Wabasha-Kellogg
Secondary School
Excellence in Education

SCHOOL YEAR: 2026-2027

This packet must be completed BEFORE a student is eligible to begin practices. Please read this information and return the signed forms to the Secondary Office. According to the Minnesota State High School League rules, **NO ONE IS ALLOWED TO PARTICIPATE UNTIL THE FOLLOWING OBLIGATIONS ARE TAKEN CARE OF:**

SIGN AND RETURN:

- Eligibility Statement & MSHSL health questionnaire (2-sided BLUE)
- Insurance form (GREEN)
- Waiver of Liability (GOLD)
- Travel Release/Emergency notification information (2-sided WHITE)

The MSHSL Eligibility brochure (10 pgs) **DOES NOT** need to be returned, but should be read through.

A physical exam is needed by a doctor every three (3) years. The physical on file at school must be good for the entire school year. It is the responsibility of the student/parent to make sure your physical is current. **Please provide a copy to the school.**

Participation fees will be refunded **ONLY** if the athlete is injured before the first 1/4 of the games are played. A doctor's note is required to receive the refund.

Students will have 14-days from the first day of practice to join and/or transfer their activity fees to another activity. The transfer of fees must be done within the current school year.

Participation fees must be paid **BEFORE** you start practice. Checks are made payable to Wabasha-Kellogg Public Schools.. If fees cannot be paid by the first day of practice you must contact the Activities Director to make arrangements for the payment of fees.

Assistance is also available through the Booster Club & Community Resources if you qualify. *Contact Angie in the Secondary Office for more information.*

- **7th & 8th grade sports are $75**
- **9th-12th grade sports are $100**
- **7th & 8th grade fine arts fees are $40**
- **9th-12th grade fine arts fees are $50**

MANAGERS DO NOT PAY A FEE But must turn in a Travel Release /Emergency Information sheet

When **ALL** forms are properly filled out, signed and returned to the Secondary Office along with the participation fee, the coach will be given a yellow slip telling them that the student is eligible to practice/play.

COACHES AND THE ACTIVITIES DIRECTOR WILL NOT ALLOW STUDENTS TO BEGIN PRACTICE WITHOUT THIS YELLOW SLIP.

Only <u>one</u> Travel Release-Emergency Notification information sheet needs to be filled out for each participant so <u>please list all activities</u> <u>and all authorized drivers.</u> If you need to add or delete drivers please contact Angie in the Secondary Office.

- If there are any questions regarding registration or eligibility, call Angie in the Secondary Office at 565-3559, ext. #6252 or email at awodele@wkfalcons.org .

Wabasha-Kellogg
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INSURANCE INFORMATION

Wabasha-Kellogg Public Schools is aware that many families have adequate health and accident insurance. Those students participating in interscholastic sports are particularly susceptible to accidents and although the school is not legally responsible for such injuries, except in cases of negligence, we do feel an obligation to see that all athletes have proper insurance protection.

A low cost group insurance plan is being offered for those who feel they do not have adequate coverage, or wish to have additional protection. A copy of this additional policy may be obtained in the Secondary Office. Please read all insurance information carefully, as well as checking over your existing insurance before signing and returning the insurance permit slip.

INSURANCE PERMIT

My son/daughter ____ is fully covered in case of injury and may participate in athletics during the school year.

PLEASE CHECK ONE:

______ By an existing health and accident policy.

______ By the policy offered through Student Assurance Services, Inc. If you check this box, you will need to pick up and complete an application from the High School Office.

Make the check or money order payable in the proper amount, and return it with this form, to the athletic office. **Do NOT make the check payable to the school district**.

SIGNATURE OF PARENT/GUARDIAN ____

DATE ____

* *

GPA RELEASE FORM

I hereby give Wabasha-Kellogg Secondary permission to release my son's/daughter's GPA for **Academic All State** purposes.

SIGNATURE OF PARENT/GUARDIAN ____

DATE ______________________________

This portion is only necessary for students who will be participating on the varsity squad of their sport.

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WAIVER OF LIABILITY AND PERMISSION TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES AND OUT OF SEASON/SUMMER ACTIVITIES

I am the parent of _____ (hereinafter "my child"), a student who is enrolled at Independent School District No. 811 ("District"). I understand that the District offers students an opportunity to participate in extracurricular activities, summer athletic competitions and out of-season athletic events both on and off District property, and that such participation is completely voluntary.

I recognize and understand that any athletic activity involves physical activity and inherent risks, including but not limited to the risk of physical injury or death. I also understand that these risks will exist despite careful planning and adequate supervision. Knowing the inherent risks and dangers involved, I hereby voluntarily assume such risks and grant permission for my child to participate in extracurricular activities, summer activities competitions and out-of-season activities for a period of 12 months: **Sept 1, 2026 thru August 31, 2027**

I represent that my child is sufficiently healthy and otherwise fully capable of participating in extracurricular activities, summer athletic competitions and out-of-season athletic events. I further represent that I have had any health concerns reviewed by a physician and that my child has been cleared by a physician to participate in the activity.

In consideration for the District offering the athletic activity identified above, and knowing the inherent risks and dangers that are involved, I hereby voluntarily waive, release, and forever discharge the District and its current and former board members, officers, directors, employees, agents, insurers, and representatives from any and all liability, actions, claims, and demands for personal injury, death, or property loss arising out of or relating to my child's participation in the extracurricular athletic activity that I have identified above. I further waive any right to bring any claims, demands, legal actions, or causes of action against the District, its board members, officers, directors, employees, agents, insurers, or representatives, unless they engage in gross negligence or willful and wanton misconduct that directly causes harm to my child.

In addition, I hereby agree to hold the District and its board members, officers, directors, employees, agents, and representatives harmless from any and all claims, demands, or liabilities for injury, death, or loss of property arising out of or relating to my child's participation in the athletic activity that I have identified above. This agreement will be governed by Minnesota law.

I HAVE READ THIS DOCUMENT CAREFULLY. BY SIGNING BELOW, I ACCEPT THE TERMS AND CONDITIONS STATED ABOVE, AND I INTEND TO BE LEGALLY BOUND BY THESE TERMS AND CONDITIONS.

Date	Print Name	Signature of Parent/Guardian
Date	Print Name	Signature of Parent/Guardian
Date	Print Name	Signature of Student

Wabasha-Kellogg
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SCHOOL YEAR: 2026-2027

TRAVEL RELEASE FORM

Only one Travel Release / Emergency Notification information sheet needs to be filled out for each student. Please list all activities and all authorized drivers for the year.
If you need to add or delete drivers please contact Angie in the Secondary Office.

Date _____ Student Name _____ Grade _____

Activities (list all) _____

This form certifies that my student has permission to ride with the following persons **(NOT students)** from Wabasha-Kellogg School District away activities:

PLEASE USE INK TO FILL OUT THIS FORM, NOT PENCIL

PRINT NAMES NEATLY OF AUTHORIZED DRIVERS HERE

PARENT 1 _____	PARENT 2 _____
OTHER _____	OTHER _____
OTHER _____	OTHER _____
OTHER _____	OTHER _____
OTHER _____	OTHER _____
OTHER _____	OTHER _____

Authorized drivers CANNOT be current students

I authorize the people listed above to transport my son/daughter from any Wabasha-Kellogg away event. Drivers may be asked to show identification if unknown by the coach. Refusal to show proper identification will result in the student having to ride home on the bus. By signing this document I agree to release Wabasha-Kellogg School District and its employees and officers from all liability with reference to the above transportation statement.

Additional drivers may be added by the custodial parent/guardian contacting the high school office. Those listed above DO NOT need to fill out a release form for each event. However, the student, along with the person authorized to transport, must BOTH sign an "ok to transport" log carried by the coach before the student can be released. Again, if the coach/director is unfamiliar with the driver, proper identification must be shown prior to the student being released. I understand once the student and authorized driver have signed off the coach is, at this point, relieved of all responsibility of the student.

Print parent/guardian name _____

Signature of custodial parent/guardian _____

Please direct all questions to the Activities Director at (651) 565-3559 x 6259

(OVER)

Wabasha-Kellogg
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SCHOOL YEAR: 2026-2027

EMERGENCY NOTIFICATION INFORMATION

NAME _____ AGE _____ GRADE _____

ADDRESS _____

PARENT/GUARDIAN (1) _____

PARENT/GUARDIAN (2) _____

MOM PHONE (Home) _____ (Work) _____

(Cell) _____ (E-mail) _____

DAD PHONE (Home) _____ (Work) _____

(Cell) _____ (E-mail) _____

FAMILY PHYSICIAN OR CLINIC _____

PHONE _____

SPECIAL MEDICATIONS/ALLERGIES _____

SPORTS / ACTIVITIES_____

Recognizing that participation in an athletic activity may require emergency medical treatment, and school personnel may be unable to reach me, I do hereby consent in advance to such emergency care, including hospitalization, as may be needed under the circumstances.

_____ _____

DATE PARENT/GUARDIAN SIGNATURE

2026-2027
MINNESOTA STATE HIGH SCHOOL LEAGUE

MSHSL Eligibility Brochure

This brochure is for your reference. If there is a question about rule(s) interpretations, **contact your school activities director or principal.**

Students: Your participation in MSHSL programs 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 policies and bylaws are found in the MSHSL Official Handbook, which is available at each member school and is available online at: www.mshsl.org/governance.

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:

- Twelve 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: It is essential to review the following expectations.

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

____ 1. I am making academic progress towards graduation.
____ 2. I will not turn 20 before the start of the season in which I participate.
____ 3. I have not dropped out of school or repeated a grade beginning with the initial entrance in the 9th grade.
____ 4. I 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. I 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. I agree to follow all of the MSHSL policies and bylaws in order to be eligible to represent my school in MSHSL programs, regardless of my age.
____ 8. I have reviewed the concussion management information contained in the Eligibility Brochure and found on the following website: www.cdc.gov/headsup with my parent(s)/guardian(s).

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

____ 1. I have a physical exam on file with the school, within the last three year.
____ 2. I have not transferred schools.
____ 3. I will not participate in more than six seasons in any sport in grades 7-12.
____ 4. I have not accepted cash in any amount or merchandise valued at more than $100 for participating in a sport.
____ 5. I have not and will not compete in non-MSHSL events in my sport during my high school season.

GENERAL BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current MSHSL Official Handbook which is available online at: www.mshsl.org/governance

1. **AGE** — A student who turns 20 during the 11th or 12th semester since first entering the 7th grade shall be allowed to participate through the completion of the 12th semester. Students who participate in the Adapted Athletics Program shall be under 22 years of age. A student under age 22 who has started a sport season will be permitted to complete that sport season. *(Reference Bylaw 101)*
2. **AMATEUR STATUS** — A student may not participate in MSHSL athletics unless the student is an amateur in that activity. A student may not receive a salary, cash or merchandise for athletic participation. A student does not lose their amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. *(Reference Bylaw 201 for further amateur provisions)*
3. **ATTENDANCE** — Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in MSHSL programs. *(Reference Bylaw 102)*
4. **AWARDS** — Awards presented to students shall be of a symbolic nature rather than those which have no intrinsic value. School officials will make certain that awards approved conform to the letter, spirit and intent of the bylaw. Penalty: The student shall be ineligible for all further MSHSL competition in that activity. *(Reference Bylaw 204 for further awards provisions)*
5. **CREDIT REQUIREMENTS** — Students must be full-time students according to the Minnesota Department of Education criteria. 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 7th grade. *(Reference Bylaw 103)*
6. **ENROLLMENT** — Only students who are fully enrolled in a school are eligible to be placed on that school's eligibility roster and participate in MSHSL programs offered by the school the student attends. Exceptions: Co-ops, online, Bylaw111.1.D(i). *For transfer eligibility purposes participation in an MSHSL program is considered full enrollment at that school. (Reference Bylaw 104)*
7. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to one calendar year of high school eligibility beginning with their first date of enrollment and attendance. *(Reference Bylaw 111)*
   INTERNATIONAL STUDENTS — Students not participating in a CSIET approved foreign exchange program are eligible only at the sub-varsity level for one calendar year. *(Reference Bylaw 111)*
8. **GOOD STANDING AND GENERAL ELIGIBILITY REQUIREMENTS**— In order to be eligible for regular season and MSHSL postseason tournament competition a student must in good standing. A student who is dismissed from school or who violates the Student Code of Responsibilities, is not in good standing and is ineligible for a period of time as determined by the principal acting on the authority of the local board of education. The League specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. For example, when a student is suspended from school the student is not in good standing and cannot begin to serve the participation penalty until the student has completed the suspension from school and is returned to good standing. *(Reference Bylaw 206)*

   Student Code of Responsibilities

   Participation in MSHSL activities is a privilege which is accompanied by responsibility. As a student participating in MSHSL programs, 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 rights and 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 who is ejected from a contest shall not participate in a contest for the remainder of that day. The student is also suspended from the next regularly scheduled, rescheduled, or contracted contest at that level of competition and all contests in the interim at other levels of competition. All subsequent ejections carry a four regularly scheduled contest ineligibility penalty. *(Reference Bylaw 206)*
9. **SEASONS OF PARTICIPATION** — Students may not participate in more than one MSHSL season in a given sport in each school year or more than six MSHSL seasons in any sport while enrolled in grades 7 to 12. Participation, no matter how limited, will count as one season of participation. (*Reference Bylaw 109)*
10. **SEMESTERS ENROLLED** — Each student is eligible for participation in MSHSL athletics for four consecutive school years

beginning with their initial attendance or MSHSL participation in 9th grade. This school year limitation applies regardless of whether the student participates in MSHSL athletics. *(Reference Bylaw 110)*

Students in grades 7 and 8

- May participate in MSHSL athletics according to Bylaw 105.1.
- Begin participation once they practice or compete in MSHSL athletics.
- Are permitted one school year of MSHSL participation in 7th grade and one school year of MSHSL participation in 8th grade in athletics.

11. GRADE LEVEL ELIGIBILITY — Participation in MSHSL programs is limited to students in grades 7 through 12. Students in grades 7 and 8 may participate only if they are enrolled in a continuation school for that high school.
Students in grades K-6 are not eligible to participate in any MSHSL programs. *(Reference Bylaw 105)*

12. GRADUATES OF SECONDARY SCHOOLS — 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 MSHSL program. 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 postseason tournaments remain. *(Reference Bylaw 106)*

13. CHEMICAL ELIGIBILITY — At any time during the calendar 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; or
- 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.
- 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 substances 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.

The bylaw applies continuously from the first signing of the student Eligibility Brochure.

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 the student's doctor.

Q. With the legalization of cannabis, is cannabis use a chemical violation?

A. Yes, it is a chemical violation for a student to use or consume alcohol, tobacco, or ***other chemicals.*** *Cannabis, like alcohol and tobacco, may be legal for use by adults of a minimum age but will be a chemical violation if used or consumed by a student.*

A. Penalties for Category I Activities

Definition - Category I Activities: Those MSHSL programs in which a member school has a schedule of MSHSL contests, exclusive of postseason tournaments.

- Athletic Activities
- Fine Arts Activities 1) Debate, Speech and One Act Play when a school schedules a season of MSHSL contests.

1. **First Violation Penalty**: The student shall lose eligibility for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
2. **Second Violation Penalty**: The student shall lose eligibility for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
3. **Third or Subsequent Violation Penalty**: The student shall lose eligibility for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant.
   A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
   - The student is assessed as chemically dependent,
   - enters treatment voluntarily, and
   - the director of the treatment center certifies that the student has successfully completed the treatment program.

- The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

4. **Penalties** are progressive and consecutive.
5. **Denial Disqualification:** A student shall be disqualified from all MSHSL athletics for nine 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.

B. Penalties for Category II Activities

Definition - Category II Activities: Those MSHSL programs in which a member school does not have a schedule of MSHSL contests, exclusive of MSHSL postseason tournaments.

Fine Arts Activities

1. Debate, Speech and One Act Play when a school schedules no MSHSL contests and participates only in the MSHSL postseason tournaments.
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.
(Reference Bylaw 205)

14. SEXUAL/RACIAL/RELIGIOUS HARASSMENT/VIOLENCE AND HAZING

A student shall not engage in sexual, racial or religious harassment, violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.

Reporting Procedures

1. Any person who believes they have 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.

Reprisal

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official or employee of the school district who retaliates against any person who makes a good faith report of alleged 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 hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

Penalties for Category I Activities

1. First Violation: The student shall lose eligibility for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
2. Second Violation: The student shall lose eligibility for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
3. Third or Subsequent Violations: The student shall lose eligibility for the next twelve consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant.

Penalties for Category II Activities

Each member school shall develop penalties which 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. *(Reference Bylaw 209)*

15. SERVING AN MSHSL PENALTY — A student must be a student in good standing, and able to be placed in the 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 contest and are therefore not able to count those contests toward the

penalty). *(Reference Bylaw 206)*

16. **PROGRESSIVE AND CONSECUTIVE PENALTIES** — Shall be progressive and consecutive beginning with the student's first participation in a MSHSL program and continuing through the student's high school career.
17. **COLLEGE/UNIVERSITY TEAMS** — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League. *(Reference Bylaw 106)*
18. **FAIR HEARING PROCEDURE** — The Constitution of the MSHSL provides a Fair Hearing Procedure for the student, parent(s) or guardian(s) to appeal 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 facts, 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 activities director or principal of the member school or at www.mshsl.org/governance. *(Reference Bylaw 300)*

ATHLETIC RULES

1. **PHYSICAL EXAMINATION** — Students must have a record of a physical examination performed by a licensed practitioner within the previous three years on file with the school prior to the student's participation.
   Each year a health questionnaire must be completed by the student's parent(s) or guardian(s) and kept on file in the school. The questionnaire could indicate the need for a physical examination prior to the student's participation. The signature of the parent(s) or guardian(s) approving participation is required. *(Reference Bylaw 107)*
2. **LAST DATE TO JOIN A TEAM** — To be eligible for MSHSL postseason competition, an individual must be a member of that school's MSHSL 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. *(Reference sport specific bylaws in the 500 series)*
3. **MSHSL Team** *(208.07)* – An MSHSL team includes all students who place themselves under the supervision, control and instructions of the coach assigned to that sport. Competition may be sponsored by a member school of the League at such levels as varsity and sub-varsity. (See: MSHSL Team Levels)

   MSHSL Team Levels – The following is an exhaustive list of titles to be used to name team levels in MSHSL programs.
   - Varsity (V): One team per MSHSL program that is eligible to participate in MSHSL postseason competition.
   - Sub-varsity: Multiple MSHSL teams may exist at each level of the following:
     - Junior Varsity (JV, JV2, etc.),
     - B-Squad/B (A team, B team, etc.),
     - 10th Grade Team (10A team, 10B team, etc.),
     - C-Squad/C (A team, B team, etc.), or
     - 9th Grade Team (9A team, 9B team, etc.).

   Non-MSHSL Team *(208.07)* – Any group of students who receive coaching, training, uniforms or equipment or who participate in a practice, meet, contest, tryouts or a tournament not governed by the MSHSL.
4. **NON-MSHSL COMPETITION AND TRAINING (TEAM AND INDIVIDUAL SPORTS)**

   A. During the MSHSL Season: A student who is a member of an MSHSL team may not participate as an individual competitor or as a member of a non-MSHSL team in the same sport during the MSHSL season. Participation is defined as tryouts, training, practice, scrimmages and contests. Baseball, girls softball and skiing are exceptions to this bylaw.
   Season Defined: The MSHSL season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition.
   Non-MSHSL training during the MSHSL season for students who qualify as individual competitors to the state tournament: (Cross Country Running, Girls Gymnastics, Golf, Skiing, Swimming and Diving, Synchronized Swimming, Tennis, Track and Field and Wrestling):

   1. Lessons/Training: During the MSHSL season students may take lessons from professionals and other non-MSHSL coaches without limit as to where, when or who may provide the training. Students may not miss an MSHSL practice, contest or meet to take a lesson or train for a non-MSHSL event. Students may take lessons and/or train with a non-MSHSL team/club during the MSHSL season in the same sport.

   2. Competition: Students may compete in non-MSHSL events/competitions that do not match the events in which students currently competes in MSHSL competition.

Exception: Summer Vacation Period — Students may participate in camps, clinics and non-MSHSL teams in the same sport they currently play at the high school level during the summer vacation period. (*See definition of summer vacation below)*

B. During the School Year, Prior To and Following the MSHSL Sports Season — A student may participate as an individual competitor or as a member of a non-MSHSL team provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's MSHSL coaching staff.

1. A student may not use any type of MSHSL team uniform.
2. A student may not receive coaching or training from a salaried or non-salaried member of the student's MSHSL coaching staff in that sport. Power skating, tennis, gymnastics and indoor soccer are included in this limitation.
3. A student may receive coaching or training, including private lessons, from a person who is not a salaried or a non-salaried member of the student's MSHSL coaching staff in that sport.
4. Fees and expenses for non-MSHSL coaching, training or private lessons must be provided by the student or the student's parent(s) or guardian(s) unless approved by the League's Board of Directors.

C. Summer Vacation Period

A student may compete as an individual or as a member of a non-MSHSL team even though competing on an MSHSL team in the same sport. Summer shall be defined as the period from the Saturday following the fourth Friday in May through Labor Day. Students may participate in activities during the summer, as defined above, even though their MSHSL 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. Penalties:

1. First Violation: The student shall lose eligibility in that sport for the next two consecutive MSHSL contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
2. Second Violation: The student shall lose eligibility in that sport for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant.
3. Third or Subsequent Violations: The student shall lose eligibility in that sport for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant.

- If there are fewer than two events remaining in that sport season than required to satisfy the penalty, the loss of eligibility will continue into the next season in that sport.
- A senior who violates the bylaws at the end of a sport season will serve the complete suspension in the next sport season in which the student participates.

Penalties are progressive and consecutive.

E. National Teams and Olympic Development Programs

The MSHSL may permit participation by high school students on bona fide National Teams or in United States 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 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.

5. 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-MSHSL specialized athletic camps and clinics do not require approval.

1. Fees for non-MSHSL 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.

2. A student may attend a camp or clinic where a member of the school's MSHSL coaching staff in that sport owns, administers, directs, organizes or serves as an instructor or is a staff member during the student's attendance.

C. Penalties:

1. First Violation: The student shall lose eligibility in that sport for the next two consecutive MSHSL contests or two weeks, 14 calendar days, of that season, whichever is greater.

2. Second Violation: The student shall lose eligibility in that sport for the next six consecutive MSHSL contests or three weeks, 21 calendar days, whichever is greater.

3. Third or Subsequent Violations: The student shall lose eligibility in that sport for the next 12 consecutive MSHSL contests or four weeks, 28 calendar days, whichever is greater.

- If there are fewer than two events remaining in that sport season than required to satisfy the penalty, the loss of eligibility will continue into the next season in that sport.
- A senior who violates the bylaws at the end of a sport season will serve the complete suspension in the next sport season in which the student participates.

Penalties are progressive and consecutive.

6. TRANSFER AND RESIDENCE— 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 of the provisions in Section B (below) is met.

B. **A transfer student is eligible for varsity competition if:**

1. 9th 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 receiving 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. (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 receiving 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 receiving 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.

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

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 parents establish 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 calendar year beginning with the first day of attendance at the receiving school.

1. Students are immediately eligible for competition at the sub-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 receiving 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 receiving school each time the student transfers.

D. **Enrollment Options Program**: A student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and who 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 calendar year at the sending school after which time the student shall become fully eligible at the receiving school; or

2. Be eligible only at the sub-varsity level at the receiving school to which the student has transferred for one calendar year.

3. Participation is defined as tryouts, training, practice, scrimmages and contests.

E. **Return to Sending School Policy**: A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for a 15 calendar day period from the first day the student attends practice in the fall or attends classes in the receiving school for the first time.

1. Upon transfer, the student will be ineligible at the sending school and may practice at the receiving school but may not compete in any varsity MSHSL activity at the receiving school.

2. The student will retain full eligibility at the sending school if the student chooses to return to the sending school during the 15 calendar day period.

3. If the student remains at the receiving school, following the 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 receiving 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 receiving school and must then choose between varsity eligibility at the sending school or sub-varsity eligibility at the receiving school.

5. The student may elect to decline the 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.

MSHSL CONCUSSION POLICY

Per MN State Statue 121A.38

Acute injury

When a player shows any symptoms or signs of a concussion, the following must be applied:

1. The player is not allowed to return to play in the current game or practice.
2. The player should not be left alone; regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be evaluated after the injury by a qualified medical provider familiar with the current concussion treatment guidelines.
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 sport protocol:

Return to sport following a concussion requires resolution of all symptoms and completion of a stepwise exercise process.
24 hours is recommended at steps 1 – 3 and 24 hours is required at steps 4 – 6. To participate in practice and competition, full school attendance is required.

The athlete may return to competition only when the following criteria are met:

- ❑ Free of all symptoms or signs at rest and during exercise.
- ❑ Completed the stepwise return to sport protocol.
- ❑ Returned to school for full days (also required to return to full school before team practice - i.e. Step 4).
- ❑ Cleared by a medical professional and clearance form completed.

Steps required to return to sport after a concussion: Recommend 24 hours at steps 1 – 3. Required 24 hours at steps 4 – 6.

1. Very light aerobic exercise that does not make symptoms worse during exercise, regular activities of daily living and school (eg, walking).
2. Aerobic exercise such as walking or stationary cycling at slow to medium pace, no resistance training.
   a. Light (up to approx. 55% maxHR)
   b. Moderate (up to approx. 70% maxHR)
3. Sport specific exercise—away from the team environment (running, change of direction and/or individual training drills away from the team environment). Light resistance training.

   NOTE: If sport specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3.

*** Steps 4 – 6 require 24 hours at each step and return to full school ***

4. Non-contact training drills. Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.
5. Full contact training.
6. Game play.

WHEN TO START: Access baseline symptoms on numeric scale (**symptoms or signs**). Mild and brief exacerbation of symptoms (ie, an increase of no more than 2 points on a 0–10 point scale for less than an hour when compared with baseline value reported prior to physical activity) is allowed during steps 1 -3. Athletes may begin Step 1 (ie, symptom-limited activity) within 24 hours of injury, with progression through steps 1-3 typically taking a minimum of 24 hours. Steps 4 – 6 require 24 hours at each step.

WHEN TO STOP: If more than mild exacerbation of symptoms (ie, more than 2 points on a 0–10 scale) occurs during Steps 1–3, the athlete should stop and attempt to exercise the next day at or below prior step. Athletes experiencing concussion-related symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before reattempting steps 4 – 6.

WHEN TO RETURN: The final return to competition decision is based on clinical judgment and the athlete may return **only with a written medical clearance** 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.

REFERENCES:

- Patricios JS, Schneider KJ, Dvorak J, *et al*. Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport–Amsterdam, October 2022. *British Journal of Sports Medicine* 2023;**57:**695-711. https://bjsm.bmj.com/content/57/11/695
- Sport Concussion Assessment Tool 6 (SCAT6) - *British Journal of Sports Medicine* 2023;**57:**622-631. https://bjsm.bmj.com/content/57/11/622

7-29-25

2026-2027 MSHSL Eligibility Statement

All MSHSL eligibility determinations are based on the MSHSL Official Handbook which is available at each member school and is available online at: www.mshsl.org/governance

Statement to be signed by the participant from a MSHSL member school and by the participant's parent(s) or guardian(s) each school year prior to participation in that year. Please check all items:

☐ I have read, understand and acknowledge receiving the 2026-2027 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 MSHSL Official Handbook is available at the member school and is available online at www.mshsl.org/governance, I may review it, in its entirety, if I choose.

☐ **We, the student and parent(s)/guardian(s), have reviewed Concussion Management Recommendations for MSHSL athletes contained in the Eligibility Brochure and on the following website:** www.cdc.gov/headsup

☐ I understand that once I sign the eligibility statement all eligibility rules apply:
- Twelve 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 MSHSL programs.

☐ I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the MSHSL programs 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 MSHSL programs, 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 rights and 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. **PARENT(S), GUARDIAN(S) 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 PROGRAM 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.

2026-2027 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(s) or guardian(s) 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 2025-2026 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 and parent(s)/guardian(s) authorize the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student and parent(s)/guardian(s) understand and agree that public information shall include names and pictures of students participating in or attending school events and MSHSL programs.

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

Student's Printed Name	*Birth Date*	*Grade in School*
Student's Signature		*Date*
Parent's or Guardian's Signature		*Date*

2026-2027
MINNESOTA STATE HIGH SCHOOL LEAGUE

ANNUAL SPORTS HEALTH QUESTIONNAIRE

Name_____ **Birth Date**_____ **Today's Date**_____ **Grade**____ **School**_____

Date of Last Sports Qualifying Physical Exam (SQPE)_____ **Sport(s)**_____

Address_____ **Phone**_____

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?	☐	☐
IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR		
2. In the last year, have you passed out or nearly passed out *during* or *after* exercise?	☐	☐
3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise?	☐	☐
4. In the last year, does your heart race or skip beats (irregular beats) during exercise?	☐	☐
5. In the last year, do you get light-headed or feel more short of breath than expected during exercise?	☐	☐
6. In the last year, have you had an unexplained seizure?	☐	☐
7. In the last year, has a doctor told you that you have any heart problems?	☐	☐
8. In the last year, has a doctor requested a test for your heart? For example, electrocardiography (ECG) or echocardiogram (ECHO)?	☐	☐
IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR		
9. In the last year, has a anyone in your immediate family died suddenly and unexpectedly for no apparent reason?	☐	☐
10. 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)?	☐	☐
11. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning?	☐	☐
12. 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?	☐	☐
13. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator?	☐	☐
MEDICAL RISK QUESTIONS IN THE LAST YEAR		
14. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems?	☐	☐
15. In the last year have you become ill while exercising in the heat?	☐	☐
16. In the last year, have you learned that someone in your family has sickle cell trait or disease?	☐	☐
17. In the last year, have you had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?	☐	☐

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 Note: (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 3/24/2026*