July 1, 2025 — June 30, 2027

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

Rules and Regulations Governing Athletics

A Handbook for Principals and Athletic Directors

Non-Discrimination Statement: MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.

A message to Principals and Athletic Directors

Dear Association Leaders,

This Handbook provides policies and procedures that guide the Association and its school leaders. Definitions, philosophy, conduct codes, and constitutional structures are further examples of Handbook information and aids that can be useful at various times. Please note, Rule 32.1, "As a condition of a high school's participation in interscholastic athletics under MIAA Rules and Regulations, prior to the first fall season contest, each principal and athletic director must read understand, abide by, and be prepared to enforce all rules, regulations, and policies contained within this Handbook. Only the Board of Directors, executive staff, or their designees may interpret or clarify rules of the Association. All disputes will be resolved by the executive staff or Board of Directors. The principal and athletic director must assure that each member of the school's coaching staff is knowledgeable of, and will enforce, all requirements contained therein."

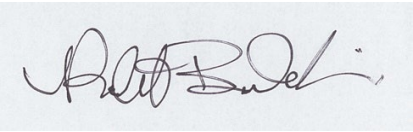
The handbook and its contents are a resource for school leaders to understand the rules and regulations of the Association.

Individually and collectively, the belief is that positive educational outcomes of interscholastic athletics do not happen by chance. They happen because teacher-coaches and school administration adopt an intentional and purposeful approach to the interscholastic athletic experience.

Please remember always that the number one priority is to efficiently respond to a member school principal or athletic director who might benefit from support. If there is any level of uncertainty about the application of a rule, please check by reaching out to MIAA executive staff before you try to implement with uncertainty.

Thanks for all you do!

Very sincerely yours,



Robert Baldwin

Important Association Links

- MIAA Constitution *(amended April 6, 2023)*
  - Power and Duties of the MIAA Board of Directors
- MIAC Rules and Regulations *(revised January 31, 2023)*
- Organization Of Committees *(BOD approved May 15, 2024)*
- Legal Note: Massachusetts Equal Rights Amendment (1979)
- Cooperative Team Guidelines
  - Cooperative Team & Middle Level – Maximum Numbers
- Middle Level Waiver Guidelines ***(all three documents were updated by DAC's in 2025)***
- Approved rule changes *for the 7/1/25 - 6/30/27 MIAA Handbook*
- NFHS Coaches Code of Ethics
- NFHS Officials Code of Ethics

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MIAA MISSION

The mission of the Massachusetts Interscholastic Athletic Association is to serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic athletics which will enrich the educational experiences of all participants. The MIAA will promote activities that provide *lifelong* and *life-quality* learning experiences to students while enhancing their achievement of educational goals.

MIAA PHILOSOPHY

Within high school sport programs, young people learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership and organizational skills, participating within rules, physical well-being and healthy lifestyles, striving towards excellence, and many other characteristics that come quickly to the mind of any educator. If interscholastic athletics are to be justified as school activities, then values such as these must be the priorities of every program. Ethics, playing within the spirit of the rules, and good sportsmanship (which is good citizenship) must be woven into the fabric of the high school athletic program.

In the education of approximately 70% of the young people attending MIAA member schools, athletic participation is a critical component. What should drive those responsible for student-athletes and their programs is the educational mission of school activities. For many students, the most stable environment in their lives is that provided by high school activity programs. Often the best opportunities for crisis intervention, drug prevention, "day care" programs, and the like are school activity programs. The cost is minimal, while the worth is maximal.

While winning contests, rather than losing them, is a laudable goal, it should not supersede the primary priorities of high school sport programs. What should be the rationale behind high school activities is preparing students to succeed rather than merely to win games. Win or lose, students should learn lessons of a lasting and positive nature.

If the success of any high school athletic program is measured by an undefeated season, then 99% of the thousands of high school teams, which participate annually in Massachusetts, have failed. If a league championship is the measure of success, then 85% of our programs are failures. Even if success is measured merely by qualification for MIAA end-of-season tournaments, then 50% of our students are "losers."

What should be encouraged is participation in varied activities under different teacher/coach role models. The percentage of student-athletes who complete their formal athletic experiences at the high school level is overwhelming (well in excess of 90%). Schools should focus their attention upon goals other than championships or the development of "blue chip" athletes. Young people need varied activities: time at the beach, time to study and, in fact, time just to be kids.

Young people need to learn, to think, and simply to grow up. Schools should guide them, through athletics, to allow that to happen as comfortably as possible.

WORTH REMEMBERING

- The MIAA is an organization of public and private high schools.

- MIAA approves and sponsors athletic activities in 35 sports involving more than 230,000 student-athletes who compete in approximately 100,000 competitions annually.

- Governance and administration of MIAA is shared among members of the Massachusetts Association of School Committees, Massachusetts Association of School Superintendents, high school administrators, athletic directors, coaches, game officials, and licensed physicians; all of whom serve without compensation on thirty-four MIAA standing committees.

- MIAA Educational Athletic programs are at the cutting edge of national efforts in these critically important areas to young people.

- High school activity programs are an integral part of the total education process. Successful interscholastic athletic programs teach young people values such as:

  Accepting success graciously
  Accountability
  Citizenship and Sportsmanship
  Confidence
  Handling disappointment
  Leadership skills
  Organizational skills
  Participating within rules
  Performing under pressure
  Persistence
  Physical well-being and Chemical Health
  Respect
  Responsibility
  Sacrificing for the common good
  Self-discipline
  Social skills
  Striving towards excellence
  Taking instruction
  Teamwork
  Work ethic

- Grade point averages (GPA) of students improve during seasons in which they are participating in athletics.

- Approximately 70% of all students are participants in MIAA interscholastic athletic programs.

- Student-athletes have higher attendance and graduation rates than non-athletes.

- 95% of corporate officers report that they had participated in high school athletics.

- High school athletic programs are cost effective. They typically make up one to three percent of the local school budget.

- High school activity programs often represent the best drop-out prevention, crisis intervention, day care, and drug prevention programs which a community can offer, and the cost per student is minimal.

- Students participate in high school athletics because they want to! This motivation should be utilized to teach "life lessons."

- School activities are "the other half of education" and "an extension of the classroom." Athletic programs have no justification within a school if the young people participating are not learning how to "win in life." Contests won or lost are not nearly as important as the life lessons learned by the student participants.

Part I - Definitions and Policies

In this section the reader can find definitions and/or policy statements pertaining to the following items:

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PART I: DEFINITIONS AND POLICIES

1. Every Participant must be a School Team Member

"Each participant in a MIAA sponsored interscholastic athletic event must be a member of their recognized high school team in that sport." "Member" shall be defined as a student who meets the standards of Rule 45 and 51.

2. School Team

2.1 A school team must be sponsored by and under the control of the MIAA member school committee and registered with the MIAA through the annual Institutional Registration process. A school team must have: a coach(es) appointed by the principal, a regular practice schedule through the season defined for that sport, a meaningful schedule of contests through the season defined for that sport, and school uniforms.

2.2 All school teams must be registered with the Association during the annual Institutional Registration renewal process. Teams not registered with the Association are not eligible for tournament participation.

3. Adult Representation

The principal, headmaster, or director of the school in all cases is responsible to the Association for the acts of school teams and other school organizations. All teams and individual participants must have adult representation present and responsible for them at all times. Such adult representation must be an employee or a designated representative of the school district. If the representative is not the coach of record, then the designee must provide written introduction on school letterhead, signed by the principal, or the student(s) will not be permitted to participate. Member school leadership must have game coverage (other than the coach) at varsity soccer, varsity basketball, and varsity ice hockey.

4. Addressing the Board of Directors and Association Standing Committees

The Board of Directors, and Association standing committees will provide time at the start of each meeting for statements from the audience. Individuals must notify the MIAA Office a week in advance of their wish to speak. Speakers are to limit their remarks to three minutes.

5. Medical Coverage

Each member school should employ a licensed certified athletic trainer. Licensed physicians, athletic trainers, and coaches should receive sport medicine training. Schools' must have medical coverage at all levels of football, wrestling and rugby and at varsity ice hockey games per sport rules. For all varsity football games, each team must employ a licensed physician, licensed athletic trainer or certified EMT to be with their team. The school designated as the home team, or the host site identified with a participating school, is required to have an AED on-site (and accessible) or with their medical provider for all athletic events.

6. Parental Permission

Principals should secure from each athlete's parent written consent to participate in interscholastic sports. Eligibility rules and an assumption of risk statement should be part of this form. Some sports may require individual waivers.

7. Missing or Diseased Paired Organ

To participate in interscholastic athletics, an athlete with a missing or diseased paired organ must provide his/her principal with a parental permission form and a medical specialist's written permission to participate. Such an athlete must wear during all practices and competitions the protective equipment recommended by the specialist. Copies of permission and authorization should be filed with the MIAA Sports Medicine Committee.

8. Return to Athletic Participation

Subsequent to any serious injury and prior to further participation in that sport, an athlete should receive a medical release from a licensed physician. Schools should use the MIAA Return to Athletic Participation Form for this purpose *(for more information on Concussion return see Rule 56).*

9. Athletes' Assembly

Prior to each season, every school should hold an Athletes' Assembly planned by the principal, athletic director, head coaches, and medical personnel to discuss policies, liability, sportsmanship, safety, and wellness. One parent or guardian should attend with each athlete. Click here to view the NFHS Preseason Meeting Handbook.

10. Academic Awards

The Association provides Certificates of Achievement to all student-athletes and to the school for each team that achieves a minimum combined GPA of 3.00 (gold) or 2.50 (silver). Principal or Athletic Director can access these certificates on the MIAA website.

11. Sportsmanship Awards

The Association provides recognition to individuals, teams and schools that demonstrate notable qualities of exemplary citizenship or leadership. The Principal, Athletic Director, and/or coach can request recognition via the MIAA or through sport specific sportsmanship procedures.

12. School Attendance Policies

Each school should establish school/class attendance requirements for participation in athletic practices and competitions provided that such requirements are not in conflict with MIAA rules and regulations.

13. Equipment

Schools should ascertain that all athletic equipment is in first-class condition and that no defective equipment is used.

14. Private Promoters and Sponsors

In any activity involving one or more MIAA members, schools should not endorse any private promotion and/or sponsorship, which might result in the exploitation of students or direct financial gain to the promoter or sponsor.

Schools should refer to the MIAA Office, and when appropriate to the Board of Directors, all outside financial offers for supporting athletic programs among several school districts.

15. Transportation

Schools should transport teams by such common carriers as bus lines, vans, or taxi cabs. They should discourage the use of private cars.

16. Medical Emergency Evacuation/Thunder & Lightning

16.1 Each school must have a written medical emergency response plan in accordance with MA General Laws Chapter 69, Sec. 8A.
Click here to access the Medical Emergency Law.

16.2 Thunder or lightning necessitates that all outdoor practices and competitions be suspended.

16.2.1 Each Member School shall have a plan for shelter prior to the start of any contest.

16.2.2 When thunder is heard or when lightning is seen, the following procedures must be executed:

16.2.2.1 Suspend play and direct participants to the previously identified shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car).

16.2.2.2 Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers, and underground watering systems.

16.2.2.3 After thunder and/or lightning has left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

17. Protested Contests

Protests during contests will be addressed according to the national code adopted for play in each MIAA sponsored interscholastic activity. All results shall be final when the contest has been concluded by the game officials.

18. Canceled Season Policy

18.1 A school which cancels a sport prior to an official contest being conducted **and no later than seven (7) days after the first possible competition date**, will not forfeit any wins to its anticipated opponents. *In this case, opponents who had the game canceled may have up to 72 hours to consider rescheduling a game ONLY against one of the other schools that had a game dropped.* ***In the sports of football and rugby, opponents have up to 72 hours to reschedule a contest against any team who has availability in their committed schedule; availability is defined as an open week with no opponent; this could be an out-of-state opponent. (Approved pilot by the BOD on 9/21/23)***

18.2 A school which cancels a sport after completing at least one official contest **or later than seven (7) days after the first possible competition date** will forfeit wins to its remaining scheduled opponents. *In this case, schools will receive a forfeit win and are not permitted to schedule another opponent in place of the dropped game.*

In the event of a canceled season, the school authorities shall notify in writing the principal(s) and athletic director(s) of the opposing school(s) and the Executive Director of the MIAA.

19. Complimentary Tournament Passes

19.1 Complimentary tournament passes will be issued by the Association to each member school in numbers approved by the Board of Directors.

19.2 MIAA gold lifetime passes are to be honored at all activities.

20. Coaches' and Officials' Representation on Committees

Each sports committee shall be represented by one individual who is currently coaching that sport in a MIAA member school to serve in a voting capacity. If the sport is played by both boys and girls, then one coach from each gender shall be included. Nominations must be solicited from each of the nine (9) Districts. The state coaches' association for each sport may nominate candidates for these positions. The MIAA liaison and the chair of the committee will appoint to the specific sports committee from the nominated list of candidates from each District. All candidates must be active athletic coaches. Appointments will be made for a three-year term.

Each sports committee shall be represented by one individual who is currently a MIAA registered game official in that sport to serve in a voting capacity. If the sport is played by both boys and girls, and under different sport codes, then one game official from each gender shall be included. Nominations must be solicited from each of the nine (9) Districts. The president of each state officials' board may recommend candidates for each position. The MIAA liaison and the chair of the committee will appoint to the specific sports committee from the nominated list of candidates from each District. All candidates must be active game officials. Appointments will be made for a three-year term.

21. Definition of a Jamboree

A jamboree is a sport competition involving any number of schools in which students participate as a unit representing their own school. Game-day uniforms may be worn. Only one jamboree may be conducted per season. Competition may be no more than one-half of the length of a regular season contest, and the jamboree must be conducted within three weeks of the first day

of practice. Golf must have 5 calendar days of practice, football must have 11 days of practice, and all other sports must have 8 calendar days of practice, prior to the jamboree.

- Play-Days must conform to the criteria of either a scrimmage or jamboree.
- Open Dates, permitted only in the sport of Volleyball (see Rule 83.6), must conform to the parameters of a jamboree with the exception they can take place beyond three weeks of the first day of practice.

22. Definition of a Scrimmage

To have an interscholastic scrimmage, which will not count against the game limitation rules, the scrimmage must meet the following conditions:

22.1 A scrimmage is competition among any number of schools where no admission is charged, score is kept only by segments, and the event is intended to be a practice, with instruction occurring during competition.

22.2 If any of these restrictions are violated, the meeting must be counted as a game and will count toward the total number of interscholastic contests for that sport.

22.3 An "exhibition game" must be counted in the season limitation for the sport, except for an alumni or faculty-student game.

22.4 Ineligible students are NOT allowed to participate in scrimmages/play-days/ jamborees.

22.5 Scrimmages may be held at any time during the season.

Note: Play-Days must conform to the criteria of either a scrimmage or jamboree.

23. Definition of a Practice

A practice is a reporting of a group of potential athletes who are under the direct or indirect supervision of a member of the high school coaching staff, and who are receiving instruction in game skills or techniques.

24. Captain's Practice

The term "Captain's Practice" usually means the team's captain(s) organizing and conducting, without adult supervision, out-of-season practice for that sport.

The MIAA does not sanction, encourage, or condone "Captain's Practice" in any sport. "Captain's Practice", depending on the member school's involvement, may be a clear violation of the rule defining season limitations.

If it can be demonstrated that a school is allowing "Captain's Practice", the liability responsibility for an injured athlete may be quite serious.

25. Victory Celebrations

Student-athletes should be apprised of the potential for injury associated with activities such as "piling on."

26. Club Teams

The term "club team" would be best not used due to the confusion it creates (See Rule 32.12). All teams which represent the school or compete with other school teams must comply with all Association rules.

27. Conflict Of Interest Statement

The Board of Directors requires that each person serving as a committee member, agent, or employee of the MIAA perform his or her duties without influence, or the appearance of influence, by any other business or financial interest.

Potential conflicts of interest include, but are not limited to, a person's financial or personal interest being affected by a decision of a committee on which the person serves. The MIAA is not critical of such interests. It merely requests that persons disqualify themselves from service to the MIAA on matters relating to such interests.

If a member of the Board of Directors or of any MIAA Committee, or any agent or employee of the MIAA, should have or develop a conflict of interest, such person shall immediately identify the conflict and remove himself or herself from any discussion or decisions involving the matter in conflict.

28. Inclusion, Diversity and Leadership

28.1 The values of female role models and future opportunities for women are important to high school athletic programs and their governance. This role modeling will demonstrate to girls' that they can become leaders who will have impact upon the lives of others. Adult women should inspire female student-athletes in a manner that will ensure broadened participation of women in future programs. Female student-athletes should have female role models in leadership and decision-making positions.

28.2 It has been resolved by the MIAA Assembly that coaches' and game officials' organizations encourage and recruit women with leadership interests or abilities. The names of such women should be forwarded to the MIAA Nominating Committee as potential committee members for service on MIAA administrative and standing committees with responsibilities for female student-athletes.

See Rule 43 – Gender and Participation for additional clarifications.

29. Resolutions Regarding Litigation

29.1 The administration and management of interscholastic athletics should not be a function of the courts. Legal costs associated with litigation against the MIAA impact every high school that is a member of MIAA. Therefore, the Board of Directors is

empowered to seek legal fees and associated costs from any member school that has unsuccessfully brought litigation against the Association. For the purpose of this Rule, litigation is unsuccessful unless the plaintiff school/district receives final judgment on the merits of its claim in its favor, and this judgment is upheld in any subsequent judicial appeal by the MIAA. The Board of Directors is also empowered to seek reimbursement of legal fees and associated costs from any institution seeking membership that has unsuccessfully brought litigation against the Association.

29.2 Court Orders and Resultant Forfeitures

In the interest of fairness to all students, any contest in which an ineligible student or coach participates under court order will be forfeited if the order is dissolved or the plaintiff ultimately fails to prevail.

29.3 Court Orders and Tournament Seeding

Student or teams that have gained court injunctions forcing their entry into MIAA tournaments will be seeded last.

30. Unattached Athletes

Unattached athletes may not participate in any MIAA-sponsored or MIAA-sanctioned event. An unattached athlete is not a school activity participant, but rather is an individual single event athlete. Association tournaments were developed for athletes who are part of a school team, having practiced and competed throughout the season with their high school team.

To quote from the MIAA tournament philosophy: *". . .The purpose of tournaments is to permit qualifying schools and individuals who have achieved an established standard of excellence during that sport season to compete in championship tournaments. . . Care always must be taken to maintain the integrity and importance of regular season activity so that the tournament will serve only as a culminating athletic activity for those who have demonstrated a level of excellence during their regular season."*

A school community determines the nature of its schoolhouse which includes co-curricular offerings desired and to be provided. This process identifies each school's athletic program. The school joins the MIAA and submits this identification of its program. The MIAA then provides support and services to that school in all of, but only in, the program areas which the school chooses to sponsor. At this time approximately 230,000 students annually are participating in sport programs sponsored within their own high schools and approved by MIAA. The MIAA respects this local autonomy which defines the boundaries of a school's athletic program for all of its students. Opportunities exist in non-school sport programs for students who wish to pursue an activity not sponsored at his/her high school.

31. Precautions Against the Transmission of Blood-Borne Pathogens

31.1 Open wounds must be covered before competing.

31.2 Whenever possible, athletes should treat and cover their own wounds.

31.3 Protective gloves should be worn when rendering first aid to others, and any time blood, body fluid containing visible blood, open wounds, or mucous membranes are involved.

31.4 If an individual gets someone else's blood or other body fluid containing visible blood on his/her skin, the area should be washed with a solution known to inactivate blood-borne pathogens.

31.5 If blood or other body fluids containing visible blood are present during practice or competition, activity should be halted, and the injured athlete(s) given proper attention. Any contaminated surfaces should be cleaned.

31.6 Wash hands with soap and water immediately after exposure to blood or other body fluid.

31.7 Do not use common towels to clean surfaces contaminated with blood or other body fluid containing blood.

31.8 Wash all soiled uniforms, towels, etc. in warm or hot, soapy, water.

31.9 In general, use good hygienic practices.

Part II - General Rules

This section includes rules of a general nature that affect all schools and all athletic contests that are played under MIAA rules.

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PART II: GENERAL RULES

32. Application of Rules

32.1 As a condition of a high school's participation in interscholastic athletics under MIAA Rules and Regulations, prior to the first fall season contest, each principal and athletic director must read, understand, abide by, and be prepared to enforce all rules, regulations, and policies contained within this Handbook. Only the Board of Directors, executive staff, or their designees may interpret or clarify rules of the Association. All disputes will be resolved by the executive staff or Board of Directors. The principal and athletic director must assure that each member of the school's coaching staff is knowledgeable of, and will enforce, all requirements contained therein. (It also is helpful to have the guidance staff familiar with student eligibility rules.)

- By MIAA Board of Directors' policy, Principals and Athletic Directors new to the position or new to the position in Massachusetts must attend a MIAA Orientation Workshop within a year of their appointment.

32.2 Association rules apply to all teams and individuals, in all interscholastic contests, at all levels of competition.

32.3 In order to be eligible to represent a MIAA member school in athletic contests, teams and contestants must conform to all Association rules.

32.4 Postponed contests should be immediately re-scheduled on the first day that the teams do not have a scheduled competition.

32.5 In the case of a postponed contest or one which results in a tie, the eligibility of participants does not hold over until the contest is actually played. The students who participate in any contest must be eligible by all rules on the date when the contest is held.

32.6 No special privileges such as extra examinations, delayed marks, makeup opportunities, or other opportunities not granted to every student in the school are to be granted to athletes.

32.7 Whether or not their opponents are MIAA members, all member schools must conform in each contest to all Association rules. MIAA member school teams may not compete against teams that do not represent a school.

32.8 A principal may not make a private agreement with another school or any other party to evade MIAA rules. Regarding the participation of ineligible students, no ineligible individual may participate in any inter-school competition (including scrimmages) regardless of any proposed agreement between competing schools that his/her results would not be counted. "Exhibition" or "unattached" participation is prohibited.

PENALTY: The student-athlete will be ineligible for the first regular season contest once eligibility established.

32.9 The Board of Directors or executive staff must approve all experimental rules or exceptions. Experimental rules shall have an effective limit of one year.

32.10 Neither member schools nor school committees may make rules that are in any way less restrictive than those of the MIAA. More stringent rules may be adopted locally.

32.11 A member school must report suspected rule violations to: the principal(s) of the school(s) involved; the president of the league; the District Athletic Chair; and the MIAA Executive Director.

32.12 In all interscholastic contests any team organized in the name of the school or funded in whole or in part by the school must represent the school in accordance with all MIAA rules. "Club teams" may not operate outside Association rules. See Rule 26.

33. Coaches' Education

All coaches hired prior to August 1, 1998 are exempt from taking the Fundamentals of Coaching Course. Coaches hired after 8/1/98 and before 7/1/05 must have completed the NFHS Fundamentals of Coaching Course with the exception of Certified MA teachers.

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2005 must complete the NFHS Fundamentals of Coaching Course, and an approved Sports First Aid course.

- The NFHS Fundamentals of Coaching Course requirement must be met through attending an MIAA sponsored Fundamentals of Coaching Class with MIAA Certified Instructors. Must be completed and passed prior to coaching a second year.
- The NFHS Sports First Aid may be met by completing on-line courses with the NFHS http://www.nfhslearn.com. Must be passed prior to coaching a third year.

Additional requirements for all coaches:

- Massachusetts requires coaches to be certified in CPR per Section 1. Section 47A of chapter 71 of the General Laws. Additionally, AED training is required and will most likely be done in conjunction with the existing mandated CPR training.
- All MIAA member school coaches (stipend or volunteer) are required to take annually the on-line National Federation Concussion Course, or other MA Department of Public Health recognized education program, prior to the start of their season. *Rugby Coaches must see Rule 76.2 for additional coaches' education information.*

34. Recognized Sports, And Scheduling Limits for Schools

Sport limitations sheet

	Maximum # of Competitions	
Fall Sports	*Per Season*	*Per Week*
Cross Country	16	3
Golf	20	4
Gymnastics (Western MA)	18	2
Field Hockey	18	3

Field Hockey (boys)	18	3
Football	11	1
Soccer	18	3
Swimming	18	3
Volleyball	20	3

	Maximum # of Competitions	
Winter Sports	***Per Season***	***Per Week***
Alpine Skiing	16	3
Basketball	20	3
Gymnastics	18	2
Ice Hockey	20	3
Indoor Track	16	3
Nordic Skiing	16	3
Swimming	18	3
Wrestling	20 (plus 4 girls only dates)	3

	Maximum # of Competitions	
Spring Sports	***Per Season***	***Per Week***
Baseball	20	3
Golf	20	4
Boys Lacrosse	18	3
Girls Lacrosse	18	3
Outdoor Track	16	3
Rugby	8	1
Softball	20	3
Tennis	20	3
Volleyball	20	3

34.1 The number of events per season and per week that a school may schedule includes dual, league, multi-school, and interstate competition in which a team or any individual representing a school may compete.

34.1.1 In swim, a multi-school event may be held on a non-school day during a week in which two dual meets have been scheduled.

34.1.2 In wrestling, schools can schedule a maximum of four (4) girls only wrestling competition dates that do not count towards their seasonal limitations of 20 competition dates per season.

34.1.3 Game Exclusion Notice: Member Schools may exceed the maximum number of seasonal competitions by two and exceed the weekly limit by one, when scheduling contests with the approved exclusion schools. *(Click here for list)*

- Excluded schools are only allowed to play the maximum number of seasonal competitions and may compete against each other.
- All game exclusion contests will count in tournament qualification and ranking/seeding system.

- To obtain Exclusionary Status, an application must be submitted and approved by the MIAA Board of Directors. If granted, the status remains valid for two years. After the two-year approval expires, schools will need to reapply.

34.1.3 Exemptions from the limitations:

- In cross country, indoor, and outdoor track, MIAA approved interstate competitions after the MIAA sponsored state tournaments will not count toward the maximum number of competitions permitted within the season.
- Approved participation in tournaments sponsored by the Council of New England Secondary School Principals' Associations.
- Approved participation in National Competitions that are sanctioned by NFHS and MIAA.
- The post season league/district/vocational tournament championship game will be exempt from the maximum game limit number of each sport. These tournaments must conclude before the start of the MIAA postseason tournaments.

34.2 The number of events per week in cross country may be two duals and one multi-school event or two multi-school events and one dual meet; in indoor and outdoor track, two duals and one multi-school event are permitted.

34.3 Skiing shall be considered a single sport with two recognized disciplines (Nordic and Alpine). The maximum number of competitions per season and per week remains as listed above. Whether student-athletes remain committed to one discipline or choose to participate in both, they remain limited to no more than three events per week.

34.4 A week shall run from Sunday through Saturday for all sports.

34.5 Member schools may exceed the above designated number of competitions per week when game postponements dictate exceeding the above number.

34.6 **Schedule Commitment Deadlines** for each season are published in the *Sport limitations sheet*. Schools must adhere to the maximum number of competitions allowed per week and per season in each sport and submit this information via the MIAA scheduling system by these seasonal deadlines.

- Placeholder games must be entered on the schedule for regular-season contests, including tournaments, that are played before the cutoff date and for which an opponent has not been determined. The Opponent for such games must be listed as “TBA” for each of these games.
  - Leagues/conferences/regions may hold end of the regular-season tournaments, approved by the Board of Directors, as part of their committed schedules.

- The championship game will be exempt from the maximum game limit number for each sport
- All games prior to the cutoff day **WILL COUNT** in the power rankings
- If a tournament is scheduled to run after the cutoff date, those games **WILL NOT COUNT** in the power rankings and these games must be completed prior to the start of the MIAA tournament
- Teams **WILL NOT** be penalized for including a placeholder TBA on the committed schedule for a contest in which they later don't qualify
- The TBA placeholder game must be part of a tournament or other approved event

- After the established commitment deadline, all schedules will be considered **FINAL** and no changes can be made.
- A school shall not participate in any contest(s) not listed on a team's schedule as of the Schedule Commitment Deadline. Any violation of this policy will result in the team receiving a forfeit loss for each unscheduled contest played. Additionally, the added contest(s) may lead to overscheduling, resulting in further forfeits. See rule 34.7 below.

34.7 **Overscheduling:** Any school overscheduling must forfeit the overscheduled game(s) listed on their originally committed schedule. In these instances, the school authorities shall notify in writing the principal(s) and athletic director(s) of the opposing school(s) and the Executive Director of the MIAA.

Examples: Field Hockey is allowed 18 games but a team scheduled 19. That team would forfeit game #19 on their original schedule. Basketball is allowed 20 games but a team scheduled 22. That team would forfeit games 21 & 22. **Overscheduling forfeits cannot be appealed.**

35. Starting and Closing Dates for Tryouts, Practices, and Contests

Sport limitations sheet

35.1 **The Fall season** may begin on the 2nd Monday preceding Labor Day **(August 24, 2026).**

- No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day.
- Double practice sessions are not permitted on the first three days of fall practice.
- Football preseason practice will follow the below published documents.
  - Preseason Calendar
  - Practice Chart & Definitions

The Fall season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

35.1.1 Fall sports include cross country, field hockey, football, golf, gymnastics (west), soccer, swimming and diving, and girls' volleyball.

The Boys Team Golf Tournament is held in the Fall and the Girls Team Golf Tournament is held in the Spring.

Swimming and Diving may be a Fall or Winter sport, but not both. When schools offer swimming and diving, student-athletes must swim on the team of their gender identity.

35.2 **The Winter season** must not begin before the first Monday after Thanksgiving. Winter sports include basketball, gymnastics, ice hockey, indoor track, skiing, swimming and diving (see rule 35.1.1), and wrestling.

The Winter season must end with completion of the regular varsity season schedule, except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

- Exception: The Nordic ski season must end by the Saturday preceding the third Monday in March.

35.3 **The Spring season** *(except rugby)* must not begin before the third Monday in March. Spring sports include baseball, golf (see rule 35.1.1), lacrosse, outdoor track, rugby, softball, tennis, and boys' volleyball.

- Rugby practice may begin no sooner than the Wednesday preceding the third Monday of March allowing for three (3) additional conditioning and non-contact technique training practices with no practice permitted on the third Sunday of March.

The Spring season must end with completion of the regular season varsity schedule except for the varsity team or individual students completing their participation in the MIAA tournament. Sub-varsity teams or individual athletes may participate after the completion of the regular season varsity schedule to complete their season schedule (maximum of two weeks beyond varsity schedule completion) or to practice with the varsity team providing it has qualified for the MIAA tournament.

35.4 Initial date for competition (all seasons).

35.4.1 For the fall season only, the first team competition may not occur before the 14th calendar day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice.

For the winter and spring seasons, the first team competition may not occur before the 11th calendar day after and including the first day of practice except golf, which may not occur until after seven calendar days from the first practice.

35.4.2 Sport specific minimum practice requirements before competing in an interscholastic contest:

- Football - each participant must have fifteen days of practice.
- Wrestling - each participant must have ten days of practice.
- Rugby - each participant must have thirteen days of practice prior to competition. The first three days are conditioning & technique. Five of the following 10 days of practice are controlled contact.

36. Multiple School Events: Involving Only MIAA Member Schools

36.1 *A* member school may not participate in any form of interscholastic competition involving eight or more schools or in all-star games unless the event has been approved by the MIAA Executive Staff. Any request for approval must be submitted to the MIAA executive staff at least 45 days prior to the scheduled event date. A listing of approved events is posted on the MIAA Web page.

Exception: Multiple-school events which are sponsored by a league or between two leagues, and which include league members only.

NOTE: Although Association sanction is not required for events involving seven or fewer MIAA Member schools, all interschool competitions must be sponsored and managed by MIAA member school personnel.

36.2 Sub-varsity multi-school events are not allowed.

Exception: Swimming & Diving, Track, Volleyball, Wrestling, and Cross-Country sub-varsity multi-school meets may be considered for approval. These events may be considered if:

1. a team champion or winner is not determined,
2. the event is not advertised as a tournament or championship, or
3. the event does not provide competitors with any award and/or recognition not provided to all other participants equally.

36.3 Multi-school events may only be sponsored by a member school or league. The principal of the host school must sign the application for school or league-sponsored events and must retain ultimate responsibility for that event.

36.4 No MIAA member school may schedule any activity which is a part of a double header or multiple event that includes college or professional involvement unless approved prior to the season by the MIAA Executive Staff.

36.5 Any event involving non-MIAA member schools (except those covered by Rule 38 and single contests with bordering state association member schools) must be approved by the MIAA.

PENALTY- Violation of this rule may result in the elimination of the violating school from participating in all multi-school events in any and all sports for one year from the date of suspension.

37. Interstate Competition with NFHS Affiliated Member Schools

37.1 The Board of Directors through the MIAA executive staff sanctions, along with the NFHS, competition in any of the following scenarios:

37.1.1 Any interstate event in which more than eight (8) schools participate.

37.1.2 Any interstate event which involves schools from five (5) or more state high school associations, at least one of which does not border the host state.

Exception to NFHS sanction: If all participating schools above are from states which border the host state, sanctioning is only required by each state association. *(Requires the submission of the MIAA Bordering State Athletic Event Form)*

Notes: A single contest against a member school of an NFHS recognized state association does not require MIAA approval, as long as the contest is not part of a larger event involving other schools which requires sanctioning; see above 37.1.1 & 37.1.2.

- Such a contest will count toward the maximum number of competitions permitted within the week/season and will be part of the team's tournament qualifying record.
- All interstate competition regardless of the number of schools involved, even two schools, must meet the requirements of MIAA Rule 37.3.

37.2 Member schools wishing to sponsor an interstate event must file appropriate application forms at least 45 days prior to the scheduled event date.

37.3 The MIAA Board of Directors criteria for considering approval of interstate contests are:

37.3.1 Provided all academic requirements are met, the approval for loss of school time due to interstate athletic contests or trips shall be determined by each individual school district.

37.3.2 No more than two consecutive days of competition are permitted.

37.3.3 The activity is sponsored by or under the ultimate control of secondary school personnel.

37.3.4 The event only involves competition with schools that are members of their state association or schools that have been approved for competition by their state association and it is a sanctioned sport of both associations.

PENALTY: A member school which violates rules for interstate competition may not participate in such competition in that sport for one year from the date of the offense.

38. Competition with Non-NFHS Affiliated Member Schools

38.1 Member schools may scrimmage or compete with non-member Massachusetts schools or out-of-state schools that are not members of their own state high school associations only if the chief administrator of the non-member school agrees in writing prior to the start of the season that:

38.1.1 The non-member team will not include a player who exceeds the MIAA age limit.

38.1.2 The length of periods will not exceed the maximum length prescribed by the MIAA rules for that sport.

38.1.3 The competition adheres to all MIAA rules.

38.1.4 The principal of the member school involved sends a copy of this written agreement to the MIAA Executive Director prior to the start of the season.

38.1.5 Contests under these criteria do count toward the school's weekly and seasonal limits, but do not count toward tournament qualification.

38.2 The MIAA must approve and receive National Federation approval for competition by a member school with a school from a foreign country.

- Exemption: two or three school competitions with a school(s) from Canada must follow Rule 38.1.

39. All Star Games

All Star games must be sponsored by a member school principal and directed by a member school employee.

39.1 Requests for approval must be submitted 60 days before the event to the MIAA Executive Staff. Exception: All Star games which include only students from a single league or two leagues as recognized by the MIAA committee for that sport.

39.2 Leagues may play one all-star game within a league and one all-star game between two leagues, and these will not count toward the season schedule limit for games.

39.3 All Star games must be played before the end of the MIAA Tournament for that sport.

40. Out-of-Season Coach-Athlete Contact Limitations

Click here to access the MIAA position on out-of-season activities. *(Acceptable & not acceptable)*

40.1 A coach is defined as any paid or volunteer member of the athletic staff.

40.1.1 The MIAA considers the last coach of record as holding that position until replaced by the principal.

40.2 A coach may be employed by a park or recreation department or other organization or may volunteer for such a group to teach their sport out-of-season provided the following conditions exist:

40.2.1 The coach adheres to all conditions of MIAA Rule 40

40.2.2 School funds are not used.

40.3 Coaches (paid or volunteer) of one sport may be involved in out-of-season activity of another sport during the summer only.

Note: The "sport" is defined as the specific sport and gender designation if applicable. i.e – girls' soccer is a different "sport" than boys' soccer for purposes of this rule only.

40.4 Unless otherwise permitted in this rule, between seasons a coach may conduct a meeting(s) with team candidates only to elect captains, collect equipment, issue equipment, to provide for physical examinations, to conduct legitimate fund-raising events, or to offer wellness workshops or activities.

40.5 A coach may not directly or indirectly require an athlete to participate in a sport or a training program outside of the MIAA defined sport season. Additionally, a coach may not penalize an athlete for not attending an out of season program.

40.6 Voluntary conditioning sessions open equally to all students in a school, and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so.

40.7 A coach's high school candidates must constitute the minority of those taking part in any out-of-season sport's program and never more than 50% of any team actually playing or competing at any one time.

Example: *no more than two basketball candidates could be on the court, or three ice hockey players on the ice, on the same team, at any point during a game.*

40.7.1 In sports that are individual in nature, or where competition involves a series of scoring events, candidates of that high school coach must be fewer than 50% of those participating in the overall competition or program.

A "candidate" is defined as:

40.7.2 A varsity or sub-varsity athlete who;

- is enrolled at the MIAA member school where the coach is employed or volunteers for the specific sport in question,
- participated in a high school program at any interscholastic level the previous year, and
- has eligibility remaining; or

40.7.3 Students in the grade immediately below the designated structure of the school, such as a sixth-grade student for a 7–12 school, a seventh-grade student for an 8–12 school, or an eighth-grade student for a 9–12 school.

Note: For private, vocational, charter, and school choice schools, all students in the grade immediately below the designated structure of the school are considered candidates.

Students who reside outside the school's established residency admission criteria are not considered candidates under rule 40.7.3. (e.g., for vocational schools that serve a specific group of towns/cities, only students that reside in those towns/cities are considered candidates).

For the purpose of athletic eligibility, a student is not considered to be in the next grade level until the first day of school or the first fall tryout/practice, whichever occurs first.

Example: *A student completes 8th grade on June 15, 2025. They will be considered an 8th grader until the first day of school in their freshman year or the first fall tryout/practice, whichever comes first. Therefore, throughout the summer, they are considered candidates for a 9–12 school in compliance with MIAA Rule 40.7.3.*

40.8 A program is deemed to be an intramural rather than an out-of-season program provided that:

40.8.1 The program is available to all high school students on an indiscriminate basis, and a representative number of non-candidates are regular participants.

40.8.2 No participants may receive any attention not offered to all other participants.

40.8.3 Candidates in that intramural sport must constitute a minority of those taking part in the program and never more than 50% of any team actually playing or competing at any one time. (See Rule 40.5.3)

40.8.4 The program must be a direct offering of the high school involved.

40.9 Public High Schools can host an open house to introduce their schools, academic, extracurricular activities and facilities including athletic department presentations (that will include coaches) talking about their sport, facility, and philosophy.

40.9.1 Organizational meetings for fall sports including collecting names, physical documentation and practice schedules for the fall would be not allowable until after May 1st.

PENALTY: These standards are designed to protect young people from unfair and inequitable scenarios. Any coach who violates, or does not prevent violations, of these standards will be rendered ineligible to participate or be present at any MIAA approved or sponsored interscholastic competition in that sport for one year from the date of determination of a rule violation. If a violation is inadvertent or relatively minor, this penalty may be reduced by the Board of Directors, or its designee.

41. Subsidizing Out-of-Season Activities

A school or a member of that school's coaching staff may not subsidize or support students who might attend any sports-related activity outside of the authorized seasonal limits for that sport. In addition, a coach may not provide transportation for candidates of their team to an out-of-season athletic activity/camp.

41.1 Student participation in out-of-season activities may be funded by booster clubs or organizations if approved by the school administration.

41.2 Students may not wear school uniforms, or be identified as a school team, out-of-season and/or during non-school events.

41.3 Equipment, but not uniforms, may be issued during the out-of-season period. School districts should review any liability issues that could arise from such issuance.

42. League Organization & Membership Changes

42.1 **League Membership Change:** When the process described below is completed, and the District Athletic Committee(s) act to approve the proposed change(s), implementation of the change(s) may occur. If any league (s) or DAC (s) contend the change request the implementation of the change would not occur until two years after the ultimate DAC vote. When any member school makes official application to another league, then that high school principal must simultaneously notify each of the District Athletic Committee Chair(s) and League Presidents potentially affected by the proposed change.(*Click here to access the Proposed Change in League Affiliation Form*)

42.1.1 The "sending league" must first act upon the school's request to depart the league. The recorded vote and rationale are then to be forwarded to that District Athletic Committee Chair. (Because petitions before the District Athletic Committee must include plans for negatively impacted schools, the petitioning school must address this matter if the sending league vote implies negative impact.)

42.1.2 The "receiving league" acts secondly upon the request of the petitioning school. The recorded vote and rationale are then forwarded to that District Athletic Committee Chair. (Because no league can be required to accept a member, the District Athletic Committee(s) should not meet until after this step.)

42.1.3 The affected District Athletic Committee(s) then meet for the purpose of approving, or not approving, the petition. If a petition involves more than one district, then a joint meeting of those districts must be conducted. This meeting will be chaired by the District Chair of the petitioning school. Each participating District Athletic Committee must have at least 50% of its members present and voting.

42.1.4 Decisions of the District Athletic Committees related to League Organization & Membership Changes may be appealed to the Board of Directors.

42.2 All leagues must have in their by-laws provisions for disbanding the league, which must include provisions for phasing out of the league over a period of two years.

42.3 The chair or president of a league shall be either a principal or an assistant principal. In all matters of league reorganization, only the principal, or his/her designee, of each affected school may vote for that member institution.

PENALTY- Violation of this rule will result in suspension from the MIAA until rationale for a new league has been filed with the Executive Director and approved by the Board of Directors. This action would eliminate any violating school from league championship eligibility as well as MIAA tournament competition.

Note: Be aware that Associate League Membership is not governed by the MIAA League Organization Rule. As a result, the benefits and protections of an Associate League Member exists only to the extent of the written agreement between the League and that Associate Member.

43. Gender and Participation

Member schools are responsible for ensuring that all gender-based eligibility decisions comply with applicable state and federal laws. Member schools may reference Massachusetts state law, including the 1979 State Supreme Judicial Court ruling, when making such determinations.

43.1 No student shall be denied in any implied or explicit manner the opportunity to participate in any interscholastic activity because of gender. A school may establish separate teams for males and females for interscholastic competition in a sport provided that both teams receive equal instruction, training, coaching, access to available facilities, equipment, opportunities to practice and compete.

43.2 If a school offers a single team in a particular sport, it may not restrict eligibility based on gender unless such a restriction is necessary to ensure that the school's gendered designation of athletic opportunities complies with Title IX (either by demonstrating proportionality or the absence of unmet interest among members of the underrepresented sex).

43.3 If a school offers a girls' team and a boys' team in a particular sport (including offering the same sport in two different seasons), it may restrict eligibility based on gender.

43.3.1 A student shall not be excluded from participation on a gender-specific sports team that is consistent with the student's bona fide gender identity.

43.3.2 When a school district submits a roster to the MIAA, it is verifying that it has determined that the students listed on a gender-specific sports team are eligible to participate either based on the gender listed on their official birth certificate or based on their bona fide gender identity and that no students are included on the roster solely for the purpose of gaining an unfair advantage in competitive athletics. The MIAA shall defer to the determination of the student and the student's school regarding gender classification.

43.3.3 Nothing in this policy shall be read to entitle a student to selection of any particular team or to permit a student to transfer from one gender-specific team to another team of a different gender during a single sports season.

43.3.4 It is a recommended best practice that schools communicate with their opponents as necessary about the gender-specific needs of their team in order to promote inclusion – e.g., to ensure that appropriate locker room facilities are available, that announcer use athlete's correct pronouns, etc.

44. Recruitment

44.1 A school shall be deemed to be in violation of this rule if a representative, agent of the school, or any group or individual associated with the athletic programs of that school approaches an athlete and directly or indirectly attempts to persuade, recruit, or induce the athlete to enroll in, or transfer to, that school.

44.2 Any attempt to place a student in a member school by any person for the purposes of enhancement of that student's athletic development, or for increased exposure, shall be deemed to be recruitment.

PENALTIES - Any student who enrolls in a school as a result of direct or indirect recruitment activities shall be ineligible for a period of one calendar year from the date of transfer. A school found to have recruited any student will be under probation in that sport or all sports for one calendar year from the date of the adjudication. Such probation will include ineligibility for tournaments and league championships in that sport or all sports during the period of probation. Penalty may be reduced by the Board of Directors or its designee.

Part III - Rules Affecting an Individual Student-Athlete or Coach

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PART III: RULES AFFECTING AN INDIVIDUAL STUDENT-ATHLETE OR COACH

45. Loyalty to the High School Team: Bona Fide Team Members

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g., practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

45.1 A student-athlete must be a team member for a minimum of 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition.

- A team member is defined as any student-athlete who attends practices or games for their sport team – e.g., Freshman basketball player moved to JV and then Varsity.

45.2 Bona Fide waiver requests for Saturday and Sunday practices only do not need submission to the MIAA rather approval determined by the High School Principal or principal's designee.

45.3 MIAA Bona Fide waivers are only allowed during the pre-season or regular season. Bona Fide Team Member Waivers (for missing any practice or game) **are not permitted** during MIAA post-season play. *The postseason officially begins the day after the cut-off date.*

45.4 Unattached athletes are not eligible for tournament participation (see Rule 30).

PENALTIES:

First Offense: Student-athlete is suspended for one (1) contest and shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule or in tournament play.

Second Offense: Student-athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

Penalty Carry Over*:* An unserved portion of the penalty for a violation toward the end of a season will carry over to the very next high school season in which the student is a legitimate participant. For example, a soccer player who violates the rule by missing the last high school match (regular season or tournament) would serve the required suspension (1 game if first offense) at the start of basketball season, if that student is a legitimate basketball participant.

Bona Fide Team Rule violations cannot be appealed.

45.4 An ineligible student cannot be in uniform at an event. Attendance at the event will be determined by their High School Principal.

Factors to consider:

- Before a waiver request is submitted, the following considerations must be present:
  - The request for a waiver must have the written support of the school principal, the athletic director and the high school coach.
  - Among other factors that also will be considered:
    - The amount of time being missed from school.
    - The number of school team activities being missed.
- Schools may limit the number of times that a student could qualify for a waiver.
- Student-athletes "quitting" cannot be used to circumvent this rule.
- Coach calling an "optional practice" cannot be used to circumvent this rule.

46. Only One School Sport Per Season is Permitted

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments and/or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of that team for the sport season on the date of the school's first regular season contest in that sport. A student-athlete is not allowed to play more than one season of the same sport in a school year.

Exceptions:

46.1 If a licensed physician recommends that an athlete terminate participation in a sport for medical reasons after the first contest, the athlete will be permitted to join another team if student-athlete receives the written approval of a licensed physician.

46.2 A school may approve a varsity or sub varsity request to join a second varsity or sub varsity team after terminating membership with the first varsity or sub varsity team, providing written approval is received from the principal, athletic director, both coaches involved with the change, and it happens within the first half of the season.

Determining the halfway point of the season:

- Example- In the sport of ice hockey, if you had scheduled 20 games, the half season point would be at the conclusion of the 10th scheduled game on your originally committed schedule.

PENALTY - If a student-athlete violates this rule, student-athlete will be ineligible for that season, and all contests in which student-athlete participated in both sports must be forfeited.

47. Amateurism – (Name, Image, Likeness (NIL) - Definitions - Loss of Amateur Standing)

47.1 A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who participates in athletics solely for the physical, mental, social and educational benefits derived from such participation.

An athlete forfeits amateur status in a sport by:

47.1.1 **Competing for money or other monetary compensation.**
Participation on an amateur sports team in which the student-athlete receives, directly or indirectly, any salary, gift cards, incentive payment, gratuity or expense allowance other than actual and necessary travel allowances, and room/board expenses for practice and games is prohibited.

47.1.2 **Receiving any award or prize of monetary value. Exceptions to this rule are:**

A. Beyond reasonable, travel, meal and lodging expenses, a student-athlete may accept sports-related paraphernalia with a monetary value not to exceed $500.00.
B. Awards of no monetary worth to anyone else may be accepted by a high school student-athlete as a result of participation in school or non-school competition in any sport recognized by the Association.
C. Individual interscholastic athletic awards and similar mementos to athletes approved and administered by the institutions, league, or MIAA in keeping with traditional school requirements as to what constitutes an acceptable award.
D. Awards/rewards that are symbolic in nature, including letters, sweaters, jackets, pins, trophies, rings, inscribed watches, etc. A student-athlete may accept a monetary award under the United States Olympic Committee's "Operation Gold" program without compromising his/her eligibility for MIAA competition. Operation Gold awards athletes for top place finishes in a sport's most competitive international competition of the year.

47.1.3 **Capitalizing on athletic fame in violation of the following Name, Image and Likeness (NIL) parameters:**

A student-athlete may profit off the use of their own name, image, and likeness (NIL), and be represented by an attorney or sports agent, subject to their compliance with this policy. Such permissible activities include commercial endorsements, promotional activities, social media presence, product or service advertisements and non-fungible tokens (NFT).

A member school may use a student-athletes' NIL in connection with official team activities. Otherwise, no one employed by a member school, including coaches and administrators, may be involved with a student-athletes' use of their NIL except as needed to enforce this policy. Student-athletes are required to provide their member school copies of any endorsement, employment and representation agreements. Student-athletes are prohibited from entering into any agreement that conflicts with an agreement to which the member school is a party.

Student-athletes are prohibited from making any reference to and will not otherwise use or authorize others to use the logos, insignia, or identifying marks of a member school of the MIAA, and/or any MIAA or member school event, game or championship when engaging in any NIL activity. Student-athletes may not endorse or promote any third-party

entities, goods, or services during MIAA school team or MIAA tournament activities. Student-athletes may not wear the apparel or display the logo, insignia, or identifying mark of an NIL partner during any MIAA school team or MIAA tournament activities.

Student-athletes are prohibited from engaging in any NIL activities involving the following categories of products and services:

- Adult entertainment products and services;
- Alcohol, tobacco, nicotine and vaping products;
- Cannabis products;
- Controlled dangerous substances;
- Prescription pharmaceuticals;
- Gambling, including sports betting, the lottery, and betting in connection with video games, on-line games, and mobile devices; and
- Weapons, firearms, and ammunition.

Note – Compliance with this provision does not ensure maintenance of eligibility under the eligibility standards of other athletic organizations, such as, but not limited to, the NCAA, NAIA, NJCAA, etc. Student-athletes are encouraged to communicate with those organizations to ensure any activity complies with those eligibility standards.

47.1.4 Signing a professional playing contract or verbally committing with a professional sports organization (whether for financial consideration or not); or, receiving a salary or any form of financial assistance from a professional sports organization.

Note - A student-athlete may participate as an individual, or as a member of a team against professional athletes, or as a member of a team on which there are some professionals who are not currently under contract with a professional team and are not receiving payment for their participation; but he/she may not participate on a professional team.

47.2 Accepting a nominal standard fee or salary for instructing or officiating in an organized sports program or recreation, playground, or camp activity shall not jeopardize amateur status. An "organized youth sports program" includes both school and non-school programs. Compensation for giving private lessons is permissible but further regulated by parameters outlined in rule 47.1.3.

47.3 Participating under an assumed name in any athletic contest is prohibited.

PENALTY- Violation of Rule 47 shall mean that the student-athlete is suspended from all interscholastic athletics. The student-athlete can apply to the Board of Directors of the MIAA for reinstatement of amateur status.

48. Sportsmanship: Taunting and Hazing

MIAA Taunting Policy Brochure

48.1 Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens, based on race, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including "in the face" confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.

48.2 Athletic participants may wear sun glare black only under their eyes.

48.3 In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.

48.4 At all MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

48.5 In addition to being in violation of Massachusetts General Laws, hazing is a most flagrant example of lack of respect for both self and others. Massachusetts General Law Chapter 269, section 17-19 was enacted in 1988. The law requires that secondary schools provide all school groups (e.g., athletic teams) a copy of the law. Click here to access the "hazing law".

49. Sportsmanship: Athlete and Coach Contest Disqualifications/Suspensions

49.1 Game Officials' Responsibilities

49.1.1 The contest official who disqualifies a student or coach under the provision of this rule must immediately inform the coach of each team, official scorer (if any), and state the violation. The contest official(s) must complete the coach/student contest disqualification forms before leaving the site of the contest.

49.1.2 If the game official fails to file the written coach/student contest disqualification form, the individual is nevertheless bound by the suspension. An official who fails to complete the required disqualification form shall be suspended from officiating any MIAA contest in that sport for

at least two weeks or until the form is completed and received by the principal of the disqualified athlete or coach.

49.1.3 Judgments of game officials are not subject to appeal or review. *Refer to 49.3.10 & 49.4.10 for additional information.*

49.1.4 Fighting and unsportsmanlike conduct penalties will always be within the authority of the game official. The game official's authority extends to pre-game and post-game oversight.

49.1.5 Additional reasons that an official may disqualify a student or coach from a contest outside of sport codes that would lead to a game disqualification are:

- Fighting
- Flagrant unsportsmanlike conduct which is defined but not limited to violent action toward a player, official, or spectator, the use of foul or abusive language, taunting, trash talk, and the like.

49.2 Athletic Director Responsibilities (Site Administrator)

49.2.1 The athletic director in charge of the contest, or designee, is responsible for:

1. Having the official MIAA student and coach contest disqualification forms available for game officials on site,
2. Collecting the completed disqualification form(s) before leaving the site of the contest.
3. Sending copies of the completed disqualification form(s) to the principal and athletic director of each school involved and the Executive Director of the MIAA.

49.2.2 If the event does not have officials (e.g., golf, tennis) it is the responsibility of the site manager to report any disqualification to the Athletic Director who in turn will complete the MIAA Coach or Student Contest Disqualification Form.

49.3 Student-Athlete Disqualifications

49.3.1 Any student-athlete, who is disqualified from a competition, including a jamboree, scrimmage, etc., shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule, or in tournament play. The disqualified student-athlete is ineligible to participate in any contest at any level of play (e.g., junior varsity, varsity, etc.) in that sport until the suspension has been completed and the NFHS Sportsmanship online course has been completed (Rule 49.3.2).

- If a scrimmage or an all-star game is being played during the penalty period, the student is ineligible for that event and the event does

not count as game(s) served towards a suspension. For example, an ice hockey student ruled out of the game on Friday, with their next regularly scheduled game on Tuesday, would be ineligible for the Sunday all-star game/scrimmage, as well as the Tuesday regular season game.

Note: In the sport of wrestling, the disqualified student-athlete is ineligible to participate in all contests during the next scheduled date of competition.

49.3.2 Any student-athlete who is disqualified from any interscholastic contest must complete the online NFHS Sportsmanship course before reestablishing eligibility. Click here to access the NFHS 'Sportsmanship' course.

49.3.3 During the suspension the disqualified student may not be in uniform. Their attendance at the competition site is determined by their high school principal.

49.3.4 If a student is disqualified from the last contest, or the next to last contest of the season *(in the case of a two-game suspension)*, the penalty carries over to the following year in that same sport season. However, if a team is playing in tournament competition, it is considered an extension of the sport season.

- A senior and/or a student in their last year of eligibility who is disqualified from the last contest, or the next to last contest of the season (in the case of a two-game suspension), will be penalized at the start of the next season in which student-athlete is a participant.

49.3.5 Disqualification references in the following sports per specific sport rules do not apply to the above prescribed penalties: field hockey (see below); basketball-five (5) personal fouls; girls' lacrosse (2) yellow cards; ice hockey game misconduct; wrestling-technical disqualification.

- Field Hockey - A student-athlete who receives a red card due to an upgrade (i.e., green card to a yellow card to a red card - third minor offense) should not be suspended from the next game and the official need not fill out the MIAA Student Disqualification Form.

49.3.6 A two (2) game suspension will be given to any student-athlete who is ejected from any contest for the following reasons:

- Fighting
- Punching or kicking an opposing player
- Spitting at someone

49.3.7 A student who is disqualified from a contest **twice in the same season** shall be suspended from further participation in that sport and in all sports during that season for a year from the date of the second disqualification. (This includes pre-season, scrimmage, jamboree/play-day, regular season, or MIAA Tournament.)

Exception: See soccer rule 78.2.6 and 78.2.7.

- A senior and/or a student in their last year of eligibility, who has a second disqualification at any point in the season, will be penalized during the next season in which student-athlete is a participant.

49.3.8 A student who physically assaults an official shall be immediately removed from the contest, with a **recommended** ban from participation in all sports for one year from the date of the offense. Such a violation must be indicated by the game official on the student contest disqualification form.

49.3.9 Any student in any sport who willfully, flagrantly, or maliciously attempts to injure an opponent shall be immediately removed from the contest, with a **recommended** ban from participation in all sports for one year from the date of the offense. Such a violation must be indicated by the game official on the student contest disqualification form. *("Fighting" does not apply to this section unless warranted in the judgment of the game official.)*

Note regarding 49.3.8 and 49.3.9: If the official recommends a one-year suspension, it will automatically lead to a hearing with the Eligibility Appeal Board (EAB) to review the incident and determine the final length of suspension (see Rule 89). EAB hearings will be scheduled within two weeks of the recommendation, unless the school formally requests additional time to prepare. Schools also have the option to waive the hearing by affirming their support for the recommended one-year suspension.

49.3.10 A student disqualification cannot be appealed, except for a one-year suspension. During an Eligibility Appeals Board (EAB) hearing of a one-year suspension, the appeal can only be in relation to the length of the penalty, not the judgement of the official. Refer to rule 89 for more information on hearings and appeals.

49.4 Coach Disqualifications

49.4.1 Any coach, who is disqualified from a competition, including a jamboree, scrimmage, etc., shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule, or in tournament play. The disqualified coach is ineligible to participate in any contest at any level of play (e.g., junior varsity, varsity, etc.) in that sport until the suspension has been completed.

Note: In the sport of wrestling, the disqualified coach is ineligible to participate in all contests during the next scheduled date of competition.

49.4.2 During the suspension the disqualified coach may not be present at the competition site.

49.4.3 If a coach is ruled out of the last contest, the penalty carries over to the following year in that same sport season. However, if a team is playing in tournament competition, it is considered an extension of the sport season.

49.4.4 Any coach who is disqualified from a contest must complete a MIAA Coaches Contest Disqualification Form and submit the form to the principal and athletic director of their school. The school administration must approve the form and send to the MIAA Executive Director.

49.4.5 Any coach who is disqualified from a contest must complete the following "first offense" requirements prior to returning from the suspension:

- Complete the NFHS online course titled "Teaching and Modeling Behavior" at their own expense.
- Write a reflection that answers the following questions*:
  - WHY do I coach?
  - Why do I coach the WAY I coach?
  - What does it FEEL like to be coached by me?
  - How do I define success?

**From InSideOut Coaching: How Sports Can Transform Lives by Joe Ehrmann.*

The disqualified coach must submit their reflection to the Athletic Director and Principal at their school. After it is accepted by both school administrators a copy must be sent to the MIAA Sportsmanship Committee Liaison.

49.4.6 A coach who is disqualified from a contest **twice in the same season** shall be suspended from further participation in that sport and in all sports during that season for a year from the date of the second disqualification. (This includes pre-season, scrimmage, jamboree/play-day, regular season, or MIAA Tournament.)

Exception: See soccer rule 78.2.6 and 78.2.7.

49.4.6.1 The coach must officially *enroll* in a MIAA Fundamentals of Coaching Course before returning from suspension. The course must be *completed* before the start of the next season for that sport.

49.4.7 Any third and subsequent coach contest disqualification (over coaching career) will result in the school principal, athletic director and coach being required to meet with the MIAA Sportsmanship Committee regarding the coach's eligibility.

49.4.8 Any coach who had **three (3) student-athlete disqualifications** during one sport season, will be required to officially *enroll* in a MIAA Fundamentals of Coaching Clinic or a recognized MIAA certified program. The course must be *completed* before the start of the next season for any sport that the coach is eligible.

49.4.9 A coach who physically assaults an official shall be immediately removed from the contest, with a **recommended** ban from participation in all sports for one year from the date of the offense. Such a violation must be indicated by the game official on the coach contest disqualification form.

49.4.10 A coach disqualification cannot be appealed, except for a one (1) year suspension. During a hearing of a one-year suspension, the appeal can only be in relation to the length of the penalty, not the judgement of the official. Refer to Rule 89 for more information on hearings and appeals.

49.5 **Total Team Disqualifications – Tournament Eligibility**

49.5.1 Any team (in all sports) whose players and coaches collectively receive a total of more than four disqualifications during the regular season shall not qualify for the MIAA tournament.

Refer to Soccer Rule 78.2.9 for card limitations that may affect team tournament eligibility.

49.5.2 An appeal to enter the tournament may be submitted to a subcommittee of the MIAA Sportsmanship Committee. The appeal must be directed to the MIAA liaison to the Sportsmanship Committee.

50. Coach/Media Relations

50.1 It is important that communication between coaches and the media reflects and promotes high standards of sportsmanship, integrity, and ethics.

50.1.1 Coaches must not publicly criticize any game official or permit anyone under their supervision to criticize game officials.

50.1.2 Coaches should cooperate with the media in the interpretation and clarification of rules and/or other aspects of the game, but not make critical comments about specific decisions of game officials.

50.1.3 Coaches must make an effort, in their communication with the media, to stress positive displays of sportsmanship demonstrated by the student-athletes, coaches, fans, spectators, and the schools involved in the competition.

50.2 Any coach found in non-compliance with the above will be subject to penalties determined by the Committee on Sportsmanship, Integrity, and Ethics.

51. Baseline Eligibility Requirements

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement). ***Waivers are not allowed to be submitted for Rule 51.***

Student Eligibility Rules 52-62

Ultimately the interpretation and application of Association rules rests with the MIAA executive director/staff and the Board of Directors. Principals (or athletic directors) must contact the Association executive staff to resolve any possible eligibility issues before permitting a student to represent your school.

- See Rule 86, Participation of an Ineligible, for additional details.
- See Rule 87, Student Eligibility Waiver – The Process, for additional details.

52. Student Eligibility: Alternative, Collaborative, Detached or Other Non-Traditional Educational Programs

Click here to access the various program definitions

Students who are not being educated on the high school campus that will issue their diplomas are not eligible to represent that, or any member high school, unless the criteria within this rule are satisfied and a waiver is approved by MIAA.

A student, placed by the MIAA diploma granting school district, who attends an alternative, collaborative, detached or other non-traditional education program may participate in athletics at the diploma-granting MIAA high school if that principal:

- confirms that the alternative, collaborative, detached or other non-traditional education program does not offer any athletic participation opportunity.
- confirms the student is not eligible to participate in athletics at the attending college;
- has the authority to suspend the student from all academic programs; and
- receives daily reports of the student's attendance and achievement; and
- certifies the student is eligible by all other MIAA and local standards that must be satisfied by the student's teammates.

(The MIAA diploma granting high school principal must submit the Rule 52 waiver form and letter of agreement prior to any practice or athletic participation of the student.)

These non-traditional students may not participate if they do not meet all the eligibility standards that are required of their teammates. Principals, athletic directors, and guidance personnel should counsel students regarding athletic eligibility prior to committing to non-traditional educational pursuits.

53. Student Eligibility: Middle School Students on Senior High Teams

Middle Level Waiver Guidelines

A middle school student is eligible to represent a senior high school on its athletic teams only when the MIAA member high school includes those grades, and they are under the direct "jurisdiction" and "supervision" of the high school principal (see Rule 51 for definitions).

Note: Consideration can only be given to middle level students when school district residency creates the direct path to a single high school and does not require application for admission or have any other conditions impacting a students' matriculation.

PENALTY: Violations of middle school student participation limitations will be addressed in accordance with MIAA Rule 86, *Participation of an Ineligible Student.*

54. Student Eligibility: Home Educated Students and Commonwealth Virtual School Students

54.1 Home Educated Students

A home-educated student is eligible to participate in interscholastic athletics if the following conditions are met:

- The local school committee of a MIAA public school member institution has adopted a policy regarding participation of home educated students on the high school teams, and the local building principal has indicated such on the annual MIAA membership form while including all home schoolers in the MIAA enrollment report.
- The Educational Plan for the home-educated student has been approved by the public-school Superintendent or designee.
- The principal has determined appropriate high school grade level placement (9-12) for each home educated student in conjunction with chronological age and educational plan.
- The student resides in the school district that serves the high school and is living with their parents or legal guardians in the family residence. In multiple school districts, a home-educated student must be assigned to the school of record in the same manner as other students.
- The principal is satisfied that the student meets the standards for athletic participation required for all other students as defined in the current MIAA Handbook. This includes, but is not limited to, those rules governing transfers, academic eligibility, age requirements, and the number of consecutive seasons of athletic eligibility beyond grade eight.
- MIAA requirements relative to academic eligibility must be certified by the principal at the same times that all other student-athletes are to be certified as academically eligible.

If the principal determines that all eligibility standards detailed above have been met, the principal may declare the student eligible to participate in interscholastic competition. The rights, privileges, and responsibilities associated with all other student-athletes attending MIAA member schools will apply to home educated students who have satisfied the requirements above.

Note: In January of 2011 the MIAA Board of Directors affirmed that home school student access to a MIAA member school athletic program is limited to the traditional comprehensive high school within the district in which the student resides. In multi comprehensive high school districts, the home school student access is limited to the school pre-determined by that school district's protocol or process as adopted by that school committee.

54.2 Commonwealth Virtual School Students

Commonwealth virtual school students residing in Massachusetts are eligible to apply to the Superintendent of Schools of the school district in which the student resides, and if approved, shall be able to participate in interscholastic athletics within the district. *(BOD approved this language on 11/13/23)*

55. Student Eligibility: Membership in School

55.1 When a student disenrolls from or drops out of a school and then decides later to return to the same school, student cannot become eligible for athletics until a report card has been issued and until the expiration of a minimum of two calendar months from the date of student's return to the same school.

55.2 Except as may be otherwise specified by statute or state regulation, a student must be a resident of and domiciled in a municipality which normally contributes student population to the school.

56. Student Eligibility/School Requirements: Physical Examinations/Concussion Training/Medical Coverage

56.1 All students must pass a **physical examination** prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. A student's eligibility will terminate once a physical has reached the 13-month limit.

Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. The Sports Medicine Committee has recommended the use of the American Academy of Pediatrics (AAP) Pre-participation Physical Evaluation forms which can be found by clicking here and also can be found in the 'For Members section'. For reporting purposes of the 13-month physical examinations, only the Medical Eligibility Form can be used for submission to the school.

Note: Written doctor medical clearance notes do not take the place of an annual physical.

PENALTY: A student in violation shall be suspended for the number of contests in which they participated without a proper physical. Teams do not have to forfeit these contests. **Violations of this rule cannot be appealed.**

56.2 **Concussion Training Requirements:** In accordance with Massachusetts General Law 105 CMR 201.000, "the following persons annually shall complete one of the head injury safety training programs approved by the Department as found on the Department's website: (1) Coaches; (2) Licensed athletic trainers; (3) Trainers; (4) Volunteers; (5) School and team physicians; (6) School nurses; (7) Athletic Directors; (8) Directors responsible for a school marching band, whether employed by a school or school district or serving in such capacity as a volunteer; (9) Parents of a student who participates in an extracurricular athletic activity; and (10) Students who participate in an extracurricular athletic activity." Additional information can be referenced here: Department of Public Health in regard to the Concussion Law.

56.3 Each school's medical person/staff is responsible for the members of that team. In the event of injury, that medical person/staff will make the final judgment as to whether a student-athlete may return to play. See Rule 56.5 below regarding concussions.

Whenever a medical person is on duty at an athletic event, they shall be responsible for both teams (unless the other team has its own medical person present). When a physician is not present at an athletic event, a licensed/certified athletic trainer, if available, shall be considered the higher medical authority on-site when an EMS is providing medical coverage at the same event. Their judgment will be final. Physical disqualification by the medical provider renders the student ineligible.

PENALTY: The penalty for playing an ineligible student, due to physical disqualification specified above, is forfeiture.

56.4 Medical Alert Bracelets/Anklets are approved for wearing in all sports, provided they are taped to the body and marked in red.

56.5 Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the practice or competition and must not return to practice or competition that day. Refer to Massachusetts General Law 105 CMR 201.000 for mandated concussion management protocols.

57. Student Eligibility: Transfer Students

Rules 57.1 through 57.5 deal with school transfers that were not required due to the move of parents or transfers without the move of parents.

57.1 A student who transfers from any school to an MIAA member high school is **ineligible to participate in any interscholastic athletic contest at any level for a period of one year in all sports in which that student participated at the varsity level** or its equivalent during the one year period immediately preceding the transfer. (See exemptions listed in Rule 57.7).

57.1.1 "Varsity level participation" is defined as any appearance, as a competitor, in a varsity inter-school contest other than a scrimmage. The "equivalent" will be judged by the MIAA executive staff based on the quality of non-school sport program participation.

For the purpose of this rule, no transfer will be deemed to have taken place if a student returns to former school on or before the eleventh school day from the date of last attendance there providing student did not try-out for any athletic team at the new school. However, Form 200 must always be satisfactorily executed upon the students return if transfer was between two MIAA Member Schools **and then the fully executed Form 200 must be sent to the MIAA Office by the receiving school.**

Note: On December 2005, the Board of Directors voted to replace forfeiture with $100 fines if Form 200 is not processed, provided that subsequent processing of the form results in the student being otherwise eligible.

57.2 All incoming transfers must complete the MIAA Acknowledgement of MIAA Rules 57 and 59 form. This form must be submitted with all Form 200s and waiver applications when applicable.

57.3 Before a transfer student can be certified as eligible in a specific sport within the year of the transfer, the sending MIAA school principal and athletic director must certify on Form 200 by signature what the student participated in – sport & level (sub varsity, varsity or non-school team) during the year prior to the actual transfer. Only MIAA Member Schools – Receiving and Sending – are allowed to use Form 200. **A copy of the fully executed Form 200 must be sent to the MIAA Office by the receiving school.**

57.3.1 If it is later determined that the sending school falsely or erroneously certified eligibility, then the sending school will be subject to minimally a letter of censure, copies of which will be mailed to the school committee, superintendent, principal, athletic director, and reported on the MIAA website.

57.3.2 MIAA Form 200 must be dated and filed at the receiving school before the student is declared eligible (as to the transfer rule only) by the receiving school principal.

Note: Form 200 will not yield eligibility for a student who transfers after the opening date of that practice season (57.5).

57.4 Form 200 is initiated by the receiving MIAA High School Principal to declare a transfer student eligible. When Form 200 is utilized, the sending MIAA School Principal certifies the following (3a through 3f on Form 200).

a. To our knowledge recruitment was not involved in any way.
b. At the time of transfer, the student was in good standing.
c. The student would be academically eligible at the sending school.
d. To our knowledge the transfer was in no way motivated by athletics.
e. The student would have been eligible by MIAA and local rules at the sending school.
f. If sending school believes recruitment, or transfer was related to athletic (a & d above), they must make an allegation with additional proof(s) to the MIAA Executive Director or designee within 10 days of returning the Form 200 to the Receiving School. They must also NOT INITIAL part B, section “a” or “d” when filling out Form 200.

Click here to access a document to better assist in understanding Form 200

Note: Students transferring to your school from any non-MIAA member school require the submission of a full waiver application, unless they meet an exemption outlined in 57.7. Form 200 does not certify eligibility in these cases.

57.5 A student who transfers after the start of that practice season is ineligible in all sports during that sport season.

57.6 Foreign Students

57.6.1 A student who transfers from a foreign country without parental change of residence accompanying the transfer will be ineligible unless such transfer is sponsored by a CSIET **(Council on Standards for International Education Travel)** approved foreign exchange program. Students who enter a member school under a CSIET approved program may be declared immediately eligible for athletic participation by the building principal as long as all other MIAA eligibility standards are met, and it is not a direct placement. If a direct placement, according to CSIET Standard 6b, a waiver is necessary. A CSIET student who has graduated from a secondary school in their own country will be exempt from the MIAA graduation rule (#61) if that student has not completed thirteen (13) years (including kindergarten) – or twelve (12) years (not including kindergarten) – of formal education.

57.6.2 Foreign athletes who are not in this country under the auspices of a CSIET approved program or attending a MIAA member school as the direct result of the change in residence of the parents, shall not be eligible for interscholastic athletics regardless of the length of stay in this Country.

57.6.2.1 Schools must request a waiver of eligibility of rule 57.6 for these non-CSIET student-athletes to participate. If waiver is approved, approval is until student-athlete graduates or withdraws from that school, providing they continue to meet all other eligibility standards.

57.7 **Exemptions to the transfer rule** -- a transfer student may be eligible immediately provided all other eligibility requirements are met:

57.7.1 Change of residence of a student's parents: When a student's transfer is necessitated by a change of residence of their parent(s) to the area served by the school to which student transfers. (See Rule 58.2).

This exemption does not apply to a change in custody, guardianship, or to a student's change in residence from one parent to another, nor does it apply when the student could continue to attend the former school.

57.7.2 Middle school transfer: A student who enters the ninth grade of a four-year high school and who has not been enrolled previously in the ninth grade.

57.7.3 Elementary/Middle School graduate: A student who has completed the last grade available in the school previously attended.

57.7.4 Closed school: If a school no longer exists, a student may be eligible at the school of their choice immediately after the closing of that school.

58. Student Eligibility: Academic Requirements

58.1 A student cannot at any time represent a school unless that student is taking courses equivalent to four traditional year-long 'major' English courses.

58.1.1 Academic eligibility of all students shall be considered as official and determined on the published date when the report cards for that ranking marking period are to be issued to the parents of all students within a particular class.

58.1.2 When utilizing a 4 x 4 block schedule, a student must pass at least two of the four required 'major' courses (or equivalent) in each academic marking period.

Considerations for academic eligibility:

How to determine 'major' course equivalency:

- How many minutes per day/week/semester does this course meet?
- How many credits toward graduation as approved in advance by school committee policy will be offered for this course?
- Is this equivalent to past academic requirements?

If the school has a **higher academic standard than the Association's** academic eligibility rule:

- The Association recognizes this standard as the minimum academic eligibility requirement.
- Students eligible by the Association's standard but not by the school standard are ineligible.
- You may not, after the fact, declare such students who meet the MIAA standard as eligible for upcoming competition.

Academic eligibility of **middle grade students** including non-participants entering Grade 9:

- As soon as a student participates in a MIAA sanctioned sport, that student is bound by the MIAA academic standard (and the stricter local standard, if one exists) from that point in time.
- Non-participants will have a "fresh start" regarding academic eligibility when they first enter Grade 9.
- The MIAA Board of Directors has stated that once athletes have had the privilege of participation, they are bound by the academic eligibility standard in place at the time of their participation.

58.2 **A transfer student** may not gain academic eligibility at the receiving school if the student was not, or would not be, eligible at the sending school. Further, a student may not compete in interscholastic contests at the receiving school if they would not be eligible at the sending school. If the transfer was necessitated by a move of parents, then eligibility would be determined by receiving schools' eligibility standards (see Rule 57.7.1).

58.3 **Fall** - To be eligible for the fall marking period, students are required to have passed and received full credits for the previous academic year, the equivalent of four traditional year-long major English courses. Term grades cannot be used to determine fall eligibility.

58.4 **End of Q1, Winter & Spring -** A student must secure during the last marking period preceding the contest a passing grade, and full credit, in the equivalent of four traditional year-long 'major' English courses. (e.g., second quarter marks and not semester grades determine third quarter eligibility)

58.5 **Seniors** - A senior student-athlete academic eligibility following the third-quarter report cards being issued, will carry through to the conclusion of the spring sport season. Fourth quarter grades can't then render a senior academically eligible or ineligible. Also see Rule 61.1.1

58.6 **Underclass student-athletes - End-of-Year Academic Eligibility:** If 4th quarter grades are issued, they must be used to determine eligibility for completion of spring season.

58.7 Incomplete grades may not be counted toward eligibility until they are made up following school policy. An incomplete grade is treated as an F.

58.8 A student who repeats a subject for which they have already received credit, cannot count that subject a second time for eligibility.

58.9 A student cannot count, for eligibility, any subject taken during the summer, unless that subject was pursued and failed during the preceding academic year.

58.10 All cooperative team athletes must meet the eligibility standards of their own school as well as the host school.

59. Student Eligibility: Time Allowed for Participation After First Entering Grade Nine

59.1 A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.

59.2 In no case may a student be eligible to participate in more than four of each of the three annual athletic seasons. **Consideration will be given** in special cases where a student has been absent from school because of an accident or illness **that resulted in the failure to receive passing grades or full credit equivalent to four traditional year-long major English courses. In these instances,** the executive director, or designee, shall have the authority to extend the student's eligibility upon presentation of a

doctor's certificate on the student's behalf, a letter from the principal attesting to the inability of the student to attend school during a specific period because of an accident or illness, and waiver application for Rule 59. In instances where an extended eligibility is granted, the student may be declared eligible only for the season(s) that the student's accident/illness prevented participation.

59.3 A waiver in relation to rule 59 **will not be permitted** for a student who has demonstrated proof of passing grades and earned enough credits to advance to the next academic grade level but has chosen to repeat that grade. Given these conditions do not satisfy the criteria outlined in rule 59.2, a school cannot utilize the student eligibility waiver process or appeal process outlined in rule 87. In such cases, the school is not permitted to submit a waiver.

59.4 All students repeating a grade must complete the MIAA Acknowledgment of MIAA Rules 57 and 59 form. This completed form must be submitted with all waiver applications.

60. Student Eligibility: Age

A student shall be under 19 years of age to compete in interscholastic athletics but may compete during the remainder of the school year, provided that student's 19th birthday occurs on or after September 1 of that year. For Freshman competition only, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year. Principals must exercise great care in determining age of contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

61. Student Eligibility: Graduation

61.1 A student must be an undergraduate: i.e., student shall not be a graduate of any secondary school. Any student who has the credits required for a diploma shall be regarded as a graduate with the following exceptions:

61.1.1 An early graduate of a high school may represent their school in athletics until the end of the sport season in which student is participating, if otherwise eligible. The diploma must be withheld until at least the season is completed, and the student may not attend classes outside of that high school during that season.

61.1.2 A student who earns the credits required for a diploma prior to attending eight semesters in a four-year high school, and who is not granted a diploma may continue to participate if student continues to take at least the equivalent of four traditional yearlong major English courses.

62. Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

Chemical Health Brochure

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as "NA or near beer," inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one's mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by their doctor.

This MIAA statewide minimum standard is not intended to render "guilt by association", e.g., many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

If a violation of this rule occurs while the student is serving a school suspension (either in-house or out-of-school), the chemical health violation penalty period will not begin until the school suspension period has concluded.

If on the other hand, the school suspension is directly related to the violation of the Chemical Health Rule, then the suspension and chemical health penalty will be served concurrently.

Minimum PENALTIES: (also see Rule 32.8 – Ineligible Students)

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

> ***Clarity on penalty application****: To calculate the "number of events/seasons", count those events on your schedule where the team (vs. an individual) will compete (excluding the potential of MIAA Tournament qualification). Double duals, tri, or quad competitions held on one day count as one "event".*

The intent of first offense penalties is to render the student ineligible for approximately 25% of that season's schedule, a football player who misses the last football game of the season would then be required to miss the first two basketball games of the next season. The baseball player who serves a penalty of fewer than five games in the spring would be required to miss the first football game of the fall season. In the former case, the football player has served 50% of his penalty, and then would be required to serve 50% of the basketball penalty (i.e. 2.5 games, which is rounded down to the whole number). In the second case, if the student serves 1, 2, 3, or 4 games of baseball ineligibility, then the carry-over of the penalty in the fall season would require missing the first football game. The minimum in any carry-over would be 1 event.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close, and the student would face no consequence.

Prior to any chemical health violation, a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

1st Offense - *25%*	
# of Events / Season	# of Events / Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20 or over	5
2nd Offense - *60% (and every subsequent offense)*	
# of Events / Season	# of Events / Penalty
1-3	1
4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20 or over	12

2nd Offense w/Dependency Program - *40% if in the program throughout the penalty period.*	
# of Events / Season	# of Events / Penalty
1-4	1
5-7	2
8-9	3
10-12	4
13-14	5
15-17	6
18-19	7
20 or over	8

62.2 During practice or competition, a coach shall not use any tobacco product (penalty: same as students' – see chart above).

<u>Membership position on PED:</u>
Anabolic androgenic steroid use and performance enhancing drugs (PED's) are of grave concern. Coaches need to send a clear, unequivocal message that unauthorized steroid use and PED's are not acceptable. This discussion should highlight the fact that the penalties for other substance use apply. Short and long-term health effects can also motivate student-athletes to protect their future. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most "get-rich-quick" schemes, steroid use has serious short and long term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances are a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be.

The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

63. Good Citizen Rule

63.1 Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension. Local policies will determine the actual days of ineligibility. (The Board of Directors suggests that policies be included in local Student Handbooks.)

64. Protest Student Eligibility

64.1 Upon request a member school principal must provide student eligibility certification for any student-athlete who might be questioned by a principal or the Association.

64.2 When the eligibility of a member or members of any team are protested at a contest site, the contest shall be played as scheduled and the protest filed with the MIAA Executive Director for settlement later.

Part IV - Sport Rules

This section includes the rules for each individual sport, along with any MIAA modifications to the applicable national rules.

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PART IV: SPORT RULES

65. Baseball

65.1 High school baseball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

65.1.1 – The MIAA has adopted and follows the NFHS rules governing courtesy runners, as outlined on page 67 of the 2025 NFHS Baseball Rules (items 1 through 7).

65.2 Mouth guards are recommended for all baseball players while on the field.

65.3 Safety bases are recommended. The Sports Medicine Committee recommends a breakaway or impact base.

65.4 A Strike Two Program is in force:
A baseball umpire at any time will voice "strike one" when a warning for inappropriate comment or actions is warranted, and that "strike one" will be recorded in the scorebook. Upon the need for a "strike two" call, an ejection of the coach would occur. Exception: In the case of a flagrant unsportsmanlike infraction and/or physical assault an immediate ejection will occur.

65.5 MIAA pitch count breakpoints and required rest will be as follows:

Varsity		Sub Varsity	
1-24 pitches	0 days rest	1-24 pitches	0 days rest
25-42 pitches	1 days rest	25 -42 pitches	1 days rest
43-60 pitches	2 days rest	43-60 pitches	2 days rest
61-78 pitches	3 days rest	61-78 pitches	3 days rest
79-115 pitches	4 days rest	79-95 pitches	4 days rest

- These rules apply to both regular and post season play.
- The calendar day in which a game is started shall be used to determine how many days of rest is required.
- A pitcher can exceed the maximum pitch limit if he is in the middle of an at bat but once the at bat is completed, the pitcher must be removed from the mound.
- If a pitcher has thrown 79-95 pitches on the day he last pitched, on his fourth day of rest, he would be eligible to throw a maximum of 25 pitches.

65.5.1 Coaches will designate on their line-up cards which players are not eligible to pitch that day.

65.5.2 Coaches or their designee confirm pitch counts after every 2 innings and at the conclusion of the game. In the case of a dispute, the home team has the official count.

65.5.3 At the conclusion of each contest, both coaches will sign the official MIAA pitch count sheet.

PENALTY: Violations of the pitch count maximum limit or required rest periods will be addressed in accordance with MIAA Rule 86, *Participation of an Ineligible Student*.

65.6 SUSPENDED GAME POLICY – For Regular Season

65.6.1 All games that are regulation games (games played through 4 ½ or five innings) which are stopped by the umpire in chief, are completed games, if not tied or if the home team has had an equal amount of at-bats. If tied or if the home team has had an unequal amount of at-bats, the game will be resumed at the point of stoppage. These games must complete a minimum of 6 ½ or 7 innings until a winner is declared.

65.6.2 All games played that are not regulation games (under 4 ½ innings) which are stopped by the umpire in chief are suspended games and will be resumed from the point of stoppage.

65.7 MERCY RULE (Regular Season Only) - A regulation game shall be declared when the visiting team is behind 10 or more runs after 4 ½ innings, or after a fifth inning, if either team is 10 runs behind and both teams have had an equal number of times at bat (NFHS Rule 4-2-2).

66. Basketball

High school basketball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

66.1 Mouth guards are highly recommended for all basketball players while on the court.

66.1.1 Mouth guards cannot be modified in any way and must be worn exactly as supplied and fitted as recommended by the manufacturer or doctor. This includes the addition of markings on the mouth guards or physically modifying them in any way by an athlete or other individual.

66.2 The 35-second shot clock will be adopted at all levels per NFHS Basketball Rule 2-14. Click here to access the NFHS Shot Clock Guidelines.

66.2.1 If a visible shot clock malfunctions during a game, the following procedure will be followed:

If **one** visible shot clock malfunctions:

- Continue play with one visible clock.

If **both** shot clocks malfunction:

- An alternate-timing device must be utilized at the scorer's table.
- Time should be announced at 10 and 5 seconds remaining.
- The shot clock operator should use a horn different from the game clock.

66.3 Remove the words "or dribble" from NFHS Basketball Rule 9-10-1-a.

66.4 All varsity contests shall be played in four, 8-minute quarters. Sub-varsity contests also shall be played in equal quarters of no more than 8 minutes.

66.5 Five 60 second time-outs may be charged to each team during a regulation game. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs accumulate and may be used at any time.

66.6 A coaching box, as described in current National Federation rules, shall be utilized in all games. If the head coach is charged with a technical foul (either direct or indirect), coach will be allowed to use the coaching box and remain standing.

66.7 Athlete Participation Limitations

66.7.1 A student may practice or play for their high school basketball team only once in any one day.

66.7.2 No member of a high school basketball squad shall participate in more than ***six*** quarters per day. *(This does not include official over-time periods. On a given day, a student may participate in more than one interscholastic basketball contest at different sites provided that the **six**-quarter limit is not exceeded).*

PENALTY: Violations of basketball participation limitations will be addressed in accordance with MIAA Rule 86, *Participation of an Ineligible Student.*

66.8 For all varsity basketball contests, the home team must assign an adult contest manager, other than a member of the basketball coaching staff, to be responsible for all aspects of administration of the contest.

66.9 The team jersey torso color shall be light for the home team and a contrasting dark color for the visiting team. Each school may determine the color of its team's shorts at its own discretion.

66.10 The shot clock will reset to **20 seconds** when there is an intentionally kicked or fisted ball with **19 seconds or less** left in the possession. If the violation occurs with **20** or more seconds on the shot clock, no reset will take place and the offense will have the remaining time left in the possession.

67. Cross Country

67.1 High school cross country shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

67.1.1 Competitors representing the same school must wear the same school uniform both in color and design, with the school's name and insignia in sight. Only solid-colored T-shirts may be worn under the regular uniform.

67.2 Scoring of a triangular cross-country meet will not count as two competitions for the participation limit for the season.

67.3 Athlete Participation Limitations: A competitor may run in a meet on two consecutive days only once during a week. No competitor may run in a meet on three consecutive days.

PENALTY: Violations of the cross-country participation limitations will be addressed in accordance with MIAA Rule 86, *Participation of an Ineligible Student.*

67.4 Medical personal authorized by the Games Committee or Referee to do so may perform a hands-on medical examination during the progress of an event for any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition.

68. Field Hockey

68.1 High school field hockey shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

68.2 During the regular season and up to and including the quarter finals if there is a goal differential of 5 or more goals by half time the clock will run during the third or fourth quarters on everything but injury stoppage. If the goal differential is less than 5 goals in the third or fourth quarters, then the regular rules apply.

69. Football

69.1 High school football shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

69.1.1 Any player disqualified from a contest including but not limited to the following fouls: Targeting an Opponent, Illegal Helmet Contact, or Contact with a Defenseless Player shall not participate in the next scheduled contest per MIAA Handbook Rule 49.3.

69.2 A licensed physician, licensed athletic trainer or certified EMT must be in attendance and on duty for all interscholastic football games. For all varsity football games, each team must employ a licensed physician, licensed athletic trainer or certified EMT to be with their team. For all sub-varsity games, a single medical provider shall be responsible for both teams unless the visiting team has its own medical coverage. His/her judgment will be final with regard to the condition of a player after injury. No player may continue to play against the medical person's advice. The penalty for violation of this provision is forfeiture of the game.

69.2.1 The school designated as the home team, or the host site identified with a participating school, must have an AED on site (and accessible) or with their medical provider.

69.3 Overtime/Resolving Tied Games:

An overtime period is untimed play after a regulation game has ended with the score tied. The MIAA has adopted the NFHS Rules for Resolving Tied Games found in the NFHS Football Rules. Click here to access Resolving Tied Games as found in the current NFHS Football Rulebook

69.4 Scheduling Limitations:

69.4.1 The regular season shall end on Thanksgiving Day. When it is necessary to postpone the final scheduled game because of inclement weather, it must be played the weekend following Thanksgiving.

69.4.2 An intra-squad or interschool scrimmage is not to be allowed before the third day of ***"Full Contact"*** practice.

69.4.3 The maximum length of periods shall be 12 minutes except when a game ends in a tie, in which case the tie-breaker rule may be used only for varsity games, and if adopted by a majority vote of all schools in the league or by mutual consent in advance of non-league games.

69.5 Participation Limitations:

69.5.1 The first five days of football practice must be single conditioning and "limited contact" sessions. Daily activities shall be limited to the definitions, equipment, time maximums and limitations described in the published Preseason Calendar and Preseason Practice Chart & Definitions are outlined in rule 35.1.

PENALTY: Violations of these rules will result in a letter of censure by the Board of Directors to the Superintendent of Schools and to the Chair of the School Committee.

69.5.2 High school football practices prior to the first day of classes must meet the following criteria:

69.5.2.1 During preseason practice, athletes may only participate in full contact – live action drills and game time simulations no more than 60 minutes per athlete per day.

69.5.2.2 From the Monday before Labor Day through the Saturday before Labor Day a coach may only conduct full contact drills up to 90 minutes. (The intent of this rule is to limit full contact participation of each student to 90 minutes during this six-day period).

69.5.2.3 From Labor Day through the end of the season, including postseason play, a coach may only conduct full contact drills up to 60 minutes per week (90 minutes during a week

without a scheduled game). The intent of this rule is to limit full contact participation of each student to 60 minutes during a week of practice (90 minutes during a week without a scheduled game). During this time, full contact is allowed in no more than 2-3 practices per week, no more than 30 minutes per day, and consideration should also be given to limiting full contact on consecutive days.

69.5.2.4 One day off every week

69.5.3 A player must participate in at least 15 football practice days before taking part in a football game.

69.5.4 Players may not participate in more than equal time (48 minutes) of one game per week. The intent of this rule is to limit participation of each student to no more than one game in any six-day period.

69.6 Prohibited Field Equipment:

69.6.1 Jurisdiction regarding the presence and location of communication equipment within the playing enclosure resides with game management personnel.

69.6.1.1 Television replay or monitor equipment is prohibited at the sidelines, press box or other locations within the playing enclosure for coaching purposes during the game. Motion pictures, any type of film, facsimile machines, videotapes, photographs, writing-transmission machines, and computers may not be used by coaches or for coaching purposes any time during the game or between periods. Computers, tablets, etc. are not allowed in the coaching booth. [Exceptions: 1) Monitors may be used only to view the live telecast or webcast. The home team is responsible for assuring identical television capability in the coaches' booths of both teams. This capability may not include replay equipment or recorders. 2) A monitor is permitted on the sideline only to assist team medical staffs in the diagnosis and treatment of student-athletes.

69.6.1.2 Only voice communication between the press box or designated coaching area and team area is permitted.

69.6.1.3 No one in the team area or coaching box may use any artificial sound amplification to communicate with players on the field.

69.6.1.4 Any attempt to record, either through audio or video means, any signals given by an opposing player, coach or other team personnel is prohibited.

69.7 Running clock:

69.7.1 A running clock will be used: when a point differential reaches 42 points at the beginning of or any time during the 3rd quarter or a 30-point differential at the beginning of or any time during the 4th quarter. It will continue for the remainder of the game.

70. Golf

70.1 Massachusetts high school golf shall be played under the USGA Rules with the following modifications or exceptions.

70.1.1 Local club rules shall be in effect.

70.1.2 No coaching is to take place during MIAA Tournament play.

70.1.3 Leagues may modify a rule, provided such a modification is not a substantive change to MIAA rules. If the league amends a rule, all schools in the league must adhere to the rule as modified.

70.2 Female golfers participating on a fall team during the regular season play may choose to hit from the tee box that is placed closest (yet in front of) the tee box the male golfers are hitting from (regardless of marker color).

70.3 Female golfers competing on a fall team must hit from the same tees as all competitors at the MIAA Divisional and State Tournaments.

71. Gymnastics

71.1 Girls' Gymnastics

71.1.1 Girls' gymnastic meets shall be conducted within the rules of the National Federation of State High School Associations as modified by MIAA.

71.1.2 Each team may enter up to six gymnasts in each event.

71.1.3 An all-around gymnast is one who enters all four events. All other gymnasts may enter no more than three events.

71.1.4 No more than two all-around competitors are allowed. None is required.

71.1.5 The all-around competitor(s) must be designated on the official scoresheet.

71.1.6 In all meets, the top four scores in each event will count for team scores. The bottom score(s) will be dropped.

71.1.7 Substitutes will be accepted only before the particular event has begun.

71.1.8 JV performances are allowed at a varsity meet with the following conditions:

- Each team is allowed to have up to two Junior Varsity routines per event.
- If a meet starts after 8:00 PM, no JV routines will be accepted.
- These routines must follow all the following rules:
    - Be designated at the start of the event.
    - Once the event starts no changes can be made to the designation of the gymnast.
    - The routines must be the first ones on the event.
    - The judge must be notified at the start of the event that there is a JV competitor or two going first.
    - Their scores cannot be used for the team score at that meet.
    - Their scores cannot be used as qualifying scores for varsity qualifications (MIAA Sectional Meet)

71.1.9 Warm-up between the first two events and the second two events shall be ten minutes. 30 minutes warm-up time must be allowed prior to the meet.

71.1.10 The squat, straddle and stoop vaults will continue to be used.

72. Ice Hockey

72.1 High school ice hockey shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

72.1.1 Leagues that wish to play 17-minute periods are allowed to do so during the regular season.

72.1.2 A running clock will be used:

- When a goal differential reaches 10 goals at the beginning of or any time during the 2nd period or
- A 6-goal differential at the beginning of or anytime during the 3rd period. It will continue for the remainder of the game.

72.2 A licensed physician, licensed athletic trainer or certified EMS provider must be in attendance and on duty for all varsity ice hockey games. (It is strongly recommended that such medical coverage and an emergency transport system be in place for all games.) The medical provider shall be responsible for both teams unless each team has its own medical coverage. His/her judgment, in accordance with their applicable policies and protocols, will be final with regard to the condition of a player after injury. No player may continue to play against the provider's professional medical advice. The penalty for violation of this provision is forfeiture of the game.

72.2.1 The school designated as the home team, or the host site identified with a participating school, must have an AED on site (and accessible) or with their medical provider.

72.3 During the regular season and MIAA tournament, the National Federation player limitations will be amended to allow a maximum of 22 players to be dressed and on the bench. During the MIAA tournament, two of these 22 players must be dressed as goaltenders.

72.4 The MIAA Score Sheet must be utilized for all games.

72.5 At the conclusion of the third period, if teams are tied, a five-minute overtime will be played.

72.5.1 There will be a 1-minute intermission at the conclusion of the third period.

72.5.2 Teams will play 4-on-4 for five minutes and goaltenders will **switch** ends for the entire overtime period.

72.5.3 The team that scores first wins the game; if no team scores during the overtime period the game is also ended after five minutes.

72.5.4 The overtime period shall be considered part of the game and ALL unexpired penalties shall remain in force.

72.5.5 Timeouts cannot be used during the Overtime period(s). Unused timeouts do not carry over into overtime.

72.5.6 Statistics for individual players count toward yearly stats.

72.5.7 Shorthanded Guidance for the 4-on-4 can be found in the official MIAA Ice Hockey Format

72.6 Any member of a team who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the game immediately and shall be ineligible in all sports for one year from the date of the incident. (Butt-ending is to be interpreted under the NF rule and then, under this rule, if warranted).

72.7 Any penalty after a whistle shall include a misconduct on the penalized player(s).

72.8 After four game disqualification penalties, each subsequent disqualification penalty received by a team will result in forfeiture of the subsequent MIAA contest. These penalties will carry over to the next season should a violation occur in the final game of the season. A status report relative to such penalties, forfeitures, & local remediation must be immediately filed with the MIAA office.

72.9 All Ice Hockey Officials will be required to meet in locker rooms with players and coaches before all regular season games.

72.10 Any coaching staff member who receives two game disqualification penalties during the pre-season and/or regular season games shall not participate in the MIAA tournament. The MIAA Ice Hockey Committee has ruled that 2 disqualifications for a coach or a player could occur in 1 game - if reported that way from the official(s).

72.11 For all Varsity ice hockey contests, the home team must assign an adult contest manager other than a member of the ice hockey coaching staff to be responsible for all aspects of administration of the contest.

73. Indoor Track

73.1 High school indoor track shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

73.1.1 Any alteration of these rules must be sent in writing in advance of the event by the league or meet director to the schools involved.

73.1.2 The number and type of events will be determined by the by-laws of league or directors of multi-school events.

73.1.3 No competitor or team will be allowed to compete without wearing a proper uniform that has the school's name and/or insignia and/or colors.

73.1.4 In relay races, each team member shall wear the same color and design school uniform (jersey and shorts). When other visible apparel is worn under the school uniform, it shall be of the same color for all teammates choosing to wear them in conformity with National Federation code.

73.1.5 Recommended number of certified officials is a minimum of 2.

73.2 Participation Limitations:

73.2.1 A competitor shall not compete in more than four events, including relays.

73.2.2 A student may compete in a meet on two consecutive days only once during a week. No student may compete in a meet on three consecutive days.

73.2.3 Scoring of a triangular track meet will not count as two competitions for the participation limit for the season.

73.3 Medical personal authorized by the Games Committee or Referee to do so may perform a hands-on medical examination during the progress of an event for any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition.

74. Lacrosse

74.1 High school lacrosse shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

74.1.1 The Lacrosse Committees voted (1/16/18) that they will NOT be recognizing the 120-yard unified lacrosse field option recommended by the NFHS (section 1, article 2).

74.2 Gloves worn by a team do not have to be the same color.

74.3 In Boys lacrosse: No penalty will be assessed if a school has different colored helmets.

74.4 In Boys lacrosse: Two stick checks per half may be conducted at random times by the officials.

75. Outdoor Track

75.1 High school outdoor track shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

75.1.1 Any alteration of these rules must be sent in writing in advance by the league or meet director to the schools involved.

75.1.2 The number and type of events will be determined by the by-laws of leagues or directors of multiple school meets.

75.1.3 No competitor or team will be allowed to compete without wearing a proper uniform that has the school's name and/or insignia and/or colors.

75.1.4 Track and Field events shall be timed/measured in either metric or English distances.

75.1.5 In relay races, each team member shall wear the same color and design school uniform. When other visible apparel is worn under the school uniform, it shall be of the same color for all teammates choosing to wear them in conformity with the National Federation code.

75.1.6 Schools entering a contestant in the pole vault are required to have a minimum of one member of the school appointed coaching staff certified in the teaching procedures, rules, and the safety and legal requirements associated with coaching the pole vault event.

75.1.7 For dual meets a copy of the pole vaulter's weight certification form must be presented to the official responsible for that event on the day of the contest. For state qualifying and all state meets, the form is part of electronic entry and copy of form is included in the Outdoor Format. The original weight certification form, signed by the principal, athletic director,

and coach must be kept on file in the school office and be available on request.

75.1.8 Recommended number of certified officials is a minimum of 2.

75.2 Participation Limitations:

75.2.1 A student may compete in a meet on two consecutive days only once during a week. No student may compete in a meet on three consecutive days.

75.2.2 A competitor shall not compete in more than four events, including relays.

75.2.3 Scoring of a triangular track meet will not count as two competitions for the participation limit for the season.

75.3 Medical personal authorized by the Games Committee or Referee to do so may perform a hands-on medical examination during the progress of an event for any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition.

76. Rugby

76.1 Rugby will be played under the rules of the Laws of the Game Rugby Union, as modified by the MIAA.

76.1.1 When a player has an injury, that player leaves the field of play and may be temporarily replaced. The injured player may return to play as soon as the medical staff has assessed/treated the injury and cleared the player to return. A player may only be temporarily replaced once during the match, regardless of subsequent injuries. If a player is not available to return to the field of play within 15 minutes (actual time) of leaving the playing area, the replacement becomes permanent.

76.2 In addition to the MIAA Coaches Education requirements (MIAA Rule 33), all MIAA Rugby Coaches must complete the USA Rugby "Level 200" Coach Certification. The Level 200 Coach Certification consists of online pre-course work and attendance at an in-person clinic.

76.2.1 Each team must have a Level 200 certified coach present at every match and practice.

76.3 A licensed physician, licensed athletic trainer or certified EMS provider must be in attendance and on duty for all interscholastic rugby games. The medical provider shall be responsible for both teams unless the visiting team has its own medical coverage. This judgment, in accordance with their applicable policies and protocols, will be final with regard to the condition of a player after injury. No player may continue to play against the provider's professional medical advice. The penalty for violation of this provision is forfeiture of the game.

76.4 Length of Contest

76.4.1 The time of the game will be two (2) 35-minute halves. There will be no stop time unless indicated by the officials. Half-time will be 5 minutes. Official time is kept on the field by the referee. Teams will be allowed on the field thirty (30) minutes prior to game time.

77. Ski

77.1 To the maximum extent possible United States Ski Association Rules as conducted under the rules of the Federation International de Ski (FIS) will provide guidance for all competitions.

77.2 A hard-shelled helmet specifically designed for skiing must be worn for alpine skiing. The MIAA Sports Medicine Committee strongly recommends a face guard for slalom skiing.

77.3 Nordic course length shall not exceed 7 km.

78. Soccer

78.1 High school soccer shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

78.1.1 Any red or yellow card issued to a high school player/coach must be reported on the MIAA Soccer Infraction Score Sheet and enter them on the MIAA Soccer Infraction reporting form found on the MIAA Soccer page. (Please see Rule 78.2.17 for infraction reporting requirements).

78.1.2 The official time of the contest may be kept on a scoreboard timer or on a sideline table when competing teams mutually agree, or as directed by a league/conference.

78.1.3 Shin guards must be worn by all players during contests and practices.

78.1.4 Soccer players are not allowed to wear shoes with metal cleats, or any metal on the cleat.

78.1.5 Mouth guards are highly recommended for all soccer players while on the field.

78.1.6 The home team shall wear dark jerseys and socks, and the visiting team shall wear white or light jerseys and socks. Each school may determine the color of its team's shorts at its own discretion.

78.2 Sportsmanship

78.2.1 All leagues/conferences must conduct a pre-season meeting for all head soccer coaches to review sportsmanship goals and objectives.

78.2.2 Regarding "incidental" use of vulgar or profane language, the referee must caution (yellow card) a player/coach who uses incidental vulgar or profane language.

78.2.3 Referees are encouraged to use yellow cards to help manage the contest.

78.2.4 Any player who receives a yellow card shall be replaced and shall not re-enter the contest until the next opportunity for substitution occurs.

78.2.5 A player committing a second yellow card infraction in the same contest receives a red card. There are no exceptions. *It should be reported as only a red card (not two yellows or a yellow and a red).*

78.2.6 Any player who receives a red card is ejected from the contest and shall be suspended from further participation for the next contest; if a player receives a second red card within the same season, the player is suspended from further participation in that contest and the next contest, unless both red cards are for flagrant unsportsmanlike (see rule 78.2.7).

78.2.7 The receipt of two red cards for fighting or for flagrant unsportsmanlike behavior in the same season will result in a one-year suspension in all Fall sports (from the date of the second offense).

78.2.8 After a combination of five red cards, subsequent violations will result in a team forfeiture of the next MIAA contest. These penalties will carry over to the next season should the violation occur in the final contest of the season.

78.2.9 For purposes of obtaining tournament eligibility:

- For purposes of obtaining tournament eligibility, no team may exceed four (4) red or seventeen (17) TOTAL cards during the regular season. For the appeal process, refer to rule 49.5.2.

78.2.10 Any player who receives a fifth yellow card in a season shall be suspended from the next contest; a sixth yellow card and subsequent yellow cards in a season shall result in suspension from the next contest. This penalty carries over to the next soccer season (or next season if senior) if happens in last contest.

78.2.11 A coach who receives a third yellow card in a season shall be suspended from coaching the next contest. A fourth yellow card in a season shall result in a one-year suspension. The penalty carries over to the next soccer season if happens in last contest, or the next to last contest. Cards for illegally equipped players are exempt from this count.

78.2.12 Any coach (head coach or assistant) who receives a red card, is ejected from the contest, and shall be suspended from coaching for the next

contest. If a coach receives a second red card in a season, the coach shall be disqualified for one year. The contest may continue if appropriate administration is available. If a coach is ejected and there is no appropriate administration available, the contest will immediately be terminated and result in forfeiture by the offending team.

78.2.13 A deliberate (intentional) handball to prevent a ball from entering the goal is a red card offense. The offender will be suspended from the remainder of that contest and the next regularly scheduled contest.

78.2.14 Any varsity team exceeding four red, or thirteen yellow cards also must assign a contest manager other than a coach to away contests, as well as for all home contests (as required by Rule 78.2.20). This rule pertains to all soccer contests played at all levels.

78.2.15 Any team whose players/coaches receive collectively five (5) yellow and/or red cards in a contest (including pre & post-game) will result in immediate termination of the contest, and result in forfeiture by the offending team.

78.2.16 The home team must complete the infraction score sheet IF any infractions given. The official must review and sign off on the information at the end of the game. The home team should keep this form for the remainder of the year. Each school is then required to enter all VARSITY infractions on-line through the MIAA Soccer Infraction reporting form found on the MIAA Soccer page. A hard copy of any coach/student disqualification form must be sent to the MIAA. (Sub-varsity level score sheets should be filed and maintained at the local level).

78.2.17 Game officials will not receive compensation unless they remain present at the conclusion of the soccer contest until the student-athlete handshake is completed.

78.2.18 After four player/coach fighting or flagrant unsportsmanlike behavior disqualification's, each subsequent disqualification received by a team will result in forfeiture of the next contest.

78.2.19 For all varsity soccer contests, the home team must assign an adult contest manager, other than a member of the soccer coaching staff, to be responsible for all aspects of administration of the contest.

78.2.20 All athletes serving game suspension(s) as a result of infractions during the regular season will have the remainder of their suspension continued into Tournament play. However, both players and team card accumulation will begin at zero (0) in Tournament play. Any player disqualified during tournament play, is to remain on the team bench under the direct supervision of the coach.

78.2.21 The MIAA Taunting Policy must be reviewed by game officials with the captains and coaches in a meeting before each soccer contest.

78.2.22 Each team will be allowed a one-minute time out per half and each extended time. The time-out may be called by the coach or any player on the field during an offensive restart. For more information on the time out rule, click here.

79. Softball

79.1 High school softball shall be played under the rules of the National Federation of State High School Associations, as modified by the MIAA.

79.1.1 Leagues may amend a rule provided such an amendment is not a substantive change to MIAA rules. However, leagues may wish to change such things as the type of ball, free substitutions, or similar acts to speed the game.

79.1.2 Modification to NFHS Rule 3, Section 5, Article 3 regarding attire – MIAA softball coaches are permitted to wear jeans. Note that all legwear shall be appropriate, free of holes, tears and in good condition, no matter the type of material.

79.2 Safety bases are recommended. The Sports Medicine Committee recommends a breakaway or impact base.

79.3 The distance between the nearer edge of the pitcher's plate and the apex of home plate shall be 43 feet.

79.4 Metal cleats and metal toe plates will be allowed (as per NFHS Rules).

79.5 A regulation game shall be declared, if a team is leading by 12 or more runs after 5 complete innings (or 4 ½ if the home team is ahead). The 12-run rule applies in tournament play, prior to sectional semi-final rounds. This rule is also in effect for all games played during the regular season. Individual leagues are allowed to include a by-law or rule that reduces the number of runs, (less than 12) that places this rule into effect.

Mercy Rule Note: Complete innings must be played unless the home team scores the run ahead limit while at bat. When the visiting team reaches the limit in the top half of the inning, the home team must have their opportunity to bat in the bottom half of the inning.

79.6 Each team when on defense may be granted one conference (time out) per inning without penalty. A second defensive conference (timeout) during the same inning will result in the removal of the pitcher. The number of charged conferences is not cumulative. Time granted for an incapacitated player shall not constitute a charged conference. A conference is not charged when the pitcher is removed as pitcher. The defensive team charged conference rule coverage is in effect when the ball first becomes live at the start of each half inning.

80. Swimming

80.1 The National Federation of State High School Associations Swimming Rules shall govern all dual and championship meets.

81. Tennis

81.1 Massachusetts's high school tennis shall be played under the rules of the United States Tennis Association with the following modifications:

81.1.1 All matches are to be decided on the basis of best two out of three sets with a 7-point tiebreaker when a set reaches 6-6 in games.

Other match/set resolutions:

a) If the team match has been decided (i.e. - one of the teams has already won three of the five team matches) and an individual match is still in progress, in the event of split sets, there will be a three (3) minute break followed by a first-to-ten-by-two match tiebreaker. Players are not allowed to leave the court prior to the tiebreaker.

b) If available daylight or other local conditions necessitate alternative match scoring, such as the need to play a double header, AND with prior mutual consent of both teams, a team tennis match could us Pro Set (8-Game) scoring for all matches. Pro Set scoring cannot be used for tournament play. Pro Set scoring can be found in the USTA "Friend at Court" Part 3 Reg. I.E.4.

81.1.2 Team contests will consist of three singles and two doubles matches with seven participants taking part. No player may play more than once in the same team match under any circumstances. (If fewer than seven players are available for a match, line-ups will be determined on the basis of most number of participants, and least number of points forfeited as prescribed in Rule 81.2.3. Any league may have the option of increasing the number of single matches to four or five in league contests only.

81.1.3 Players are to be played in order of ability: i.e., the first and second singles players will be the two best players on the team actually engaging in the match, and the best player will play number one and the second-best player will play number two. The third singles player will be representative, and the two doubles teams will be played in order of their ability. Written line-ups must be exchanged prior to the warm-up period of each team match, and coaches must be able to provide the basis/justification of their team line-ups, clearly indicating exactly why their individual players and doubles teams are playing in the order they are listed on the line-up. This basis/justification should include, but is not limited to, written records, including dates and scores, of two-of-three set or 8-game pro set challenge matches. (Violation of this rule will result in match forfeiture of that team's point or points affected by the violation).

Click here to access clarification on the Tennis Line-up Rule 81.1.3

81.1.4 Coaching, by the high school team coach only, is allowed on side changes during the entire match except after the first game of each set and during a tie-break game. Coaching may not interfere with the USTA rule governing side changes which states as follows:

When the players change ends at the end of a game, a maximum of ninety (90) seconds are allowed. However, after the first game of each set and during a tie-break game, play shall be continuous, and the players shall change ends without a rest. The maximum time starts from the moment that one-point finishes until the first service is struck for the next point.

81.1.5 Only participating players are allowed within the playing area while a match is in progress.

81.1.6 There will be no more than a five-minute time delay for any injury affecting an individual player. If a player is unable to continue a match (a match to be considered as starting with the first serve), that match shall be forfeited in the team score.

81.1.7 Preceding a match, the visiting team shall have a 15-minute warm-up period with the courts at their disposal; each player or doubles team will subsequently have a ten-minute warm-up with their respective opponents before the match commences. All practice serves shall be taken by all players during the warm-up period.

81.1.8 The home team shall be responsible for providing at least 15 new USTA-approved balls for every varsity team match. Low pressure balls are not acceptable.

81.1.9 The home coach is responsible for proper spectator deportment.

81.1.10 The home coach should make provisions to have water available within the playing enclosure for all players.

81.1.11 If a player becomes incapacitated during the warm-up period, a substitution may be made as long as the substitution conforms to all rules enunciated herein. If not, the point must be forfeited in the team score.

81.1.12 Each coach is responsible for his/her own team members, whether they are players or spectators.

81.1.13 All tennis coaches must complete and have available at all matches, regular and post-season, the Tennis Team Ladder Form and Challenge Match Results Form provided by the Tennis Committee. These forms will be used in addition to the already mandated Line-Up Justification Form.

81.2 Clarification of terms:

81.2.1 "Prior consent" means that a coach must inform the opposing coach at least 24 hours in advance of a scheduled match as to the conditions causing a request for an adjustment.

81.2.2 "Representative" means that the player is one of the best seven players available for the match.

81.2.3 The prescribed arrangement for playing a match when one team has fewer than seven players is:

Number of Players	*Points Played*	*Points Forfeited*
3	*1st singles*	*1st doubles*
3	*2nd singles*	*2nd doubles*
3	*3rd singles*	
4	*1st singles*	*2nd doubles*
4	*2nd singles*	*3rd singles*
4	*1st doubles*	
5	*1st singles*	*2nd doubles*
5	*2nd singles*	
5	*3rd singles*	
5	*1st doubles*	
6	*1st singles*	*3rd singles*
6	*2nd singles*	
6	*1st doubles*	
6	*2nd doubles*	

81.3 No competitor or team in tennis will be allowed to compete without wearing a proper uniform that has the school's name and/or insignia.

82. Unified Sports

82.1 The Massachusetts Interscholastic Athletic Association and the Massachusetts School Administrators Association will work together with Special Olympics Massachusetts to encourage and develop Unified Sports programs through MIAA school memberships.

Unified Sports combine approximately equal numbers of athletes with intellectual disabilities and athletes without intellectual disabilities as teammates on school sports teams for training and competition, providing meaningful involvement for both athletes and partners together on one team with one goal.

Throughout the year, Unified Sports athletes improve their physical fitness, sharpen their skills, challenge the competition, and have fun.

82.2 Key Concepts:

82.2.1 The Unified Sports Team will represent the high school just like any other interscholastic varsity level sport.

82.2.2 Teams will be made up of students with and without intellectual disabilities (approximately 50/50 ratio).

82.2.3 Teams will practice, travel, and compete together against other high school Unified Sports teams.

82.2.4 Team members will be given the opportunity for meaningful involvement in their school community to develop their unique qualities and abilities.

82.3 Current Unified Sports Offered:

82.3.1 Fall – Unified Basketball
82.3.2 Spring – Unified Track and Field

83. Volleyball

83.1 High School volleyball shall be played under the rules of the National Federation of State High School Associations as modified by the MIAA.

83.1.1 There will be no limit to the number of substitutions of junior varsity players in a junior varsity contest.

83.1.2 Head and assistant coaches are allowed to stand in the libero replacement zone. Substitutes are allowed to stand at the end of the bench or past the end line and at least six feet away from the sideline. Bench personnel sanctioned for unsporting conduct will not lose the right to stand.

83.1.3 In the 5th set, teams will change courts when one team reaches 8 points.

83.1.4 Rule 7-1-4. For Sets 2-5 penalty for late submission of line up shall be:
- After 1:00 remaining deadline: Unnecessary Delay – Yellow Card
- At 0:00: Loss of Rally/Point to Opponent to start the set.

83.1.5 Rosters are not required to be submitted to the game officials.

83.2 Schedule of Matches

All varsity competitions will be three out of five sets, played to 25 points utilizing rally scoring, and will count toward the season and weekly schedule limit. The fifth varsity set will be played to 15 points.

Junior varsity competitions will be two out of three sets, played to 25 points utilizing rally scoring, with the third set played to 25 points, and will count toward the season and weekly schedule limit. Individual leagues/conferences are allowed to include a by-law or

rule that increases the number of total junior varsity sets per match to three, regardless of the outcome of the first two sets.

83.3 Warm-up time will be 15 minutes. (2-6-6-1)

83.4 Participation Limitations – (unless agreed upon by both coaches)

83.4.1 The number of matches a student is allowed to play per day is two.

83.4.2 When competing against only one school on a given day, a student may participate in part of a varsity or junior varsity contest on the same day provided he/she does not appear in more than a total of five sets.

83.4.3 When playing a match against each of two schools on the same day, a student is limited to a maximum of 5 sets against each opponent.

83.4.4 If a coach wants to request that players on his/her team participate in more than 5 sets, this must be agreed upon by both coaches prior to the match. Prior notification is required if a junior varsity match is going to precede a varsity match.

83.5 Boys' playing on a girls' team:

83.5.1 It is a fault for a male player on a mixed gender girls' team to attack a ball, if, on contact, the ball is both completely above the height of the net and in the "front zone". The play becomes illegal when the ball has completely crossed the net untouched or is legally blocked by an opponent. Rule applies to male players in both front row and back row. The location of the ball and not the player is a determining factor (other factor - ball must be completely above the height of the net on contact).

83.5.2 Only female front row players are permitted to participate in a completed block.

83.6 Volleyball Teams will be allowed to compete in a maximum of two "Open Dates" where teams can compete in a pool play format with a number of different teams on one day. The maximum number of 25-point sets allowed in this format is not to exceed 15.

83.6.1 An "Open Date" can only take place on a non-school day.

83.6.2 Each "Open Date" played would result in one fewer contest opportunity from the current 20 contest limit.

83.6.3 "Open Dates" will not count toward the win-loss record for MIAA Tournament qualification.

84. Wrestling

84.1 The National Federation Wrestling Rules will be the official rules of all wrestling contests, including all tournaments with the following exception: Any regular season dual-meet competition ending in a tie score shall remain a tie. Only tie scores in a dual meet tournament will be decided by the existing National Federation tie-breaker criteria.

84.1.1 NFHS Weight Classes adopted by the MIAA.

- Mixed Gender (14)- 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs. 138 lbs., 144 lbs., 150 lbs., 157 lbs., 165 lbs., 175 lbs., 190 lbs., 215 lbs., 285 lbs.
- Girls' wrestling (12) 100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.

84.2 Schedule of Matches:

84.2.1 Member schools shall not schedule or compete on more than 20 days of competition. However, schools are permitted to schedule up to four additional girls' wrestling dates, which will not count toward the 20-day seasonal limit. Six matches are the maximum a student may compete on any given day, exclusive of MIAA sponsored tournaments (see 84.3.3). Ten matches are the maximum a student may compete in two consecutive days.

84.2.2 A triangular meet is a competition involving three teams. A quadrangular meet is a competition involving four teams. In each case a team competes in a dual meet with the other teams.

84.2.3 A dual, double dual, triangular, quadrangular or tournament meet may be held on consecutive days.

84.2.4 A tournament meet must be scheduled on a day preceding a non-school day, i.e., Friday, Saturday, the day before a vacation or holiday, or during school vacation periods.

84.2.5 A double dual, triangular, or quadrangular meet or one day individual tournament will count as one day of competition.

84.2.6 Approval for a multi-school event must be obtained for any in-season tournament competition. A two-day tournament will count as 2 of the 20 days allowed for competition.

84.2.7 An in-season team tournament is competition involving a maximum of eight teams in the championship bracket. (Multi-school event approval must be obtained).

84.2.8 A team tournament will count as one day of competition. In a team tournament, complete teams, not individuals, advance.

84.2.9 Such a tournament must be held on a non-school day.

84.3 Participation Limitations:

84.3.1 Participants may only compete in events described above.

84.3.2 A wrestler must qualify at the sectional tournament in order to wrestle in the state tournament. No substitutes will be allowed.

84.3.3 No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than six matches (championship or consolation) excluding forfeits in any one day of competition. No wrestler shall compete in more than 10 matches in a two consecutive days period.

84.3.4 A wrestler must participate in at least ten practice days before competing in a meet or tournament.

84.4 Weight Control and Certification Procedures:

84.4.1 The weight control program applies only to wrestlers competing for MIAA member schools in competition between MIAA member schools and out-of-state schools which are members in good standing of their State high school athletic association.

84.4.2 Definition: A wrestler's certified weight class is the lowest weight at which the wrestler may compete anytime during the current season.

84.4.3 An MIAA Minimum Weight Control Certificate will be issued to each wrestler at the beginning of the season. This Certificate will contain a statement showing the wrestler's certified minimum weight class. This Certificate must be filled out in ink and signed in ink by the wrestler, the wrestler's parent or guardian, the wrestler's coach, and a duly registered Licensed Physician, Physician Assistant, Nurse Practitioner, Certified School Nurse or Licensed Athletic Trainer. It must be on file in the athletic director's office, electronically submitted on FLO Arena prior to the wrestler’s first interscholastic competition of that season.

84.4.4 A wrestler not properly certified may not compete in any interscholastic meet or tournament.

84.4.5 An MIAA Minimum Weight Control List, including each and every wrestler's name and certified minimum weight class will be filled out in ink and then on FLO Arena prior to the first allowable interscholastic competition. A copy of this form must be exchanged with the opposing schools at each weigh-in during the season, including tournaments.

84.4.6 To qualify at a certain weight for the MIAA Individual Sectional & State Tournaments, including Girls Divisional States & All-States, a wrestler must weigh-in at their certified weight class at scratch weight at least once during the season, shoulder to shoulder in front of an opposing coach. The opposing coach must sign the weigh-in sheet verifying the scratch weight. *Wrestlers, including those aiming to compete in the girls' postseason, are not required to compete after weighing in to meet the scratch weight qualification. However, all wrestlers must also satisfy the 50% weigh-in qualification requirement detailed below.*

- A 2lb allowance is granted on January 1st each year, provided the wrestler has achieved scratch weight. If a wrestler has not achieved scratch weight prior to January 1st, the wrestler must achieve scratch weight before being granted the 2lb allowance.
- After January 1st, when the 2lb growth allowance is granted, all weight classes will be adjusted to the growth allowance weight (ex. 106 becomes 108). A wrestler must take this 2lb allowance if they plan on bumping up a weight, regardless of if they have achieved the scratch weight. Ex. After January 1st, if a wrestler weighs 107.9 the wrestler cannot wrestle at 120. If that wrestler has not achieved scratch at 106, they are only eligible for the 113 weight class in that meet.

Second postseason qualification - Wrestler must also weigh-in at the base weight (scratch weight plus any rule book allowances) **50%** of the regular season varsity days of competition on which the wrestler competes. Rule book weight class allowances count toward the **50%** certification. *For the Girls Divisional States, all regular season varsity weigh-ins, including those from the mixed-gender season, will count toward the 50% weigh-in requirement.*

With this rule there is a change in the language as well as a separation within the language to show that they are separate weigh-in procedural rules.

84.4.7 A wrestler may weigh-in for a varsity dual meet and compete at that weight or the next heavier weight. A wrestler may weigh-in for a varsity dual meet or tournament at the next weight heavier than the wrestler's certified weight class. On or after December 25th, if a wrestler ever weighs in for a varsity dual meet or MIAA sanctioned tournament two weight classes above the wrestler's certified weight class, the wrestler loses his certification at the lower weight class and is then certified at the next heavier weight class. For example, a wrestler who certified at 106 lb., on or after December 25th, may never, during the remaining season, weigh in at 120 lb. and keep the 106 lb. certification. The wrestler may weigh in at 113 lb. and wrestle at 120 lb. and keep the 106 lb. certification.

Exception: Prior to December 25th, all wrestlers may weigh in two weight classes above their certified weight without losing their certification.

84.4.8 **Regular Season Only - For all team matches beginning after 3:00 p.m., wrestlers will get an additional two (2) pound allowance** at the match site weigh-in. Actual weights will be recorded on all dual meet weigh-in sheets. Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated. These dual meet weigh-in sheets will be kept by the coaches and one for each and every day of competition must be handed in at the sectional seeding meeting, or the day will not count toward certification or seeding. Morning weigh-ins are not permitted.

84.4.9 Home management shall, each year prior to the first home meet, have the weigh-in scale certified and the official seal affixed.

84.5 A licensed physician, licensed athletic trainer or certified EMS must be in attendance and on duty for all wrestling matches. (It is strongly recommended that such medical coverage and an emergency transport system be in place for all games.) The medical provider shall be responsible for both teams unless each team has its own medical coverage. This judgment, in accordance with their applicable policies and protocols, will be final with regard to the condition of a player after injury. No player may continue to play against the provider's professional medical advice.

PENALTY: The penalty for violation of this provision is forfeiture of the individual match.

Part V - Penalties

This brief section outlines the philosophy, rational and potential penalties that are a part of the MIAA responsibilities.

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86. Participation of an Ineligible Student 86

PART V: PENALTIES

85. Penalties

Pursuant to the Constitution of the Massachusetts Interscholastic Athletic Association, Inc., Article V, Section D(8), the Board of Directors has the right to fix and enforce penalties for violations of these Association Rules and Regulations.

Penalties relating to specific rules often are contained within those regulations. In addition to these penalties, the Board of Directors has the authority to determine penalties as set forth below. In some cases, the penalty for violation of a specific rule may exceed the general penalties set forth herein.

85.1 The Board of Directors is authorized to warn, censure, fine, place on probation or suspend any player, team, coach, game official, school official, or school, which violates any MIAA rule regarding interscholastic athletics. The Board of Directors shall have authority to delegate to the executive staff, duly constituted committees, subcommittees, or ad hoc committees its power to impose and enforce penalties.

PROGRESSIVE ACCOUNTABILITY

85.1.1 **Censure** – Written official notification by the MIAA Executive Director or an appropriate MIAA committee that your school is in violation of one or more rules and regulations of the MIAA. A school placed on official censure will be required to attend a hearing with the Executive Director and/or the appropriate committee to present a written plan of remediation relative to the violation. The school will typically be given one calendar year to correct the problem. Failure to respond in a timely and appropriate manner may lead to more serious consequences to include probation and/or suspension.

85.1.2 **Probation** – If a school or a sports program is placed on probation it will not be permitted to participate in any MIAA sponsored event for 365 days. During this period of probation member schools may participate in athletic contests with schools/teams on probation and contests will be recognized as official to the record of both schools. If during the period of probation, the school/team violates any rules and regulations of the MIAA, the school/team shall be subject to additional probation and/or suspension.

85.1.3 **Suspension** – If a school is placed on suspension that school shall be removed from the MIAA membership and will receive no privileges during the period of suspension. Any contests played with member schools will not be recognized.

85.2 No member school shall be suspended from the Association until a hearing has been held with the representative of that school, or a hearing has been offered to such representatives. In the case of such a hearing, the accused shall be given notice of the nature of the alleged violation and an opportunity to present relevant testimony prior to any decision being rendered by the Board of Directors.

85.3 Any penalty imposed under the rules and regulations can be waived or reduced after hearing by the Board of Directors or a subcommittee of the Board. *(Game Officials' judgments are not subject to appeal).*

85.4 The Board of Directors shall have the right to give warning, censure, place on probation, or suspend any school from MIAA tournaments if said school cannot control the conduct of its spectators.

85.5 Violations of the rules which restrict seasons for practice and/or games in any sport may result in the elimination of the violating school from participating in that sport for one year from the date of suspension. Any school team found in violation of the seasonal limitation rule may result in that team being ineligible from participating in MIAA sponsored tournaments.

85.6 Violations of the rules which limit a student's high school participation in a single day, or a school's participation in multiple school events, or in competition against non-member schools will result minimally in a letter of censure, copies of which will be mailed to the school committee, superintendent, principal, athletic director, and reported on the MIAA website.

85.7 The code for specific sports often includes rules and penalties which apply to that sport.

86. Participation of an Ineligible Student

The principal of a school which plays a student who is later found to be ineligible, whether because of the student's own misstatement or lack of care on the part of the school authorities, shall notify in writing the principal(s) of the opposing school(s) and the Executive Director of the MIAA, forfeiting every competition in which the ineligible student competed.

86.1 Since the principal is personally responsible for attesting to the eligibility of each contestant, and since allowing an ineligible player to participate in a contest is a serious matter, it is strongly advised that the principal give personal attention to this matter.

86.2 If a school uses an ineligible student in any interscholastic contest, such contest shall be forfeited to the opposing school. In individual sports, the use of an ineligible player would result in the contest being forfeited. However, the performances and outcomes of the other individuals would stand.

86.3 An ineligible student who is duly enrolled in the school, may practice with the team if approved by the school administration.

Refer to MIAA Rule 89.4 for the appeal process for schools disqualified from tournament play for violation of MIAA Rule 86.

Part VI - Procedures

Contained in this section are the procedures for obtaining student eligibility waiver and for requesting a rule change. The procedures for appealing a decision or having a hearing are also outlined.

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87. Student Eligibility Waiver--The Process* **88**
88. Procedure for Requesting a Rule Change **90**
89. Hearings and Appeals **91**

PART VI: PROCEDURES

87. Student Eligibility Waiver–The Process

MIAA Team Eligibility Worksheet

Click here to access a detailed document on how to apply for a waiver.

Reminder: A waiver in relation to rule 59 **will not be permitted** for a student who has demonstrated proof of passing grades and earned enough credits to advance to the next academic grade level but has chosen to repeat that grade. Given these conditions do not satisfy the criteria outlined in rule 59.2, a school cannot utilize the student eligibility waiver process or appeal process outlined in rule 87. In such cases, the school is not permitted to submit a waiver.

87.1 Any request for the waiver of any eligibility rule on behalf of an individual student must be made by the principal on the Fillable Forms designated, "Application for Waiver of Athletic Eligibility Rule", together with any background information, additional pertinent facts, extenuating or unusual circumstances, documents required by the rules, doctors' statement, or certificates.

87.1.1 In addition to the current waiver application required, a comprehensive student-athlete resume must be included with any waiver submission.

Waivers approved are for that school year only (except for foreign exchange students-see Rule 57.6.2.1) and may be restricted to one or two seasons depending on the circumstances.

Seasonal deadlines are September 22, December 15, and April 1. Waivers for the next school year may be submitted after final grades for the current school year are issued.

87.2 The MIAA Executive Director or their designee shall have the authority to set aside the effect of any eligibility rule upon an individual student if (1) the rule works an undue hardship on the student, (2) granting the waiver will not result in an unfair competitive advantage, (3) ***the waiver addresses how this waiver will impact the home school student body***, and (4) the waiver would not be in conflict with the general well-being of MIAA interscholastic athletic objectives.

87.3 Requests for waivers shall be stated on the form described above and must contain sufficient data to make it possible for the Executive Director or their designee to reach a decision without further investigation. When presented with unusual circumstances offered as justification for the waiver, the Executive Director or his/her designee may contact the sending school principal or athletic director to obtain further information prior to making a decision on the request.

Whenever a request to waive the transfer rule is acted upon by the Executive Director or their designee, a copy of that action will be forwarded to the principal of the sending school at the same time the decision is emailed to the receiving school principal. The sending school principal should contact the MIAA office within two days of receipt of the decision if he/she wishes to appeal the initial positive decision or wishes to be notified if the negative decision is appealed by the receiving school.

87.4 An adverse decision by the Executive Director may be **appealed by the Principal** *(see criteria below)* before a subcommittee of both the Eligibility Review Board (ERB) and the Massachusetts Interscholastic Athletic Council (MIAC), which make up the Eligibility Appeals Board (EAB). The appeal details are in the "note" below. The subcommittee would consist of no less than five (5) members and no more than nine (9) members. A combination of five (5) total ERB and MIAC members will constitute a quorum. The subcommittee will be selected by the MIAA Executive or their designee. **Appeal criteria**: To submit an appeal to be reviewed by the EAB, the principal must complete a formal request which includes:

- Which rule is being appealed, including the rule number.
- Identify where the rule was misapplied.
- Any specific appeal of the decision findings.

It is important that the appeal request include additional or new information that addresses the misapplication of rule criteria, not simply disagreement with the result of the initial request.

87.5 All appeals before the EAB subcommittee must be presented in person by the high school principal or his/her designee who must be an assistant principal in that high school or the athletic director. The student, parents or guardians or other representatives may appear in person before the ERB/MIAC subcommittee. The four standards which must be addressed in an appeal are:

87.5.1 The rule works an undue hardship on the student; and
87.5.2 Granting the waiver will not result in an unfair competitive advantage; and
87.5.3 Address how this waiver will impact the home school student body; and
87.5.4 The waiver would not conflict with the general well-being of MIAA interscholastic athletic objectives.

87.6 Accountability

87.6.1 Waiver approvals can be withdrawn at any time if new or misinformation is brought to light. The school may be entitled to a new hearing.

87.6.2 The MIAA Board of Directors has the jurisdiction to require the following: The principal must conduct an investigation and report the findings, in writing, back to the MIAA Board of Directors.

87.6.3 The principal and school personnel may be required to attend a hearing with the MIAA Board of Directors.

87.6.4 Sanctions will be determined by the MIAA Board of Directors and may include:
87.6.4.1 The suspension of school personnel from attendance at MIAA Tournaments.
87.6.4.2 Team suspensions;
87.6.4.3 Fines; and
87.6.4.4 Any other sanctions deemed appropriate by the MIAA Board of Directors

87.6.5 All findings and sanctions will be reported to the school Principal, Superintendent and Chair of the School Committee.

88. Procedure for Requesting a Rule Change

88.1 A petition for a change in existing rules may only be submitted by MIAA member school leaders, MIAA committee members, MIAA employees, or those organizations affiliated with MIAA governance (coaches and officials associations). All proposals must be submitted on the appropriate form and sent to the MIAA before June 1, 2026 if the change is to become effective on July 1, 2027*.* Any rule proposed after the deadline may be considered only if the Board of Directors deems said proposal an emergency measure that would affect the health and safety of students. In emergencies, the Board of Directors may grant temporary waivers or approval for experimental rules.

88.1.1 Rule change proposals that are defeated for two consecutive rule change proposal cycles cannot be submitted during the next cycle (e.g., if the same proposal is defeated during the 2023-25 and 2025-27 process, it cannot be submitted during the 2027-29 cycle but is eligible to be submitted for the 2029-31 cycle)

88.2 Rule change proposals will be voted on by each group listed below with vote and recommendations due to the MIAA by listed date. Copies of the proposals will be listed on the MIAA website by September 1, 2026 and will be updated with votes as they are submitted.

88.2.1 MIAA Sport Committees and MIAA Administrative Committees. Votes are due to the MIAA by November 1, 2026.

88.2.2 The MIAA District Athletic Committees and The Massachusetts Secondary School Athletic Directors Association votes are due to the MIAA by December 1, 2026. *The DAC and MSSADA should not act until they have the packet that includes all earlier votes by sport and administrative committees.*

88.2.3 The Massachusetts Interscholastic Athletic Council will act on proposals by January 1, 2027.

88.2.4 The MIAA Board of Directors will act upon all proposals by February 1, 2027 and their decision(s) are final.

Each group, when reviewing the rule change proposals may take the following actions:

- Record votes in favor and opposed to each proposal.
- Recommend an amendment to the proposal with recorded votes in favor and opposed.

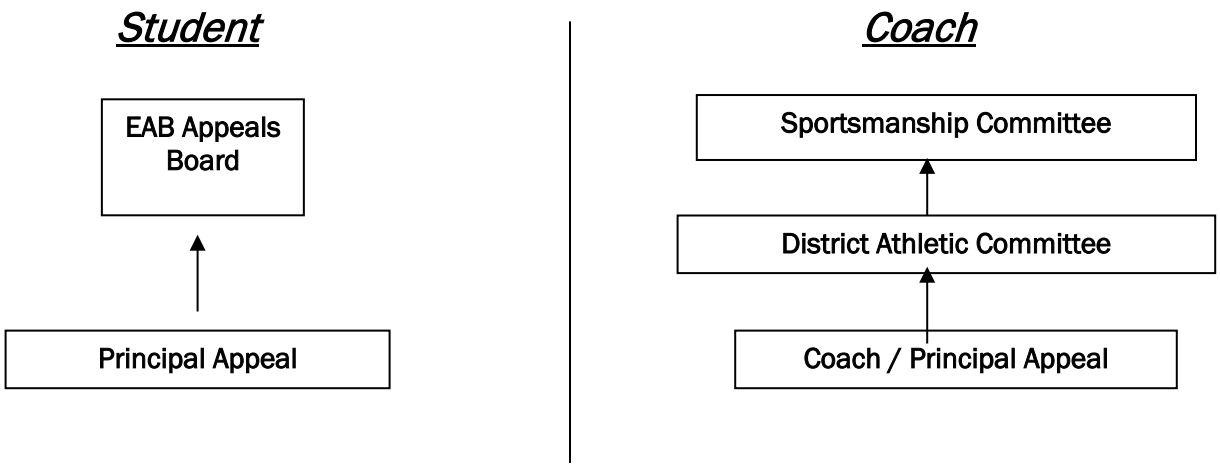
89. Hearings and Appeals

89.1 One-year disqualification for sportsmanship violations of an athlete or coach (only with regard to the penalty length, but not the judgment of the official).

89.1.1 Appeals must be initiated within two school days. Once the original appeal decision has been announced, subsequent appeals must be made within seven school days of notification.

89.1.2 Student one-year disqualifications go to Eligibility Appeals Board with the same procedural requirements as all other student eligibility appeals before the EAB Appeal Board.

89.1.3 Coach one-year disqualification's go to the District Athletic Committee with appeals from District Athletic Committee decisions going to the Sportsmanship Committee at a regularly scheduled full Committee meeting. Click here to access DAC appeal hearing procedures.



89.2 District Athletic Committees Procedure(s)

89.2.1 A hearing/investigation may be conducted by the District Athletic Committee (DAC) in response to an incident/allegation/controversy involving one or more schools in that district.

89.2.2 Contact will be made with the principal(s) of the school(s) identifying the incident or allegation to be reviewed. The principal (assistant principal if principal is unavailable) will be required to attend the forum with all relevant parties (e.g., coach, athletic director) at the specified time and place.

89.2.3 Whenever more than one district is affected, at least three representatives from each District Athletic Committee must participate.

89.2.4 The presiding District Chair will forward findings and consequences to the principal(s) of the affected school(s) and to the MIAA Executive Director.

89.2.5 Any appeal to the MIAA Sportsmanship Committee must be filed within seven days of notification of the DAC decision. A member of the original hearing committee should attend the appeal hearing to serve as a resource.

89.3 Hearing Process

89.3.1 The need for a hearing or investigation is determined by either the Executive Director or an Association Chair. Contact will be made with the principal of the school. The principal/assistant principal will be required to attend sessions with all relevant parties (e.g., coach, athletic director, student-athlete) at the specified time and place.

89.3.2 A committee quorum consists of a simple majority of the committee voting members devoid of vacancies. Game officials, if appropriate, will be invited to participate. Game officials must submit an incident report whenever appropriate or requested.

89.3.3 Prior to the appeal beginning, the Chair should announce the format and time frame for each element of the session. Committee members may ask clarifying questions. Those representing opposition to the position will be given specific time to present their position. The committee will follow-up with clarifying questions. The appellant will be given specific time to "rebut." The Chair will allow each side to summarize after the Committee has asked its questions of all parties. Upon completion of the dialogue, the chair will indicate that the review will be taken under advisement and that the school will be notified in writing of the results.

89.3.4 The MIAA conducts its business in open session. Whenever possible it is recommended that a single individual act as official spokesperson for the Committee.

89.3.5 While MIAA meetings are open to the public and the media, a school and/or committee member may request Executive Session when the issue to be addressed includes potential litigation or the character of an individual.

89.3.6 Any appeal that is made must be heard by different individuals. Individuals who sit on the board/committee that made a decision may not sit on the appellate committee/board.

89.4 Process for Schools Disqualified from Tournament Play for Violation of MIAA Rule 86.

89.4.1 A school that has requested an appeal of the Executive Director or designee's administrative decision must comply with the following procedure to be granted an appeal before a Board of Directors Sub-Committee.

89.4.2 Issue in advance a $300 non-refundable purchase order or school issued check made payable to the MIAA Endowment Fund (this check may not be from a Boosters Club or personal account). These funds will be used to support the MIAA Endowment Fund to support Educational Athletic initiatives.

89.4.3 Supply five (5) copies of the following to the Board Sub-Committee:

a. Include a letter signed by the Superintendent, Principal and Athletic Director explaining why the Board of Director's Sub-Committee should grant this request.

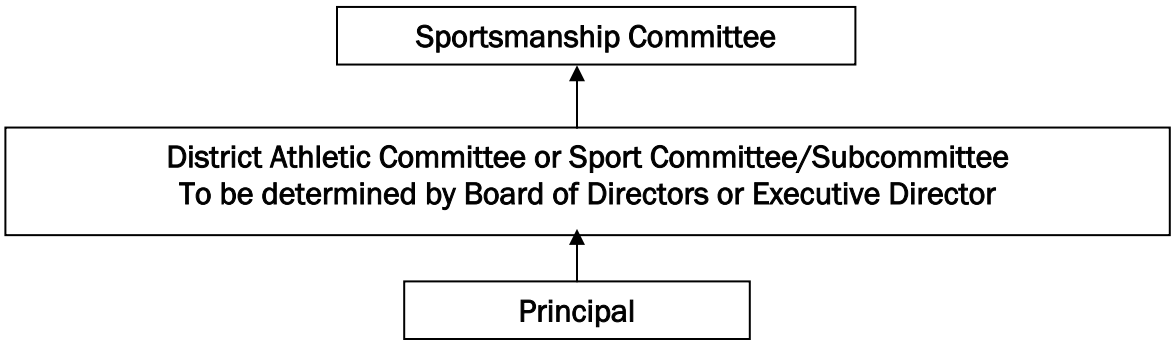
b. Include a statement(s) from the Principal, Athletic Director and Coach explaining why this situation occurred.

c. Include a statement from the principal as to future remedy.

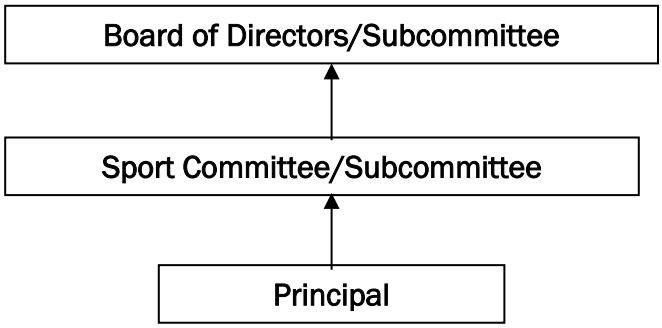
89.4.4 In all cases, if the appeal is granted the schools team will be seeded last in their appropriate divisional alignment. All forfeitures remain.

89.4.5 In all cases the Principal, Athletic Director and Varsity Coach will be required to attend the MIAA Rules Orientation Workshop within six months of the violation.

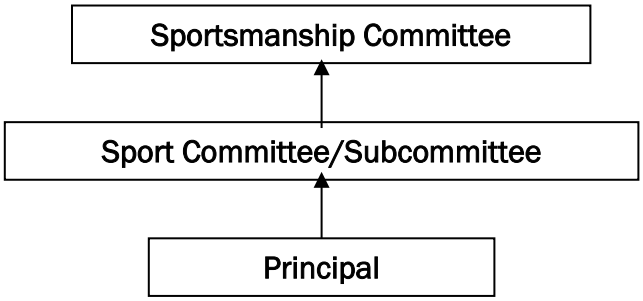
89.4.6 Please note – compliance with all above does not guarantee Board of Directors Sub-Committee approval.



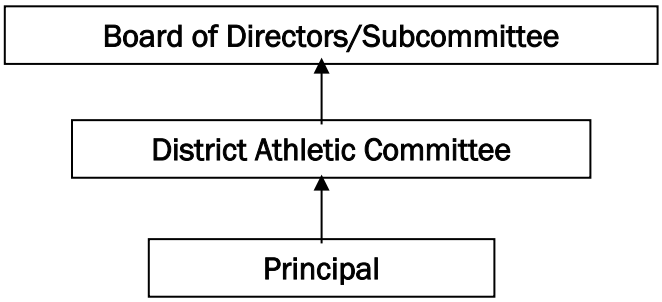
Regular Season Incidents (Sportsmanship Related)



Tournament Season Incidents



Regular Season Soccer or Hockey Tournament Disqualification
Caused by Excessive Regular Season Penalties



Alleged Rule Violation / Incidents
Example: Recruitment, out-of-season activity, season limitation rule, league realignment, etc.

Part VII - Game Officials

This section covers policies and procedures for Game Officials.

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91. Game Officials – Policies and Procedures 96
92. Recommended Game Officials' Fee Schedule 98

Part VII - Game Officials

90. Game Officials' Committee – Mission Statement

The MIAA Game Officials' Committee provides leadership and service to MIAA member schools and enrolled game officials. The jurisdiction of the Committee includes recommending fees; promoting sportsmanship, integrity, and ethics; and responding to issues germane to the relationship of game officials and interscholastic athletics.

91. Game Officials – Policies and Procedures

91.1 Requirements to officiate in MIAA tournament events - officials must:

- Be at least 18 years of age;
- Be a certified member of a MIAA-recognized officials' group for the specified sport;
- Provide accurate information on official MIAA background check application process;
- Be cleared through a MIAA background check procedure.

91.2 It is recommended that those who officiate high school contests be enrolled annually with the MIAA for each sport which the individual plans to officiate during that academic year. MIAA views Game Officials as independent contractors, and not employees.

91.3 It is recommended that boards of officials, recognized by the MIAA Game Officials Committee (GOC), annually support the enrollment of all individual board members by sport. The annual enrollment fee will be established by the GOC. (The MIAA does make provisions for individuals to enroll if their board chooses not to enroll its officials).

91.4 The MIAA recommends that enrolled officials be assigned to officiate contests in sports at the levels (e.g., varsity, sub-varsity) for which fees have been recommended by the Game Officials Committee.

91.5 The president of each enrolled state board of officials shall have the opportunity to nominate, from their list of enrolled officials, one official to be a voting representative on the MIAA committee for that sport. If the sport is played by both genders but under different sport codes, then one representative for each gender shall be included.

In the absence of a statewide board, presidents of each board may recommend, in writing, a single enrolled official to represent all boards on that MIAA sport committee.

91.6 It is recommended that member schools provide officials with reasonable measures of safety and security at game sites.

91.7 It is recommended that member schools provide for payment of officials within a 90-day period from the date of service.

91.8 It is recommended that officials be examined annually by a physician as to their fitness to officiate.

91.9 All high school officials must be knowledgeable of the appropriate MIAA general rules and regulations as well as those rules governing the sport(s) which he/she is officiating. Each high school official must be knowledgeable of the MIAA player and coach expulsion rule and be familiar with the expulsion forms. These forms must be completed whenever a player or coach is disqualified. Member schools are expected to ensure that game officials enforce MIAA rules, as well as rules governing each sport (see rules 48 Taunting and 49 Suspensions for additional information).

91.10 Officials' fees are recommended by the Game Officials Committee for all member schools. Recommended fees are intended to be inclusive. Travel, lodging or other expenses should not be paid. It is recommended that school committees/non-public school boards adopt the GOC recommended fee schedule.

91.11 Postponement and forfeiture plans established by the league or school district of the home team should be conveyed to officials. It is recommended that officials have the telephone numbers and email addresses of the home school and athletic director.

91.12 The Game Officials Committee shall establish official's fees for MIAA sponsored tournament competition.

91.13 It is recommended that the number of certified officials assigned to a regular season varsity contest be as follows:

Football	5	Field Hockey	2	Softball	2
Soccer	2	Gymnastics	2	Wrestling	1
Volleyball	2	Swimming	2	Cross Country	1
Baseball	2	Basketball	2	Indoor Track	2
Lacrosse	2	Ice Hockey	2	Outdoor Track	2
				Rugby	1

91.14 All officials' assignors/commissioners engaged by member schools and/or leagues to assign officials to their contests will be required to attend an annual pre-season meeting with Member School and/or Leagues that hire them as assignors/commissioners.

91.15 Officials will be required to remain at the team competition site until the handshake ceremony has concluded. Click here to view the Sportsmanship Handshake Tool Kit, which outlines the protocol for the rare occasions when officials may need to be excused from the post-game handshake.

92. Recommended Regular Season Game Officials' Fee Schedule

These fees are recommended in each sport regardless of the length of the periods or the length of the contest. It is recommended that an official who works a contest alone be paid a fee and one-half for the following sports: baseball, basketball, field hockey, ice hockey, lacrosse, soccer, softball, swim and volleyball. If and when three (3) officials are used for regular season contests in the following sports: soccer, baseball, softball, lacrosse, field hockey, basketball, and ice hockey, it is recommended that officials each be paid 85% of the standard fee. Recommend a fee and ½ for Indoor and Outdoor Track, double dual or tri-meets.

FALL

	2025	2026	2027
CROSS COUNTRY	$94	$96	
FIELD HOCKEY			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
FOOTBALL			
Varsity	$112	$114	
Jr. Varsity/Freshman	86	88	
Thanksgiving Day	131	134	
SOCCER			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
SWIMMING			
Varsity	$93+(4)	$95+(4)	
VOLLEYBALL			
Varsity	$102	$104	
Jr. Varsity/Freshman	77	79	

( ) is paid for each additional event beyond the regular contest.

WINTER

	2025-26	2026-27	2027-28
BASKETBALL			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
GYMNASTICS			
Varsity Dual Meet	$110	$112	
Varsity Tri-Meet with two judges	115	168	

	2025-26	2026-27	2027-28
ICE HOCKEY			
Varsity	$112	$114	
Jr. Varsity/Freshman	86	88	
INDOOR TRACK	$104	$106	
SWIMMING			
Varsity	$93+(4)	$95+(4)	
**WRESTLING*			
Varsity – Dual Meets	$107+(5.65)	$109 (5.80)	
Jr. Varsity/Freshman	79+(5.65)	81 (5.80)	

( ) is paid for each additional event beyond the regular contest.

*Wrestling Committee recommended for in-season individual wrestling tournaments: Championship matches will pay the recommended handbook dual meet fee divided by 14. Consolation matches will be pro-rated by the number of minutes allowed for consolation matches (i.e. 2-2-2 would be a full fee, 1-2-2 would be 5/6, 1-1-2 would be 2/3).

SPRING

	2026	2027	2028
BASEBALL			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
LACROSSE			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
OUTDOOR TRACK	$104	$106	
RUGBY			
Varsity	$109	$111	
Jr. Varsity/Freshman	79	81	
SOFTBALL			
Varsity	$104	$106	
Jr. Varsity/Freshman	78	80	
VOLLEYBALL			
Varsity	$102	$104	
Jr. Varsity/Freshman	77	$79	