

Proposed Amendment to Bylaw 208.1-4 Non-School Competition and Training (Team and Individual Sports)

(~~deleted language~~ proposed language)

Submitted by: Mark Kuisle - Rochester Century; Randy Hockinson – Kenyon/Wanamingo; Dave Swanberg – LeSueur/Henderson; Brad Skogerboe – New Prague; Ryan Swanson – Owatonna

1. During the High School Season:

Cross Reference: Bylaw 411.10.C Definition (End of Season)

A. A student who is a member of a high school team may not participate as an individual competitor or as a member of a non-school team in the same sport during the high school season. **Participation Definition:** Participation is defined as practice, training, scrimmaging, tryouts and competing.

Exceptions:

~~1) Baseball, softball and skiing.~~

1) A student who is cut or who elects to drop from the squad shall be permitted to play on a non-school team in that sport.

2) Non-school training during the high school season for athletes who qualify as individual competitors to the state tournament (Cross Country Running, Girls' Gymnastics, Golf, Skiing, Swimming, Synchronized Swimming, Tennis, Track and Field, and Wrestling):

a) Lessons/Training: During the League high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons/train with a non-school team/club during the high school season in the same sport;

b) Competition: Athletes may compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition.

B. Students who have been eliminated from further participation in a League tournament series may participate on a non-school team or as an individual competitor in that sport.

C. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.

D. Fees for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

2. During the School Year, Prior To and Following the High School Sports Season:

A. A student may participate as an individual competitor or as a member of a non-school team provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.

B. Students may not use any type of high school uniform.

C. A student may not receive coaching or training from a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.

D. A student may receive coaching or training including private lessons from a person who is not a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.

E. Fees and expenses for non-school coaching, training or private lessons must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

F. Participation in Captains Practice: Captains Practice is primarily for the purpose of physical conditioning organized and conducted by the students. Students may participate in Captains Practice provided that salaried or non-salaried school personnel are not involved in any capacity. It is the responsibility of school officials to become aware of the preseason activities in their school district and to ensure that the spirit and intent of the League rules are observed.

G. Participation in Open Gym: Open gym refers to the use of school facilities for recreational activities. Students may participate in open gym if all of the following conditions are met:

- 1) the school facilities are available for students to participate in a number of activities.
- 2) the recreational activities are open to all students.
- 3) there is no coaching of the skills and techniques of activities provided in the school interscholastic athletic program.
- 4) there is no requirement for students to attend open gym activities as a prerequisite for membership on a high school team.

3. Summer Vacation Period:

Cross Reference: Bylaw 411.10.I (Definitions - Summer)

A. Students may participate in camps, clinics/non-school teams, provided that these summer activities are voluntary and they are not influenced or directed to participate by a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.

- 1) During the summer coaching waiver period, each sport and their entire salaried and non-salaried coaching staff at the 9th grade, sophomore, B-squad, junior varsity or varsity may be approved by their school administration for a maximum of 12 days of contact. The dates include camps, open gyms, practices, scrimmages, chalk talks, video review, leagues of 3 on 3, 5 on 5 or 7 on 7 and games.
- 2) Football coaches must follow the current policy as it pertains to helmet, shoulder pads and acclimatization prior to person-to-person contact. The use of helmets and shoulder pads with person-to-person contact must be consecutive days.

B. A student may not use any type of high school uniform. Balls and goalie equipment may be issued for summer use. A student may rent personal protective equipment from the school, i.e. helmets and shoulder pads, for summer use only.

C. A student may receive coaching or training from a salaried or non-salaried member of the student's ninth grade, sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved summer coaching for that sport.

D. Fees and expenses for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

4. Summer Coaching Waiver:

A. Member schools shall have the authority to approve a coaching waiver for their salaried and non-salaried coaches. The summer coaching waiver grants permission to high school coaches to coach and instruct members of the high school team during the summer waiver period. The summer waiver period begins on June 1 and concludes on July 31. ~~With the exception of Baseball and Girls' Softball,~~ The summer waiver period also includes a one-week no-contact period in July the week of July Fourth. During the no-contact period salaried and non-salaried coaches may not:

- 1) Have any contact with members of their high school program
- 2) Travel with members of their high school program
- 3) Supervise members of their high school program in an open gym, strength and conditioning program of any sport specific training session, or
- 4) Schedule any activity including leadership or team building programs.

There is no appeal or waiver for the no-contact period. Coaches who have been granted a summer coaching waiver by their high school to coach a summer league team may continue to coach that team through Labor Day if that team participates in an end-of-the-season tournament as a natural extension of the summer team season. Said exception must be approved, in writing, by the high school athletic director of that school.

See a 10-Year Schedule of Coaches No-Contact Periods in Board Policy on Page 47

B. Summer Camp/Clinic Waiver:

Member schools shall have authority to approve a coaching waiver for camps and or clinics beginning on June 1 and ending on July 31. ~~With the exception of Baseball and Girls' Softball,~~ The summer waiver period also includes a one-week no-contact period in July the week of July Fourth. There is no appeal or waiver for the no-contact period.

C. Procedure for Granting Summer Coaching or Summer Camp/Clinic Waivers:

The designated school representative of the member high school shall document, in writing and keep on file in the school:

- 1) A letter of verification from the coach indicating an agreement to coach the students;
- 2) The official League Summer Waiver Request – Coach form that is available on the League website (Home Page > Resources > Eligibility)

Rationale:

1. The original rationale for the summer waiver was to allow coaches to “keep their student-athletes home” during the summer waiver period. The concept was to reduce travel, reduce family costs, create family time and work on skill development during the summer period. Now there is pressure to maximizing dates, traveling to tournaments, participate in multiple camps and the costs are on the increase for families.
2. Will help reduce mental health issues and stress for our high school coaches. Currently, coaches have an underlying expectation to do everything for our student-athletes all year-round.
3. Will help reduce burnout in coaches who are desperately trying to balance coaching, teaching, working and family obligations.
4. This change creates equity program-to-program. Every sport will have the same number of contact dates (sport-to-sport, community-to-community and across the state).
5. Will help reduce undue influence from coaches expecting athletes to be at all summer activities.
6. Will help multi-sport athletes balance their summers, yet give them some free time to be a kid.
7. Some will argue “I am the only tennis coach, swim coach or baseball coach” in my community. This would allow a multi-sport head coach to manage his/her summer more efficiently.

Proposed Amendment to Bylaw 208.2.F Non-School Competition and Training (Team and Individual Sports)

(~~deleted language~~ proposed language)

Submitted by: Mark Kuisle - Rochester Century; Randy Hockinson – Kenyon/Wanamingo; Dave Swanberg – LeSueur/Henderson; Brad Skogerboe – New Prague; Ryan Swanson – Owatonna

~~**F. Participation in Captains Practice:** Captains Practice is primarily for the purpose of physical conditioning organized and conducted by the students. Students may participate in Captains Practice provided that salaried or non-salaried school personnel are not involved in any capacity. It is the responsibility of school officials to become aware of the preseason activities in their school district and to ensure that the spirit and intent of the League rules are observed.~~

Rationale to delete 208.2F:

1. Outdated bylaw and no longer needed because of all the opportunities during the summer waiver period.
2. Students have the opportunity to participate in supervised open gyms, open skates, etc.
3. Captains practice is a liability for the school district.
4. User are non-school programs and should rent the facility, meet the requirements for rental by Community Education, City or County and recognized as a non-school program.
5. As a school administrator, captains practice is becoming more difficult to manage.
6. Equitable for all school programs on or off campus.
7. Students still have the opportunity to work with strength and conditioning coaches.

Proposed Amendment to Bylaw 208.5 – Non-School Competition and Training (Team and Individual Sports)

(proposed language; ~~deleted language~~)

Submitted by: Minnesota State High School League Board of Directors

5. Auditions for College Teams

Students/Athletes who have been members of a varsity, junior varsity, B-Squad or sophomore team are ~~not~~ eligible to participate in tryout or auditions for college or university scholarships ~~etc.~~ until their high school eligibility in that sports has been completed and remain fully eligible to participate in that sport.

Rationale:

1. College and university rules and policies allow high school students to tryout or audition for college and university athletic programs.
2. College and university coaches use the high school student tryout or audition as an opportunity to evaluate and assess the high school student and possibly offer a college or university athletic scholarship.
3. Effective August 1, 2014 MSHSL Bylaw 201—Amateur Status, provides a high school student the opportunity to tryout or audition with a professional team (Bylaw 201.5 revision).
4. This bylaw change would provide high school students the opportunity to tryout or audition for a college athletic program just as they currently tryout or audition for a professional team.
5. The MSHSL Board of Directors Eligibility Committee and MSHSL Board of Directors provided initial approval for tryouts or auditions until this bylaw proposal was presented to the Representative Assembly.

Proposed Amendment to Bylaw 504.1-2 - Baseball

(~~deleted language~~ proposed language)

Submitted by: Scott Buntje, Albany; Mark Solberg, Cambridge-Isanti; Ted Schultz, Minnetonka; Clay Anderson, Pipestone; Bruce Woitas, Sleepy Eye St. Mary's

1. SEASON BEGINS

~~Thirteen~~ Fourteenth Monday preceding the finals of the State Tournament.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Schedule of Contests)

A five-day organized conditioning program and two weeks of organized practice shall precede the first contest. The first five days of practice are for conditioning arms and for overall physical conditioning, and will be conducted using only baseballs, gloves, and catcher's equipment. Strength training and aerobic conditioning equipment may also be used.

Rationale:

- Safety of the athletes is at the forefront of this request.
- Pre-season Preparation – a chance to have programs get their athletes on a throwing program including a physical therapy component.
- Throwing programs outlined by medical professionals are at least three weeks in length. Two weeks of practice is not enough time to get pitchers ready to throw in game situations.
- Players have potentially been going to camps and indoor facilities to try to get into throwing shape in the past, this will allow players to get in shape under the watchful supervision of our coaches.
- Pitchers now will be on pitch counts and face mandatory days of rest, so programs will need to develop more pitchers. The extra week will allow time to prepare more players to be pitchers.
- Proper conditioning will help prevent overuse injuries. Years of research has shown that overuse is the number one cause of arm injuries among youth participants.
- Proper arm care in youth and adolescent players is very important in maintaining long term health of the players.
- Baseball programs can work on throwing and conditioning only, no bats/hitting.

Proposed Amendment to Bylaw 518.3 Tennis – Boys' & Girls'

(~~deleted language~~ proposed language)

Submitted by: Member Schools of the Big South Conference: Rob Norman, Blue Earth Area; Mat Mahoney, Fairmont; Eric Tvinnereim, Jackson County Central; Todd Oye, Luverne; Bruce Remme, Marshall; Clay Anderson, Pipestone; Andy Ourada, Redwood Valley; Lez Zellmann, Saint James Area; Steve Alger, Saint Peter; Troy Guentzel, New Ulm; Joe Hedevaré, Waseca; Dane Nielsen, Windom; Josh Dale, Worthington.

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 or events not to exceed 28, exclusive of League-sponsored tournament play.

B. Non-League Tournaments

1. 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.
2. Conference or division champions may schedule a 17th event to determine an inter-conference or intra-conference champion. The event must be listed on the school schedule. The 17th event does not count as one of the sixteen (16) allowable contest dates.

Rationale:

The proposed bylaw change allows the sport of tennis (boys - spring and girls - fall) the same opportunity as other MSHSL team sports when a conference has two divisions. Other team sports do allow division champions to play for an overall conference championship without needing to count the event as a regular season event.

Proposed Amendment to Bylaw 521.00 Wrestling

(~~deleted language~~ proposed language)

Submitted by:

Pete Buesgens, Assistant Principal, Apple Valley HS
Brian Hegseth, Activities Director, Centennial HS
William Short, Activities Director, Simley High School
Mark Solberg, Athletics and Activities Directors, Cambridge-Isanti HS
Jeff Vizenor, Activities Director, Jordan HS

BYLAW 521.00

WRESTLING and GIRLS WRESTLING

1. SEASON BEGINS

Fifteenth Monday preceding the finals of the state tournament.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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 events with the total number of team competitions within the 18 events not to exceed 36. An individual tournament shall count as one team competition toward the 18 allowable events, and one of the 36 allowable team competitions.

Note: Participation in (2) two separate varsity team competitions on the same calendar date shall count as two events toward the total allowable events and all team matches during the events will count toward the 36 total allowable competitions. For example: A school sends a team to participate in a Saturday varsity tournament in Andover and sends another team to participate in a varsity tournament in Blaine. Both events would count toward the 18 allowable events and all matches in the two separate events would count toward the 36 allowable competitions for individual wrestlers and the team matches.

B. Non-League Tournaments

Tournaments, not part of League play, will count as one event toward the total number allowed. Conference or division champions may schedule a 19th event to determine an inter-conference or intra-conference championship. The event must be listed on the school schedule. Wrestling in the 19th event does not count toward the 36 competitions total but the weigh-in will be used toward the 50% rule for determining the wrestler's certified weight.

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 no 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 League.

C. Exceptions: At the member school's discretion, students may be allowed to join a team after the fourth Monday (the 22nd calendar day) from the official start of that sport season and be fully eligible for regular season and post-season competition if they meet any of the four conditions below:

- 1) transfer students who become eligible in their new school; or
- 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; or
- 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); or

- 4) students who join a team after the fourth Monday (the 22nd calendar day) from the official start of that sport season, and **have not participated in the same sport**:
 - a) on a non-school team or as an individual competitor; or
 - b) in a camp or clinic; or
 - c) received private instruction in that sport during the high school season.
- D. Students who join a team after the fourth Monday (the 22nd calendar day) from the official start of that sport season are eligible for the **regular season only** (not post-season) if they **have** participated in the same sport:
 - 1) on a non-school team or as an individual competitor; or
 - 2) in a camp or clinic; or
 - 3) received private instruction in that sport during the high school season.

Rationale:

There has been a dramatic, nationwide increase in the number of girls participating in the sport of wrestling during the past several years. More than 40 colleges and universities offer women's wrestling in North America, and more than 25 schools compete in the WCWA (Women's Collegiate Wrestling Association). New schools are continuing to add women's wrestling every season.

The 2015-2016 NFHS Handbook identifies five states that currently sanction girls' varsity wrestling and conduct a state championship. California and Texas lead the way, having thousands of girls competing each season for high school state championships.

There is no comparable Bylaw. We propose that Girls' Wrestling be sanctioned as an official MSHSL sport and be added to the list of sponsored athletic activities by the MSHSL. The same criteria as currently identified in MSHSL Bylaw 521.00, Wrestling, will be followed for Girls' Wrestling.

Proposed Amendment to Bylaw 521.3A – Wrestling

(~~deleted language~~, proposed language)

Submitted by:

Will Short, Activities Director-Simley High School

Sandy Setter, Activities Director-Eagan

Brian Ihrke, Activities Director-Henry Sibley

Bryan Munter, Activities Director-Tartan

Chad Sexauer-Activities Director-South St. Paul

See Attached for another 80 Activities Directors that support this proposal.

Contests

~~Eighteen~~ Sixteen events with the total number of team competitions within the ~~48~~ 16 events not to exceed ~~36~~ 45. An individual tournament shall count as one team competition toward the ~~48~~ 16 allowable events, and one of the ~~36~~ 45 allowable competitions. This would be effective with the 2017-18 school year.

Rationale:

Even though we are currently allowed to schedule 18 events, most schools do not carry a full schedule due to the individual match count limitation. In fact, many schedule fewer than sixteen events (the average is 16.1 statewide), and still are running into match count issues.

Our sport has evolved with respect to the structure of events over the past ten years. Economics have dictated that teams travel less, participate in fewer events, and yet we are still running into the match count ceiling. There are more individual 'Super Tournaments' being conducted, which has resulted in many more wrestlers meeting the 36-match season limit in as few as 14-15 events. The side effect is that those wrestlers have to sit out, and prospective opponents are receiving forfeits rather than the opportunity to wrestle. If a team carries a full schedule, that means those kids are not allowed to participate in as many as four events. So the net effect is that fewer opportunities exist for their prospective opponents.

Also at issue is that the nature of individual tournaments leads to wide discrepancies when compared to dual meet competition. In any given tournament, some kids will get as few as two matches, while others may get as many as nine in a two-day event. The average Minnesota team schedules 4.1 tournaments per season, which leads to wide variations in match counts. This issue makes scheduling nearly impossible when combined with the 36-match limit currently in place.

In this era of substantial participation fees, we are seeing a growing number of complaints from parents that even though they've paid the full fee, their kids are not allowed to fully participate. All we want is for each kid to be able to compete in his team's complete schedule.

Under current Minnesota rules, we are actually going against the National Federation policies regarding the number of matches that kids can wrestle. Upon recommendation from its medical advisory panel, the NFHS is allowing wrestlers to compete in up to five matches per day. Under those guidelines, high school kids can safely wrestle fifty matches or more in the regular season. The NFHS does not impose any kind of match count limitation, other than the 5-match per day limit.

This proposal is not being suggested to help the higher-achieving kids. It is for the middle-level kids who consistently finish third through sixth in individual tournaments. In every tournament,

those middle-level kids are getting anywhere from two to four extra matches in wrestling back through the consolation bracket. That means they are bumping into the season match count ceiling quite quickly, and have to sit out of several events, even though they are quite able to compete. Again, this results in forfeits rather than matches for their prospective opponents.

This would bring us more in line with neighboring states: North Dakota (16 events, 45 matches), South Dakota (15 events, no season match limit, only the five-match per day maximum), Iowa (15 events, no limit, only the five-match per day maximum), Wisconsin (14 events, no limit, only the five-match per day maximum) and Michigan (15 events, no limit, only the five-match per day maximum).

In Minnesota, dual meets provide a lot of excitement and exposure for our sport. We have been seeing a dramatic increase in the number of dual meets where each team is forced to sit three or more wrestlers. Our fans are upset, because they are not only traveling, but also paying admission fees to see incomplete duals where several kids are not allowed to compete solely due to match count limits. This situation accounts for a large percentage (well over 50%) of the forfeits in our sport. This proposal will reduce those occurrences dramatically.