



NHIAA Middle School League: Building Character Through Athletics

Education-based athletics is the core mission, ensuring sports are an extension of the classroom.



Grades 5–8: 4-Year Eligibility Limit

Eligibility begins in 5th grade and lasts for four consecutive school years.



Sportsmanship is a Non-Negotiable Standard

Respect for opponents and officials is required from all athletes, coaches, and spectators.



Pass Half Your Classes to Play

Athletes must pass at least 50% of their graded classes in the previous grading period.



Safety-First Concussion Protocols

Any athlete showing concussion symptoms must be immediately removed and cleared by a healthcare professional.



12+ Sports Across Three Seasons

Offerings range from traditional sports like Soccer and Basketball to inclusive Unified Coed teams.