

500.00

INTERSCHOLASTIC ATHLETIC 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 League 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 website — www.MSHSL.org

BYLAW 501.00**MAXIMUM NUMBER OF CONTESTS**

SPORT	WEEKS OF SEASON	WEEKS OF PRACTICE / WEEKS OF TOURNAMENTS ²	MAXIMUM NUMBER OF CONTESTS ⁴
Badminton	11	2 / 1	18 dates / 28 matches
Baseball ¹	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 ⁴
Golf	13	2 / 2.5	16
Gymnastics	15	3 / 2	16
Hockey	17	2 / 2.5	25
Lacrosse	11	2 / 2.5	13
Skiing	14	1 / 2	16
Soccer ¹	12	2 / 2	16
Softball ¹	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 ^{5, 6}	15	2 / 2.5	16 dates / 45 matches
Dance Team	17	2 / 2	15
Hockey, Adapted	15	2 / 1	15
Soccer, Adapted	11	2 / 1	15
Softball, Adapted	10	2 / 1	15

¹ No sport will play fewer contests during the season than they play under the current format. Doubleheaders are already possible in these sports.

² Based on the week of the state tournament and the length of the longest section tournament in each sport.

³ The League's Sports Medicine Advisory Committee does not recommend more than 9 games per year.

⁴ 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.

⁵ The 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 45 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 16 allowable events and all matches in the two separate events would count toward the 45 allowable competitions for individual wrestlers and the team matches.

⁶ A wrestling team may schedule up to four team events for girls only without counting them against the 16 dates/45 matches. All individual wrestlers must not exceed the 16 dates/45 matches during the course of the season.

1. A President of a coaches association requests for an increase/decrease from the current number of contests.
 - A. The request is made to the Board of Directors regarding the increased/decreased number of contests.
 - B. 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.
 - C. The League office will send the request to the member schools of the League registered for that activity.
 - D. 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.
 - E. 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.

SPORT	DAILY LIMIT	SEASON LIMITATION																		
Badminton, Girls	None	None																		
Baseball	<p>On any given day or in any three (3) 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-League tournaments count toward daily player participation limitations.</p> <p><i>Board policy approved December 1, 2016 supersedes above language.</i></p> <p>BASEBALL PITCH COUNT POLICY</p> <p><i>The following pitch count policy will be in effect with the 2017 Baseball season. All schools and coaches must abide by these limitations and report their pitch counts as described.</i></p> <table border="1" data-bbox="553 926 1110 1115"> <thead> <tr> <th><i>Required Pitches</i></th> <th><i>Number of Pitches (Varsity)</i></th> <th><i>Number of (lower levels)</i></th> </tr> </thead> <tbody> <tr> <td><i>0</i></td> <td><i>1-30</i></td> <td><i>1-25</i></td> </tr> <tr> <td><i>1</i></td> <td><i>31-50</i></td> <td><i>26-35</i></td> </tr> <tr> <td><i>2</i></td> <td><i>51-75</i></td> <td><i>36-60</i></td> </tr> <tr> <td><i>3</i></td> <td><i>76-105*</i></td> <td><i>61-85</i></td> </tr> <tr> <td><i>Daily Max</i></td> <td><i>105</i></td> <td><i>85</i></td> </tr> </tbody> </table> <ul style="list-style-type: none"> • <i>Once the limit is reached a pitcher may finish pitching to that batter.</i> • <i>One day of rest is required if a pitcher pitches two straight days.</i> • <i>Days of rest are measured in calendar days, not 24 hour periods. If a player throws 55 pitches on Monday they are not able to pitch on either Tuesday or Wednesday, but could pitch again anytime on Thursday.</i> • <i>Only pitches thrown to a batter count toward the pitch count.</i> • <i>When pitching below the varsity level, those pitch counts apply. The pitcher must meet the rest requirements for that level before pitching at the varsity level. When pitching at the varsity level those pitch count rules apply. The player must then meet those rest requirements before pitching at a lower level.</i> <p><i>*The maximum is extended to 115 once Section Playoffs begin</i></p> <p>Penalties:</p> <p><u>Violation of Pitch Count Rule:</u></p> <p><i>When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete.</i></p> <p><i>1st Offense: Game is forfeited and the head coach is censured.</i></p> <p><i>2nd Offense in the same season: Game is forfeited and the head coach is suspended for one game.</i></p> <p><i>3rd Offense in the same season: Game is forfeited and the head coach is suspended for four games.</i></p> <p><u>Violation of tracking pitches policy:</u></p> <p><i>Failure to record and track pitches as per the following stipulations will result in the following penalties:</i></p> <p><i>1st Offense: Head Coach is reminded.</i></p> <p><i>2nd Offense: Head Coach is censured.</i></p> <p><i>3rd Offense: Head Coach is suspended for one game.</i></p> <p><i>4th Offense: Head Coach is suspended for four games.</i></p>	<i>Required Pitches</i>	<i>Number of Pitches (Varsity)</i>	<i>Number of (lower levels)</i>	<i>0</i>	<i>1-30</i>	<i>1-25</i>	<i>1</i>	<i>31-50</i>	<i>26-35</i>	<i>2</i>	<i>51-75</i>	<i>36-60</i>	<i>3</i>	<i>76-105*</i>	<i>61-85</i>	<i>Daily Max</i>	<i>105</i>	<i>85</i>	None
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BYLAW 502.00**DAILY/SEASON PLAYER PARTICIPATION LIMITATIONS**

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

SPORT	DAILY LIMIT	SEASON LIMITATION
Basketball, Boys & Girls	<p>No student shall participate in more than three (3) halves on any given day. Exception: 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.</p> <p>A maximum number of two (2) such tournaments may be scheduled per level. Each game in a tournament will count as one (1) contest. A player may participate in a maximum of four (4) halves per tournament day in such tournaments.</p> <p>Junior varsity or varsity reserves may participate in four-team tournaments as long as the total number of halves for varsity and varsity reserves does not exceed the total allowable halves per season as stated in the Player Participation Limitation Halves per Season. A player may participate in a maximum of four (4) halves per tournament.</p> <p>If a player participates in a varsity game on any given day, the maximum allowable halves is limited to three (3). Participation in any half counts as one (1) half. Overtime is an extension of the second half. All games scheduled and played as stated under non-League tournaments count toward daily player participation limitations.</p> <p>Junior High/Middle School games count towards maximum allowable halves.</p>	<p>No student may participate in more halves per season than a number equal to three (3) times the number of varsity games scheduled. Participation in any half counts as one (1) half in administering these rules.</p> <p>All games scheduled and played as stated under non-League tournaments count toward the following:</p> <ol style="list-style-type: none"> 1) season total for contest/ games 2) season player participation limitations
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 League tournament play.
Football	<p>An individual player may not participate in more than 6.5 quarters of play during any consecutive 3-day period. This limitation applies to participation in games at all levels of play: Junior High, B-Squad, Junior Varsity and Varsity.</p> <p>Quarters of play are as defined under Season Limitations. Any participation in a quarter counts as one quarter of a game with the exception of special teams. Participation on special teams only, counts as one-half of one quarter.</p>	<p>During a season, no student may participate in more quarters than a number equal to six (6) times the number of varsity games scheduled. Player participation limitations include participation in Junior High, B-Squad, Junior Varsity and Varsity games.</p> <p>Participation in any quarter counts as one (1) quarter of a game. Participation on Special Teams only would count as one-half (1/2) quarter of play.</p> <p>Special Teams would be defined and limited to: Kickoff, Kickoff Return, Punt, Punt Return, Field Goal and Extra Point Kicking Teams only.</p>
Golf, Boys & Girls	None	None
Gymnastics, Girls	None	None

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

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

SPORT	DAILY LIMIT	SEASON LIMITATION
Hockey, Boys & Girls Adapted Hockey	<p>No student shall participate in more than four (4) periods on any given day.</p> <p>Exception 1: Any school whose 9th, 10th, or B-Squad schedule has less 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 to the allowable total. A maximum number of two (2) such tournaments may be scheduled per level. Each game in a tournament will count as one (1) contest. A player may participate in a maximum of six (6) periods per day in such tournaments. Participation in any period counts as one (1) period in administering the rules. All games scheduled and played as stated under non-League tournaments count toward daily player participation limitations.</p> <p>Exception 2: When a penalty occurs at the end of a period and the penalty time will carry over to the next period, we allow a student to be replaced in the penalty box for the next period to prevent the use of an ineligible student if the next period would be the 5th period. However, we do not allow the replacement of the student in the next period to preserve his or her future eligibility. If the next period is not the 5th period for the student, the student must serve the penalty and count that period toward the maximum allowable periods for the day. If the coach wishes to ensure that a student has the desired further periods of participation available, it is the coach's responsibility to not have the student on the ice towards the end of a period when any penalty time assessed would carry over to the next period in which the coach had intended that the student not participate.</p> <p>Exception 3: If an injury or illness to a goaltender occurs during the games scheduled on that day the alternate or spare goaltender may play in more than four periods that day. If the goaltender remains injured or ill for future games this exception cannot be carried forward. For example: Your program has two goalies. Goaltender #1 plays three periods in the JV game. During warm-ups for the varsity game goaltender #2 breaks her arm on that day. Goaltender #1 may play all three varsity periods. Goaltender #2 is not able to play for one month. For all future games Goaltender #1 can play in no more than 4 periods on any given day. The options: A member of the team becomes a goaltender for two periods, or the JV and varsity games are scheduled for two separate days.</p>	<p>No student shall participate in more periods per season than a number equal to four (4) times the number of varsity games scheduled. Participation in any period counts as one period in administering these rules. An overtime is an extension of the third period and not a separate period for purposes of these rules.</p> <p>All games scheduled and played as stated under non-League tournaments count toward the following:</p> <ol style="list-style-type: none"> 1) season total for contest/games 2) season player participation limitations
Lacrosse, Boys	<p>No student shall participate in more than six (6) quarters on any given day. Participation in any quarter counts as one (1) quarter. Overtime is an extension of the fourth quarter.</p>	<p>No student may participate in more quarters during a season than a number equal to six times the number of varsity games scheduled.</p>
Lacrosse, Girls	<p>No student shall participate in more than three (3) halves on any given day. Participation in any half counts as one (1) half. Overtime is an extension of the second half.</p>	<p>No student may participate in more halves during a season than a number equal to three times the number of varsity games scheduled.</p>
Skiing, Alpine & Nordic Ski Racing	None	None
Soccer, Boys & Girls Adapted Soccer	None	<p>No student may participate in more than 45 halves per season. Participation in any half counts as one half toward the total allowed.</p>
Softball, Girls Adapted Softball	None	None

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

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

SPORT	DAILY LIMIT	SEASON LIMITATION
Swimming & Diving, Boys & Girls	None	None
Synchronized Swimming, Girls	None	None
Tennis, Boys & Girls	None	None
Track & Field, Boys & Girls	None	None
Volleyball, Girls	Daily: A student is limited to a maximum of five (5) sets per day. Participation in any game counts as one (1) game. This includes Junior High, B-Squad, Junior Varsity and/or varsity competition. Exception: The daily limitation shall be waived 1) when participating in a tournament (15 sets) that counts as one (1) match on the schedule or 2) if a volleyball team plays two (2) matches (3 out of 5 games) in one day. Each match will count as one (1) game toward the season total of 17 matches.	None
Wrestling	A wrestler may not wrestle in more than five (5) matches on any given day.	No student may participate in more than 45 matches prior to League-sponsored tournaments.
Dance Team	None	None

Penalty

If there is a violation of the player limitations, a full report of the incident must be made to the League 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 eleven weeks.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST**Cross Reference: Bylaw 411.10 (Scheduling of Contests)**

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 - 18**

Eighteen contest dates with the total number of team matches within the 18 contest dates not to exceed 28.

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 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.

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

Fourteenth Monday preceding the finals of the state tournament.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST**Cross Reference: Bylaw 411.10 (Scheduling of Contests)**

A five-day organized conditioning program may precede the two weeks of organized practice that is required prior to the first contest. The extra 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.

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 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.

BYLAW 505.00**BASKETBALL – BOYS & GIRLS****1. SEASON BEGINS**

Eighteenth 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, 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 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.

BYLAW 506.00**BOWLING, ADAPTED – CO-EDUCATIONAL****1. SEASON**

The length of the bowling season shall be 11 weeks.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

Two weeks of organized practice shall precede the first contest.

3. 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.

4. PLAYER PARTICIPATION LIMITATIONS

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

5. ADAPTED ATHLETICS – ELIGIBILITY REQUIREMENTS

The League has three competitive interscholastic divisions: Physically Impaired (PI), Cognitively Impaired (CI) and Autism Spectrum Disorder (ASD). 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 7th grade. Students will be eligible for 12 consecutive semesters (6 years), beginning with their or their peers initial entrance into the 7th grade.

The League requires a sports qualifying exam every three (3) years for participants in competitive athletics. The League 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.

A. PI Division – The League 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/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 student with 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 by meeting criteria 1 or 2 below:
- 1) **Minnesota Rule: 3525.1333 DEVELOPMENTAL COGNITIVE DISABILITY**

Subpart 1. Definition. "Developmental Cognitive Disability (DCD)" means a condition resulting in significantly below average intellectual functioning and concurrent deficits in adaptive behavior that adversely affects educational performance and requires special education and related services. DCD does not include conditions primarily due to a sensory or physical impairment, traumatic brain injury, autism spectrum disorders, severe multiple impairments, cultural influences, or inconsistent educational programming.

Subpart 2. Criteria. The team shall determine that a pupil is eligible as having a DCD and is in need of special education instruction and related services if the pupil meets the criteria in items A and B.

 - a) The pupil demonstrates below average adaptive behavior in school and home, and, if appropriate, community environments. For the purposes of this item, "below average" means:
 - (1) a composite score at or below the 15th percentile on a nationally normed, technically adequate measure of adaptive behavior; and
 - (2) documentation of needs and the level of support required in at least four of the seven adaptive behavior domains across multiple environments. Systematic observation and parent input must be included as sources to document need and level of support. All of the following adaptive behavior domains must be considered:
 - (a) daily living and independent living skills;
 - (b) social and interpersonal skills;
 - (c) communication skills;
 - (d) academic skills;
 - (e) recreation and leisure skills;
 - (f) community participation skills; and
 - (g) work and work-related skills.

Other sources of documentation may include checklists; classroom or work samples; interviews; criterion-referenced measures; educational history; medical history; or pupil self-report.
 - b) The pupil demonstrates significantly below average general intellectual functioning that is measured by an individually administered, nationally normed test of intellectual ability. For the purposes of this subitem, "significantly below average general intellectual functioning" means:
 - (1) mild-moderate range: two standard deviations below the mean, plus or minus one standard error of measurement; and
 - (2) severe-profound range: three standard deviations below the mean, plus or minus one standard error of measurement.

Significantly below average general intellectual functioning must be verified through a written summary of results from at least two systematic observations with consideration for culturally relevant information, medical and educational histories, and one or more of the following: supplemental tests of specific abilities, criterion-referenced tests, alternative methods of intellectual assessment, clinical interviews with parents, including family members, if appropriate, or observation and analysis of behavior across multiple environments.
 - 2) **Students will also be eligible for the CI Division if they meet 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 who has reached a level of cognitive performance that exceeds the eligibility requirements after the start of a season will be permitted to complete that sports season.
- C. **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.
- 1) Upon receipt of a written challenge the League will activate the following review process:
 - a) request a brief statement from the school/coach supporting the eligibility of the athlete; and
 - b) review 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.
 - 2) Appeal Process:

If the initial review denies eligibility an appeal can be requested. 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.

D. Autism Spectrum Disorder (ASD)

Eligibility for participation in the ASD Division is as follows:

- 1) The student must meet the current eligibility criteria established by the Minnesota State High School League regarding age, semesters of eligibility, progress towards graduation, physical form on file, etc.
- 2) There must be documented evidence of the student having Autism Spectrum Disorder (ASD) provided by the student's school district.
- 3) Students must be able to participate in the activity without having physical prompts by an adult, coach or other participant.
- 4) A student with ASD and a composite IQ of 70 or lower would qualify to participate in either the CI or ASD division but not both in the same season.
- 5) A student with ASD who also has a documented physical impairment (according to page 4 of the MSHSL Physical Form) would qualify to participate in either the PI or the ASD division but not both in the same season.

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.

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

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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 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.

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

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

2. PRE-SEASON PRACTICE/HEAT ACCLIMATIZATION POLICY

Cross Reference: Bylaw 208 (Board Policy Definitions for Summer Football Practice Restrictions)

A. Schedule for 14 Calendar Day Acclimatization Period:

- 1) Days 1–5: “Contact Practices” are not allowed.
 - a) No single practice may last more than 2 hours with total practice time per day not to exceed 4 hours.
 - b) There must be at least a 2 hour recovery period prior to the second practice.
 - c) Double practice days must be followed by a single practice day.
 - d) A 1 hour walk-thru is allowed each day that there is a single practice, but there must be at least a 1 hour recovery period prior to the walk-thru.
 - (1) As an alternative, a walk-thru for a maximum of 45 minutes may be conducted prior to practice on a one practice day, but must be followed by at least a 15 minute recovery period before another practice may begin.
 - e) Day 1: Helmets only
 - f) Day 2: Shoulder pads may be worn for up to 1 hour of practice time
 - g) Days 3 & 4: Helmets and shoulder pads only
 - h) Day 5: Full pads are allowed — No thud or live action
- 2) Days 6 & 7: Rest days, no practice is allowed.
- 3) Days 8–12: No restrictions on what equipment can be worn.
 - a) No practice may last more than three hours, with total practice time per day not to exceed five hours.
 - b) Double practice days must be followed by a single practice day.
 - c) There must be at least a two hour recovery period prior to the second practice.
 - d) A one hour walk-thru is allowed on single practice days, but there must be at least a one hour recovery period prior to the walk-thru.
 - (1) As an alternative, a walk-thru for a maximum of 45 minutes may be conducted prior to practice on a one practice day, but must be followed by at least a 15 minute recovery period before another practice may begin.
 - e) There may not be more than one contact practice per day.
- 4) Day 12 (day prior to scrimmage): Contact practices are not allowed.
- 5) Day 13: Schools may participate in one “live action” interschool scrimmage event (multiple teams may be involved).
Note: Scrimmage is defined as any interaction involving students from two or more schools.
- 6) Day 14: No practice — rest day. 14 Day Acclimatization ends.
- 7) **Option for one “long” practice**: When two practices per day are held and the two hour recovery period creates an issue, teams may opt to have a second practice of one hour in length, if there is a one hour recovery period, AND conditioning is conducted only during one of the two practices. A long practice day must be followed by a single practice day.
- 8) Day 15: No restrictions on number or length of practices. No more than two contact practices per week. Consideration in regard to the amount of contact must be given to players involved in lower level games.
- 9) Day 18: First date on which interscholastic contests are allowed. Note: If the varsity team plays on Day 18, a lower level game (B/JV) may be scheduled on day 17.

B. Definitions:

- 1) **Heat Acclimatization Period** is defined as the initial 14 consecutive day period of pre-season practice, which begins the first day of practice prior to the regular season. Any practices or conditioning conducted before this time shall not be considered a part of the heat-acclimatization period.
- 2) **Practice** is defined as the period of time a participant engages in coach-supervised, school approved, sport or conditioning-related physical activity, including stretching, running, conditioning or physical training in the skills and fundamentals. Strength training and team meetings or video sessions do not count as a practice for the purpose of this policy.
- 3) **Levels of Contact**, as defined by USA Football, focuses on varying intensity levels throughout practices, to build player confidence, ensure their safety and prevent both physical and mental exhaustion. Six intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.
 - a) **AIR**: Intensity = 0 Players run a drill unopposed without contact.
 - b) **BAGS**: Intensity = 1 Drill is run against a bag or another soft-contact surface.
 - c) **CONTROL**: Intensity = 2 Drill is run at assigned speed until the moment of contact; one player is pre-determined the 'winner' by the coach. Contact remains above the waist and players stay on their feet when involved with contact.
 - d) **RESTRICTED CONTACT**: Intensity = 3 Teaching safe & proper techniques (block, shed, tackle) involving shoulder pads, and wearing helmets for protection. Contact above the hips only with hands, shoulders and chest. Keep the head out! Use quick whistle; no gang-tackling or cut blocking/tackling. Players stay on their feet when involved in contact.
 - e) **THUD**: Intensity = 4 Drill is run at assigned speed through the moment of contact; no pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
 - f) **LIVE ACTION**: Intensity = 5 Drill is run in game-like conditions and is the only time that players are taken to the ground.
- 4) **Contact Practice** is defined as a practice during which drills and/or team work includes “Thud” or “Live Action,” as described below. There are no restrictions on “Air;” “Bags;” “Control;” and “Restricted Contact.” The Contact portion of this practice may not exceed 30 minutes.

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- 5) **Walk-thru** is defined as a teaching opportunity with the athletes not wearing protective equipment. A walk-thru is not considered part of the 2 or 3 hour single practice limitation, but does count toward the daily practice time limit; cannot last more than 1 hour; and does not include any kind strength training or conditioning activities. A “walk-thru” is only for running plays and teaching team schemes and assignments — full speed drills and/or physical contact are not allowed. Special team skills (punting and catching punts, kickoffs, and place kicking) are allowed.
 - 6) **Recovery Period** is defined as the time between the end of one practice or walk-thru and the beginning of the next practice or walk-thru. During this time athletes must rest in a cool environment (65-80 degrees F), with no sport or conditioning-related activity permitted. Team meetings and video may be part of this recovery period if conducted in a cool environment.
- C. **Penalty:**
- 1st Offense:** Head Coach suspended for two games.
- 2nd Offense:** Head Coach suspended for four games and not allowed to coach in post-season.
- Note:** This schedule and progression is safer and better for kids and may keep more kids involved with football. Less contact, less heavy conditioning will keep kids safer; they will retain more mentally; there will be less time missed due to injuries, and by the time of the first game your team may actually be more effective than by following previous practice schedules.
3. **PRACTICE SESSIONS BEFORE FIRST CONTEST**
Cross Reference: Bylaw 411.10 (Scheduling of Contests)
 The season must begin with a five-day conditioning program and two weeks of organized practice must precede the first scheduled game.
 - A. The five days of conditioning must be conducted during the first week of practice.
 - B. Five separate and complete days of organized practices must be held, beginning on the second Monday of the season, prior to any inter-school practices or scrimmages being held.
 - C. Games may be scheduled beginning the Thursday of the second week of practice exclusive of the five days of conditioning. If the varsity plays a game on that first Thursday, a lower level game (B/JV) may be scheduled on the previous day (Wednesday of the second week).
 4. **CONTESTS**
Cross Reference: Bylaw 501 (Maximum Number of Contests)
 - A. Maximum number allowed – 9
 - B. Non-League Tournaments
 The champion of any conference, section or division of a conference may schedule a 10th game to determine an inter-conference or an intra-conference championship. The game must be listed on the school schedule.
 5. **PLAYER PARTICIPATION LIMITATIONS**
Cross Reference: Bylaw 502 (Daily/Season Player Participation Limitations)
 6. **EQUIPMENT ISSUED**
 Equipment may be issued on the Friday or Saturday preceding the authorized date for the opening of practice (except Sunday).
 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 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 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.

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

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

Two weeks 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 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.

BYLAW 510.00**GYMNASTICS – GIRLS****1. SEASON BEGINS**

Practice may begin on the 15th Monday preceding the date established for the finals of the State Girls Gymnastics Meet.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST**Cross Reference: Bylaw 411.10 (Scheduling of Contests)**

Three weeks of organized practice shall precede the first contest except when Thanksgiving occurs during the third 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 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.

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.

BYLAW 511.00**HOCKEY – BOYS & GIRLS****1. SEASON BEGINS**

Seventeenth 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 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 26th 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. 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.

BYLAW 512.00**LACROSSE – BOYS & GIRLS****1. SEASON BEGINS**

The season shall be eleven (11) weeks long. Practice may begin on the 11th 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**Cross Reference: Bylaw 411.10 (Scheduling of Contests)**

Two weeks of organized practice shall precede the first contest.

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

A. Maximum number allowed – 13

B. Non-League Tournaments

Conference or division champion may schedule a 14th 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. 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.

BYLAW 513.00**SKIING, ALPINE – BOYS & GIRLS
NORDIC SKI RACING – BOYS & GIRLS****1. SEASON BEGINS**

Fourteenth Monday preceding the finals of the state tournament.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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 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.

BYLAW 514.00**SOCCER – BOYS & GIRLS****1. SEASON BEGINS**

On the 12th 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 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. 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 – 16
- B. Non-League Tournaments

Conference champions may schedule a 17th 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. 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.

BYLAW 515.00**SOFTBALL, FASTPITCH – GIRLS****1. SEASON BEGINS**

Thirteenth 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 game.

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 four games per tournament, with the limitation of three games per day. 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 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.

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 15th Monday preceding the finals of the state meet.

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 – 16

B. Non-League Tournaments

Conference or division champions may schedule a 17th 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 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.

BYLAW 517.00**SYNCHRONIZED SWIMMING – GIRLS****1. SEASON BEGINS**

Practice may begin on the first Monday in March and continue for fourteen (14) weeks.

2. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

Two weeks of organized practice shall precede the first meet.

3. 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 16th 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 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.

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

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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 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.

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.

BYLAW 519.00**TRACK & FIELD – BOYS & GIRLS****1. SEASON BEGINS**

On the 13th 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 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 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.

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

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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 15 sets. 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 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.

* The Representative Assembly approved Boys Volleyball on May 9, 2023, for interscholastic status for the 2024-2025 school year.

BYLAW 521.00**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 – 16**

Sixteen events with the total number of team competitions within the 16 events not to exceed 45. An individual tournament shall count as one team competition toward the 16 allowable events, and one of the 45 allowable team competitions.

A wrestling team may schedule up to four team events for girls only without counting them against the 16 dates/45 matches. All individual wrestlers must not exceed the 16 dates/45 matches during the course of the season.

Please 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 45 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 16 allowable events and all matches in the two separate events would count toward the 45 allowable competitions for individual wrestlers and the team matches.

Dual Meet Varsity and JV Participation

For Dual, Triangular and Quad Meet participation an individual can wrestle in the JV and Varsity portion of each dual. Participating at the JV and Varsity level of a dual will count as two matches toward the maximum of 45 individual matches but only count as one event toward an individual wrestler's maximum participation in 16 events.

- *The individual can wrestle in both the JV and Varsity levels of the dual as long as:*
- *The wrestler does not exceed the Match Limit of 5 per day*
- *The wrestler has a rest time between matches of 45 minutes*
- *The wrestler does not exceed the 45 match count limit*
- *The wrestler does not exceed the 16 event limit (Varsity & JV portion of an event count as only 1 event together)*

Dual/Triangular/Quad Meet Procedure: Teams will weigh-in all of their wrestlers by weight at the same time from smallest to largest (Varsity, Junior Varsity & Junior High at the same time).

- *Each team would be required to designate and notify the opposing team of their roster that could be used on their Varsity squad for that event prior to the start of weigh-ins.*
- *All wrestlers on the varsity roster would be eligible to wrestle both the junior varsity and varsity competitions if all previously stated rules are followed.*

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 17th event to determine an inter-conference or intra-conference championship. The event must be listed on the school schedule. Wrestling in the 17th event does not count toward the 45 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.

BYLAW 522.00**DANCE TEAM****1. SEASON BEGINS**

Practice may begin on the 17th Monday preceding the finals of the state tournament.

2. COMPETITIVE WINTER SEASON

- A. There are two divisions: high kick and jazz. 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 winter tournament play provided that the dance team performs continuously in post-season appearances.

3. SUMMER PERFORMANCE SEASON

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

4. PRACTICE SESSIONS BEFORE FIRST CONTEST

Cross Reference: Bylaw 411.10 (Scheduling of Contests)

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

5. CONTESTS

Cross Reference: Bylaw 501 (Maximum Number of Contests)

Maximum number allowed: Member schools shall not schedule more than 15 contests, exclusive of League-sponsored tournament competition. Any entry into high kick or jazz or both at the same competitive event will count as one of the 15 contests.

6. PLAYER PARTICIPATION LIMITATIONS

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

7. 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.

8. 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.

BYLAW 523.00**HOCKEY, ADAPTED – CO-EDUCATIONAL****1. SEASON BEGINS**

Seventeenth 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 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 – 15

B. Non-League Tournaments

Conference or division champion may schedule a 16th 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 League 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 7th grade. Students will be eligible for 12 consecutive semesters (6 years), beginning with their or their peers initial entrance into the 7th grade.

The League requires a sports qualifying exam every three (3) years for participants in competitive athletics. The League 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.

See adapted athletics interscholastic division descriptions for Physically Impaired (PI) and Cognitively Impaired (CI) under Bylaw 506-Bowling, Adapted – Co-Educational.

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 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.

BYLAW 524.00**SOCCER, ADAPTED – CO-EDUCATIONAL****1. SEASON BEGINS**

On the 12th 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 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. 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 – 15

B. Non-League Tournaments

Conference champions may schedule a 16th 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 League 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 7th grade. Students will be eligible for 12 consecutive semesters (6 years), beginning with their or their peers initial entrance into the 7th grade.

The League requires a sports qualifying exam every three (3) years for participants in competitive athletics. The League 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.

See adapted athletics interscholastic division descriptions for Physically Impaired (PI) and Cognitively Impaired (CI) under Bylaw 506-Bowling, Adapted – Co-Educational.

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 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.

BYLAW 525.00**SOFTBALL, ADAPTED – CO-EDUCATIONAL****1. SEASON BEGINS**

Thirteenth 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 game.

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

A. Maximum number allowed – 15 (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 four games per tournament, with the limitation of three games per day. Conference, division or section champions may play a 16th 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 League 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 7th grade. Students will be eligible for 12 consecutive semesters (6 years), beginning with their or their peers initial entrance into the 7th grade.

The League requires a sports qualifying exam every three (3) years for participants in competitive athletics. The League 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.

See adapted athletics interscholastic division descriptions for Physically Impaired (PI) and Cognitively Impaired (CI) under Bylaw 506-Bowling, Adapted – Co-Educational.

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 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.