

MARYLAND STATE BOARD OF EDUCATION
Subtitle 06 SUPPORTING PROGRAMS

13A.06.03 Interscholastic Athletics in the State

Authority: Education Article, SS2-205 and 2-303(j),
Annotated Code of Maryland

.01 Authorization

- A.** The following regulations have been established by the State Superintendent of Schools to govern the athletic program for all high school students in Maryland public secondary schools which are members of the Maryland Public Secondary Schools Athletic Association, MPSSAA.
- B.** Local school systems may adopt rules governing their athletic programs that are more restrictive than those of the MPSSAA. Less restrictive rules may not be adopted.

.02 Eligibility

Student eligibility for participation in interscholastic athletics at the high school level shall be based on the following criteria:

- A.** Students shall be officially registered and attending a member MPSSAA member school. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements. Ninth grade public school students, who reside in the attendance area of a high school organized 10 - 12, may participate in the interscholastic athletic program of that high school.
- B.** Each local school system shall establish standards of participation which assure that students involved in interscholastic athletics are making satisfactory progress toward graduation.
- C.** Students who are 19 years old or older as of August 31st are ineligible to participate in interscholastic athletics.
- D.** Students may participate in interscholastic athletic contests for a maximum of three seasons in any one sport in grades 10, 11, and 12. Students who participate on an interscholastic team in grade 9 will have a maximum athletic eligibility of four seasons in that one sport.
- E.** Middle, intermediate, or junior high school students are not eligible to compete or practice with high school teams. However, ninth grade public school students, who reside in the attendance area of a high school organized 10 - 12, may participate in the interscholastic athletic program of that high school.
- F.** Students shall maintain amateur status as defined by Regulation .10 of this chapter.
- G.** Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sport's season. This participation shall meet the following criteria:
 - (1)** The outside participation shall not conflict with the practice or contests schedule of the school including district, regional, and State championship

play unless prior approval has been obtained from the school principal and coach;

- (2) Students who elect to participate on an outside team and do not participate and practice with the school team throughout the designated sport's season are ineligible to represent the school in all contests that determine a county, district, regional, or State championship during that sport season.
- H. Students shall present to their high school principal a certificate from their parents or guardian giving permission for participation.
- I. A student shall be examined and certified to the high school principal as being physically fit to participate in any try-out, practice or contest of a school team. The examination shall be performed by a licensed physician, certified physician's assistant under the supervision of a licensed physician, or certified nurse practitioner.
- J. Students legally transferred to another school may participate. "Legally transferred" means a change of residence or a transfer from one school to another by action approved by the local superintendent of schools.
- K. Graduates.
 - (1) Graduates of high schools are not eligible to practice with or participate on interscholastic sports teams. However, they may participate in the remaining athletic contests of that semester.
 - (2) Students are considered graduates when they have completed the work required for graduation and are declared graduates by the local board of education.

.03 Sports Season

MPSSAA member schools shall conduct all interscholastic athletic contests and practice sessions in accordance with the following:

- A. The sports seasons shall be defined as follows:
 - (1) **"Fall" means the sixth Saturday following the first full week of July until the final date of the county, conference, district, regional, or state tournament.**
 - (2) "Winter" means November 15th until the final date of the local conference, district, regional, or State tournament.
 - (3) "Spring" means March 1st until the final date of the local conference, district, regional, or State tournament.
 - (4) When August 15th, November 15th, or March 1st falls on Sunday, practice will start the preceding Saturday.
- B. **Maximum Number of Contests Permitted During a Sports Season.**
 - (1) One additional contest beyond the maximum allowable number may be played to determine a conference/league championship. The results of that contest shall not count towards MPSSAA standings.
 - (2) All school athletic schedules shall be established before the first contest of each sport's season according to the following instructions:

- (a) **Badminton**—15 matches with not more than two matches per week. Three matches in one week may be scheduled once during the season.
- (b) **Baseball**—18 games with not more than three games per week. Two additional games may be played in one holiday tournament. A team may elect to play three games as part of a holiday tournament and play 17 regular season games. The total number of games may not exceed twenty. Four games are permitted in 1 week if games are part of a holiday tournament. Holiday tournaments shall be played on non-school days for all MPSSAA member schools involved in a tournament. Holiday tournament results shall not count towards MPSSAA standings.
- (c) **Basketball**—20 games with not more than two games per week. Three games in one week may be scheduled twice during the season. Two additional games may be played in one holiday tournament. A team may elect to play three games as part of a holiday tournament and play 19 regular season games. The total number of games may not exceed twenty-two. Holiday tournaments shall be played on non-school days for all MPSSAA member schools involved in a tournament. Holiday tournament results shall not count towards MPSSAA team standings.
- (d) **Cross Country**—10 meets with not more than two meets per week. Meets may not be held on consecutive days.
- (e) **Field Hockey**—12 games with not more than two games per week. Three games in one week may be scheduled twice during the season. Two additional games may be played as part of a tournament during the season. A team may elect to play three games as part of a holiday tournament and play 11 regular season games. The total number of games may not exceed fourteen. The tournament shall be played during non-instructional time for all MPSSAA member schools involved in the tournament.
- (f) **Football**—10 games with not more than one game per week.
- (g) **Golf**—12 matches with not more than three matches per week.
- (h) **Gymnastics**—8 meets with not more than two meets per week. Meets may not be held on consecutive days.
- (i) **Indoor Track**—10 meets with not more than two meets per week. Meets may not be held on consecutive days.
- (j) **Lacrosse**—12 games with not more than two games per week. Three games in one week may be scheduled twice during the season. Two additional games may be played in a holiday tournament. Holiday tournaments shall be played on non-school days for all MPSSAA member schools involved in a tournament. Holiday tournament results shall not count towards MPSSAA standings.
- (k) **Outdoor Track**—10 meets with not more than two meets per week. Meets may not be held on consecutive days.

- (l) **Soccer**—12 games with not more than two games per week. Three games in one week may be scheduled twice during the season. Two additional games may be played as part of a tournament during the season. A team may elect to play three games as part of a tournament and play 11 regular season games. The total number of games shall not exceed fourteen. The tournament shall be played during non-instructional time for all MPSSAA schools involved in the tournament.
- (m) **Softball**—18 games with not more than three games per week. Two additional games may be played in one holiday tournament. A team may elect to play three games as part of a holiday tournament and play 17 regular season games. The total number of games shall not exceed twenty. Four games are permitted in 1 week if games are part of a holiday tournament. Holiday tournaments shall be played on non-school days for all MPSSAA member schools involved in a tournament. Holiday tournament results shall not count towards MPSSAA team standings.
- (n) **Swimming**—12 meets with not more than two meets per week. Meets may not be held on consecutive days.
- (o) **Tennis**—18 matches with not more than three matches per week.
- (p) **Volleyball**—15 matches with not more than two matches per week. Three matches in one week may be scheduled twice during the season. Teams may elect to play tri-matches provided the total number of opponents does not exceed 15 during the season, or teams may play 14 matches plus one multi-team tournament .
- (q) **Wrestling**—14 meets including dual meets and a maximum of 3 tournaments and 3 tri-meets. A county tournament required to qualify for the State tournament will not be counted as one of the three allowed tournaments. There may not be more than two contests per week. Multi-team events may be used to make up postponed contests between teams originally scheduled. Wrestling tournaments and meets are defined by Regulation .04E(3)(4).

.04 Operational Guidelines

The regulations given below are established for all MPSSAA interscholastic sports.

- A. Equal Opportunity for Participation.** Students may not be excluded on the basis of sex from overall equal opportunity to participate in athletic programs. If a school sponsors a team in a particular sport for members of one sex but sponsors no such team for members of the opposite sex, and before July 1, 1975, overall opportunities for members of the excluded sex have been limited, the excluded sex shall be allowed to try out for the team.
- B. MPSSAA Coaching Eligibility.**
 - (1) Member MPSSAA schools shall employ as coaches teachers or certificated professional educator employees of the local Board of Education for a specific coaching assignment.

- (2) If no acceptable and qualified coaches are available from the teachers or certifiable professional educators teachers employed by the local board of education, temporary emergency coaches may be employed if the following procedures are followed:
 - (a) With no acceptable professional staff members available to fill the coaching vacancy, the local school system shall attempt to locate as a coach a person certifiable as a professional educator by the State Department of Education according to 13A.12.01.
 - (b) With no acceptable and certifiable professional educator available, a person acceptable to the local school system may be employed as an emergency coach.
 - (c) Any person employed as a coach under the emergency provision shall comply with the following:
 - (i) The person shall be officially appointed by the local Board of Education on a one-season basis for a specific coaching assignment;
 - (ii) The coaching salary of the appointed emergency coach shall be paid exclusively by the local school system;
 - (d) In sports having more than one coach, emergency coaches shall not comprise more than 50 percent of that sport staff.
 - (e) The emergency coach shall be at least 21 years old and possess a high school diploma.
 - (3) All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.
 - (4) Member MPSSAA schools may permit volunteer athletic coaches to assist their coaching staff. These volunteer coaches may not serve as head coaches at any level and must work only under the direction of the head coach. The volunteer coach may be utilized if the following procedures are followed:
 - (a) The volunteer coach shall be at least 21 years old and possess a high school diploma.
 - (b) The volunteer coach shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.
 - (c) The volunteer coach shall be formally appointed on a one season basis for a specific coaching assignment.
- C. **Required Practice.** A member MPSSAA school shall not participate in a regularly scheduled game until at least twenty calendar days have elapsed after and including the first day of practice. Golf is the only exception to this regulation.

D. Limits of Participation.

- (1) Each local school system and state tournament committee shall establish guidelines that ensure a minimum loss of instructional time for coaches and students involved in interscholastic athletic contests.
- (2) Students who participate in both varsity and junior varsity teams may not play in a number of contests that exceed the maximum number allowed in a sport in a week or season. Students may not compete on both a varsity and junior varsity team on the same day.
- (3) School athletic teams may not participate in any games representing their school in pre-season play or in post-season play.
- (4) MPSSAA member schools may not play or practice on Sundays.
- (5) Individual students may participate in two all-star game per sport, upon the completion of their eligibility in the sport in which this participation occurs.
- (6) MPSSAA member schools shall practice with or play against only high school teams as defined in §J of this regulation.
- (7) Individual students or teams representing a MPSSAA member school shall participate only in games, meets, or tournaments which are conducted by appropriate educational institutions.
- (8) MPSSAA member schools shall not enter competition preliminary to a college or professional game.
- (9) A varsity or junior varsity team member of the previous season may not participate in interscholastic competition and in intramural or school sponsored athletic programs in the same sport outside the sport season.

E. Policies Pertaining to Wrestling.

- (1) Students shall have their minimum weight class in which they can wrestle certified by a qualified physician before the students' first match.
- (2) Students may not wrestle below the minimum weight class established for them at the time of certification.
- (3) A wrestling meet is a contest involving two or three schools.
- (4) A wrestling tournament is a contest involving four or more schools.

F. Postponed Games. One postponed contest may be rescheduled in addition to the maximum number permitted per week in Regulation .03.

G. Out-of-Season Practice.

- (1) MPSSAA member schools and coaches of member schools shall confine practice for all students or teams to the seasonal limitations as defined in Regulation .03.
- (2) A coach may not coach a team representing the coach's school beyond the sports season as defined in Regulation .03.

H. Sports Officials. Schools involved in interscholastic contests shall use only those officials certified by Maryland Public Secondary Schools Athletic Association. Only qualified officials shall be used in all sports where MPSSAA-certified officials are not available.

I. Summer Camps.

- (1) Students may attend a summer sports camp of their choice.
- (2) MPSSAA member schools, member school coaches, school-related organizations, or individuals shall not sponsor or conduct a camp in which students who are returning players are involved or participate. A camp composed of several coaches with their respective teams is a violation of this regulation.
- (3) Coaches of member MPSSAA member schools, while affiliated with a camp, shall not conduct any form of team or group practice involving their school. Such a practice is considered a violation of the out-of-season practice rule defined in .03A(1), (2), and (3).
- (4) A MPSSAA member school shall not provide school uniforms or equipment for students who attend a camp outside of the defined sports season in .03.

J. Competitors.

- (1) MPSSAA member schools shall only practice with or play against high school teams that:
 - (a) Ensure fair competition, athlete safety, and appropriate supervision by a responsible entity;
 - (b) Maintain athletics as an integral part of the total educational program;
 - (c) Promote academic progress;
 - (d) Develop leadership; and
 - (e) Deter exploitation of students.
- (2) High school teams that meet these purposes include high school teams that:
 - (a) Are members of a state interscholastic association recognized by the National Federation of High Schools (NFHS);
 - (b) Have been approved to play members of a state interscholastic athletic association recognized by the NFHS;
 - (c) Are members of an athletic conference that:
 - (i) Formally adopts the standards of competition as established by the Maryland State Superintendent of Schools as part of its constitution and bylaws; and
 - (ii) Has enforcement authority; or

- (d) Represent a school that verifies compliance with standards of competition as established by the Maryland State Superintendent of Schools.
- (3) To verify compliance under §J(2)(d) of this regulation, the administrative head of this school who is responsible for the day-to-day administration of the school shall:
- (a) Sign the verification provided by the Maryland State Department of Education; and
 - (b) Submit the verification for approval to the State Superintendent of Schools annually before the first practice or athletic competition against an MPSSAA member high school team.

.05 Violations, Penalties, and Appeals

- A. Failure to comply with these regulations shall constitute a violation which will result in the following penalties against the MPSSAA member school and either the student, the coach, or both. Depending upon the severity of the violation, more than one penalty may be imposed against the MPSSAA member school, student, and/or coach. Penalties shall be imposed in the order listed below:

(1) Against a MPSSAA member school:

- (a) First—Declare forfeit of all games in which the violation occurred.
- (b) Second—Declare the MPSSAA member school ineligible for championship honors for the current school year in the sport in which the violation occurred.
- (c) Third—Declare MPSSAA member school on probation for one school year which shall render the school ineligible to compete in any approved State meet or tournament for that year.
- (d) Fourth—Impose additional penalties as may seem justified in the particular case considered.

(2) Against a student:

- (a) First—Declare the student to be ineligible for the next 60 school days following the date the student was found to be in violation. These 60 school days will carry over into the next school year if the violation occurs during the second semester.
- (b) Second—Declare the student to be ineligible to compete in the sport in which the violation occurred during the subsequent season.
- (c) Third—Impose additional penalties as may seem justified in the particular case considered.

(3) Against a coach:

- (a) First—Censure.
- (b) Second—Declare the coach ineligible to coach a team for the current school year in the sport in which the violation occurred.

- (c) Third—Declare the coach ineligible to coach a team in any sport for the current year.
- (d) Fourth—Impose additional penalties as may seem justified in the particular case considered.

B. Procedure.

- (1) First—Any MPSSAA member school, student or coach shall notify the local supervisor of interscholastic athletics and the MPSSAA Executive Director of the alleged violation.
- (2) Second—The superintendent or the superintendent’s designee of the local school system in which the school allegedly in violation is located shall convene a hearing within five school days.
- (3) Third—If the superintendent or the superintendent’s designee of the local school system in which the school allegedly in violation is located concludes that a violation has occurred, a penalty shall be imposed in accordance with this regulation.
- (4) Fourth—A report of the hearing and decision in the local school system shall be forwarded to the Executive Director of the MPSSAA.
- (5) Fifth—The MPSSAA Executive Director, in consultation with the appropriate committees, or the Executive Council of the MPSSAA shall review the report of the local hearing and decision in the local school system. The MPSSAA Executive Director shall either accept the penalty imposed or modify the penalty in accordance with this regulation.

C. Appeals.

- (1) A MPSSAA member school, student or coach may appeal the imposed penalty within 30 days and request a hearing before the Appeals Committee of MPSSAA.
- (2) The membership of the MPSSAA Appeals Committee shall include one representative from each district in the Association and a representative from the Association of Secondary School Principals. Five members will constitute a quorum.
- (3) The MPSSAA Executive Director shall notify the Appeals Committee of the hearing and establish a date, time, and hearing site. The appealing school, student or coach, or all of the above, shall be notified of the date, site, and time of the hearing.
- (4) The MPSSAA Executive Director or the Executive Director’s designee shall present the case to the Appeals Committee in behalf of the MPSSAA.
- (5) The principal of the involved school, the student, or coach, or all of the above, shall present grounds for the appeal. If appropriate, the local school system’s supervisor of interscholastic athletics involved in the appeal may present the case.
- (6) The MPSSAA Appeals Committee shall convene in closed session and vote to deny or uphold the appeal or modify the penalty. A majority vote is required to deny or uphold an appeal or modify the penalty.

- (7) The MPSSAA Appeals Committee shall report its findings to the concerned parties.
- (8) Any party aggrieved by the MPSSAA Appeals Committee decision may appeal the decision to the State Superintendent of Schools within 30 days after receipt of the Appeals Committee decision. The State Superintendent of Schools, upon examination of the facts, may in his or her discretion, allow the appeal and appoint a special committee of three local superintendents of schools to hear the appeal. The committee of superintendents may deny or uphold the appeal or modify the penalty.
- (9) Unless otherwise ordered by the State Superintendent of Schools, the application for appeal to the State Superintendent of Schools may not stay the enforcement of the MPSSAA Appeals Committee decision, or excuse the person affected thereby from complying with its terms.
- (10) The decision of the Committee of Local Superintendents of Schools is final.
- (11) A member of the MPSSAA Appeals Committee or the committee of local superintendents of schools may not hear an appeal if that member has offered advice, made a recommendation, rendered a decision, or in any other way participated in the case being appealed.

.06 Classification

- A. For the purpose of parity in competition in meets and tournaments coordinated by the MPSSAA, member schools shall be divided as equally as possible into four classifications based on enrollment. If, in this calculation, two or more schools with equal enrollments fall between two classifications, they shall be placed in the lower classification.
- B. The local superintendent of schools shall submit to the MPSSAA Executive Director by November 1, a report on the actual school enrollment of students in Grades 9, 10, and 11 in each of the MPSSAA member schools as of September 30, in each even numbered year. The MPSSAA Executive Director and the Classification Committee of the MPSSAA shall present a recommendation for classification of member schools to the MPSSAA Board of Control for adoption. Classification shall be determined every 2 years based on the September 30 enrollment of the previous year.
- C. When the MPSSAA Board of Control adopts classifications for member schools, the classifications shall remain in effect for the next 2 school years.
- D. A new MPSSAA member school that opens or a member school whose enrollment is significantly changed by growth or consolidation during the two-year period shall be placed in the proper classification by the Classification Committee. "Significantly changed" is defined as a decrease or an increase in enrollment of more than 25 percent. This new placement shall affect only the involved school and may not affect the classification of other member schools.
- E. When a MPSSAA member school does not have all three grades included in the enrollment figures upon which the classification is based in the even-numbered year, but will have all three grades in the following odd-numbered year when classification becomes effective, the enrollment figure shall include the existing grades and average of the current class sizes applied to each projected grade.

.07 State Tournament Policies

- A.** The Maryland Public Secondary Schools Athletic Association games or tournament committees representing all of the districts shall administer and supervise tournaments in the various sports at the district, regional, and State level.
- B.** All participating schools shall abide by the rules established by each MPSSAA Tournament Committee.
- C.** Although certain aspects of a tournament may vary from year to year, the following basic policies shall be observed by all tournament committees:
 - (1)** The tournament shall not interfere with local board of education policy.
 - (2)** A MPSSAA member school or local school system may decide whether or not to participate in the tournament.
 - (3)** A MPSSAA member school shall compete in its classification when the tournament is so structured.
 - (4)** Certified and approved officials' organizations shall be assigned games in a fair, equitable, and non-discriminatory manner.
 - (5)** All awards and recognition shall conform to Regulation .08, below.
 - (6)** MPSSAA tournament committees shall make every effort to establish game sites to avoid extensive travel for participating teams.
 - (7)** All policy and procedure changes for State tournaments shall be subject to the approval of the MPSSAA Executive Council with the Association Tournament Committee serving in an advisory capacity. Emergency decisions on tournament policies and procedures may be made by the MPSSAA Executive Director.
 - (8)** When a student is found ineligible during the progress of a tournament, the contest last played shall be forfeited, and the team which was defeated shall take its place.
 - (9)** "All-star teams" or best "individual athlete" awards may not be selected from approved tournaments.
 - (10)** Sports at the State tournament level shall be governed by approved game rules.
 - (11)** If a team or any students participating in State Tournament contest play leaves the field before completion of the contest, or fails to continue play when eligible to do so, or is guilty of misconduct detrimental to the tournament, then the team, coach, or students may be suspended from further participation in the current tournament, and from the same tournament in the succeeding year, upon the determination of the Tournament Committee and the Executive Director.
 - (12)** The rules of the MPSSAA do not provide authority to order games re-played. Protests arising from decisions and interpretations by officials during the game will not be considered. Officials' decisions and interpretations are final.

- D. Tournament rules and procedures established by MPSSAA may be appealed on behalf of a student, coach, or school by a local superintendent to the State Superintendent of Schools. The appeal shall be adjudicated by a committee of three local superintendents appointed by the State Superintendent of Schools. The decision of the committee shall be final.
- E. Expansion of any sport to the State level shall be recommended by the State Board of Control of the MPSSAA and approved by the State Superintendent of Schools after consultation with local superintendents of schools.

.08 Awards and Recognition

- A. Awards may be made as follows:
 - (1) A school, school related, or non-profit group may purchase and present to a student for athletic achievement a school insignia, medal, pin, or similar article.
 - (2) Awards from outside the school may be given to individual athletes or school teams provided the awards are approved by the Local Superintendent, meet MPSSAA guidelines, and the presentation is made at a school approved function.
- B. Recognition of student athletes and athletes teams, other than through awards, shall be limited to appreciation banquets approved by the Local Superintendent.

.09 Sanction Rules

- A. Students or teams representing a MPSSAA member school shall participate only in contests conducted by educationally related organizations.
- B. A school or local school system that wishes to serve as host for an intercounty or interstate contest shall file the appropriate sanction request form with the MPSSAA Executive Director, a minimum of 45 days before the contest. When the event is an interstate, contest, invitations may not be extended to out-of-State schools to participate until official sanction approval has been received from the National High School Federation.
- C. Schools participating in interstate contests shall use the National Federation contract form furnished by the MPSSAA Executive Director.
- D. In all interstate contests, each participating school shall follow the rules of the host state athletic authority.
- E. A school which is a member of a federation member state high school association may not compete in any of the following contests unless the contest has been sanctioned by each of the interested state authorities through the National High School Federation of State High School Associations:
 - (1) Any interstate meet in which four or more schools participate;
 - (2) Any competition involving schools from three or more state athletic associations;
 - (3) Any interstate two-school contest which involves travel outside of the United States of America; or

- (4) Any interstate two-school contest (regardless of distance to be traveled) which is sponsored by an individual or an organization other than a MPSSAA member high school.
- F. A MPSSAA member school shall not compete in any contest in any other state if either school's participation violates the regulations or established policies of either state's high school interscholastic athletic authority.
 - G. A member MPSSAA school shall not compete in any of the following contests unless the contest is approved by the MPSSAA Executive Director:
 - (1) Any intercounty contest involving more than three teams and sponsored by a non-member educational institution;
 - (2) Any intercounty contest involving more than four schools;
 - (3) Any intercounty contest involving more than four counties. The host school shall file the appropriate sanction request form with the MPSSAA Executive Director at least 45 days before the event.
 - H. **MPSSAA Sanction Guidelines.** The following criteria shall be met for sanction approval by the MPSSAA:
 - (1) The competition shall not determine a regional or national championship;
 - (2) The competition is not preliminary to a college or professional game;
 - (3) The competition is sponsored by an educational institution or similar non-profit organization;
 - (4) Participation in the event is within the United States of America, does not involve loss of instructional time, and complies with the local school system policies and procedures for school-sponsored travel; and
 - (5) All awards shall comply with Regulation .08 Awards and Recognition.

.10 Amateur Rules

- A. Students who have not used or are not using their athletic skill as players for financial gain, or who have not competed under an assumed name as players, shall be considered an amateur. Employment as an instructor, counselor, or official shall not be considered a violation.
- B. Students who have ceased to be amateurs in a particular sport may not represent their school in interscholastic athletics in that sport.
- C. Students who have lost amateur standing may apply for reinstatement to the MPSSAA Appeals Committee after the lapse of 60 days. The 60 days shall commence with a letter of determination from the local superintendent of schools.
- D. Students shall not lose amateur standing by playing with or against professional players as long as they do not receive pay for their services.
- E. Students shall lose their amateur status in a particular sport if they sign a professional contract in that sport.

.11 Amendments

- A.** Proposed written amendments to these regulations may be submitted only by any MPSSAA member school, member system superintendent of schools, MPSSAA committee, or the MPSSAA Executive Director. Proposed amendments shall be received by the MPSSAA Executive Director at least 45 days before the annual meeting of the MPSSAA Board of Control.
- B.** Upon receipt proposed amendments shall be referred to the Constitution Committee for appropriate action and recommendation.
- C.** Notice of the proposed amendments shall be sent to each MPSSAA member school, local superintendent of schools, and the State Superintendent of Schools at least 15 days before the annual legislative meeting of the MPSSAA.
- D.** Ratification of the proposed amendments shall require a majority vote of the delegates present at the annual legislative meeting of the MPSSAA.
- E.** Amendments approved by the MPSSAA shall be forwarded to the State Superintendent of Schools who will receive recommendations from local superintendents of schools before the State Superintendent of Schools submits recommendations to the State Board of Education.
- F.** The amendments approved by the State Board of Education shall be in effect according to the date established by the Board.

RULES AND INTERPRETATIONS

DEFINITIONS

- Double-header**When a team plays two contests or contest with the same team or different teams on the same day.
- Intrinsic value**Medals, pins, certificates, plaques, trophies, scholarships, appreciation (clothing, shoes, contracts are prohibited).
- Licensed physician**Medical doctor.
- Media****Any channel of communication. These forms include electronic (radio, television, webcasting, video streaming, photography) and print (news paper, magazine, newsletters, internet).**
- Multi-team**.....Three or more teams.
- Participation**Physical entry into a bonafide school-sanctioned athletic contest.
- Practice**Any individual, group, or team gathering that has assembled for the purpose of instruction and/or play.
- Returning players**A player who participates in preceding sport season(s) who again qualifies to represent a school in a subsequent season.
- Scheduled**Official number and sequence to be determined prior to the first game of that sport season.
- School-related group**Any organization whose aim is to promote school programs and is under the supervision of the school.
- Scrimmage**A practice or game in which no score is reported, no admission is charged, no public report is made, and the sole purpose of the practice or game is purely for instructional purposes.
- Sport staff**.....Each local school system shall determine the staff coaching titles (head, assistant, junior varsity head) in each sport, and the level of team competition in each sport (varsity, junior varsity, freshman).
- Statue of Limitations** **A time frame of one calendar year from the day of the state championship to investigate state athletic violations.**
- Tournament**.....Three or more teams or individuals competing in an elimination or round-robin type structure where a champion is determined.
- Week**Monday, 12:00 a.m. through Saturday, 11:59 p.m.

RULES AND INTERPRETATIONS

OUTSIDE PARTICIPATION

.02G(1) “The outside participation shall not conflict with the practice or contests schedule of the school including district, regional, and State championship play unless prior approval has been obtained from the school principal and coach;”

Interpretation: Any factor of a non-school athletic activity that causes a student to miss any portion of a school practice or contest constitutes a conflict.

This would include but is not limited to:

1. Practice
2. Competition
3. Tryouts/qualifying
4. Travel to and from
5. Registration
7. Awards ceremony
8. Etc.

Note: It is expected that high school teams conduct practice for all members or engage in competition every day school is in session during the sports season.

MAXIMUM NUMBER OF CONTESTS PERMITTED DURING A SPORTS SEASON

.03B

Interpretation: The seasonal limitations for each sport refer to one varsity team as well as to any under-squad teams. A school may field only one team that can be classified as “varsity”. The nomenclature of any under-squad, i.e., varsity “B”, junior varsity, freshman, novice, etc., must so designate its non-varsity status. Accordingly, any requirements or qualifying standards to state tournaments can only be satisfied through *varsity competition*.

CARE AND PREVENTION OF ATHLETIC INJURIES

.04B(3) “All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.”

Interpretation: The following interpretation of that bylaw was agreed upon by formal vote of the MPSSAA Board of Control:

1. The completion of the Care and Prevention Course will be required by August 15, 1989.
2. Coaches beginning employment after August 15, 1989, will have one (1) year to complete the course.
3. The major content areas in the course should be:
 - a. Legal Issues
 - b. Introduction to Injury
 - c. Prevention of Injuries
 - d. First Aid/On Field Management of Injuries
 - e. Life Threatening Injuries
 - f. Ankle Injuries
 - g. Knee Injuries

- h. Neck, Spine, Pelvis Injuries
 - i. Shoulder Injuries
 - j. Arm, Hand Injuries
4. Emergency coaches must have completed a Care and Prevention course in the first year of his/her employment.
 5. Local supervisors will certify that coaches have complete the course.
 6. It is strongly recommend that all coaches complete a course in CPR.

Following is a suggested outline formulated by the MPSSAA Medical Advisory Board (revised April 22, 1998):

CARE AND PREVENTION OF ATHLETIC INJURIES COURSE OUTLINE

- I. **Legal Issues** Suggested time allocation: 45 min.
 - Emergency Plan
 - Knowledge of proper skills, techniques, and protective equipment
 - Medical records and documentation
 - Safety

- II. **Introduction to Injury** Suggested time allocation: 1 hr. 30 min.
 - Mechanisms of injury
 - Tissue response to injury (mild/moderate/severe)
 - Stages of healing
 - Psychology of injury
 - Psychology of sport

- III. **Prevention of Injuries** Suggested time allocation: 1 hr. 30 min.
 - Conditioning concepts
 - Alternate training concepts
 - Nutrition
 - Performance enhancing issues

- IV. **First Aid/On Field Management of Injuries** Suggested time allocation: 2 hr. 30 min.
 - Primary/Secondary survey
 - Cuts, blisters, bruises
 - Hyperventilation
 - Care of eye, mouth, nose injuries
 - Thermal injuries
 - Choking
 - Hygiene and sanitation (facilities, equipment, supplies)
 - Hot and Cold Treatment (RICE/ICER treatment)
 - Ambulatory assistance
 - Bloodborne pathogens, use of personal protection equipment
 - First Aid kit
 - Principles of taping

- V. **Life Threatening Injuries** Suggested time allocation: 1 hr.
 - Cardiac
 - Head/Brain
 - Spinal
 - Respiratory
 - Circulatory
 - Thoracic/Internal injuries

- VI. Ankle Injuries** Suggested time allocation: 2 hr. 15 min.
- Anatomy and mechanics of the joint
 - Physical examination
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
 - Taping techniques
- VII. Knee Injuries** Suggested time allocation: 1 hr. 15 min.
- Anatomy and mechanics of the joint
 - Physical examination
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
- VIII. Neck, Spine, Pelvis Injuries** Suggested time allocation: 1 hr.
- Anatomy and mechanics of the joint
 - Physical examination
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
- IX. Shoulder Injuries** Suggested time allocation: 1 hr. 15 min.
- Anatomy and mechanics of the joint
 - Physical examination
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
- X. Arm, Hand Injuries** Suggested time allocation: 1 hr. 30 min.
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
 - Taping techniques
- XI. Exit Exam** Suggested time allocation: 30 min.
TOTAL TIME: 15 Hr = 1 credit

OUT-OF-SEASON PRACTICE

.04G(1) “Member schools and coaches of member schools shall confine all organized or formal practice for a contestant or a team to the seasonal limitations as defined in Regulation .03.”

Interpretation: Any individual, group, or team gathering that has assembled for the purpose of instruction and is under the direction of any member of the school coaching staff would constitute a violation.

.04G(2) “A coach may not coach a team representing his school beyond the sports season as defined in Regulation .03.”

Interpretation: Any paid or volunteer coach at a member school may coach a non-school team provided the following criteria is observed:

- The team may not use a name connected with the school.
- The team may not use school uniforms or equipment.
- The team is participating in a league, or similar activity sponsored by an educational or non-profit organization outside of the school system. (Individual teams may be supported by businesses, individuals, or other entities as long as the student’s amateur standing is not compromised.)

d. Timeframe

1. From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.

SPORT	STARTING LINE UP	LIMIT
Baseball	9	7
Basketball	5	4
Cross Country	7	5
Field Hockey	11	8
Football	11	8
Golf	4 State members.....	3
Gymnastics—Boys	6 events	4
Gymnastics—Girls	4 events	3
Lacrosse	10	8
Soccer	11	8
Softball.....	9	7
Swimming.....	12 events.....	9
Tennis	8 State events.....	6
Track & Field	18 events.....	14
Volleyball	6	4
Wrestling.....	14	11

2. From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.

CAMP RULE

.04I(2), (3) “MPSSAA member schools, member school coaches, school-related organizations, or individuals shall not sponsor or conduct a camp in which students who are returning players are involved or participate. A camp composed of several coaches with their respective teams is a violation of this regulation.”

Interpretation: School-related individuals means any school employee, volunteer, their relatives, and/or agents.

NOTE: Alleged violations brought by member schools, students or coaches will be investigated by the local superintendent or his/her designee. Those sponsoring and/or conducting a camp that is under investigation will be required to supply supporting data.

AWARD CRITERIA

.08A(2) “Awards from outside the school may be given to individual athletes or school teams provided the awards are approved by the local superintendent, **meet MPSSAA guidelines, and the presentation is made at a school approved function.**”

MPSSAA Guidelines: Awards presented by non-school organization(s) to the school and/or athlete, excluding scholarship(s), must display the school name or insignia and team or individual accomplishment and not exceed a dollar limit of \$60. Commercial messages may not be displayed on awards such as articles of clothing, jewelry, luggage, etc.

MISCONDUCT DETRIMENTAL TO A TOURNAMENT

.07C (11) “If a team or any students participating in State Tournament contest play leaves the field before completion of the contest, or fails to continue when eligible to do so, or is guilty of misconduct detrimental to the tournament, then the team, coach, or students may be suspended from the further participation in the current tournament, and from the same tournament in the succeeding year, upon the determination of the Tournament Committee and the Executive Director.”

Interpretation: Ejection from any District, Regional, or State Tournament contest is considered misconduct detrimental to the tournament. Coaches, players, and bench personnel ejected from these tournament contests are disqualified from the succeeding contest in that tournament year. Additional sanctions could be imposed depending on the circumstances.

STATE CHAMPIONSHIP CRITERIA

.07D “Expansion of any sport to the State level shall be recommended by the State Board of Control of the MPSSAA and approved by the State Superintendent of Schools after consultation with the local superintendents of schools.”

MPSSAA Criteria:

- a. A minimum of 40% of MPSSAA member schools shall participate in the sport program on a varsity level.
- b. Schools shall be prepared to host home school contests on the school site.
- c. A plan of action shall be submitted to the Executive Director 30 days prior to the Spring MPSSAA Board of Control meeting and shall include:
 1. Tournament structure
 2. Estimated budget
 3. Historical background
- d. A state tournament shall evolve from district/regional tournaments.

50% SPORT STAFF

.04B(2)(d) “In sports having more than one coach, emergency coaches may not comprise more than 50 percent of that sport staff.”

Interpretation: The staff of each individual team (varsity, J V, freshman) represents a separate sport staff.

LOSS OF INSTRUCTIONAL TIME

.09H(4) “Participation in the event is within the USA, does not involve loss of instructional time, and complies with the local school system policies and procedures for school-sponsored travel.”

Interpretation: Events that require out of state travel beyond 300 miles may not involve any loss of school time.