

Regulation III
SECTION 12—LIMITED TEAM MEMBERSHIP

SECTION 12 (A) – A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a junior high/middle school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next two (2) days of competition and a maximum of the remainder of that season in that school year.

The following exceptions to this regulation will apply:

1. Ice hockey bowling, cross country, golf, gymnastics, swimming & diving, track & field and wrestling shall apply the limited team membership rule from the point of a student's first participation in a contest or scrimmage, rather than practice.
2. a. Alpine skiing shall apply the limited team membership rule to each individual from the point of the TEAM'S first participation in an interscholastic contest or scrimmage; rather than the first practice or competition of the individual.
b. Tennis shall apply the limited team membership rule commencing with the first day of allowed practice under MHSAA regulations, regardless of when the team begins practice or the player joins the team.
3. During the junior high/middle school season in bowling, cross country, golf, gymnastics, alpine skiing, swimming & diving, tennis, track & field or wrestling, a member of the school team in that sport may participate in a maximum of two (2) non-school meets or contests in that sport while not representing his or her school. An event held on not more than three (3) consecutive calendar days is considered a single meet (for the purposes of this section only).

SECTION 12 (B) – A junior high/middle school student who has competed on a senior high school athletic team shall be ineligible for junior high/middle school athletics, except that a 9th-grade student who has competed on a high school team in a school organized on the 8-4 plan, still is eligible under this Regulation for junior high/middle school competition if that student transfers to a junior high/middle school.

SECTION 12 (C) – After once representing any MHSAA school in competition in any MHSAA Tournament sport a student shall not compete at any time in any sport under MHSAA jurisdiction in any of the following events: (1) Any event which is or purports to be an “All Star” contest, regardless of the method of selection or one in which there is participation by one or more all-star teams; (2) “All-Star” fund-raising events or similar exhibitions if they involve contestants other than the students and faculty of that student's school; (3) Any event which is or purports to be a national junior high school championship, or the qualification thereto. Participation in such a contest by a junior high/middle school student shall cause that student to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment from the date of the athlete's last violation of this Regulation.

SECTION 12 (D) – A student MAY participate as an individual without loss of interscholastic eligibility:

1. As a member of a National Team, (and the actual, direct tryouts thereto), which is defined as one selected by the national governing body of the sport on a national qualification basis either through a defined selective process or actual tryouts for the purpose of international competition which requires the entries to officially represent their respective nations, although it is not necessary there be team scoring by nation; or
2. In an Olympic Development Program (ODP) which is defined as a training program or competition:
 - a. conducted or sponsored by the United States Olympic Committee (USOC); or
 - b. directly funded in a major part and conducted by the USOC member national governing body (NGB) on a national level (e.g., NGB national championship competition and the direct qualifications thereto); or
 - c. specifically authorized by a national governing body involving only athletes previously identified by the NGB as having bona-fide potential for participation in national or international competition in the sport involved.

The following procedures are required in (1) and (2):

- a. Participation, if during the school year, shall be approved by the student's school principal, and the MHSAA is notified writing by the principal at least 30 days prior to the event; and
- b. The student shall make prior arrangement to complete missed academic lessons, assignments and tests before the last day of classes of the credit grading period in which that student's absence occurs; and

The following additional principles apply in (2):

- c. An ODP student-athlete shall be allowed no more than one training or competition event during the school sport season.
- d. The ODP student-athlete shall miss no MHSAA-sponsored tournament events involving that student's school team in that sport.

INTERPRETATIONS – SECTION 12

(Interpretations 149-165 of Regulation 1, Section 12 are applicable to junior high/middle schools.)