

**Summer Competition Limits:** Five sports are limited to 15 dates of competition when more than three 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 (three 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 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.

**Three [or four] player period ends:** The limited 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. 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 fund raisers, 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.

**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 may 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**.



# OUT-of-SEASON COACHING REGULATIONS



*A Summary of MHSAA Handbook  
Regulations and Interpretations*

## Four-Year Round Principles ...

**Four year-round principles** apply to schools and coaches out-of-season **ALL** the time; both summer and off season during the school year at work-outs, clinics, camps or competitions.

- 1. No activity may be mandatory or part of selection to the school team.**
- 2. No school transportation.**
- 3. No school general funds; a limit of \$ 200 per student and sport from school-approved fund-raised money is allowed.**
- 4. No school competition uniforms or warm ups may be used (practice jerseys are permitted).**

## During the School Year ...

During the school year there are limitations on coaches and some permitted activities:

**Three [or four] Player Period:** Coaches are limited to providing coaching in their sport to three [of four] students in grades 7-12 of the school *district* in which they coach. The three [or four] player period runs from the Monday when Aug. 15 occurs through to the Monday after Memorial Day. Coaches can coach out-of-season up to three [or four] "players" (students in grades 7-12 are called players for this rule). If all the students are enrolled in the coaches' school (there are no others present, such as in an AAU game), then the coach can work with four players. Calling something a clinic or charging a fee does not waive the limited player rule. Two coaches does not increase the limit to eight players, and rotations from weight lifting or conditioning to three or four player work are not allowed. The four Year- Round Principles continue to apply.

**Coordinating or Assisting:** During or in preparation for the three [or four] player period coaches are prohibited from making arrangements for activities they are prohibited from engaging in. Coaches may not provide transportation, create a schedule for more than three of their players or designate someone else to coach to get around the three player rule. Coaches may be spectators at events but not coach when more than three of their players are present; and they may distribute information produced by someone else regarding out-of-season camps or clinics. If necessary, consult the exact *Handbook* language on what is generally prohibited and permitted during of in preparation for the three player period.

**Conditioning and Weightlifting:** Provided they are not mandatory or part of team selection, conditioning and weightlifting are permitted year-round except during the summer dead period. Conditioning must be non-sport specific and not use any equipment such as balls, nets, dummies, sleds or helmets. Jump ropes, cones, fitness apparatus are permitted.

**Open Gyms:** May be conducted in one or more sports but must follow the four **Year-Round Principles** and especially not be part of team selection. Coaches may not coach, critique, evaluate or participate in the sport they coach. Open gyms are student conducted and recreational. There shall be no organized instruction or competition, drills or practice structure and no instruction by captains, parents or others. Open gyms must be open to all students of the school; but not necessarily open to the general public or students from other schools.

**Preseason down time:** Just prior to each season, to establish an official start to practice, this period prohibits open gyms or sport specific camps or clinics from occurring at the school or sponsored elsewhere by the school. No competition, intrasquad or intersquad may occur with groups that resemble school teams. Voluntary conditioning, weight lifting and three [or four] player coaching may continue in the preseason down time. The **fall** sports down time is Aug. 1 to the start of practice, **winter** sports is 14 calendar days before practice begins and **spring** sports down time runs from March 1 to the start of practice. Middle schools observe this period 14 days before practice begins.

Because conditioning is so similar to actual practices in swimming, cross country and track, coaches in these sports may not provide instruction in any sport specific technique or conduct sessions which involve both time **AND** distance during the preseason down time.

## 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. Football has a limit to no more than seven players in the summer prior to Aug. 1 in informal football activities in helmets and shoes with a coach. Football also has an limited allowance for coaches to be a part of or conduct a bona fide camp with any number of players. Schools should consult the exact regulation if they are considering a summer football camp.