

# 500.00

## INTERSCHOLASTIC SPORT ACTIVITIES

Purpose: To establish uniform and equitable rules for the conduct of interscholastic activities. If there is a violation of a rule, a full report of the violation must be made to the MSHSL office by the school officials of the school violating the rule. The Board of Directors will determine the responsibility and penalize the responsible school official or officials. The game shall be automatically forfeited.

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The most current version of the Official Handbook  
is always posted on the League Web site — [www.MSHSL.org](http://www.MSHSL.org).

**BYLAW 501.00****MAXIMUM NUMBER OF CONTESTS**

<b>Sport</b> <sup>1</sup>	<b>Weeks</b>	<b>Practice / Tournament</b> <sup>3</sup>	<b>Maximum Number of Contests</b> <sup>5</sup>
Badminton	11	2 / 1	16 dates / 28 matches
Baseball <sup>2</sup>	13	2 / 3	20
Basketball	18	2 / 3	26
Bowling, Adapted	11	2 / 1	16
Cross Country	12	2 / 2.5	10
Football	15	3 / 5	9 <sup>4</sup>
Golf	13	2 / 2.5	16
Gymnastics	15	3 / 2	16
Hockey	17	2 / 2.5	25
Lacrosse	9	2 / 1	12
Skiing	14	2 / 2	16
Soccer <sup>2</sup>	12	2 / 2	18
Softball <sup>2</sup>	13	2 / 3	20
Swimming	14	2 / 2	16
Synch. Swimming	14	2 / 1	15
Tennis	11	1 / 2	16 dates / 28 matches
Track & Field	13	2 / 3	14
Volleyball	13	2 / 2.5	17
Wrestling	15	2 / 2.5	18 dates / 36 matches
Dance Team, Girls	15	2 / 2	22

<sup>1</sup> Adapted: Same as paired activity for able-bodied athletes.

<sup>2</sup> No sport will play fewer contests during the season than they play under the current format. Doubleheaders are already possible in these sports.

<sup>3</sup> Based on the week of the state tournament and the length of the longest section tournament in each sport.

<sup>4</sup> Members of the League's Sports Medicine Advisory Committee do not recommend more than 9 games per year.

<sup>5</sup> The process to Increase/Decrease the Number of Contests provided that the increase does not exceed the 2/1 policy of games per week in a season:

1. The president of a coaches association who requests an increase/decrease from the current number of contests must:
  - A. Make a request to the Board of Directors regarding the increased/decreased number of contests. The request must include:
    - 1) the number of contests to be increased/decreased;
    - 2) the rationale for the increase/decrease; and
    - 3) affirmation that the request has the support of the coaches association in that sport.
  - B. The League office will send the request to the member schools of the League registered for that activity.
  - C. The response must be signed by the Designated School Representative and the head varsity coach of the activity in question affirming that the matter has been discussed at a local school board meeting where the board has been advised of the economic impact.
  - D. All responses must be returned to the League office by the prescribed date.
2. The League's Executive Director will approve the increase/decrease in the number of contests provided that:
  - A. A majority of votes from the schools registered for the activity who return the survey are in the affirmative; and
  - B. The increase in the number of contests will be played on a Friday evening, Saturday, or vacation day OR that the increased number of contests will not cause the team to miss school time.
3. Requests to increase/decrease the number of contests will be received by the Board of Directors on November 1 of each odd numbered year.

**BYLAW 502.00****DAILY/SEASON  
PLAYER PARTICIPATION LIMITATIONS**

Player participation limitations include participation in Junior High, B-Squad, Junior Varsity and Varsity games.

<b>Sport</b>	<b>Daily Limit</b>	<b>Season Limitation</b>
Badminton, Girls	None	None
Baseball	<p>On any given day or in any three consecutive days, a high school player shall not be permitted to pitch more than a total of 14 innings. Each out shall constitute one-third inning. If a pitcher is striving for a 42nd out and exceeds the limit because of a double or triple play, there shall be no violation. In any game the starting pitcher may return to the mound once in relief, however if the pitcher is not a starter, the pitcher may make two relief appearances.</p> <p>All games scheduled and played as stated under non-MSHSL tournaments count toward daily player participation limitations.</p>	<p>All games scheduled and played as stated under non-MSHSL tournaments count toward the following:</p> <ol style="list-style-type: none"> <li>1) season total for contests/games</li> <li>2) season player participation limitations</li> </ol>
Basketball, Boys & Girls	<p>No student shall participate in more than five quarters on any given day. Not more than four quarters may be consecutive even though they are parts of two games.</p> <p><b>Exception:</b> Any school whose 9th, 10th, or B-squad schedule shall have fewer than the maximum allowable number of varsity games may schedule four-team tournaments for such 9th, 10th or B-squad teams to bring the number of games equal to the allowable total. A maximum number of two such tournaments may be scheduled per level. Each game in a tournament will count as one contest. A player may participate in a maximum of eight quarters per tournament day in such tournaments. Junior varsity or varsity reserves may participate in four-team tournaments as long as the total number of quarters for varsity and varsity reserves does not exceed the total allowable quarters per season as stated in the Player Participation Limitation Quarters per Season. A player may participate in a maximum of eight quarters per tournament. <b>If a player participates in a varsity game on any given day, the maximum allowable halves is limited to three. Participation in any half counts as one half.</b></p> <p>All games scheduled and played as stated under non-MSHSL tournaments count toward daily player participation limitations.</p>	<p>No student may participate in more halves per season than a number equal to three times the number of varsity games scheduled.</p> <p>Participation in any half counts as one half in administering these rules.</p> <p>All games scheduled and played as stated under non-MSHSL tournaments count toward the following:</p> <ol style="list-style-type: none"> <li>1) season total for contest/games</li> <li>2) season player participation limitations</li> </ol>
Bowling, Adapted	None	None
Cross Country Running, Boys & Girls	None	Regardless of the number of teams a school supports, no participant may run in more than a total of 1 and 1/10 of the total number of meets allowed, exclusive of MSHSL tournament play.

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## Bylaw 502 continued from previous page

Sport	Daily Limit	Season Limitation
Football	None	During a season, no student may participate in more quarters than a number equal to six times the number of varsity games scheduled. Player participation limitations include participation in Jr. High, B-Squad, JV and Varsity games. Participation in any quarter counts as one quarter of a game. Participation on Special Teams only would count as one-half (1/2) quarter of play. Special Teams would be defined and limited to: Kickoff, Kickoff Return, Punt, Punt Return, Field Goal and Extra Point Kicking Teams only.
Golf, Boys and Girls	None	None
Gymnastics, Girls	None	None
Hockey, Boys & Girls  Adapted Hockey	No student shall participate in more than four periods on any given day. Not more than three periods may be consecutive even though they are parts of two games. <b>Exception:</b> Any school whose 9 <sup>th</sup> , 10 <sup>th</sup> , or B-squad schedule has less than the maximum allowable number of varsity games may schedule four-team tournament for such 9 <sup>th</sup> , 10 <sup>th</sup> , or B-squad teams to bring the number of games to the allowable total. A maximum number of two such tournaments may be scheduled per level. Each game in a tournament will count as one contest. A player may participate in a maximum of six periods per day in such tournaments. Participation in any period counts as one period in administering the rules. All games scheduled and played as stated under non-MSHSL tournaments count toward daily player participation limitations. <b>Exception:</b> The spare goalie is an exception to the periods per day rule in case of injury or illness to the regular goalie on that day.	No student shall participate in more periods per season than a number equal to four times the number of varsity games scheduled. Participation in any period counts as one period in administering these rules.  All games scheduled and played as stated under non-MSHSL tournaments count toward the following: 1) season total for contest/games 2) season player participation limitations
Lacrosse, Girls	Participants are limited to three (3) halves in one day. Not more than two (2) halves can be consecutive.	No student may participate in more halves during a season than a number equal to one and one-half times the number of varsity games scheduled.
Skiing, Alpine & Nordic Ski Racing	None	None
Soccer, Boys & Girls  Adapted Soccer	None	No student may participate in more than 45 halves per season. Participation in any half counts as one-half toward the total allowed.
Softball, Girls  Adapted Softball	None	None
Swimming & Diving, Boys & Girls	None	None
Synchronized Swimming, Girls	None	None

<b>Sport</b>	<b>Daily Limit</b>	<b>Season Limitation</b>
Tennis, Boys & Girls	None	None
Track & Field, Boys & Girls	None	None
Volleyball, Girls	Daily: A student is limited to a maximum of five games per day. Participation in any game counts as one game. This includes junior high, B-squad, JV and/or varsity competition. <b>Exception:</b> The daily limitation shall be waived when participating in a tournament that counts as one (1) match on the schedule	None
Wrestling	A wrestler may not wrestle in more than five matches on any given day.	No student may participate in more than 36 matches prior to MSHSL sponsored tournaments.
Dance Team, Girls	None	None

**Penalty**

If there is a violation of the player limitations, a full report of the incident must be made to the MSHSL Office by the school officials of the school violating the rule. The Board of Directors

will determine the responsibility and penalize the responsible school official or officials. The game must be automatically forfeited.

**BYLAW 503.00****BADMINTON - Girls****1. SEASON BEGINS:**

Practice may begin on the second week in March and continue for approximately eleven weeks through the final day of the League-sponsored tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Eight (8) days of organized practice shall precede the first contest.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

**A. Maximum number allowed - 16**

Sixteen contest dates with the total number of team matches within the 16 contest dates not to exceed 28, exclusive of MSHSL-sponsored tournament play.

**B. Non-League Tournaments**

A team tournament, in which winners advance to determine a champion, counts as 1 toward maximum 28 matches. Each dual competition within a multiple-team tournament, (round robin), in which opponents are predetermined, counts as 1 toward maximum 28 matches. An individual tournament, in which individuals advance to determine champions, counts as 1 toward the maximum 28 matches.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a) participated on a non-school team or as an individual competitor;
  - b) participated in a camp or clinic; and/or
  - c) received private instruction in that sport during the high school season.

**BYLAW 504.00****BASEBALL****1. SEASON BEGINS:**

Thirteenth Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 20 (exclusive of League tournament play).

**B. Non-League Tournaments**

Tournaments, not part of the League play, will count each game played in the tournament as 1 game toward the maximum number of 20. Teams will be allowed to participate in a maximum of three games per tournament, with the limitation of two games per day. The number of schools participating in a tournament shall not exceed eight unless it is a conference tournament. Conference, division or section champions may play a 21st game to determine an inter-conference or intra-conference champion. The game must be on the school schedule. (Remember that each game will count as 1 toward the maximum number of 20 games allowed.)

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

**B. Membership Defined: A student must:**

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

**C. Exceptions**

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or received private instruction in that sport during the high school season.

**BYLAW 505.00****BASKETBALL - Boys & Girls****1. SEASON BEGINS:**

Eighteenth Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest except when Thanksgiving occurs during the second week of organized practice, a game may be scheduled and played on the Wednesday before Thanksgiving.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed - 26

B. Non-League Tournaments

Conference or division champions may schedule a 27th game to determine an inter-conference or intra-conference champion. The game must be listed on the school schedule. Tournaments not part of League play: Each game played in the tournament will count as one game toward the maximum number of games allowed for the season.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or received private instruction in that sport during the high school season.

**BYLAW 506.00****BOWLING, ADAPTED - Co-educational****1. SEASON:**

The length of the bowling season shall be 11 weeks.

**2. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

Two games would constitute a match. Sixteen (16) matches (2 matches per week) will comprise a season. The maximum number of matches played per season shall not exceed 16 matches exclusive of League tournament play. All games shall be bowled in an official bowling alley.

**3. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. ADAPTED ATHLETICS – ELIGIBILITY REQUIREMENTS:**

The MSHSL has two competitive interscholastic divisions: Physically Impaired (PI) and Cognitively Impaired (CI). Participation in the interscholastic program of a high school is limited to students in grades 7 through 12. Students in an ungraded setting are first eligible when their age peers are in the 7<sup>th</sup> grade. Student will be eligible for 8 consecutive semester (4 years), beginning with their or their peers initial entrance into the 9<sup>th</sup> grade.

The MSHSL requires a sports qualifying exam every three (3) years for participants in competitive athletics. The MSHSL acknowledges that some students with disabilities, like some students without disabilities, will be unable to participate in adapted athletics due to the competitive nature of the programs and for reasons unrelated to their disability. Like other students who do not “make the team”, these students should be directed to alternative programs which are less competitive and more recreational in nature. Students may not participate in both PI and CI divisions. If a student participates in both divisions the penalty for the use of an ineligible player will be enforced and result in an automatic forfeiture of the game. Participants in the Adapted Program may not concurrently participate in the non-adapted Interscholastic Athletic Program during the same season and the penalty would be the same as the use of an ineligible player.

**A. PI Division** – The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the PI Division with one of the following criteria.

The student must have a diagnosed and documented impairment specified from one of the two sections below: (Must be diagnosed and documented by a Physician and/or Physicians Assistant):

- 1) Neuromuscular, postural/skeletal, traumatic, growth, or neurological impairment that affects motor function, modifies gait patterns, or requires the use of a prosthesis or a mobility device including but not limited to, canes, crutches, or wheelchairs.
- 2) Cardio/respiratory impairment that is deemed safe for competitive athletics but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum

heart rate for age results in physical distress in spite of appropriate management of the health condition.

**Note: A condition that can be appropriately managed with appropriate medications, which eliminate physical or health endurance limitations, will NOT be considered to be eligible for adapted athletics.**

**Specific exclusions to PI competition:**

The following health conditions **without coexisting physical impairments as outlined above** do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual’s physician, student’s school, or a government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health impairments that are not listed below may also be non-qualifying for participation in the PI Division.

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactive Disorder (ADHD)
- Emotional Behavioral Disorder (EBD)
- Autism Spectrum Disorders (including Asperger’s Syndrome)
- Tourette’s Syndrome
- Neurofibromatosis
- Asthma
- Reactive Airway Disease (RAD)
- Bronchopulmonary Dysplasia (BPD)
- Blindness
- Deafness
- Obesity
- Depression
- Generalized Anxiety Disorder
- Seizure Disorder
- Other Similar Disorders

**B. CI Division** – The MSHSL Adapted Athletics CI Division program is specifically intended for students with cognitive impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the CI Division with the following criteria.

The student must have a diagnosed and documented cognitive impairment. Cognitively impaired refers to students with sub-average intellectual function defined by a **Full Scale** intelligence quotient of 70 or below, using a standardized, nationally-normed, technically adequate, and individually administered intelligence test.

**Specific exclusions from CI competition:**

A student becomes ineligible to participate in Adapted Athletics when they have attained a level of cognitive performance that exceeds the eligibility requirements. A student whose Full Scale IQ score increased above 70 after the start of a season will be permitted to complete that sports season.

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**Challenges to a student's eligibility to participate in PI and CI adapted athletics:**

A school may file a written challenge regarding a student's eligibility to participate in Adapted Athletics based on the qualifications stated above. Challenges must be submitted within 24 hours of the end of a game in which an ineligible player participated. A challenge submitted after the deadline will not be honored. The student shall remain eligible during the review process. The committee's findings will be final and follow the student through the remaining years of eligibility unless there is a change in physical or cognitive status.

Upon receipt of a written challenge the MSHSL will activate the following review process:

- A. Request of a brief statement from the school/coach supporting the eligibility of the athlete.
- B. Review of the school's/coach's submission and the school's supporting data (testing, medical history, school documentation) by one reviewer who will submit a brief written statement regarding the eligibility status.
- C. Appeal Process: If the initial finding is appealed, a panel of three (3) reviewers will be convened. Two (2) of these reviewers must be from different disciplines (MD, Adapted PE teacher, PT, etc). The school/coach will be asked to submit a video of the player during a game or during PE class that will best demonstrate the disability. The video will be at the schools expense.

**6. LAST DATE TO JOIN A TEAM:**

- A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
- B. Membership Defined: A student must:
  - 1) be practicing with the high school team;
  - 2) be on the school's master eligibility list; and
  - 3) be under the bylaws of the MSHSL.
- C. Exceptions
  - 1) Transfer students who become eligible in their new school.
  - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
  - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
  - 4) Any student who failed to meet the membership deadline and has not
    - a. participated on a non-school team or as an individual competitor;
    - b. participated in a camp or clinic; and/or
    - c. received private instruction in that sport during the high school season.

## **BYLAW 507.00 CROSS COUNTRY RUNNING - Boys & Girls**

1. **SEASON BEGINS:**  
Twelfth Monday preceding the finals of the state tournament.
2. **PRACTICE SESSIONS BEFORE FIRST CONTEST:**  
Two weeks of organized practice shall precede the first contest.
3. **CONTESTS:**  
**Cross Reference: Bylaw 501 (Maximum Number of Contests)**  
Maximum number allowed – 10
4. **PLAYER PARTICIPATION LIMITATIONS:**  
**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**
5. **EQUIPMENT ISSUED:**  
Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
6. **LAST DATE TO JOIN A TEAM:**
  - A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

**BYLAW 508.00****FOOTBALL****1. SEASON BEGINS:**

Practice may begin on the 15th Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

A five-day organized conditioning program and two weeks of organized practice must precede the first scheduled game. The first three days of conditioning will be conducted only with the issue of helmets, mouth proctors, dummies and shoes. The final two days of the conditioning week players may dress in full protective pads and may be allowed to hit dummies and sleds and may have full, person-to-person contact. Inter-school practice scrimmages may not be held until after five separate and complete days of organized practice exclusive of the five days of conditioning. Games may not be added to the schedule without written permission of the Board.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

Maximum number allowed – 9

Non-League Tournaments

The champion of any conference, section or division of a conference may schedule a 10<sup>th</sup> game to determine an inter-conference or an intra-conference championship. The game must be listed on the school schedule.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

- A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
- B. Membership Defined: A student must:
  - 1) be practicing with the high school team;
  - 2) be on the school's master eligibility list; and
  - 3) be under the bylaws of the MSHSL.
- C. Exceptions
  - 1) Transfer students who become eligible in their new school.
  - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
  - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
  - 4) Any student who failed to meet the membership deadline and has not
    - a. participated on a non-school team or as an individual competitor;
    - b. participated in a camp or clinic; and/or
    - c. received private instruction in that sport during the high school season.

**BYLAW 509.00****GOLF - Boys & Girls**

1. **SEASON BEGINS:**  
Practice may begin on the 13th Monday preceding the finals of the state tournament.
2. **PRACTICE SESSIONS BEFORE FIRST CONTESTS:**  
One week of organized practice shall precede the first meet.
3. **CONTESTS:**  
**Cross Reference: Bylaw 501 (Maximum Number of Contests)**  
Maximum number allowed – 16
4. **PLAYER PARTICIPATION LIMITATIONS:**  
**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**
5. **EQUIPMENT ISSUED:**  
Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
6. **LAST DATE TO JOIN A TEAM:**
  - A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

**BYLAW 510.00****GYMNASTICS - Girls**

1. **SEASON BEGINS:**  
Practice may begin on the 15<sup>th</sup> Monday preceding the date established for the finals of the State Girls Gymnastics Meet.
2. **PRACTICE SESSIONS BEFORE FIRST CONTEST:**  
Three weeks of organized practice shall precede the first contest.
3. **CONTESTS:**  
**Cross Reference: Bylaw 501 (Maximum Number of Contests)**  
Maximum number allowed – 16
4. **PLAYER PARTICIPATION LIMITATIONS:**  
**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**
5. **EQUIPMENT ISSUED:**  
Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
6. **LAST DATE TO JOIN A TEAM:**
  - A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

**BYLAW 511.00****HOCKEY – Boys & Girls  
HOCKEY, ADAPTED – Co-educational****1. SEASON BEGINS:**

Seventeenth Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first game except when Thanksgiving occurs during the second week of organized practice. In that event, a game may be scheduled and played on the Wednesday before Thanksgiving.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 25

B. Non-League Tournaments

Conference or division champion may schedule a 26<sup>th</sup> game to determine an inter-conference or intra-conference champion. The game must be listed on the school schedule. Tournaments not a part of League play: Each game played in the tournament will count as one game toward the maximum number of games allowed for the season.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. ADAPTED ATHLETICS – ELIGIBILITY REQUIREMENTS:**

The MSHSL has two competitive interscholastic divisions: Physically Impaired (PI) and Cognitively Impaired (CI). Participation in the interscholastic program of a high school is limited to students in grades 7 through 12. Students in an ungraded setting are first eligible when their age peers are in the 7<sup>th</sup> grade. Student will be eligible for 8 consecutive semesters (4 years), beginning with their or their peers initial entrance into the 9<sup>th</sup> grade.

The MSHSL requires a sports qualifying exam every three (3) years for participants in competitive athletics. The MSHSL acknowledges that some students with disabilities, like some students without disabilities, will be unable to participate in adapted athletics due to the competitive nature of the programs and for reasons unrelated to their disability. Like other students who do not “make the team”, these students should be directed to alternative programs which are less competitive and more recreational in nature. Students may not participate in both PI and CI divisions. If a student participates in both divisions the penalty for the use of an ineligible player will be enforced and result in an automatic forfeiture of the game. Participants in the Adapted Program may not concurrently participate in the non-adapted Interscholastic Athletic Program during the same season and the penalty would be the same as the use of an ineligible player.

A. **PI Division** – The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who have medical clearance to compete in competitive athletics. A student is eligible to

compete in the PI Division with one of the following criteria.

The student must have a diagnosed and documented impairment specified from one of the two sections below: (Must be diagnosed and documented by a Physician and/or Physicians Assistant):

- 1) Neuromuscular, postural/skeletal, traumatic, growth, or neurological impairment that affects motor function, modifies gait patterns, or requires the use of a prosthesis or a mobility device including but not limited to, canes, crutches, or wheelchairs.
- 2) Cardio/respiratory impairment that is deemed safe for competitive athletics but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition. **Note: A condition that can be appropriately managed with appropriate medications, which eliminate physical or health endurance limitations, will NOT be considered to be eligible for adapted athletics.**

**Specific exclusions to PI competition:**

The following health conditions without coexisting physical impairments as outlined above do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual’s physician, student’s school, or a government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health impairments that are not listed below may also be non-qualifying for participation in the PI Division.

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactive Disorder (ADHD)
- Emotional Behavioral Disorder (EBD)
- Autism Spectrum Disorders (including Asperger’s Syndrome)
- Tourette’s Syndrome
- Neurofibromatosis
- Asthma
- Reactive Airway Disease (RAD)
- Bronchopulmonary Dysplasia (BPD)
- Blindness
- Deafness
- Obesity
- Depression
- Generalized Anxiety Disorder
- Seizure Disorder
- Other Similar Disorders

B. **CI Division** – The MSHSL Adapted Athletics CI Division program is specifically intended for students with cognitive impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the CI Division with the following criteria.

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**Bylaw 511 Continued from previous page**

The student must have a diagnosed and documented cognitive impairment. Cognitively impaired refers to students with sub-average intellectual function defined by a **Full Scale** intelligence quotient of 70 or below, using a standardized, nationally-normed, technically adequate, and individually administered intelligence test.

**Specific exclusions from CI competition:**

A student becomes ineligible to participate in Adapted Athletics when they have attained a level of cognitive performance that exceeds the eligibility requirements. A student whose Full Scale IQ score increased above 70 after the start of a season will be permitted to complete that sports season.

**Challenges to a student's eligibility to participate in PI and CI adapted athletics:**

A school may file a written challenge regarding a student's eligibility to participate in Adapted Athletics based on the qualifications stated above. Challenges must be submitted within 24 hours of the end of a game in which an ineligible player participated. A challenge submitted after the deadline will not be honored. The student shall remain eligible during the review process. The committee's findings will be final and follow the student through the remaining years of eligibility unless there is a change in physical or cognitive status.

Upon receipt of a written challenge the MSHSL will activate the following review process:

- A. Request of a brief statement from the school/coach supporting the eligibility of the athlete.
  - B. Review of the school's/coach's submission and the school's supporting data (testing, medical history, school documentation) by one reviewer who will submit a brief written statement regarding the eligibility status.
  - C. Appeal Process: If the initial finding is appealed, a panel of three (3) reviewers will be convened. Two (2) of these reviewers must be from different disciplines (MD, Adapted PE teacher, PT, etc). The school/coach will be asked to submit a video of the player during a game or during PE class that will best demonstrate the disability. The video will be at the schools expense.
- 6. LAST DATE TO JOIN A TEAM:**
- A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

**BYLAW 512.00****LACROSSE - Girls****1. SEASON BEGINS:**

The season shall be nine (9) weeks long. Practice may begin on the 9<sup>th</sup> Monday preceding the date established for the finals of the State Tournament and continue through the final day of the League-sponsored competition.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

Maximum number allowed – 12

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season.

**B. Membership Defined: A student must:**

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

**C. Exceptions**

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

## **BYLAW 513.00**

## **SKIING, ALPINE - Boys & Girls NORDIC SKI RACING - Boys & Girls**

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1. **SEASON BEGINS:**  
Fourteenth Monday preceding the finals of the state tournament.
2. **PRACTICE SESSIONS BEFORE FIRST CONTEST:**  
One week of organized practice shall precede the first ski meet.
3. **CONTESTS:**  
**Cross Reference: Bylaw 501 (Maximum Number of Contests)**  
Maximum number allowed – 16
4. **PLAYER PARTICIPATION LIMITATIONS:**  
**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**
5. **EQUIPMENT ISSUED:**  
Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
6. **LAST DATE TO JOIN A TEAM:**
  - A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

**BYLAW 514.00****SOCCKER - Boys & Girls  
SOCCKER, ADAPTED - Co-educational****1. SEASON BEGINS:**

On the 12th Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice must precede the first scheduled contest. Interscholastic practice scrimmages may not be held until after five separate and complete days of organized practice. Practice sessions shall be conducted within the local school environs. Special training camps are not permitted. Games may not be added to the schedule without the written permission of the Board. A championship game between the winners of two conferences or sections of an officially organized conference shall not constitute a violation of this rule provided it is within the total game limitation of the League and is listed on the official schedule of each member school.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 18

B. Non-League Tournaments

Conference champions may schedule a 19<sup>th</sup> game to determine the inter-conference or intra-conference champion. The game must be listed on the school schedule. Each game played in the tournament will count as one game toward the maximum number of games allowed for the season.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. ADAPTED ATHLETICS – ELIGIBILITY REQUIREMENTS:**

The MSHSL has two competitive interscholastic divisions: Physically Impaired (PI) and Cognitively Impaired (CI). Participation in the interscholastic program of a high school is limited to students in grades 7 through 12. Students in an ungraded setting are first eligible when their age peers are in the 7<sup>th</sup> grade. Student will be eligible for 8 consecutive semesters (4 years), beginning with their or their peers initial entrance into the 9<sup>th</sup> grade.

The MSHSL requires a sports qualifying exam every three (3) years for participants in competitive athletics. The MSHSL acknowledges that some students with disabilities, like some students without disabilities, will be unable to participate in adapted athletics due to the competitive nature of the programs and for reasons unrelated to their disability. Like other students who do not “make the team”, these students should be directed to alternative programs which are less competitive and more recreational in nature. Students may not participate in both PI and CI divisions. If a student participates in both divisions the penalty for the use of an ineligible player will be enforced and result in an automatic forfeiture of the game. Participants in the Adapted Program may not concurrently participate in the non-adapted Interscholastic Athletic Program during the

same season and the penalty would be the same as the use of an ineligible player.

A. **PI Division** – The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the PI Division with one of the following criteria.

The student must have a diagnosed and documented impairment specified from one of the two sections below: (Must be diagnosed and documented by a Physician and/or Physicians Assistant):

- 1) Neuromuscular, postural/skeletal, traumatic, growth, or neurological impairment that affects motor function, modifies gait patterns, or requires the use of a prosthesis or a mobility device including but not limited to, canes, crutches, or wheelchairs.
- 2) Cardio/respiratory impairment that is deemed safe for competitive athletics but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition. **Note: A condition that can be appropriately managed with appropriate medications, which eliminate physical or health endurance limitations, will NOT be considered to be eligible for adapted athletics.**

**Specific exclusions to PI competition:**

The following health conditions **without coexisting physical impairments as outlined above** do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual’s physician, student’s school, or a government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health impairments that are not listed below may also be non-qualifying for participation in the PI Division.

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactive Disorder (ADHD)
- Emotional Behavioral Disorder (EBD)
- Autism Spectrum Disorders (including Asperger’s Syndrome)
- Tourette’s Syndrome
- Neurofibromatosis
- Asthma
- Reactive Airway Disease (RAD)
- Bronchopulmonary Dysplasia (BPD)
- Blindness
- Deafness
- Obesity
- Depression
- Generalized Anxiety Disorder
- Seizure Disorder

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B. **CI Division** – The MSHSL Adapted Athletics CI Division program is specifically intended for students with cognitive impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the CI Division with the following criteria.

The student must have a diagnosed and documented cognitive impairment. Cognitively impaired refers to students with sub-average intellectual function defined by a **Full Scale** intelligence quotient of 70 or below, using a standardized, nationally-normed, technically adequate, and individually administered intelligence test.

**Specific exclusions from CI competition:**

A student becomes ineligible to participate in Adapted Athletics when they have attained a level of cognitive performance that exceeds the eligibility requirements. A student whose Full Scale IQ score increased above 70 after the start of a season will be permitted to complete that sports season.

**Challenges to a student's eligibility to participate in PI and CI adapted athletics:**

A school may file a written challenge regarding a student's eligibility to participate in Adapted Athletics based on the qualifications stated above. Challenges must be submitted within 24 hours of the end of the game in which an alleged ineligible player participated. A challenge submitted after the deadline will not be honored. The student shall remain eligible during the review process. The committee's findings will be final and follow the student through the remaining years of eligibility unless there is a change in physical or cognitive status.

Upon receipt of a written challenge the MSHSL will activate the following review process:

- A. Request of a brief statement from the school/coach supporting the eligibility of the athlete.
- B. Review of the school's/coach's submission and the school's supporting data (testing, medical history, school documentation) by one reviewer who will submit a brief written statement regarding the eligibility status.

C. Appeal Process: If the initial finding is appealed, a panel of three (3) reviewers will be convened. Two (2) of these reviewers must be from different disciplines (MD, Adapted PE teacher, PT, etc). The school/coach will be asked to submit a video of the player during a game or during PE class that will best demonstrate the disability. The video will be at the schools expense.

**7. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

**BYLAW 515.00****SOFTBALL - Girls Fast-Pitch  
SOFTBALL, ADAPTED - Co-educational****1. SEASON BEGINS:**

Thirteenth Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first game.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

Maximum number allowed- 20 (exclusive of League tournament play)

Non-League Tournaments

Tournaments, not part of the League play, will count each game played in the tournament as 1 game toward the maximum number of 20. Teams will be allowed to participate in a maximum of four games per tournament, with the limitation of three games per day. Conference, division or section champions may play a 21<sup>st</sup> game to determine an inter-conference or intra-conference champion. The game must be on the school schedule. (Remember that each game will count as 1 toward the maximum number of 20 games allowed.)

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. ADAPTED ATHLETICS – ELIGIBILITY REQUIREMENTS:**

The MSHSL has two competitive interscholastic divisions: Physically Impaired (PI) and Cognitively Impaired (CI). Participation in the interscholastic program of a high school is limited to students in grades 7 through 12. Students in an ungraded setting are first eligible when their age peers are in the 7<sup>th</sup> grade. Student will be eligible for 8 consecutive semesters (4 years), beginning with their or their peers initial entrance into the 9<sup>th</sup> grade.

The MSHSL requires a sports qualifying exam every three (3) years for participants in competitive athletics. The MSHSL acknowledges that some students with disabilities, like some students without disabilities, will be unable to participate in adapted athletics due to the competitive nature of the programs and for reasons unrelated to their disability. Like other students who do not “make the team”, these students should be directed to alternative programs which are less competitive and more recreational in nature. Students may not participate in both PI and CI divisions. If a student participates in both divisions the penalty for the use of an ineligible player will be enforced and result in an automatic forfeiture of the game. Participants in the Adapted Program may not concurrently participate in the non-adapted Interscholastic Athletic Program during the same season and the penalty would be the same as the use of an ineligible player.

**A. PI Division** – The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who have medical clearance to compete in competitive athletics. A student is eligible to

compete in the PI Division with one of the following criteria.

The student must have a diagnosed and documented impairment specified from one of the two sections below: (Must be diagnosed and documented by a Physician and/or Physicians Assistant):

- 1) Neuromuscular, postural/skeletal, traumatic, growth, or neurological impairment that affects motor function, modifies gait patterns, or requires the use of a prosthesis or a mobility device including but not limited to, canes, crutches, or wheelchairs.
- 2) Cardio/respiratory impairment that is deemed safe for competitive athletics but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition.  
**Note: A condition that can be appropriately managed with appropriate medications, which eliminate physical or health endurance limitations, will NOT be considered to be eligible for adapted athletics.**

**Specific exclusions to PI competition:**

The following health conditions without coexisting physical impairments as outlined above do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual’s physician, student’s school, or a government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health impairments that are not listed below may also be non-qualifying for participation in the PI Division.

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactive Disorder (ADHD)
- Emotional Behavioral Disorder (EBD)
- Autism Spectrum Disorders (including Asperger’s Syndrome)
- Tourette’s Syndrome
- Neurofibromatosis
- Asthma
- Reactive Airway Disease (RAD)
- Bronchopulmonary Dysplasia (BPD)
- Blindness
- Deafness
- Obesity
- Depression
- Generalized Anxiety Disorder
- Seizure Disorder

**B. CI Division** – The MSHSL Adapted Athletics CI Division program is specifically intended for students with cognitive impairments who have medical clearance to compete in competitive athletics. A student is eligible to compete in the CI Division with the following criteria.

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The student must have a diagnosed and documented cognitive impairment. Cognitively impaired refers to students with sub-average intellectual function defined by a **Full Scale** intelligence quotient of 70 or below, using a standardized, nationally-normed, technically adequate, and individually administered intelligence test.

**Specific exclusions from CI competition:**

A student becomes ineligible to participate in Adapted Athletics when they have attained a level of cognitive performance that exceeds the eligibility requirements. A student whose Full Scale IQ score increased above 70 after the start of a season will be permitted to complete that sports season.

**Challenges to a student's eligibility to participate in PI and CI adapted athletics:**

A school may file a written challenge regarding a student's eligibility to participate in Adapted Athletics based on the qualifications stated above. Challenges must be submitted within 24 hours of the end of a game in which an ineligible player participated. A challenge submitted after the deadline will not be honored. The student shall remain eligible during the review process. The committee's findings will be final and follow the student through the remaining years of eligibility unless there is a change in physical or cognitive status.

Upon receipt of a written challenge the MSHSL will activate the following review process:

- A. Request of a brief statement from the school/coach supporting the eligibility of the athlete.
- B. Review of the school's/coach's submission and the school's supporting data (testing, medical history, school documentation) by one reviewer who will submit a brief written statement regarding the eligibility status.

C. Appeal Process: If the initial finding is appealed, a panel of three (3) reviewers will be convened. Two (2) of these reviewers must be from different disciplines (MD, Adapted PE teacher, PT, etc). The school/coach will be asked to submit a video of the player during a game or during PE class that will best demonstrate the disability. The video will be at the schools expense.

**6. LAST DATE TO JOIN A TEAM:**

- A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
- B. Membership Defined: A student must:
  - 1) be practicing with the high school team;
  - 2) be on the school's master eligibility list; and
  - 3) be under the bylaws of the MSHSL.
- C. Exceptions
  - 1) Transfer students who become eligible in their new school.
  - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
  - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
  - 4) Any student who failed to meet the membership deadline and has not
    - a. participated on a non-school team or as an individual competitor;
    - b. participated in a camp or clinic; and/or
    - c. received private instruction in that sport during the high school season.

**BYLAW 516.00****SWIMMING & DIVING - Boys & Girls****1. SEASON BEGINS:**

Fourteenth Monday preceding the finals for the Girls/Boys State Meet unless the state meet falls on the week of Thanksgiving. In that event, the season shall begin on the 15<sup>th</sup> Monday preceding the finals of the state meet.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest except when Thanksgiving occurs during the second week of organized practice. In that event, a contest may be scheduled and played on the Wednesday before Thanksgiving.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 16

B. Non-League Tournaments

Conference or division champions may schedule a 17<sup>th</sup> meet to determine an inter-conference or intra-conference champion. The meet must be listed on the school schedule.

C. When diving competitions cannot be held at a scheduled meet because the pool does not comply with the minimum depth requirements, the school may schedule additional diving competitions to make up for the missed meets. Divers are required to participate in all meets where the scheduled pool does comply with the minimum depth requirements. Athletes who dive may not exceed the sixteen meet participation limit.

Administrative memo: Coaches shall follow the National Federation Swimming and Diving Rules Book, Rule 3: Team Personnel, Section 2: Entries by individuals. ART. 1 . . . A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

## **BYLAW 517.00**

## **SYNCHRONIZED SWIMMING - Girls**

1. **SEASON BEGINS:**

Fourteenth Monday preceding the final date established for conducting a state tournament (currently the second Saturday in June).

2. **PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first meet.

1. **CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 15

B. Non-League Tournaments

Conference or division champions may schedule a 16<sup>th</sup> meet to determine an inter-conference or intra-conference champion.

4. **PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

5. **EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

6. **LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than

the fourth Monday (the 22<sup>nd</sup> calendar day) from the official start of that sport season.

B. **Membership Defined:** A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. **Exceptions**

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

**BYLAW 518.00****TENNIS - Boys & Girls**

1. **SEASON BEGINS:**  
Eleventh Monday preceding the finals of the State Girls/Boys Tournament
2. **PRACTICE SESSIONS BEFORE FIRST CONTEST:**  
One week of organized practice shall precede the first match.
3. **CONTESTS:**  
**Cross Reference: Bylaw 501 (Maximum Number of Contests)**
  - A. Maximum number allowed – 16  
Sixteen contest dates with the total number of team matches within the 16 contest dates not to exceed 28, exclusive of MSHSL-sponsored tournament play.
  - B. Non-League Tournaments  
A team tournament, in which winners advance to determine a champion, counts as 1 toward maximum 28 matches. Each dual competition within a multiple-team tournament, (round robin), in which opponents are predetermined, counts as 1 toward maximum 28 matches. An individual tournament, in which individuals advance to determine champions, counts as 1 toward the maximum 28 matches.
4. **PLAYER PARTICIPATION LIMITATIONS:**  
**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**
5. **EQUIPMENT ISSUED:**  
Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
6. **LAST DATE TO JOIN A TEAM:**
  - A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.
  - B. Membership Defined: A student must:
    - 1) be practicing with the high school team;
    - 2) be on the school's master eligibility list; and
    - 3) be under the bylaws of the MSHSL.
  - C. Exceptions
    - 1) Transfer students who become eligible in their new school.
    - 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
    - 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
    - 4) Any student who failed to meet the membership deadline and has not
      - a. participated on a non-school team or as an individual competitor;
      - b. participated in a camp or clinic; and/or
      - c. received private instruction in that sport during the high school season.

## **BYLAW 519.00**

## **TRACK AND FIELD - Boys & Girls**

### **1. SEASON BEGINS:**

On the 13th Monday preceding the finals of the state tournament.

### **2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall be provided prior to the first contest.

### **3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed – 14

B. Non-League Tournaments

Indoor and outdoor meets shall be counted together in arriving at the total of 14.

### **4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

### **5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

### **6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

### **B. Membership Defined: A student must:**

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

### **C. Exceptions**

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

**BYLAW 520.00****VOLLEYBALL - Girls****1. SEASON BEGINS:**

On the 13th Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of practice shall be provided prior to the first contest.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

A. Maximum number allowed - 17

B. Non-League Tournaments

Conference or division champions may schedule an 18th match to determine an inter-conference or intra-conference champion. The match must be listed on the school schedule. Tournaments, not part of League sponsored tournament play, will count as one match toward the total number allowed. Schools may not participate in more than three tournaments in addition to those that are League sponsored. Tournaments played on two consecutive days will count as one playing date. In non-League tournaments, teams may compete in a maximum of 12 games. A minimum of 2 games must be played with each opponent. Match play (2 out of 3) may also be used. If teams play only 2 games with an opponent, the winner of the match will be decided by the following criteria:

- 1) A team winning both games shall be declared the winner.
- 2) If a team has split the games with one win and one loss, the winner shall be declared using one of these criteria:
  - a. one team has scored more total points than the other team or
  - b. if both teams have scored the same total points there are two options:
    - (1) Continue play in game 2 until one team has scored a total of 2 more points than the other team or
    - (2) play a 5-point game to determine the winner.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

**BYLAW 521.00****WRESTLING****1. SEASON BEGINS:**

Fifteenth Monday preceding the finals of the state tournament.

**2. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two weeks of organized practice shall precede the first contest except when Thanksgiving occurs during the second week of organized practice. In that event, a contest may be scheduled and played on the Wednesday before Thanksgiving.

**3. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

**A. Maximum number allowed - 18**

Eighteen contest dates with the total number of team matches within the 18 contest dates not to exceed 36 matches, exclusive of MSHSL-sponsored tournament play.

**B. Non-League Tournaments**

Conference or division champions may schedule a 19th meet to determine an inter-conference or intra-conference championship. The meet must be listed on the school schedule. Tournaments, not part of League play, will count as one meet toward the total number allowed.

**4. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**5. EQUIPMENT ISSUED:**

Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).

**6. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

**B. Membership Defined: A student must:**

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

**C. Exceptions**

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

**BYLAW 522.00****DANCE TEAM - Girls****1. SEASON BEGINS:**

Practice may begin on the 16th Monday preceding the finals of the state tournament.

**2. SEASON:**

Member schools may choose to participate in the non-competitive season, the competitive season, or both seasons.

**NON-COMPETITIVE FALL SEASON**

A. The purpose of the non-competitive season is to promote school and community spirit at pep fests, athletic contests and civic events. The purpose is not conditioning and preparation for the competitive season.

A non-competitive routine cannot be used during the competitive season.

B. A non-competitive season must include a minimum of three performances. At least one performance must be scheduled in October. No judges shall be employed; no scores shall be posted; and, no winners shall be declared.

C. Practice may begin on the third Monday before Labor Day and continue for 10 weeks. Performances and related practices may continue until the end of the school's participation in fall tournament play provided that the dance team performs continuously in post-season appearances.

**COMPETITIVE WINTER SEASON**

A. There are two divisions: high kick precision and jazz/funk. Member schools can choose to participate either in one or both divisions.

B. Performances and related practices may continue until the end of the school's participation in fall and winter tournament play provided that the dance team performs continuously in post-season appearances.

**SUMMER PERFORMANCE SEASON**

Teams may perform in one community-based event during the summer provided that approval has been received from the MSHSL office 30 days prior to the event. A summer waiver form must be filled out and sent to the MSHSL. Preparation time is limited to one week preceding the event.

**3. PRACTICE SESSIONS BEFORE FIRST CONTEST:**

Two (2) weeks of organized practice shall precede the first contest.

**4. CONTESTS:**

**Cross Reference: Bylaw 501 (Maximum Number of Contests)**

Maximum number allowed: Member schools shall not schedule more than 15 (15) contests, exclusive of League-sponsored tournament competition. Any entry into either high kick precision or jazz/funk will count as one of the fifteen (15) contests.

**5. PLAYER PARTICIPATION LIMITATIONS:**

**Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)**

**6. TRYOUTS:**

Coaches may have contact with students for preparation, tryout and team selection following the state competition and prior to June 15. This tryout and selection period shall not exceed one (1) week.

**7. LAST DATE TO JOIN A TEAM:**

A. To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday (the 22nd calendar day) from the official start of that sport season.

B. Membership Defined: A student must:

- 1) be practicing with the high school team;
- 2) be on the school's master eligibility list; and
- 3) be under the bylaws of the MSHSL.

C. Exceptions

- 1) Transfer students who become eligible in their new school.
- 2) Students, who are participating in another sport and wish to drop that sport or participate in a second sport during that same sport season, provided they have not delayed their membership in order to gain a competitive advantage.
- 3) Students who were under the care of a physician and were medically unable to join the team by the specified date. Students must have written documentation from the physician.
- 4) Any student who failed to meet the membership deadline and has not
  - a. participated on a non-school team or as an individual competitor;
  - b. participated in a camp or clinic; and/or
  - c. received private instruction in that sport during the high school season.

