

# MILLE LACS RAIDERS

*Student/Parent Activities Handbook  
2023-2024 MSHSL Eligibility Brochure*



## MILLE LACS RAIDERS ELIGIBILITY POLICIES

The Mille Lacs Raiders athletic department understands the importance of opportunities afforded by participation in extra-curricular activities. Activities support the academic mission of our schools and are a critical extension of a good educational program. Students in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally. Activity programs provide valuable lessons in teamwork, sportsmanship, and hard work, and students learn self-discipline and leadership, build self-confidence, and develop skills that carry throughout the rest of their lives.

By choosing to take part in extra-curricular activities you are choosing to make a commitment. The Mille Lacs Raiders welcomes anyone to join in their extra-curricular offerings, provided you are willing to:

- Do your part to help make your team successful
- Represent your school and community in a positive manner
- Listen to and respect your coaches and game officials
- Choose a chemical-free lifestyle
- Be role model to younger students
- Maintain good grades and make academic progress towards graduation

### RAIDERS HIGH SCHOOL LEAGUE OFFERINGS:

**Fall:** Football, Volleyball, Girls Cross Country

**Winter:** Boys Basketball, Girls Basketball, Wrestling, One Act Play, Speech

**Spring:** Baseball, Softball, Girls Track, Boys Golf, Girls Golf, Trap Shooting

The Mille Lacs Raiders are a part of the Great River Conference. Member schools are: Isle, Onamia, Ogilvie, Pine City, Braham, East Central, Rush City and Hinckley-Finlayson.

Associate Members are: Moose Lake/Willow River, Aitkin, Cloquet, Barnum & Proctor

### REQUIREMENTS

Prior to being allowed to participate in an extra-curricular activity, students must meet the following requirements:

- 1) Have a current physical on file. One is needed every three years.  
\*Note: A physical is not needed to compete in speech, one-act play, or trap shooting
- 2) Read, complete, sign, and abide by the Mille Lacs Raiders Eligibility Policy.
- 3) Read, complete, sign, and abide by the Minnesota State High School League Eligibility Rules.
- 4) Pay the necessary activity fee:  
\$50 per activity for students in grades 9-12  
\$25 per activity for students in grades 7-8.  
There is a cap of \$150 per family for the school year.  
\*Note – no refunds will be given after the first contest. Families unable to pay this fee should contact their Athletic Director about waivers or payment plans.

### CONTACT INFO:

#### Isle Athletic Director

Tyler Soderstrom  
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320-676-3101 ext. 226

#### Onamia Athletic Director

Austin Hackett  
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320-532-6808

## **INSURANCE WAIVER**

The Onamia School District and the Isle School District will not be providing an insurance program. If injuries do occur to the student/athlete, the parents or guardians will have to accept the responsibility of the payments.

## **ATTENDANCE POLICY**

A student is required to attend the full day of school in order to practice or participate in an event that day except in the following circumstances:

- 1) The absence is preceded by notification from the parent or guardian stating an accepted reason for the absence. Parents are encouraged to notify the school about the absence before the day of the student's absence, but notification must happen no later than noon on the day of the absence
- 2) If the reason for the student's absence is illness, the student will not be permitted to participate in a practice or event on that day unless the student attends the last three periods of the day.
- 3) If an emergency or unique situation develops and an advisor or coach requests a review of a student's eligibility for a practice or event, an administrator may review the case and decide on eligibility.

Students who have been suspended from school will not be allowed to participate in events or practices during the suspension period. (This includes when a student is in A2S that day.)

## **TRAVEL**

Participants must travel to and from away events and practices in school-provided transportation. The only exceptions to this are:

- 1) Injury or illness which requires alternate transportation.
- 2) Arrangements made by the participant's parents for alternate transportation. These arrangements should be made by the parents with the Activities Director/attendance secretary prior to the event. A form, which must be signed, will be available in the high school office.
- 3) When parents are present at an event, students may be released to the parents by the coach. A form will be provided for the parent to excuse their son/daughter from traveling home with the team.
- 4) If a parent wants to allow their child to ride home from an event with someone other than a parent, the parent must sign the pre-authorized travel permission form. This will allow their son/daughter to ride home after an event with the name of the individual on the form. The name of the individual must be over the age of 21.
- 5) If a participant needs to use transportation other than the school-provided transportation for any practices, a Travel Permission Form/Release of Liability Form must be completed by the parent and student ahead of time.

## **SOCIAL MEDIA GUIDELINES**

Athletes and parents should consider social media communications as public at all times - even if created with private intentions. If you are going to use social media in any form, consider that your communication may be read by anyone at any time. Remember that many forms of direct electronic communication can be made public without the knowledge of the original message creator.

Remember that you represent your town, your school, and your team. Promote your team, school, and conference in a positive light and with a general feeling of pride.

Remember that ethical restrictions that apply to any form of public speech also apply to social media. It is inappropriate to communicate specifics about your teammates, coaches, opponents, game situations, and so on using these tools. Be very sparing in the sharing of your personal information, including photos. Adjust security settings accordingly.

Follow specific school, school district, and team policies regarding the use of social media. Failure to do so may result in penalties.

## ACADEMIC ELIGIBILITY POLICY

Students participating in extra-curricular activities will have their grades monitored every three weeks while in-season using dates established by administration.

On the Monday (or first day of the school week) following a three-week grade check, students will be notified if they had an F in any class.

Students who have an F at any three-week grade cutoff are placed on one week of probation

- The probation period serves as a warning to students that they will become ineligible if they do not improve their grades. While on probation, students remain fully eligible for their extra-curricular activity.
- Students on probation will have until 3:30 on the Friday following their notification of probation to improve all grades to a passing level.

If a student does not receive, by the 3:30 Friday deadline, written notification from each of their teachers that they have improved all of their grades to a passing level, they will be ineligible for one week or one game (whichever is greater), beginning the following Monday.

- After serving this one week or one game (whichever is greater) of ineligibility, a student can regain eligibility as soon as all of their teachers have given written notification that they are passing all of their classes. Until all teachers have given written notification that the student is passing all of their classes, the student will remain ineligible.
- Ineligible students may practice but cannot participate in events.
- Ineligible students will not miss any part of the school day to attend an athletic event that they are academically ineligible to participate in

Any student-athlete that has two or more “Fs” at the end of a quarter will be ineligible for 2 events or 2 weeks, whichever is greater, of their current or upcoming activity. *(Note: Semester grades will be the grades considered for eligibility purposes at the end of the 2<sup>nd</sup> and 4<sup>th</sup> quarter)*

- If a student makes up the credit from failed classes through summer school or ALC opportunities, they will regain eligibility

The teaching staff has 48 hours from the time a student’s work is submitted to post any grade that may change the student’s eligibility status.

**IEP/504 Student-Athlete Policy:** The school district will provide students with disabilities an equal opportunity to participate in its existing extracurricular athletic programs. The district will make an individualized inquiry to determine if there are reasonable modifications, or make necessary aids and services, which would allow a student with a disability the chance to take part in the activity. Students with IEPs or 504 Plans are not subject to “pass all.” The student is not to be denied eligibility on the basis of grades if the student is making adequate progress, as determined by school officials, towards the goals and objectives on the student’s IEP or 504 Plan. (All students that are on an IEP or 504 Plan will be monitored individually by administration, the athletic director, and the IEP/504 Plan case manager to check for their making progress towards graduation -MSHSL)

The Athletic Director will meet with a committee if there are any difficult or questionable decisions to be made about any certain student on eligibility. Ex: Athletic Director, Coach, Teacher, Dean of Students, Principal, and the IEP case manager.

**RELEASE: POTENTIAL OF PERMANENT INJURY OR TRANSMISSION OF INFECTIOUS DISEASE**

Participation in extra-curricular activities may result in the participant being injured and the result of the injury, regardless of adequate supervision, training, equipment, and facilities, may be permanent disabling. All injuries, which occur while participating in athletics, should be reported to the coach immediately. Once a physician treats athletes, the athlete must obtain the doctor's permission to return to the activity.

By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious diseases such as Hepatitis B and HIV. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have responsibility to help reduce that risk. Participants must obey all safety rules, report all physical hygiene problems to their coaches, follow proper conditioning program, and inspect their own equipment daily.

The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees and for all members of my family.

### **SPORTSMANSHIP**

The Mille Lacs Raiders and the Great River Conference are dedicated to promoting good sportsmanship and positive fan behavior. Please appreciate our student-athletes, coaches, and officials and enjoy the contests you attend.

Expectations for those attending Mille Lacs Raiders regular and post season competitions:

- Respect the American Flag and the National Anthem
- Wear appropriate clothing (no vulgar text or graphics).
- The use of appropriate language is expected at all times. Profanity, name calling, singling out players, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament personnel.
- Respect the game/contest. Under no conditions shall anyone other than the members of the official's squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser Lights are strictly prohibited.

Any person who chooses not to follow our expectations will be asked to leave at the discretion of school personnel and/or the officials. Thank You for supporting our student-athletes and fine arts participants.

### **RESOLVING CONFLICTS**

If there is a problem:

1. Have your son/daughter talk directly to the coach, one-on-one. This is part of growing up.

If the problem is not resolved:

1. Call the school and request a returned call or a face-to-face meeting with the coach.
2. Coaches will make time available to meet with students and parents

If the problem is still not resolved:

1. Contact your Athletic Director and request a meeting with all parties

No issues/concerns between a parent, student or coach will be addressed before, during, or immediately following an event or practice. All meetings need to be pre-arranged and should take place after a 24 hour "cooling off" period. The 24 hour cooling off period may be shortened or waived, but only with the permission of the coach.

Additionally, areas that are occupied by the coach and team (sideline, locker room, dugout, etc.) are strictly off limits to anyone other than the coach, athletes, and team personnel prior to, during, and after events, unless permission is given by the coach to enter these areas.

Violation of either of these rules will result in an automatic suspension from the next game/event (no matter if it is home or away). Depending on the severity of the violation, the school and/or activities department may extend the suspension. Subsequent violations will result in longer suspensions, up to and including being trespassed from school grounds for a year.



# 2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

## MSHSL Eligibility Brochure

**Students:** Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Website: [www.mshsl.org/governance](http://www.mshsl.org/governance). Please keep this brochure for reference, and if there is a question about any rule interpretation, **CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.**

I understand I must sign the current eligibility statement prior to participation each school year.

I understand that once I sign the eligibility statement all eligibility rules apply:

- 12 months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement through the completion of my high school eligibility.

**Parents/Guardians:** REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated.

**General Student Eligibility Checklist (must be completed by all students)** *(If you cannot check all 8 items, see your athletic/activities director or principal)*

- ☐ 1. Making academic progress toward graduation.
- ☐ 2. Will not have turned 20 before the start of the season in which I participate.
- ☐ 3. Have not dropped out of school or repeated a grade beginning with the initial entrance in the 9<sup>th</sup> grade.
- ☐ 4. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids, drug paraphernalia or products containing or used to deliver nicotine, tobacco products and other chemicals.
- ☐ 5. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- ☐ 6. I agree to fully cooperate in any investigation honestly and truthfully.
- ☐ 7. Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- ☐ 8. Both the student and parent have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: [www.cdc.gov/headsup](http://www.cdc.gov/headsup)

**Athletic Eligibility Checklist (must be completed by all athletes)** *(If you cannot check all 5 items, see your athletic/activities director or principal)*

- ☐ 1. Physical exam within the last three (3) years on file with the school.
- ☐ 2. Have not transferred schools.
- ☐ 3. Will not participate in more than six (6) seasons in any sport in grades 7-12.
- ☐ 4. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- ☐ 5. Have not and will not compete in non-school events in my sport during my high school season.

**INFORMED CONSENT:** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

## GENERAL BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current official handbook or on the MSHSL website at: [www.mshsl.org/governance](http://www.mshsl.org/governance)

\* Denotes rules applicable to cheerleaders

1. **\*ACADEMIC** — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.
2. **\*AGE** — A student who turns 20 during the 11<sup>th</sup> or 12<sup>th</sup> semester since first entering the 7<sup>th</sup> grade shall be allowed to participate through the completion of the 12<sup>th</sup> semester. Adapted athletes are eligible to participate until their 22<sup>nd</sup> birthday, provided they meet all other eligibility requirements.
3. **AMATEUR STATUS** — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. (*Reference Bylaw 201 for further amateur provisions*)
4. **AWARDS** — Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in that activity.
5. **\*ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD** — Students must be fully enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students must be properly registered, attending school and classes regularly. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7<sup>th</sup> grade.  
For transfer eligibility purposes participation in a school program is considered full enrollment at that school.
6. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance.  
**INTERNATIONAL STUDENTS** — Students not participating in a CSIET approved foreign exchange program are eligible only at the B-squad or JV level for one calendar year.
7. **\*GENERAL ELIGIBILITY** — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal.

### Student Code of Responsibilities

*As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:*

- A. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
- B. *I will be fully responsible for my own actions and the consequences of my actions*
- C. *I will respect the property of others.*
- D. *I will respect and obey the rules of my school and the laws of my community, state and country.*
- E. *I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.*

A student ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets.

8. **\*SEASONS OF PARTICIPATION** — No student may participate in more than six (6) seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.
9. **\*SEMESTERS ENROLLED** -- Each student is eligible for participation in League-sponsored athletic activities for four consecutive school years beginning with their initial entrance into ninth grade.
  - Students in grades 7 and 8 may participate in League sponsored athletics according to Bylaw 105.1.
  - Participation begins once a 7th or 8th grader practices or competes in League sponsored athletics.
  - Students are permitted one school year of participation in 7th grade and one school year of participation in 8th grade for League sponsored athletics.
10. **JUNIOR HIGH/MIDDLE SCHOOL PARTICIPATION** — Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.

11. **\*GRADUATE** — Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED or diploma are not eligible for participation in any League activity. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League tournament play, remain.

12. **\*MOOD-ALTERING CHEMICALS**

A. **Reference Bylaw 205**

Twelve months of the year, a student shall not at any time, regardless of the quantity:

- use or consume, have in possession a beverage containing alcohol;
- use or consume, have in possession tobacco;
- use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia,
- use or consume, have in possession, buy, sell or give away products containing, or products used to deliver nicotine tobacco products and other chemicals.

“Tobacco products” means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student’s own use by her/his doctor.

B. **Penalty**

1. **First Violation:** After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
2. **Second Violation:** After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
3. **Third and Subsequent Violations:** After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
4. **Penalties** are progressive and consecutive.
5. **Denial Disqualification:** A student shall be disqualified from all inter-scholastic athletics for nine (9) additional weeks beyond the student’s original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

C. **Penalties for Category II Activities**

**Definition - Category II Activities:** Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

Fine Arts Activities

1. Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
2. Music Activities.
3. Visual Arts Activities.

Each member school shall develop penalties which will apply to the participants in these activities. A copy of the member school’s policy shall be filed in the principal’s office.

13. **\*SEXUAL/RACIAL/RELIGIOUS HARASSMENT / VIOLENCE AND HAZING**

A. **Reference Bylaw 209.00**

A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any



portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

## **B. Reporting Procedures**

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

## **C. Reprisal**

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

## **D. Penalties for Category I Activities**

1. First Violation: the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

*Recommendations:*

- a) *It is recommended that the school develop a local education program through which the student would receive information about sexual, racial, religious harassment, violence or hazing.*
  - b) *2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.*
2. Second Violation: the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. *Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.*
  3. Third or Subsequent Violations: the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.
  4. Penalties are progressive and consecutive.

## **E. Penalties for Category II Activities**

Each member school shall develop penalties that it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

- 14. SERVING A MSHSL PENALTY** — A student must be a student in good standing, and able to be placed in the game, meet or contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc. are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).
- 15. PROGRESSIVE AND CONSECUTIVE PENALTIES** — Penalties shall be progressive and consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.
- 16. COLLEGE/UNIVERSITY TEAMS** — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.
- 17. FAIR HEARING PROCEDURE** — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's

decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or at [www.mshsl.org/governance](http://www.mshsl.org/governance).

## ATHLETIC RULES

1. **\*PHYSICAL EXAMINATION AND PARENTS PERMIT** — Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.
2. **LAST DATE TO JOIN A TEAM** — To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.
3. **NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS**
  - A. **During the High School Season:** During the high school season a student may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments or contests, in the same sport.  
*Participation defined: practice, training, tryouts, scrimmaging and competing. Season Defined: The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition.*  
Baseball, Softball and Skiing are exceptions to this rule.  
**Exception:** Non-School Training During the High School Season for Athletes Who Qualify as Individual competitors to the State Tournament: (Swimming, Cross Country, Tennis, Skiing, Gymnastics, Wrestling, Synchronized Swimming, Golf, and Track and Field)
    1. **Lessons/Training:** During the MSHSL high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.
    2. **Competition:** Athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition.  
**Exception:** Summer Vacation Period — Students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. *See definition of summer vacation below: 14.C.*  
**Summer Coaching waiver:** If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's athletic director.  
Students may take private lessons during the MSHSL season.
  - B. **During the School Year, Prior To and Following the High School Sports Season** — A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.
    1. A student may not use any type of high school uniform.
    2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating, tennis, gymnastics, and indoor soccer are included in this limitation.
    3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
    4. A student's fee for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.
  - C. **Summer Vacation Period**  
A student may compete as an individual or as a member of a non-school team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season.*  
*Note: Students may participate in activities during the summer, as defined above, even though their high school sport*

season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.

#### **D. Penalty**

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.
4. Penalties are progressive and consecutive.

#### **E. Special Considerations**

1. National Teams and Olympic Development Programs  
The MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:
  - a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
  - b. Directly funded by a national governing body on a national level.
  - c. Authorized by a national governing body for athletes having potential for future national team participation.Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.
2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.
3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

### **4. ATHLETIC CAMPS AND CLINICS**

**A. School Year** — Students may attend athletic camps and clinics which have been approved by their high school principal.

**B. Summer Vacation Period** — Non-school specialized athletic camps and clinics do not require approval.

1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.
2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

#### **C. Penalty**

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.
3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.

### **5. TRANSFER RULE — Bylaw 111**

- A. A transfer student is eligible for varsity competition provided the student was in Good Standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.
- B. A transfer student is eligible for varsity competition if:

1. 9<sup>th</sup> Grade Option: The student is enrolling in 9th grade for the first time.
2. Family Residence Change: The student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible at the public school in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents establish a new family residence. (Please see Definitions for further explanation.)

OR

If the parents move from one public school district attendance area to another public school district attendance area, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school in the public school district attendance area where the student's parents reside or a non-public school.

A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

3. Court Ordered Residence Change for Child Protection: The student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
4. Divorced Parents: A student of divorced parents or parents who were never married, who resides with one parent and moves to reside with the other parent shall be eligible at the time of the move:
  - a. At the public school in the new public school attendance area as determined by the district school board where the new residence is located; or
  - b. At any non-public school.

The student may utilize this provision only one time during grades 9-12 inclusive.

The new residence cannot be located in the same public school attendance area as the previous residence.

*Please Note: This provision can only be applied the first time the student moves between parents and changes schools and only if the specific requirements of this provision are met. The intent of this provision is to provide varsity competition eligibility for a student who is living (solely) with one parent and who desires to move to live with the other parent. Additionally, a student of separated parents, who resides with one parent and moves to reside with the other parent shall be eligible at the time of the move.*

5. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
- C. If none of the provisions in Athletic Rule 5.B.1-5 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school.
1. Students are immediately eligible for competition at the non-varsity level.
  2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
  3. Multiple Transfers: A student who is serving a one-year varsity competition suspension as a result of a transfer shall have an additional varsity competition suspension for each subsequent (additional) transfer. A new, one-year varsity competition suspension will begin on the first day of attendance or the first day of participation in a fall sport practice at the new school each time the student transfers.
- D. Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall select one of the participation options identified below:
1. Retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has transferred; or
  2. Be eligible only at the non-varsity level in the school to which the student has transferred for one (1) calendar year.
  3. Participation is defined as practice, training, scrimmaging, tryouts and competing.
- E. Return to Former School Policy: A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for a fifteen (15) calendar day period from the first day the student attends

practice in the fall or attends classes in the new school for the first time.

1. Upon transfer, the student will be ineligible at the former school and may practice at the new school but may not compete in any varsity activity at the new school.
2. The student will retain full eligibility at the former school if the student chooses to return to the former school during the fifteen (15) calendar day period.
3. If the student remains at the new school, following the fifteen (15) calendar day period, the student will become eligible at the varsity level only when the student has fully met all of the transfer criteria and has been deemed to be eligible both by the new school and the League office.
4. If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the new school and must then choose between varsity eligibility at the former school or JV eligibility at the new school.
5. The student may elect to decline the fifteen (15) calendar day period to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
6. A student may utilize this provision one time per 365 calendar day period.

# CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

## Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

## Return to play protocol

Return-to-play following a concussion requires resolution of all symptoms and completion of a stepwise exercise protocol. Each step requires a minimum of 24 hours. If any symptoms or signs recur, the player should drop back to the previous level.

The athlete may return to practice and competition only when: 1) free of all signs and symptoms at rest and during exercise, 2) completed the stepwise exercise protocol and 3) returned to school for full days.

Steps required to return to play after a concussion:

1. Sub threshold symptom during regular activities of daily living and school.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training.
6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice.

Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

For more information, please refer to the references listed below.

## Signs Observed by Coaching Staff

- |  |  |
|--|--|
| • Appears dazed and stunned                | • Is confused about assignment or position |
| • Forgets sports plays                     | • Is unsure of game, score, or opponent    |
| • Moves clumsily                           | • Answers questions slowly                 |
| • Loses consciousness (even briefly)       | • Shows behavior or personality changes    |
| • Can't recall events prior to hit or fall | • Can't recall events after hit or fall    |

## Symptoms Reported by Athlete

- |  |                                    |
|--|------------------------------------|
| • Headache or "pressure" in head           | • Nausea or vomiting               |
| • Balance problems or dizziness            | • Double or blurry vision          |
| • Sensitivity to light                     | • Sensitivity to noise             |
| • Feeling sluggish, hazy, foggy, or groggy | • Concentration or memory problems |
| • Confusion                                | • Does not "feel right"            |

3-24-23





## 2023-2024 MSHSL Eligibility Statement

All MSHSL eligibility determinations are based on the most current official handbook on the MSHSL website at: [www.mshsl.org/governance](http://www.mshsl.org/governance)

***Statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian each school year prior to participation in that year.***

***Please check all items:***

- ☐ I have read, understand, and acknowledge receiving the 2023-2024 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and or principal and that I may review it, in its entirety, if I so choose.
- ☐ **We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website: [www.cdc.gov/headsup](http://www.cdc.gov/headsup)**
- ☐ I understand that once I sign the eligibility statement all eligibility rules apply:
  - 12 months of the year;
  - Whether I am currently participating or not;
  - Continuously from the first signing of the statement through the completion of my high school eligibility.
- ☐ Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- ☐ I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

### STUDENT CODE OF RESPONSIBILITIES

- ☐ As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
  - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
  - I will be fully responsible for my own actions and the consequences of my actions.
  - I will respect the property of others.
  - I will respect and obey the rules of my school and the laws of my community, state and country.
  - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

**A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.**
- ☐ ***Informed Consent:*** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes and Hepatitis B and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- ☐ I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.

## 2023-2024 MSHSL Eligibility Statement (continued)

- ☐ I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- ☐ By signing this we acknowledge that we have read the information contained in the 2023-2024 MSHSL Eligibility Brochure and Statement.
- ☐ I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

**The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.**

I am a home school student. YES ☐ NO ☐ I am an online student. YES ☐ NO ☐

<i>Student's Printed Name</i>	<i>Birth Date</i>	<i>Grade in School</i>
<hr/>		
<i>Student's Signature</i>	<i>Date</i>	
<hr/>		
<i>Parent's or Guardian's Signature</i>	<i>Date</i>	
<hr/>		



# 2023-2024 MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE

Name \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Date of Last Sports Qualifying Physical Exam (SQPE) \_\_\_\_/\_\_\_\_/\_\_\_\_

**Check** Yes or No boxes for each question or **Circle** question numbers for which you cannot answer.

**IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:**

## Athlete Health Questionnaire

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR   |                          |                          |
| 2. In the last year, have you passed out or nearly passed out <i>during</i> or <i>after</i> exercise? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. In the last year, have you had an unexplained seizure? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR   |                          |                          |
| 7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including an unexplained drowning or an unexplained car accident)? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? .....   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. In the last year, has anyone in your immediate family been diagnosed with hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? .....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| MEDICAL RISK QUESTIONS IN THE LAST YEAR   |                          |                          |
| 12. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems? .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. In the last year, have you had COVID-19 illness with trouble breathing; persistent chest pressure; confusion; inability to stay awake; high fever for more than 4 days; pale, gray, or blue-colored skin, lips, or nail beds; or hospitalization and not been approved for return to sports by a physician? ..... | <input type="checkbox"/> | <input type="checkbox"/> |

**Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.**

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

**Activities Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)**

SQPE Due \_\_\_\_/\_\_\_\_/\_\_\_\_

**MEDICALLY ELLIGIBLE FOR SPORTS PARTICIPAITON: YES ☐ NO ☐**

Supplemental Mental Health Screening Questions (may be cut from form before submitting)

*Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)*

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥3, please see your provider)

Reference: Preparticipation Physical Evaluation (Fifth Edition): AAFP, AAP, AMSSM, AOSSM, AOASM, AAP, 2019.

Revised 2/10/2023

Updated: May 10, 2023

## MILLE LACS RAIDERS ELIGIBILITY POLICIES

Please sign and date this section:

I, \_\_\_\_\_ and my parent/guardian, \_\_\_\_\_ have read and understand the information provided in regards to:

- 1) The MSHSL Eligibility Brochure
- 2) Parental Insurance Waiver
- 3) Attendance Policy
- 4) Travel Policy
- 5) Social Media Guidelines
- 6) Academic Eligibility Policy
- 7) Warning of Risk
- 8) Sportsmanship Policy

I agree to abide by these rules and follow school policies regarding extra-curricular activity eligibility.

\_\_\_\_\_ Student \_\_\_\_\_ Date

\_\_\_\_\_ Parent/Guardian \_\_\_\_\_ Date