

# Ogilvie High School

## 2026-2027 Activities Handbook



**A Parent & Student Guide to Activity Offerings and  
Participation Guidelines At OHS  
(Review This Packet Carefully With Your Child)**

Go To [www.ogilvie.k12.mn.us](http://www.ogilvie.k12.mn.us) for Ogilvie Public Schools Activity Schedules, League Rules, and Calendar Dates which are automatically entered as they are scheduled by the Activities Director. Just click on “Activities” found on the homepage.

### **PARENTS AND GUARDIANS**

#### **PLEASE RETAIN FOR YOUR INFORMATION**

The policies within this handbook are policies required by the Minnesota State High School League and established by Ogilvie High School. MSHSL policies may not be adjusted by member schools to minimize their effect or severity. This handbook is not inclusive of all MSHSL policies.

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## **Dear Parent / Guardian: An Introduction to Ogilvie Activities**

On behalf of the OHS activities staff and administration, I would like to thank you for the great amount of time and effort that you put forth in supporting your child in their participation in OHS activities.

With respect to those who do not have a student involved in an activity, we as a staff encourage you to encourage your child to get involved. Taking part in activities is not only fun but also provides all of us

(especially students) with learning experiences which are essential to an individual's preparation for adult life and for the emotional, mental, and physical wellness of our youth. Through positive interscholastic competition and cooperative group involvement, our students will be better prepared to compete and cooperate in the real world, which is and will only become increasingly competitive and demanding of cooperative skills to achieve success.

The effects of participating in activities and team sports are significant and meaningful to an individual's development and success in life. **This packet has been established to inform you of the opportunities in OHS activities and to recruit those who are not involved in our programs into the long and successful tradition of activities at Ogilvie High School.**

The structure of this packet is designed with two purposes to achieve those ends:

1) It is designed to inform community members about the co-curricular activities offered, our goals, and how you, the parent/guardian, can help attain them, and inform you and the student of the necessary policies, rules, and guidelines established by OHS and the MSHSL to maintain eligibility. **KEEP THIS FOR YOUR INFORMATION!**

2) It is designed to provide the forms and materials to be signed by you and the student before participation in an activity.

It is important for students and parents to remember that participation in any athletic, fine art, or activities program is a '**privilege**' and a '**choice**'. This means that students in activities take on the responsibility and commitment of adhering to specific guidelines, which have been set forth by the Minnesota State High School League and the Ogilvie Board of Education. It means dedicating yourself to achieving the goals of the team, adhering to the rules and guidelines set forth by your coach or advisor, positively representing Ogilvie High School through participating and observing competition, and dedicating yourself to self-improvement. There are no guarantees for success except by hard work and discipline.

So, before your son or daughter decides to take the challenge, please examine the contents carefully with your son or daughter. Doing so will mean having a positive experience in OHS/MSHSL activities for you, your son/daughter, and OHS Activities as a whole!

Ogilvie Public Schools does not discriminate on the basis of race, color, creed, religion, national origin, sex, age, marital status, status with regard to public assistance, sexual orientation, including gender identity or expression, veteran status or disability in its programs and activities. The following people have been designated to handle inquiries regarding the non-discrimination policies:

**Section 504 Coordinator**

**Principal Suzanne Davis (320) 272-5000**

Email: [sdavis@ogilvie.k12.mn.us](mailto:sdavis@ogilvie.k12.mn.us)

**Alternate Section 504 Coordinator**

**Dean Kristopher Hoffman (320) 272-5000**

Email: [khoffman@ogilvie.k12.mn.us](mailto:khoffman@ogilvie.k12.mn.us)

**Title IX Coordinator**

**Principal Suzanne Davis (320) 272-5000**

Email: [sdavis@ogilvie.k12.mn.us](mailto:sdavis@ogilvie.k12.mn.us)

**Alternate Title IX Coordinator**

**Superintendent Kevin Ricke (320) 272-5075**

Email: [kricke@ogilvie.k12.mn.us](mailto:kricke@ogilvie.k12.mn.us)

Ogilvie Public Schools  
Independent School District #333  
333 School Drive  
Ogilvie, MN 56358

Claims of discrimination may also be pursued through the following agencies where appropriate:

*A student, parent or employee can file a complaint with OCR at any time at:*  
Office for Civil Rights,  
Chicago Office  
U.S. Department of Education  
John C. Kluczynski Federal Building  
230 S. Dearborn Street, 37th Floor  
Chicago, IL 60604  
Telephone: (312) 730-1560  
Facsimile: (312) 730-1576  
Email: OCR.Chicago@ed.gov

*Employees may file a complaint of discrimination with:*  
Equal Employment Opportunity Commission  
Towle Building  
330 South Second Avenue, Suite 720  
Minneapolis, MN 55401-2224  
United States  
Phone 612-552-7306  
Fax (612) 335-4066  
TTY 1-800-669-6820

*Students, parents, and employees may file a complaint of discrimination with:*  
Minnesota Department of Human Rights  
Griggs Midway Building  
540 Fairview Ave North, Suite 201  
St. Paul, Minnesota 55104  
651.539.1100 or 1.800.657.3704  
Info.mdhr@state.mn.us

## **Attendance Policy Dealing With Extra-Curricular Activities**

No student will be permitted to practice, participate, or attend afterschool or evening extra-curricular activities unless the student has been in attendance at least 4 hours of the school day AND if a parent/guardian has called or sent a note prior to 9:00 a.m. that morning. Students will be required to bring a note from the doctor or the pharmacy noting the time which they attended to present to the office for verification. This policy excludes choir and band performances. *Exceptions may be only granted by the discretion of an administrator and the Activities Director.* Smoking and behavior violations may also result in students losing the opportunity to be involved in extracurricular activities. This includes but is not limited to: trips, musicals, reward days or special events at any time during their consequence.

## **Article XIX - Great River Conference Sportsmanship Policy**

### **Policy Statement:**

1. Everyone involved in an athletic contest conducted at a Great River Conference event should be committed to the demonstration of good sportsmanship and ethical behavior. All contests should be conducted in a safe, fair and controlled atmosphere for all athletes, officials and fans. Good sportsmanship will be the standard. It is what is expected of our student athletes, coaches, spectators, cheerleaders, bands, school boards, administrators, officials, media, and community at contests both home and away.

### **Board of Education**

1. Adopt the Great River Conference Sportsmanship Policy
2. Attend activities and serve as a positive role model

### **School Administration**

1. Provide adequate supervision
2. Support the Great River Conference Sportsmanship Policy

### **Coaches**

1. Support the Great River Conference Sportsmanship Policy
2. Teach and recognize good sportsmanship
3. Recognize that you influence the tone of competitive events

### **Student Athletes**

1. Act as a role model for all peers and athletes
2. Follow the school's sportsmanship policy
3. Staying off playing area when not in uniform at games

### **Cheerleaders**

1. Lead positive cheers
2. Recognize your influence in promoting good sportsmanship

### **Spectators**

1. All cheering should be directed to the support of each team rather than against the opposition or officials
2. Accept the decision of the officials
3. Stay off the playing area
4. Mechanical noise makers (bells, buzzers, horn, etc.), megaphones, indiscriminate use of musical instruments, whistles and confetti are not to be used

### **Announcers**

1. Read a pre-game sportsmanship announcement
2. Recognize how voice projection and biased behavior influences crowd behavior

### **Bands**

1. Choose appropriate music and play it at appropriate times
2. Respect officials, opponents and spectators

### **Athletic Administrators**

1. Recognize that you are important in the management of activities
2. Present the Great River Conference Sportsmanship Policy to every student in grades 7-12 in the student handbook

3. Distribute guidelines and expectations for event supervisors
4. Contact visiting schools regarding potential problems
5. Promote sportsmanship in your area
6. Provide necessary information to opponents and officials

#### Plan of Action

1. During the course of each school year Great River Conference schools are required to evaluate the effectiveness of their sportsmanship. Items to evaluate include:
  - a. promotional activities
  - b. team and fan behavior
  - c. school procedures to handle conflicts
  - d. recognize programs to reward good behavior
  - e. crowd control plans
  - f. codes of conduct
  - g. contingency plans

## Seasonal Opportunities In Ogilvie Activities

**Fall** - Choir, Band, FFA, Football, Volleyball, Girls Swimming

**Winter** - Choir, Band, Girls Basketball, Boys Basketball, Speech, Wrestling, FFA, Musical

**Spring** - Choir, Band, Softball, Baseball, Boys Track, Girls Track

**PURPOSE** Ogilvie extra-curricular programs exist to support the mission statement of Ogilvie Public School District #333.

## MISSION

1. To provide activities which allow equal opportunities for girls and boys with a wide variety of interests and abilities. To provide the opportunity to experience success.
2. To create the ability to set goals and the opportunity to achieve them.
3. To provide activities which offer the greatest benefits to the greatest number of students.
4. To develop and broaden interest in lifelong activities for leisure time in the students' future adult lives.
5. To develop high ideals for fair play, cooperation, and sportsmanship.
6. To develop self-discipline and emotional maturity in making decisions under pressure.
7. To promote physical health and fitness habits, which will carry on into the students' adult lives.
8. To create a positive atmosphere of school / community unity and spirit.
9. To develop in the student a desire to promote activity involvement to future generations.

## PHILOSOPHY OF ACTIVITIES

Involvement in activities at Ogilvie High School is an important part of the educational process that involves a wide range of student-selected activities. Such participation is a choice and a privilege that carries with it certain coach/advisor, student, and parental responsibilities: to Ogilvie High School, to the team, to the community, and to the individual students. The various experiences in activity involvement contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education. Ogilvie student activities are extra-curricular

to the school's program of education and provide for the student the opportunity to develop physically, mentally, socially, and emotionally through the building of a positive self-esteem. The competitive nature of activity involvement is excellent training for transitioning into a competitive society and world. However, priority is in the area of maintaining good sportsmanship and the health of the individual participants.

## Factors Affecting Student Role Placement

7<sup>th</sup>- 8<sup>th</sup> grade playing time will be close to equal and will emphasize player development and opportunity. However, playing time may be reduced due to missing practice/games, poor attitude, and/or not following team or school rules. At the C-squad, junior varsity level, and above there will be a higher degree of selectivity according to skill level and positive team attitude. At the varsity level, competition and success for the team will be the focus. ***Degree of playing time or role status is not guaranteed. Each coaching staff carefully evaluates the personnel on the team based on (but not solely limited to) the following criteria: skill level, work ethic, dedication to team, attendance at practices, consistency in meeting MSHSL & OHS participation guidelines, discipline, leadership, sportsmanship, position and need, coachability, practice vs. game execution.***

## Athletic Team Composition

Sports differ in their makeup and their skill level development. Therefore, there must exist some flexibility for how each sport is assessed and the level of competition.

- A. FOOTBALL: Varsity, Junior Varsity, C-Squad, 8th and 7th grade
- B. G-VOLLEYBALL: Varsity, Junior Varsity, C-squad, 8th and 7th grade.
- C. G-SWIMMING/DIVING: Varsity, Junior Varsity, and Junior High.
- D. WRESTLING: Varsity, Junior Varsity, and Junior High.
- E. B-G BASKETBALL: Varsity, Junior Varsity, 8th and 7th grade.
- F. B-G TRACK: Varsity, Junior Varsity, and Junior High.
- G. G-SOFTBALL: Varsity, Junior Varsity, 8th and 7th grade.
- H. B-BASEBALL: Varsity, Junior Varsity, 8th and 7th grade.

It will be the policy of Ogilvie High School to give equal opportunity to students. With this in mind, the following criterion will be used regarding junior high students playing at levels of competition above the junior high level.

In all sports (excluding football) and activities (including speech, and the musical) all 7<sup>th</sup> and 8<sup>th</sup> grade students will be given the opportunity to compete at the varsity, junior varsity and C-squad levels of competition given their abilities are deemed adequate by the coach. **The Activities Director will be consulted.**

Participating in more than one sport at the same time, in the same season is only allowed in the spring season. If pursuing this, a meeting with the athlete, parent/guardian, coach and Activities Director will take place in order to create a plan of how dual sports will work. If an agreement between all parties cannot be reached, the athlete will not be allowed to compete in two sports.

## Policy Regarding 6<sup>th</sup> Grade Participation

### Sixth Grade Participation

Sixth grade students will be invited to participate in sports at the junior high level of competition (Excluding football) if needed or due to lack of numbers in the 7<sup>th</sup> and/or 8<sup>th</sup> grade; This will need approval by Activities Director and administration.

### Eligibility

Students are evaluated using the academic policy used for grades 7-12. If students are academically ineligible at the end of the **fourth quarter**, they will be placed on probation the following fall and evaluated every Wednesday (starting the first Wednesday after school starts) to determine eligibility for playing in scheduled games for the next week. **(This does not affect incoming 7th graders)** If the athlete fails to meet the weekly requirements, he/she will repeat the process until it is proven he/she is passing all classes. This procedure continues until the new eligibility list comes out at the beginning of a new academic quarter. If an athlete is on the "ineligibility list", he/she is required to miss one week's worth of events/competitions.

**Permission Forms, Physicals & Fees:** Students will be required to have a permission form signed by a parent/guardian to participate and must obtain a sports physical examination using the form in the "Activity Permission Form Packet". Both must be on file in the Activities Director's office before students are allowed to practice **(as per board adopted policy)**. Physicals are good for three years. Also, students must have his/her activity fee paid by the first scheduled event, or he/she will not be able to participate. Activity Fees will be paid ONLINE-ONLY.

**(7th-8th: \$50, 9th-12th: \$60, Family Cap: \$400)**

### Funding

If participation of 6<sup>th</sup> grade students is an additional expense to the district, then students will not be allowed to participate in that sport/activity.

## RECOGNITION FOR ACHIEVEMENT IN OHS ACTIVITIES

### STUDENT ATHLETE OF THE GRADUATING CLASS

#### Senior Student Athlete of the Year

All seniors who have a 2.0 GPA at the end of the 3<sup>rd</sup> quarter, who do not possess any MSHSL violation (grades 10-12) and have lettered in a sport in grades 9-12 will be eligible for the "**Senior Student Athlete of the Class**" award. An award will be given to one male and one female student-athlete during graduation. The following criteria will be used based on a point system for each area (While participating at Ogilvie):

1. **Lettering** - 1 point for each varsity letter earned (grades 9-12)
2. **All Conference** - 1 point per award. In track and wrestling if a participant places 1<sup>st</sup> or 2<sup>nd</sup> at the GRC Conference Meet they will receive 1 point. In swimming, if the athlete meets a qualifying time for the Section Meet, they will be given 1 point.
3. **Team MVP** - 1 point per award
4. **Conference MVP or placing at the Section Meet for swimming** - 1 point
5. **All State or All State Honorable Mention** – 1 point

In the event that there is a tie, the student athlete's GPA will be the tie-breaker. The awards will be presented to the recipients at graduation.

## **LETTER WINNERS / CERTIFICATES OF PARTICIPATION**

Students may earn a letter by competing at the varsity level and meeting the unique requirements of each individual program set forth by the coach/advisor. Once this has been earned, participants may see the Activities Director to receive a chevron and/or pin for their letterman jacket, representing that sport/activity and or special honors held, unless this is received at the end-of-season banquet/awards.

## **GREAT RIVER CONFERENCE/TEAM AWARDS**

Awards established by the conference may or may not include the following depending on the activity: All - Conference, Honorable Mention (numbers set by the conference and selected by coaching staff), or MVP, MVP Offense - Defensive Player (voted on by conference coaches / advisors). Team awards vary by activity and are generally determined by a team vote or by performance.

## **EXCEL**

The ExCEL Award – Excellence in Community, Education and Leadership – is a unique recognition program designed exclusively for Minnesota high school juniors who are active in school activities, leaders in their schools, and who demonstrate a strong commitment to community service. This award is sponsored by the League's corporate partner Wells Fargo.

### **Nomination Criteria:**

**Every league member school is invited to nominate one girl and one boy for the ExCEL Award.**

#### **Nominees must:**

- Be a junior in high school
- Make satisfactory progress toward graduation
- Participate in an MSHSL fine arts and/or athletic activity
- Hold a leadership position(s) in their school
- Volunteer in their community
- Meet MSHSL General Eligibility Requirements (Bylaw 206)
- The ExCEL Award nomination form is posted on this website and will be accepted through December of each year (the actual date will be provided by the Activities Director each year).

## **NATIONAL HONOR SOCIETY SELECTION PROCEDURES**

The following guidelines for National Honor Society (N.H.S.) selection are based on the N.H.S. constitution. Students (grades 10-12) must have a cumulative grade point average of 3.25 (based on a 4 point scale) or better to be considered for N.H.S. membership. At all grade levels, the G.P.A., which is used for determining N.H.S. eligibility, will be the cumulative G.P.A., which has been earned by the student through the 2<sup>nd</sup> quarter of the current school year. Students who meet the scholastic criteria (3.25 G.P.A.) and wish to be considered for N.H.S. membership will then need to complete a N.H.S. student activity information form. N.H.S. members must maintain the academic requirements under which they were initiated. Failure to do so could lead to removal from the National Honor Society. A student must also show good character. (MSHSL Rules 1<sup>st</sup> violation is probation, and 2<sup>nd</sup> violation is dismissal.) If a student is unable to meet these requirements, he/she will be placed on probation for a period of one quarter. If the student is unable to improve after one quarter, he/she will be dismissed.

## **TRIPLE “A” AWARD (Academics, Arts, and Athletics)**

The Academics, Arts, and Athletics Award, commonly known as the Triple 'A' Award, honors high school seniors throughout the state who have a 3.0 or higher-grade point average and who participate in League-sponsored athletic and fine arts activities.

### **Nomination Criteria:**

#### **To be eligible for the Academics, Arts, and Athletics Award a student must:**

- be a high school senior at the time of nomination. Schools may nominate one senior boy and one senior girl for this award but all seniors are encouraged to apply.
- have a cumulative GPA of 3.0 or higher at the time of nomination.
- participate in at least one League-sponsored athletic program and one arts/activity program.
- comply with the MSHSL's Student Code of Conduct
- complete the application form and submit it to the administrative region secretary by the deadline date specified by the region committee.

### **Selection Process**

Triple 'A' Award recipients are selected through a multi-level process involving member schools of the League, the League's administrative regions, and a special committee of educators, business leaders, and members from the fine arts and athletic communities.

### **Triple 'A' Recognition**

Two award finishers from each region (one boy and one girl) will be invited to a recognition banquet in March and League officials will announce the four statewide Triple 'A' Award winners at that time. All 32 finalists will also participate in an on-court ceremony during the Class AA championship game of the Boys Basketball State Tournament. The statewide award winners—a girl and a boy from Class A and Class AA schools—will also receive a four-year \$1,000 scholarship.

## **PARTICIPATION IN COLLEGE ATHLETICS**

### **(National Collegiate Athletic Association (NCAA) Academic Standards)**

Student-athletes interested in participating in an NCAA affiliated athletic program are required to meet basic academic standards set by the NCAA in order to qualify for participation and competition. NCAA legislation requires that each course's content be distinct in order for a student to receive NCAA credit for the course. Therefore, all courses must contain material that is at least 75% unique from all other courses that a student wishes to use in certifying eligibility. *STUDENTS SEEKING PARTICIPATION IN A COLLEGE SPORT SHOULD CONSULT THE SCHOOL COUNSELOR AND ACTIVITIES DIRECTOR*

## **OGILVIE ACTIVITIES ACADEMIC ELIGIBILITY POLICY**

This policy pertains to all students who participate in any Ogilvie Sport/Activity. This policy does not include concert band and concert choir performances, which are part of the band and choir course requirements and constitute a part of the student's grade. This policy will operate on a yearly basis, based on one-week evaluation periods, with the dates established by the Activities Director.

**1. Evaluation Period:** Each quarter there will be an evaluation period. Students are ineligible when having one or more "F" or "I". This will go into effect when the district secretary distributes the "Ineligibility List". Ineligible students with no "F's" or "I's" on their grades will be on probation but eligible to participate. Students who are ineligible will NOT be allowed to get out of class for away events. If the bus leaves after school is dismissed, the student can travel with the team. Those students that successfully completed "Credit Recovery" with a passing grade in the class or classes the student received and "F" or an "I" would then be removed from the "Ineligibility List".

**2. Ineligible Period:** Students will be ineligible for participation for a period of 7 days once declared ineligible and evaluated at the end of this period. Students with no "F's", and no "I's" will be on probation and may return to participation in the period of 7 days. Students with an incomplete will be ineligible until the "I" is made-up and the instructor submits a grade to the Activities Director. Grades, recorded as 'F's', shall not be

changed at the end of the one-week period. Students will remain on probation (but eligible to play) as long as the above criteria are met.

Students will be removed from the ineligibility list for the next quarter when the quarter evaluation reveals that the student has achieved no "F's" and no incomplete grades. If an ineligible student drops a class, it will be an "F" for the basis of this policy unless the principal and counselor approve special arrangements. When a student becomes ineligible, it will be his/her responsibility to set up meetings with his/her instructors to discuss how to raise his/her grade. Coaches and advisors must receive notice of eligibility from the Activities Director before students can participate. All teachers will receive up to two school days from the time of submission to evaluate and grade school work on which eligibility is pending. Any student that is ineligible to compete because of grades is not allowed to leave school early (for home or away games/meets/matches).

**3. Appeals For Eligibility:** If it is brought to the attention of the principal or Activities Director that a student is working up to his/her potential and should be granted eligibility, an Academic Eligibility Evaluation will be undertaken in which the student's teachers and parents will be consulted/surveyed regarding the student's "efforts" in the classroom. Efforts will be defined as: completing/handing in quality work, no behavior/disruptive/tardy problems in class, and/or absenteeism. This evaluation will also include the examination of past test scores at all levels. A committee of instructors and the Activities Director will make decisions. Academic interventions such as peer tutors, parent-supervised homework, and past academic performance shall be used to appraise student ability. Any student on an IEP is accountable to the IEP only, and he/she is not included in the eligibility policy if the IEP dictates that he/she can not follow this policy due to a disability.

## OGILVIE H.S. ACADEMIC ELIGIBILITY PROCESS

*To participate in an activity you must have no F's and no I's*

### BELOW STANDARDS AT THE END OF THE QUARTER

Student is placed on the  
**ineligibility list** for entire next  
quarter. INELIGIBLE FOR 7  
DAYS ONCE THE PROBATION  
LIST IS DISTRIBUTED TO STAFF.

Every Tuesday, student picks up evaluation sheet and obtains class grade and  
instructors' signatures. DUE WEDNESDAYS @ 3:40 pm to the Activities Director

**STANDARDS ARE MET:**  
Student is eligible to play  
for 7 school days, then  
re-evaluated.

**STANDARDS NOT MET:**  
Student is ineligible to play for 7 days, then  
**re-evaluated.** (Incompletes may be turned in to  
instructors for grade/GPA re-evaluation at any time.  
Instructors will contact the AD with new grade. AD will  
reevaluate).

#### TRACKING & EVALUATION OF ACADEMICALLY INELIGIBLE STUDENTS

On each Tuesday prior to the DUE DATE of the academic evaluation forms, students will be responsible for picking up a yellow Student Progress Report form which the student will bring to each teacher to sign and record the student's current grade. Students must submit the form to the Activities Director by 3:40 PM on Wednesday. (Students: include NAME and DATE)

For those ineligible at the beginning of Fall activities, the students will be required to begin filling out the yellow eligibility form the Wednesday after school begins. If they are passing all their classes they will then be eligible until the following Wednesday when they will have to fill out the eligibility form again...this process will continue until the end of the first quarter.

STUDENT IS OFF INELIGIBLE LIST FOR NEXT QUARTER. THIS WILL GO INTO EFFECT WHEN THE ELIGIBILITY PROBATION LIST IS DISTRIBUTED TO STAFF BY THE DISTRICT SECRETARY, NO LATER

Any student on an IEP or 504 Plan is accountable to the IEP or 504 Plan only, and he/she is exempt from the eligibility policy if the IEP/504 plan dictates that she/he cannot follow this policy due to a disability.

## **Student Progress Report** (Turn into Activities Director by 3:40 Wednesday)

**Categories should be evaluated on the following:**

Homework: in on time; done well

Effort: working in class, homework completed on time,  
extra help if needed, staying on task, working to ability

Attendance: how often the student is present and on time

Current Grade: estimate of current grade for term

## **Students:**

**\* \* \*** It is your job to bring this form to your teachers **at the beginning of the hour.**

**Student Name:**

**Date:**

5 = **Excellent**            (A work)

4 = **Good**                (B work)

3 = **Average**            (C work)

2 = **Fair**                 (D work)

1 = **Poor**                (F work, but turned in)

0 = **No effort**

**Teachers:** Please evaluate this student's work for the past week in the area above using the following scale. Students should present this form at the beginning of the class period and not during or at the end.

| Hr | Class | Homework<br>Grade | Effort | Attendance | Current Grade<br>for Quarter | Comments | Teacher<br>Initials |
|----|-------|-------------------|--------|------------|------------------------------|----------|---------------------|
| 1. |       |                   |        |            |                              |          |                     |
| 2. |       |                   |        |            |                              |          |                     |
| 3. |       |                   |        |            |                              |          |                     |
| 4. |       |                   |        |            |                              |          |                     |
| 5. |       |                   |        |            |                              |          |                     |
| 6. |       |                   |        |            |                              |          |                     |
| 7. |       |                   |        |            |                              |          |                     |

## **Athlete Game/Meet/Match Expectations:**

- A. Athletes are expected to be part of the team at all times.
  - a. Athletes must adhere to the expectations set by the coach/advisor. JV/C are expected to support the varsity when their event has concluded.
  - b. Varsity athletes are expected to be at JV/C games to give them support
  - c. All team members should be listening to the coach/advisor at all times – NOT PARENTS OR FANS!
- B. Athletes that are injured or not dressed in uniform are expected to sit with team
  - a. No cell phones
- C. Athletes are expected to make sure they have their own beverage (water, Gatorade, etc.) ahead of time and should not rely on others (parents, friends, etc.)
- D. Parents are **not** allowed on the bench or in the dugout.

## **Voicing Parental Concerns - (Conflict Resolution)**

Within any program, conflicts and disagreements are going to occur. It is essential to maintain the support of parents by keeping an open line of communication. This is essential to promote program involvement and success. Should a concern arise concerning a student's involvement in a program, parents should use the following guidelines to address the issue.

1. No conflict between a parent, student, official or coach should be addressed during or immediately following a game or event. The game site, practice field, lobby or locker rooms are not appropriate places to handle the conflict. Coaches are not to meet or deal with conflict at these times or in these places. Conflicts are better resolved after an appropriate cooling down period (a minimum of 24 hours).
  - a. *Violation of this policy by a fan or parent will result in suspension from the next scheduled home or away contest.*
  - b. *A second violation of this policy by fans or parents will result in suspension from the current sport/activity season for all scheduled home or away contests for the remainder of the season.*
  - c. *A third violation of this policy by fans or parents will result in suspension for one calendar year from all district sport and fine art activities.*
  - d. *Violations shall be cumulative, regardless if they involve coaches, advisors, or game officials.*

If you have a concern, please call or arrange a meeting with the coach/advisor the next work day. Calls should be directed to school/work numbers. Emails are available through the activities web page.

The following steps should be taken in order to resolve a conflict or voice a concern.

**STEP 1:** Conflicts and concerns should first be resolved through a meeting between player and coach.

**STEP 2:** Failure to resolve the issue will then involve a parent/guardian, participant, and coach meeting in the school during school time. If emotions rise to an unreasonable level during the meeting, the meeting will be concluded and rescheduled.

**STEP 3:** If, after good faith attempts by the parents and coaches have failed to resolve the issue, it will be referenced to the Activities Director. A meeting between the Activities Director, coach/advisor,

parent/guardian and/or participants will be scheduled. Notes of the meeting will be taken, and a summary with a resolution will be sent out in a reasonable time. Should the AD be the coach/advisor involved, another administrator will sit in.

*NOTE: Questions of playing time will not be discussed in any terms except as to what the participant can do to improve his or her skills. Other players and participants will not be discussed under any circumstances.*

## **CONCERNS INVOLVING OPPOSING SCHOOLS**

Parents or fans who wish to voice a concern about an opposing player, coach, or fan may do so to an administrator or supervisor on hand at the event. Such complaints are never to be directed by a fan or parent directly to an opposing player or coach. Concerns may be made verbal or in writing to the event supervisor or the Activities Director of your school, who will then contact the Activities Director of the concerned school to address the issue.

## **ATTENDANCE AT EVENTS OUTSIDE OF OGILVIE**

Students participating in away events should travel in school-approved vehicles. Staff or student vehicles are not allowed. Students are allowed to go home after an event with approved individuals identified on the Activities Participation Form. Parents are responsible to notify the activity supervisor at the departure point, in person. Students violating rules at host schools will be subject to discipline according to the Ogilvie School Rules. *If there is a special circumstance in which a student cannot travel in a school-approved vehicle and has to be brought by a parent/guardian, both the Activities Director and an administrator has to approve beforehand.*

## **OVERNIGHT EVENTS**

Attendance at events away from school, especially tournaments and overnight stays, are a time for caution, good sense, and restraint. Students are to display concern for safety, adherence to traveling rules, good sportsmanship, and courtesy. (Overnight trips need to have School Board approval.)

1. All school rules (Ogilvie School, Bus, and Activities Behavior Plan) apply to all students attending school-sponsored events. This includes travel to and from the event.
2. No tobacco, alcohol, or other controlled substances are to be in the possession of or used by any student at a school-sponsored activity.
3. Courtesy is to be shown to all hotel, restaurant, school staff, etc.
4. Students are to be in their assigned rooms and quiet at the times stated by chaperones.
5. Students are to make sure that the chaperones know where they are at all times. Students are not to leave the premises without the permission of the chaperone.
6. Students are not to be in cars at any time without the permission of chaperones.
7. Students are not to be in the rooms of individuals not part of the Ogilvie group without permission.
8. Students are responsible for all extra costs they incur.

**Violation of these rules or other behavior considered disruptive, rude, obscene, or in any other way inappropriate, will be dealt with according to the OHS Rules.**

## **WORK RESTRICTIONS**

The Minnesota Department of Labor states that a high school student under the age of 18 must not be permitted to work after 11:00 p.m. on an evening before a school day or before 5:00 a.m. on a school day. With written permission from a parent or guardian, these hours may be expanded to 11:30 p.m. and 4:30 a.m.

## ATHLETIC GAMES

1. All after school activities are governed by the Ogilvie school, bus, and activities behavior plan.
2. Students and fans are to remain in the gym, except for regular breaks.
3. TICKET PRICES: Regular season events are (\$7 – Per Person (Ogilvie students are FREE-should have student ID if the ticket taker does not know if you are an Ogilvie student)
4. SEASON PASSES: (fall - winter) Are Available Online. (Adult Season: \$75; Sr. Citizen Season: \$25)  
***Fees are subject to change by school board each June***

## AFTER SCHOOL ACTIVITIES

***Students are not to be in the building after school hours except under the supervision of a faculty member.*** There will be no after school activity bus. All after school activities are governed by the Ogilvie School, bus, and Activities Behavior Plan. If a student is unsupervised and does not have permission to be in the school, they will be asked to leave. If it becomes a recurring problem, a meeting with an administrator will take place with the student and a parent/guardian.

## GAME EVENT CANCELLATIONS

***School Closings Due To Bad Weather:*** If this should occur, all school games and practices will be canceled (unless there are special circumstances). Cancellations and reschedules can also be viewed on the district website by clicking on “Activities” and “District Calendar”. Parents can receive emails of cancellations or reschedules by registering on “BOUND” and signing up for your activity’s reminders. (Link located on Ogilvie school website)

## OGILVIE MUSIC TRIP RULES AND POLICIES

1. All Minnesota State High School League rules, regulations, and ineligibility suspensions apply. You must be eligible under MSHSL rules.
2. You must be academically eligible. At the time of the trip, students who are academically ineligible for participation in extracurricular activities will not be allowed to travel with the Band and Choir.
3. In the case of a student becoming ineligible, or choosing not to make the trip, that student will forfeit all money earned in music fundraisers, and he/she will be liable for any dollars that have passed the refund deadlines of tour company, hotel, bus company, etc. “Personal” money **above and beyond those debts** will be refunded.
4. Students are to participate in all scheduled activities. Roll call will be taken formally or informally for activities and meals.
5. Students are to participate in all scheduled departures and activities. Time may change for activities. Listen to announcements.
6. Pick up your trash. Whenever you get off the bus, look for loose trash and take care of it.
7. NO SMOKING, DRINKING, OR CHEMICAL USE BY PARTICIPANTS ON THIS TRIP. **CHAPERONES AND FACULTY HAVE THE RIGHT TO CHECK LUGGAGE, BAGS, AND ROOMS AT ANY TIME.**
8. Dress standards require modest and “appropriate” attire. This includes trips to the hotel ice machines and on the bus.

9. Vulgar or profane language is not acceptable at any time.
10. Rowdy conduct is not permitted at any time. Refrain from carelessly slamming hotel room doors. Please respect other guests. Hotel room noise levels must be respectful of other visitors in the hotel.
11. Participants are financially responsible for their own hotel room service, phone calls, movies, and other personal expenses. These charges must be cleared from your hotel room bill before departure.
12. Participants are responsible for damages and/or losses caused on the trip.
13. **Only members of your same sex may be in your room.** Fraternizing with members of the opposite sex from Ogilvie should be done in the public areas of the hotel. Behavior of “couples” should be appropriate for public observation.
14. Under **no** circumstances may anyone who is not from Ogilvie visit your room.
15. Please stay in groups with only Ogilvie students.
16. Should you decide to disregard these rules, or any others, you may find yourself with a chaperone as a close and constant companion. This includes on the bus and all the way home.
17. CURFEW TIME is 10:00 p.m. on Monday and 11:00 p.m. on Tuesday and Wednesday. Room checks will be made each night at curfew. Students must be in their own rooms and stay in their own rooms for the rest of the night. We need to be considerate of hotel guests who expect and pay for a quiet night’s sleep.
18. No participant should leave the hotel unless they have cleared it with a director or chaperone. Honor the “buddy system.” Never go anywhere without three or four other people. NEVER EVER go anywhere with a stranger!
19. A student **must not** leave the supervision of directors or chaperones with anyone who is not from our group. Relatives or other visitors must be cleared with chaperones or directors. They may visit you at the hotel.
20. Students are to remain with the group at all times unless you have specific permission from the director to be away from the group. Remember, you will not be at home in the relative safety of your neighborhood; avoid dark streets, alleys, hotel stairways, etc... **Be Careful!**
21. Students are responsible to directors and chaperones and other adults with our group from departure to return, hours a day. Respect them. Obey them.
22. Be aware and careful of your money and valuables. **Do not** carry your wallets in your back pocket. Uncomfortable as you may think it is, put your wallets in a front pocket like a savvy traveler. Fanny packs are still a traveler’s good choice, or money pouches pinned inside your shirt. Be Smart!
23. Reasonable, positive, responsible conduct is required at all times. Attitudes are infectious. In the event a participant’s conduct does not meet these program guidelines or threatens his/her personal welfare or the welfare of others, the person may be sent home at his/her own expense.

## MSHSL Eligibility Brochure



# 2026-2027 MINNESOTA STATE HIGH SCHOOL LEAGUE

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

I understand I must sign the current eligibility statement prior to participation each school year. I understand that once I sign the eligibility statement all eligibility rules apply:

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

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

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

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

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

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

## GENERAL BYLAW REVIEW

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

\* Denotes rules applicable to cheerleaders

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

### Student Code of Responsibilities

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

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

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

8. **\*SEASONS OF PARTICIPATION** — No student may participate in more than six (6) seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.
9. **\*SEMESTERS IN HIGH SCHOOL** — A student shall not participate in an interscholastic contest after the student's twelfth semester in grades 7-12 inclusive. All twelve semesters shall be consecutive, beginning in the 7<sup>th</sup> grade.
10. **JUNIOR HIGH/MIDDLE SCHOOL PARTICIPATION** — Participation in high school interscholastic programs is limited to

students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.

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

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

**A. Reference Bylaw 205**

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

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

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

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

2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student’s own use by her/his doctor.

**B. Penalty**

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

**C. Penalties for Category II Activities**

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

Fine Arts Activities

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

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

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

**A. Reference Bylaw 209.00**

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

**B. Reporting Procedures**

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

### C. Reprisal

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

### D. Penalties for Category I Activities

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

*Recommendations:*

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

### E. Penalties for Category II Activities

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

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

## ATHLETIC RULES

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

parent(s) or guardian(s) unless approved by the Board of Directors.

**C. Summer Vacation Period**

A student may compete as an individual or as a member of a non-school team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season.*

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

**D. Penalty**

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

**E. Special Considerations**

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

**F. ATHLETIC CAMPS AND CLINICS**

1. **School Year** — Students may attend athletic camps and clinics which have been approved by their high school principal.
2. **Summer Vacation Period** — Non-school specialized athletic camps and clinics do not require approval.
- (2) The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.
- (3) A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

**G. Penalty**

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

#### H. TRANSFER RULE — [Bylaw 111](#)

1. A transfer student is eligible for varsity competition provided the student was in Good Standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.
2. A transfer student is eligible for varsity competition if:
3. 9<sup>th</sup> Grade Option: The student is enrolling in 9th grade for the first time.
4. Family Residence Change: The student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible at the public school in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents establish a new family residence. (Please see Definitions for further explanation.)

OR

If the parents move from one public school district attendance area to another public school district attendance area, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school in the public school district attendance area where the student's parents reside or a non-public school. A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled in.

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

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

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

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

7. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
8. If none of the provisions in Athletic Rule 5.B.1-5 (above) are met, the student is ineligible for varsity competition for a period of one calendar year beginning with the first day of attendance at the new school.

Students are immediately eligible for competition at the non-varsity level.

A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.

Multiple Transfers: A student who is serving a one-year varsity competition suspension as a result of a transfer shall have an additional varsity competition suspension for each subsequent (additional) transfer. A new, one- year varsity competition suspension will begin on the first day of attendance or the first day of participation in a fall sport practice at the new school each time the student transfers.

Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall select one of the participation options identified below:

- Retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has transferred; or

- Be eligible only at the non-varsity level in the school to which the student has transferred for one (1) calendar year.

Participation is defined as practice, training, scrimmaging, tryouts and competing.

Return to Former School Policy: A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for a fifteen (15) calendar day period from the first day the student attends practice in the fall or attends classes in the new school for the first time.

Upon transfer, the student will be ineligible at the former school and may practice at the new school but may not compete in any varsity activity at the new school.

The student will retain full eligibility at the former school if the student chooses to return to the former school during the fifteen (15) calendar day period.

If the student remains at the new school, following the fifteen (15) calendar day period, the student will become eligible at the varsity level only when the student has fully met all of the transfer criteria and has been deemed to be eligible both by the new school and the League office.

If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the new school and must then choose between varsity eligibility at the former school or JV eligibility at the new school.

The student may elect to decline the fifteen (15) calendar day period to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.

A student may utilize this provision one time per 365 calendar day period.

## CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

### Acute injury

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

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

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

### Return to play protocol

Return-to-play decisions are complex. An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if he/she continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

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

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

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

### Signs Observed by Coaching Staff

- |                             |                                            |
|-----------------------------|--------------------------------------------|
| • Appears dazed and stunned | • Is confused about assignment or position |
| • Forgets sports plays      | • Is unsure of game, score, or opponent    |
| • Moves clumsily            | • Answers questions slowly                 |

- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### **Symptoms Reported by Athlete**

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