONFLICTS
May 25, 26, 27 .....	.LP Golf Districts
May 31, June 3 .....	.Baseball and Softball Districts
May 16-June 4 .....	.Boys and Girls Lacrosse Regionals
May 31-June 4 .....	.Girls Soccer Districts
May 19, 20 .....	.LP Girls Tennis Regionals
May 20 .....	.Boys and Girls Track Regionals

## 2015-16 NATIONAL TESTING DATES

Please advise students of the 2015-16 test date schedule. Your students should be aware of athletic tournament dates and should attempt to schedule their respective test date away from tournament dates of the sport or sports in which they are interested and participate. Following are test dates for 2015-16 (publicized as of May 15, 2015) and dates where tournaments would create conflict.

ACT ASSESSMENT DATES	CONFLICTS
September 12, 2015 .....	.None
<b>October 24, 2015</b> .....	<b>.UP Cross Country Finals, LP Boys Soccer Districts</b>
December 12, 2015 .....	.None
February 6, 2016 .....	.None
April 9, 2016 .....	.None
<b>June 11, 2016</b> .....	<b>.LP Boys Golf Finals, Boys and Girls Lacrosse Finals, Baseball Regionals, Softball Regionals, LP Girls Soccer Regionals</b>

SAT TESTING DATES	CONFLICTS
<b>October 10, 2015</b> .....	<b>.LP Girls Golf Regionals, LP Boys Tennis Regionals</b>
<b>November 7, 2015</b> .....	<b>.LP Cross Country Finals, LP Boys Soccer Finals, Volleyball Districts, 11-Player Football Districts, 8-Player Football Regionals</b>
December 5, 2015 .....	.None
January 23, 2016 .....	.None
<b>March 12, 2016</b> .....	<b>.Girls Gymnastics Finals, Ice Hockey Finals, LP Boys Swimming &amp; Diving Finals</b>
May 7, 2016 .....	.None
<b>June 4, 2016</b> .....	<b>.Track &amp; Field Finals, LP Girls Tennis Finals, UP Boys Tennis Finals, UP Boys &amp; Girls Golf Finals, Baseball Districts, Softball Districts, LP Boys Golf Regionals, Boys Lacrosse Regionals, Girls Lacrosse Regionals, LP Girls Soccer Districts</b>

AP EXAM DATES	CONFLICTS
May 2-6, 9-13, 2016 .....	.None

*(Advanced Placement Exams are administered over a five-day period for each subject)*

**GUIDEBOOK FOR  
HIGH SCHOOL COACHES  
MICHIGAN HIGH SCHOOL ATHLETIC  
ASSOCIATION  
2015-16**

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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.

## **STAFF**

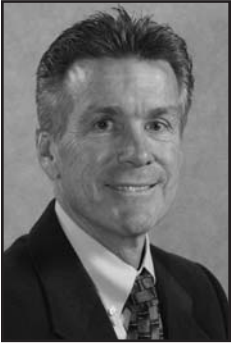
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## **CONTACT PERSONS & PRESIDENTS FOR COACHES ASSOCIATIONS**

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](http://mhsaa.com) for current presidents and contact persons for these associations. The list is located from "About the MHSAA" at the top of any page of the Website.

## COACHES MAKE THE DIFFERENCE



I'm the son of 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 2015-16.

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.

*John E. "Jack" Roberts  
MHSAA Executive Director*

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## I. ATHLETIC CODES FOR COACHES & ATHLETES

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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.

### 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.

## II. ADMINISTRATION AND COACHES OF TEAMS

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- 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

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- A. Each head coach of a varsity team in a sport under MHSAA jurisdiction shall complete (in person or online) the MHSAA rules meeting 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. An administrator of that school shall be present with supervisory capacity over the school's competitors.
- B. Effective with fall sports 2014-15, a high school must attest that all of its subvarsity and assistant coaches (paid or volunteer) have completed an MHSAA rules meeting or, in the alternative, one of seven online courses designated for this purpose. 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.
- C. Effective with the 2015-16 school year, high schools must attest by each season's established deadline that all varsity head coaches have a valid current Cardiopulmonary Resuscitation (CPR) certification. The established deadline shall be the dates set for the completion of the MHSAA rules meeting for the sport. In 2015-16, these are September 17, 2015 (fall sports), December 17, 2015 (winter sports), April 14, 2016 (spring sports). A person who is head coach for more than one sport during the school year must meet the deadline for the first of those sports.
- D. Effective with the 2016-17 school year, each head coach of a varsity team in a sport under MHSAA jurisdiction hired for the first time 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.
- E. The use of a third-party contractor does not change a member school or coach's responsibility to follow all MHSAA regulations.
- F. Failure to receive reminder notifications (email or other) does not change the requirement.

### IV. COMPENSATION

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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 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 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

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- A. Schools shall adhere to the playing rules adopted by the MHSAA to govern games and meets in baseball, basketball, bowling, competitive cheer, cross country, 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, Football, Girls Gymnastics, Ice Hockey, Boys Lacrosse, Girls Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Girls 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](http://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 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.



## VI. DISQUALIFICATION RULES FOR ATHLETES AND COACHES

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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 day.

When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for the remainder of that day of competition and for at least the next day of competition for that team. In some sports, the suspension from competition may be greater due to playing rule adoptions.

If a disqualification occurs during an MHSAA tournament, the next day of disqualification must be served during the next day of that team's MHSAA tournament participation that season as well as the next non-MHSAA tournament contest (if any) prior to the next day of competition in the MHSAA tournament for that team. MHSAA Tournament disqualification does not carry over to the next MHSAA tournament in another sport.

When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching for the remainder of that day of competition and from coaching at or attending at least the next day of competition for that coach's team. In some sports, the suspension from competition may be greater due to playing rule adoptions.

If a disqualification occurs during an MHSAA tournament, the next day of disqualification must be served during the next day of that team's MHSAA tournament participation that season as well as the next non-MHSAA tournament contest (if any) prior to the next day of competition in the MHSAA tournament for that team. MHSAA Tournament disqualification does not carry over to the next MHSAA tournament in another sport. That person shall not be present on site on within sight, sound or communication.

Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if they disqualification occurs during an MHSAA tournament or during the last regular season contest.

Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next contest in any other sport for seniors.

If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.

Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament. The disqualified coach shall not be present on site or within sight, sound or communication.

## VII. ELIGIBILITY RULES FOR ATHLETES

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### A. AGE

Senior high school students must be under 19 years of age, 8th-graders under 15, and 7th-graders under 14, 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 136-149; 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 \$25.
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 \$25. 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 allowable 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. "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.

### **E. 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*.

### **F. 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.

### **G. 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.

### **H. LIMITED TEAM MEMBERSHIP**

1. After practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, students cannot participate in an athletic contest or scrimmage 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 a contest or scrimmage, 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 contest or scrimmage; 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 practice under MHSAA regulations, regardless of when the team begins practice 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.

#### **I. 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.

## **VIII. COACH-PLAYER RELATIONSHIPS**

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#### **A. OUT-OF-SEASON COACHING REGULATIONS** (see pages 18-20 for additional information)

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 August 15 occurs through the Sunday 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 in sport specific activity or instruction at the same time on the same 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 provided no more than one of the four-player groups involves sport specific activity or instruction. Two gyms does not permit two four player skill groups. It is also intended that the four-player rule apply to internet-based or other digital presentations.

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.
  - 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.

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.
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.
6. During the summer, six sports are limited to 15 dates of competition when more than three 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 may have three players and a coach; soccer, lacrosse and football may have seven players and a coach. Football may only have seven summer dates of competition. 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 including at fund raisers. 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 to follow regarding the eligibility of a student is: "When in doubt, sit the student out. . .until we find out!" 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.

A student enrolled in grades 9 through 12 who transfers from one high school or junior high/middle school to another high school is not immediately eligible to participate in an interscholastic athletic contest or scrimmage in the school to which the student transfers unless the student qualifies under one or more of 15 exceptions and all related interpretations. A student who does not qualify for one of the exceptions and has transferred (changed enrollment) by the fourth Friday after Labor Day, becomes eligible for interscholastic scrimmages and contests the following Martin Luther King Day (Monday) regardless if classes are actually conducted on that day. A student who does not qualify for one of the exceptions and has transferred (changed enrollment) by the fourth Friday of February becomes eligible for interscholastic scrimmages and contests the following August 1.

Students who transfer from one school to another and are eligible immediately under one or more of the exceptions to the transfer rule and eligible under all other regulations, are eligible for MHSAA tournaments only if they are enrolled in the new school (actual attendance in one or more classes and on the official records of the school) prior to Oct. 1 (fall sports), Feb. 1 (winter sports) or May 1 (spring sports). Such students must also be in compliance with all requirements and deadlines for tournament participation, including but not limited to entry forms, eligibility lists, rosters, participation minimums, and qualifying standards of the specific sport tournament in which they wish to participate.

## **C. ATHLETIC RELATED TRANSFERS (LINKS) – Effective August 1, 2014**

A high school student-athlete who played a high school sport and transfers without meeting one of the exceptions, would be ineligible for 180 scheduled school days in that sport if there is a past link in that sport to the new school. These links include:

1. The student participated at an open gym at that high school to which the student transferred.
2. The student participated as an individual or on a non-school team or activity coached by any of that high school's coaches in the sport involved for either gender, including contact during summer days of competition or at camps or clinics. A transfer student's participation in otherwise allowed out-of-season or summer activity prior to being on the written electronic records of the school that the student transfers into would cause the student to be ineligible for 180 school days. A new student's enrollment information must be on file in the offices of the

superintendent, principal or athletic director prior to participation in otherwise allowed out-of-season or summer activity.

3. One of that high school's coaches served as a personal sport trainer or instructor (paid or volunteer) for that student. (The 180 days of ineligibility will apply to all sports a student previously participated in when transferring into a school where a non-sport specific instructor is on staff.)
4. The student transfers to a school where the coach of his/her previous high school is employed (any level, paid or volunteer).

#### **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 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 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 once each school year for each sport a sport specific group presentation to a group of 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.)

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 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.

## **IX. RULES FOR SPORTS (Senior High Schools)**

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Students and teams are subject to the following limitations:

### **1. BASEBALL**

A student shall not pitch more than three consecutive days regardless of the outs pitched; and a player shall not pitch for two calendar days following that in which he pitched his 30th out. 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.

### **2. BASKETBALL**

A student or team shall participate in no more than three games Monday through Sunday and observe the season maximum of four scrimmages and 20 games, exclusive of the MHSAA tournament. A student or 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 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 day which precedes a day of school. (Five "Baker" format games shall be the equivalent of one game for purposes of this rule).

### **4. GIRLS COMPETITIVE CHEER**

All school sponsored cheerleading competition must be in the MHSAA Competitive Cheer Format. A student or team shall participate in no more than four 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 scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament.

### **6. FOOTBALL**

A student or team shall participate in not more than one game of interscholastic football in five consecutive calendar days and in no more than four scrimmages and in no more than nine games in a season, exclusive of the MHSAA tournament.

### **7. GOLF**

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

### **8. GYMNASTICS**

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

### **9. 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 scrimmage and in no more than 25 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.

### **10. LACROSSE**

A student or team shall participate in no more than three games and/or scrimmages of lacrosse in one week (Monday through Sunday), including regular and MHSAA tournament play. An individual is limited to one game per school day. A student or team shall participate in no more than four 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. 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 counting as one of the 18 games of competition allowed.
- b. 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).

- c. Multi-team tournaments may only be held on non school days.
- d. There are no overtimes permitted; the games shall end in a tie.
- e. 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.

### **11. SKIING (Alpine)**

A student or team may only participate in those CUSSA 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 CUSSA meets in the same weekend, they count as only one of the 15 meets allowed. Each student must have on file with the schools administration (athletic director or principal) his/her complete and up-to-date CUSSA/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 four scrimmages and in no more than 15 meets total, exclusive of the MHSAA tournament but including MHSAA sanctioned CUSSA meets and meets against other school teams.

### **12. SOCCER**

A student or team shall participate in no more than three games and/or scrimmages of soccer in one week (Monday through Sunday), including regular and MHSAA tournament play. A student or team is limited to one game per school day. A student or team shall participate in no more than four 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 total allowable playing time for any team is no more than 180 minutes and the event counts as one of 18 regular-season contests. 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. No more than 30-minute halves could have been played.
- c. Multi-team tournaments could only be held on non-school days.
- d. The games may only be resolved by a shoot-out method; no overtime could be played.
- e. 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.

### **13. GIRLS 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 scrimmages and in no more than 38 games, exclusive of the MHSAA tournament.

### **14. 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.

### **15. 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 or team shall participate in no more than four scrimmages and in no more than 16 days of competition, exclusive of the MHSAA tournament.

### **16. 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 scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament.

### **17. GIRLS VOLLEYBALL**

A student or team shall participate in no more than 21 sets (games) per day. A student or team shall participate in no more than four scrimmages and in no more than 18 days of competition in a season, exclusive of the MHSAA tournament. See Interpretation 216.

## 18. WRESTLING

- a. A student shall participate in no more than five matches per day and no more than two matches on a day of school (Monday-Thursday).
- b. A student or team shall participate in no more than three days of competition, Monday through Sunday, but only 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 eight events in which a wrestler may participate in more than two matches.
- d. A student or team is limited to four scrimmages and 14 days of competition, exclusive of the MHSAA tournament.
- e. Weigh-ins do not count as a day of competition for an individual unless the student steps on the mat to wrestle or receive a forfeit.
- f. A maximum of 40 matches for a student is recommended prior to the MHSAA tournament series.
- g. Prior to the MHSAA tournament series, a student shall participate in no more than 52 total matches (eight events of five matches and six events of two matches [ $8 \times 5 + 6 \times 2 = 52$ ])
- h. Schools and their students are subject to all aspects of the Michigan Weight Monitoring Program.

## IX. RULES FOR SPORTS (Jr. High/Middle Schools)

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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."

### 1. BASEBALL/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 10 days of competition. The maximum softball pitching distance for junior high/middle school fast-pitch 7th & 8th-grade softball shall be 40 feet.

### 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 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. Each game, one or two on a day, shall count as one game each 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.

1. The regulation size basketball will be used for 7th and 8th-grade 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 two competitions per week (Monday through Sunday).

1. All school-sponsored cheerleading competition must be in the MHSAA 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 MHSAA modifications included in Regulation IV, Section 7 of the MHSAA *Handbook*.

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



## 5. 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 six consecutive calendar days. There shall be no competition between junior high/middle school and senior high school teams in football, except that junior high/middle schools may participate in football with 9th-grade teams from four-year schools provided the games are played under rules governing junior high/middle school football. Regulation II, Section 9(B-C-D) and Interpretations 206-215 are applicable to junior high/middle schools.

## 6. LACROSSE

The season shall be a maximum of 13 consecutive weeks during which a student or team shall participate in no more than 12 dates.

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 150 running time minutes and the event counts as one of the 12 regular-season contests. The following provisions would apply:

1. A student or team shall participate in no more than two (boys)/three (girls) multi-team tournaments in its regular-season schedule, each tournament counting as one of the 12 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.
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 teams with 8th and/or 7th-graders may not exceed **10-minute** quarters.

## 7. 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. A game shall consist of four (4) 15 minute quarters. Games that are tied at the end of regulation playing time shall remain tied.

## 8. 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.

## 9. 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).

## 10. 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

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

#### Field Events

1. Pole Vault
2. Shot Put (8 lb. 13 oz. or 4 Kg. for boys; 6 lb. for girls)
3. Running High Jump
4. Running Long Jump

**Note 2:** The 3200 Meter Run must be conducted during the field events.

**Note 3:** 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 4:** 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 5:** 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.**

## 11. GIRLS 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.

## 12. 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  $[(6 \times 5) + (6 \times 2) = 42]$ ).

### 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.
75 lbs.	100 lbs.	125 lbs.	167 lbs.
80 lbs.	105 lbs.	130 lbs.	185 lbs.
85 lbs.	110 lbs.	137 lbs.	Heavyweight
90 lbs.	115 lbs.	145 lbs.	

**Note:** All contestants in the Heavyweight Class must weigh at least 168 lbs. The maximum weight allowable for heavyweight wrestlers shall not exceed 250 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.

### Contest Length Variations

Alternatives to the lengths of contests are permitted as long as no student exceeds the maximum minutes of playing time stated in specific game rules and the total extra playing time for the team does not exceed 25 percent of a regulation game or contest.

### Times of Games

Whenever possible, junior high/middle school competition should be played before 5 p.m. and should not be scheduled at a time and place which would require unreasonable hours or overnight trips.

### Fall Sports Practice

Fall sports practices for 7th and 8th grades may begin on the 14th Monday before Thanksgiving (Monday, Aug. 24, 2015), regardless of the date of the first day of school. When school begins before the first allowable practice date, fall sports for a school may begin on the first day of classes for that school. In football, schools forced by regulation into a later practice starting date than their first opponent may, with MHSAA Executive Committee approval, begin practices the same time as that first opponent. Ninth-grade football teams of junior high/middle schools may begin practice on the same date as the grade 10-12 football teams of that school district if the 9th-grade team is comprised only of 9th-graders or students who have been approved for eligibility advancement. Other seasons and starting dates will be established by the local district, league or conference.

## XI. SCRIMMAGES

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- 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 hockey. Scrimmages may occur at any time during the season, but not after the team's last scheduled regular-season contest. Varsity and non-varsity scrimmages may be held at different sites and on different days. In wrestling, after the Regional Tournament competition, qualifiers may scrimmage qualifiers from other schools. In ice hockey, teams and players are allowed one preseason scrimmage only.
- 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.

## XII. SUMMER REGULATIONS

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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.
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 three (or four) students in grades 7-12 of the district or cooperative program for which they coach (four students if the coaching does not involve practice or competition with students or others not enrolled in that school district). 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 three girls in grades 7-12 outside the girls soccer season during the school year).
  - b. When school coaches are in contact with students during the summer, they do so un-sponsored 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 - 3
Basketball - 3	Ice Hockey - 3	

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 sub-

- ject 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 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.
    - 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. At no time out of season may school transportation be used. 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, discuses, hurdles, or high jump and pole vault standards; football helmets, pads, footballs, sleds or dummies; baseball/softball bats, balls or bases; 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. .
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

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**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

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**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

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**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 you. 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

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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

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- 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 suspending an outdoor contest, officials and game management shall follow these guidelines.
  - a. When lightning is observed or thunder is heard, the contest must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion — *lightning is lightning; thunder is thunder*.
  - b. Severe weather in the form of 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. Contestants and support personnel shall be moved to appropriate indoor facilities.
  - b. When lightning is observed or thunder is heard and 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.
  - 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.)
4. In considering resumption of competition, the following steps shall be followed.
  - a. Suspension for contest scheduled prior to 3 p.m. must not exceed three hours. Delays for contests scheduled for 3 p.m. or later must not exceed one and one-half hour. A postponed contest shall be rescheduled on a date/time mutually agreed to by the schools involved. Delays on nights not followed by a school day for all competing teams may be longer by mutual agreement of the participating schools.
  - b. A decision to resume the contest within the time frame must be made by the officials who shall consult the home team administration and visiting school administration present at the contest.
  - c. The home school is responsible for facilities and will be given priority consideration in the final decision if there is not consensus among the three parties.
  - d. The final decision shall consider liability and conditions of facilities as well as future schedules, need to play the contest and finally the quality of all other options.

NOTE: More restrictive local policies and MHSAA tournament policies would supersede these policies and should be shared with the opponents and officials prior to the contest, preferably in writing. Otherwise, and to the extent allowed by the playing rules code, the official(s) shall make the final decision regarding game suspension **once the game begins**.

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.

h. **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.

i. **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

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**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

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**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

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- 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. Nearly 20,000 Michigan coaches have participated through the last 10 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.

Most school districts have reimbursed coaches for the registration fee. Check with your athletic director for your school policy regarding support for formal and annual coaches education opportunities.

**A list of Coaches Advancement Programs for this school year can be found on the MHSAA Web site, [mhsaa.com](http://mhsaa.com).**

**Effective with the 2016-17 school year, each head coach of a varsity team in a sport under MHSAA jurisdiction hired for the first time 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.**

## APPENDIX D

### TOBACCO AND ALCOHOL POLICY AT MHSAA TOURNAMENTS MAY 1992

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

## PUBLIC ACTS

### **PUBLIC ACT 31 (1990) REQUIRES NOTICE THAT POSSESSION/USE OF STEROIDS IS A CRIME**

In 1990, the Michigan Legislature enacted Public Law 31 which requires athletic service providers – including both educational and recreational athletic facilities – to post notice that warns that any person who uses or knowingly possesses androgenic anabolic steroid violates Michigan law and is punishable by imprisonment and fine.

### **PUBLIC ACT 187 (1999) PROHIBITS PROMOTION/DISTRIBUTION OF PERFORMANCE ENHANCING SUPPLEMENTS**

Michigan public school employees and volunteers are prohibited from promoting or supplying dietary supplements with claims of enhanced athletic performance as a result of a bill signed into law Nov. 23, 1999. The new law - designated Public Act 187 on Nov. 30, 1999 - covers androstenedione and creatine and any compounds labeled as performance enhancing.

### **PUBLIC ACTS 111 AND 112 (2004) PROHIBIT AND PENALIZE HAZING**

In 2004, the Michigan Legislature enacted legislation that prohibits hazing activities at educational institutions and provides penalties.

Hazing is defined in the law as an intentional, knowing or reckless act by a person who acted alone or with others that was directed against an individual and that person knew or should have known would endanger the physical health or safety of the individual, and that was done for the purpose of affiliation with, participation in, or maintaining membership in any organization. The law does not apply to an activity that was normal and customary in an athletic program sanctioned by the educational institution.

If the violation resulted in physical injury, the person would be guilty of a misdemeanor punishable by imprisonment for not more than 93 days, a fine of not more than \$1,000, or both. A violation resulting in impairment of a body function would be a felony resulting in imprisonment of up to five years and a fine up to \$2,500, or both. A violation resulting in death of the person hazed would be punishable by up to 15 years imprisonment and a maximum fine of \$10,000 or both.

### **PUBLIC ACT 215 (2006) REQUIRES CODE OF CONDUCT FOR USE OF PERFORMANCE-ENHANCING SUBSTANCES**

Public Act 215 of 2006 requires each public school's board of education must include in its local code of conduct that a student's use of performance-enhancing substances that are listed by the Department of Community Health shall be deemed a violation and subject to penalties prescribed by that local board of education.

### **PUBLIC ACTS 342 AND 343 (2012) CONCUSSION AWARENESS IN NON-MHSAA SPORTS ACTIVITIES**

The law mandates that the Michigan Department of Health and Human Services establish a concussion awareness web site for youth sports sponsoring organizations (including schools) with educational material in non-MHSAA sport activities including physical education, intramurals, out-of-season activities, as well as out-of-season camps or clinics.

- Adult coaches must complete a one-time designated online concussion awareness course and the sponsoring organization maintain a record of completion.
- Students and parents must review concussion material and the organization maintain an acknowledgement of this material until age 18 or the student discontinues the activity.
- Participants with a suspected concussion must be withheld from activity and evaluated by an appropriate health care provider and not be returned to activity until written approval is provided by an appropriate health care provider.

**NOTE: For MHSAA practices and competition, a M.D., D.O., Physician's Assistant or Nurse Practitioner must provide written return to play.**

# APPENDIX F

## 2015-16 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 GIRLS 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 when there is a 15-run difference after three innings or a 10-run difference after five innings;
  - 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).
- 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 schools may deviate from National Federation rules and use the bat standard currently allowed by Little League 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 103).*

### BASKETBALL

#### I. Point-Differential Rule

- A. At all levels of play and in MHSAA tournaments, after the first half when one team has a lead of 40 points or more, a running clock shall be established. The clock shall revert to regular time schemes should the score be reduced to a 30-point lead or less. 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 14-foot coaching box for regular-season and tournament games shall be used.

## 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. Timeouts (charged to a team)
2. Intermission (between 3rd and 4th quarters, and after a score)
3. Penalty enforcement (whistle to ready-to-play)
4. Safety 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 second half, 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.

## GIRLS 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.

## 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 6-37, 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 regular-season tournaments involving four or more teams played on days not followed by a school day (week-end tournament/holiday tournament), any number of overtimes periods up to eight minutes in length each may be played to determine a winner. Local tournament management may elect to limit the number of overtimes played and break ties by statistical methods.

- B. Schools are not required to play overtime periods however in regular-season single games one eight-minute overtime period may be played after which a game shall end as a tie if no goals are scored in the overtime period. For regular-season single games the MHSAA tournament overtime procedure (See IV below) may be used with written approval from the MHSAA (after either two or four regular eight-minute overtime periods).
  - C. Instead of ending in a tie or using the one allowed overtime without a shootout, a third option of proceeding immediately to a shootout to break ties is allowed for regular season conference games by prior adoption or by mutual consent of both teams in non-conference games tied at the end of regulation. The shootout procedures would be 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.
- 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 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; third game disqualification – the coach or player is suspended for the remainder of the season.

#### **VIII. Players in Uniform**

- A. A maximum of 22 players, including goalkeeper, may dress for and play in a game.

### **LACROSSE (Boys and Girls)**

#### **I. Suspended Games**

- A. All regular-season and MHSAA tournament games shall be resumed from the point of suspension whether continued on the original date or on a future date.
- B. A regular-season or tournament game is legal and complete after 80 percent of play is completed (40 minutes for girls, three quarters for boys).

#### **II. 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.

#### **III. Misconduct/Disqualification**

- A. In girls lacrosse, follow MHSAA Regulation V, Section 3(D). A spectator ejection does not necessitate the head coach be assessed a card.



## **SOCCKER (Boys and Girls)**

### **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).

### **II. Overtime Procedures**

- A. **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:** Leagues and conferences may use the MHSAA tournament overtime procedures (above) or any lesser combination of time for the two periods and/or shootouts. All overtime periods must be of equal length. Shootouts or sudden-victory golden goals may or may not be used in the regular season. Overtime may consist of only shootouts.

### **III. Yellow Card**

- A. A player who receives a second yellow card is disqualified from the game (and the next day of competition).

### **IV. 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.

### **VII. 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.

### **VIII. 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 Girls 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.

## **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 players (per flight) may be seeded.
- 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. 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. The only head attire that may be worn during competition will be a knit stocking cap, sweat band, ski band; or hood of a one piece uniform.
- B. Should the uniform jersey hang below the waistband of the shorts, jerseys must be tucked in.
- C. Sunglasses may be worn in competition.
- D. Competitors may not wear temporary body adornment (painted or fastened) during 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.

**GIRLS 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.
- B. Modification of match format is permitted for competition other than varsity dual matches.

**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 for seeding and tournament administration for all levels of the Individual tournament series. TrackWrestling will be used to automatically seed each level at the District, Regional and Final tournament rounds.

# APPENDIX G

## 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 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. 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 to the written clearance for return to activity.
4. 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.**
5. **Member schools are required to complete and submit the forms designated by the MHSAA to record and track head injury events in all levels of all sports.**
6. 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.

### SANCTIONS FOR 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.

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 sport season of the following school year and not permitted to participate in the MHSAA tournament in that sport during the original and extended probationary period.

# APPENDIX H

## MODEL POLICY FOR MANAGING HEAT & HUMIDITY

**Adopted March 22, 2013**

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 designate 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 Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
- 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 appears on the next page**

# APPENDIX I

## HEAT INDEX CALCULATION AND CHART

Temperature (Fahrenheit)

		79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
Relative Humidity at Site	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
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	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
	73	82	83	85	87	89	91	94	96	99	102	105	108	111	115	118	122	126	130	134	138	143	147
	72	82	83	85	87	89	91	93	96	99	101	104	107	111	114	117	121	125	129	133	137	141	146
	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	
67	81	83	84	86	88	90	92	94	96	99	101	104	107	110	113	116	120	123	127	131	135	139	
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	
63	81	82	84	85	87	88	90	92	94	97	99	101	104	107	110	113	116	119	122	126	130	133	
62	81	82	83	85	86	88	90	92	94	96	98	101	103	106	109	112	115	118	121	125	128	132	
61	81	82	83	85	86	88	90	91	93	96	98	100	103	105	108	111	114	117	120	124	127	131	
60	81	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119	123	126	129	
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	
51	80	81	82	83	84	85	87	88	90	91	93	95	97	99	101	104	106	108	111	114	116	119	
50	80	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118	
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	
46	80	80	81	82	83	84	86	87	88	90	91	93	95	96	98	100	103	105	107	109	112	114	
45	80	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111	114	
44	80	80	81	82	83	84	85	86	88	89	91	92	94	96	97	99	101	103	106	108	110	113	
43	79	80	81	82	83	84	85	86	87	89	90	92	93	95	97	99	101	103	105	107	109	112	
42	79	80	81	82	83	84	85	86	87	88	90	91	93	95	96	98	100	102	104	106	109	111	
41	79	80	81	82	83	85	86	87	88	90	91	93	94	96	98	100	101	104	106	108	110	110	
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39	79	80	81	81	82	83	84	85	86	88	89	90	92	93	95	97	98	100	102	104	106	108	
38	79	80	80	81	82	83	84	85	86	87	89	90	91	93	95	96	98	100	102	104	106	108	
37	79	80	80	81	82	83	84	85	86	87	88	90	91	93	94	96	97	99	101	103	105	107	
36	79	80	80	81	82	83	84	85	86	87	88	89	91	92	94	95	97	99	100	102	104	106	
35	79	80	80	81	82	83	84	85	86	87	88	89	90	92	93	95	96	98	100	102	104	106	
34	79	79	80	81	82	82	83	84	85	86	88	89	90	92	93	94	96	98	99	101	103	105	
33	79	79	80	81	82	82	83	84	85	86	87	89	90	91	93	94	96</						