

••**CURRICULUM COURSES:** Classes with content specific to an MHSAA tournament sport (e.g., football class) must be open to any student and must provide nearly equal attention to three different topics in an academic term such as other sports, weight training, fitness, etc. In football, except during the season, plays and schemes of the school team may not be taught and regular or improvised football equipment may not be used. Out of season, school coaches cannot be involved in these classes unless they are the full-time teacher of the course.

During the Summer ...

During the summer, some limitations continue. Except for football, fewer restrictions are in place. There are no school teams in the summer; however, school coaches and students may assemble from the same school over the summer in various settings beginning on the Monday after Memorial Day. Football has a practice limit of no more than seven players in the summer prior to Aug. 1 in informal football activities in helmets and shoes with a coach.

••**SUMMER COMPETITION LIMITS:** Five sports are limited to 15 dates of competition when more than four or seven students from that school and a school coach are present in competition against others not enrolled in that school. Basketball, volleyball and ice hockey (four players and coach); soccer, lacrosse and football (seven players and a coach). Football may only have seven summer dates of competition (passing league games). Summer competition must be prior to Aug. 1 and must follow the travel rule if held outside of Michigan: ALL teams at an event must be within 300 miles or from bordering states (not just those you play against). Sports not on this list are not limited in summer competition, but the four Year-Round Principles continue to apply.

••**INCOMING 9TH GRADERS** become "high school students" when the four-player rule ends on the Monday after Memorial Day. Provided these former 8th-graders are not still involved in middle school sports, they may begin working out with high schools in the summer. This does not change the rule that prohibits recruiting for athletic purposes (undue influence).

••**THE FOUR-PLAYER PERIOD ENDS** on the Monday after Memorial Day which is also the Monday after Baseball and Softball District Tournaments and the Track Finals. Except for the dead period (below), any number of players may have contact with their coach in the summer provided the four Year-Round Principles apply (there is a seven-player limit in football). Schools must regulate the frequency and intensity of any summer voluntary workouts so students may participate in more than one sport and so that families may have time away from school sports.

••**SUMMER DEAD PERIOD:** A seven-day zero player/coach and zero school facility period of time from the end of school or participation in the MHSAA spring tournaments to Aug 1. No coach contact whatsoever is allowed including at fundraisers, functions or places of employment. Each school sets its own seven-day dead period and it applies to ALL sports, except that non-school summer baseball or softball games and practices (American Legion) may continue in the summer dead period. Most schools select a seven-day period which includes July 4.

••**FOOTBALL:** Only football helmets and football shoes are permitted out of season in ANY setting, including camps or clinics, whether held in-state or out-of-state. No pads except during the season. In the summer, a school football coach has a limited allowance to conduct or coach at a bona fide football camp with any number of players from the school. If a school is conducting a football camp, be sure and consult the Handbook for the actual rule. In the summer, besides the seven dates of competition (passing leagues), school coaches and up to seven players may assemble at one time for informal football activities or workouts which must also follow the four Year-Round Principles.

2019-2020



michigan high school athletic association

OUT-of-SEASON COACHING REGULATIONS



A Summary of MHSAA Handbook
Regulations and Interpretations