

MHSA Coaching Rules for Team Coaches

To provide consistency and ensure a level playing field for all coaches in Montana, MHSA coaching rules apply equally to all coaches, regardless of whether they teach in a school, operate a private academy, or work in any other profession. Because MHSA allows 8th grade participation, this rule applies to all students 8th - 12th grade.

MHSA coaching regulations are divided into three distinct periods:

During the Sport Season

- Coaches may coach only their own high school student-athletes at practice or in any other setting.
- High school students from other schools may not participate in team practices.
- No team practices may be conducted on Sundays.
- Open gyms are not allowed.

During the School Year (Out of Season)

(August 1 through the Tuesday following Memorial Day)

- Coaches may provide one-on-one instruction to their own high school student-athletes.
- Coaches may not coach high school students from other schools.
- Coaches may supervise open gyms in accordance with MHSA regulations.

Summer

- Coaches may coach any high school student-athletes in summer competitions or tournaments, provided they comply with all MHSA recruiting rules and understand the penalties for recruiting violations. (MHSA By-Law 17.1 applies)
- If an open gym or open field is held at a school facility, participation is limited to students who reside within that school's attendance area or school district, as applicable.

Weight Room Exception

These coaching restrictions do not apply to weight room or strength and conditioning activities at the high school facility.