



# MIDDLE SCHOOL ATHLETICS FLEX DAYS & TRANSFER ELIGIBILITY GUIDE

WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



## FLEX DAYS AT A GLANCE



**MAXIMUM ALLOWED:**  
32 Flex Days per school year



**NO SUNDAY PARTICIPATION**  
• Flex Days may not be used on Sundays.



**5<sup>TH</sup> GRADE STUDENTS**  
• Upcoming 5th graders are **not eligible** to participate in Flex Days.  
• Students must be officially promoted to the **6th grade** before participating.



**SEASON START RESTRICTION**  
Flex Days may not be used during the first week of a new sports season.

**Examples:**

- First week of **Fall** sports season → No Fall sport Flex Days
- First week of **Winter** sports season → No Winter sport Flex Days
- First week of **Spring** sports season → No Spring sport Flex Days

## TRANSFER ELIGIBILITY



### BEFORE SEPTEMBER 1

A middle school student may transfer schools before September 1 and retain athletic eligibility, provided all other eligibility requirements are satisfied.



### SPORT-SPECIFIC TRANSFER RULE

A student who participates in an official practice or tryout for a sport at one school and then transfers may not be eligible in that same sport at the new school.



### AFTER SEPTEMBER 1

Any middle school student who transfers after September 1 will be ineligible for interscholastic athletics for the remainder of that school year.



## QUICK REMINDERS

- ✓ Maximum of 32 Flex Days
- ✓ No Flex Days on Sundays
- ✓ Students must be promoted to 6th grade before participating
- ✓ No Flex Days during the first week of a sport season
- ✓ Transfers before September 1 may retain eligibility
- ✓ Participation in an official practice or tryout may affect eligibility after a transfer
- ✓ Transfers after September 1 result in athletic ineligibility for that school year



### COMPLIANCE MATTERS

Athletic administrators, coaches, parents, and student-athletes should carefully monitor Flex Day participation and transfer timelines to ensure compliance with all middle school athletic eligibility requirements.

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