

July 1, 2021 – June 30, 2023



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.

RULE CHANGES PASSED FOR THE 7/1/21 - 6/30/23 HANDBOOK

Rule #	Change
I	Membership of Game Officials Committee models sport committee makeup.
3	Will require adult representation at all varsity soccer games (not just boys' varsity soccer).
34	Added boys 7 v 7 field hockey as a recognized MIAA Fall Sport.
34	Increase the maximum number of weekly wrestling competitions from 2 to 3.
35	Allows Fall Golf season to begin on 3 rd Friday preceding Labor Day (same as football).
45	First offense for a Bona Fide Team violation has been changed to 1 game suspension.
51	Removed "Student Eligibility" from title as waivers are no longer permitted for this rule.
57	A fully executed copy of Form 200 must be submitted by the receiving school to the MIAA in all transfer cases.
66.3	Basketball - Removed rule 66.3 that stated "the ten-second back court does not apply to the girls game."
66.3	Basketball - Removed the words "or dribble" from NFHS Basketball Rule 9-10-1-a which states, " <i>A player must not, while closely guarded, in his/her frontcourt, hold the ball for five seconds or dribble the ball for five seconds.</i> "
66.7	Basketball - Increases the daily individual participation limit from 4 quarters to 6 quarters.
66.10	Basketball - The shot clock will reset to 15 seconds when there is an intentionally kicked or fisted ball with 14 seconds or less left in the possession. If the violation occurs with 15 or more seconds on the shot clock, no reset will take place and the offense will have the remaining time left in the possession.
69.6	Football – Prohibited Field Equipment
69.2	Football – For all varsity football games, each team must employ a licensed physician, licensed athletic trainer or certified EMT to be with their team. MIAA BOD voted to delay implementation for 1 year. Will be required starting with Fall 2022 season.
72.18	Ice Hockey – New Rule allows leagues the option to play 17-minute periods.
72.5	Ice Hockey – rule change adopts a new detailed overtime procedure.
79.3	Softball – eliminated Rule 79.3 to be in compliance with the NFHS pitching rules.
83.1.5	Volleyball - Rosters are not required to be submitted to the game officials.
84.4.8	Wrestling – eliminates morning weigh-ins and added new growth allowance.
87	Student Eligibility Waiver – The Process: Multiple changes to the waiver process and Accountability section added. Only one level of appeal, not two (ERB and MIAC).

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 to you at various times. Ideas for improving content or format are welcome. 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 entirely, 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.”

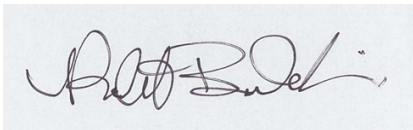
The electronic version (found at www.miaa.net) of this Handbook provides Principals and Athletic Directors with rule resources that may be as helpful as the rules themselves. For example, the electronic version includes “icons” that provide rule clarifications, supporting forms, etc. The electronic version also allows opportunity for instant staff editing of language that a principal or athletic director might suggest.

Individually and collectively, our belief is that the 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 our number one priority is to efficiently respond to a member school principal or athletic director who might benefit from our support. If you have any level of uncertainty about the application of a rule, please give us a call before you try to implement with uncertainty. Staff contact information is easily accessed at the top of the “Members Only” section of our website.

Thanks for all you do!

Very sincerely yours,

A handwritten signature in black ink, appearing to read "Robert Baldwin", is displayed within a light blue rectangular box.

Robert Baldwin

Legal Note

Public schools that provide athletic opportunities for its students are required to follow both state and federal laws to ensure equitable opportunities for students of different sexes or genders. The purpose of this legal note is to provide a brief overview of the laws that impact gender equity, particularly as it relates to fielding mixed gender teams and the inclusion of transgender or non-binary students in athletic programs. Schools with specific questions about gender equity and their own athletic program should work with their district’s legal representatives to ensure compliance with all laws.

Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in school programs, including athletics. With respect to athletics, Title IX seeks to ensure that underrepresented sexes are given an equal opportunity to participate in athletic programs. Title IX does not require schools to offer identical sports for boys and girls, but an equal opportunity to play. Thus, schools are well-advised to offer sufficient program options to boys and girls with a sufficient numbers or roster spots across the various athletic seasons.¹

Massachusetts schools must also comply with the Equal Rights Amendment (ERA), which is part of the Massachusetts Declaration of Rights and Constitution. The ERA states that “equality under the law shall not be abridged because of sex, race, color, creed or national origin.” The ERA was applied to school athletics in 1979 in the matter of Attorney General v. MIAA, 378 Mass. 342 (1979), a case which schools continue to follow today. Similar to Title IX, the ERA and interpretive case law ensures equitable opportunities for boys and girls to participate in school athletics. ERA, however, has been applied in such a way as to allow for mixed gender teams. In Attorney General v. MIAA, the court determined that a blanket rule prohibiting boys from playing on girls teams, where there was no equivalent boys team, violated the ERA.^{2 3}

As a result of this 1979 ruling, the MIAA amended its rules to state, “A girl may play on a boys’ team if that sport is not offered in the school for the girl, and a boy may play on a girls’ team if that sport is not offered in the school for the boy.” This has led schools across Massachusetts to afford opportunities for both boys and girls to compete in sports designated for the other sex where the school did not offer a boys and girls team in the same or relatively equivalent sport. In 2019, the MIAA revised the rule to say: “If a school offers a single team in a particular sport, it may not restrict eligibility based on gender unless such 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

¹ Title IX compliance does not stop at analyzing the number of program options and roster spots. Other factors, such as equity of resources, equipment, facilities and other factors are also important elements in assessing Title IX compliance.

² The case involved male students who were interested in participating in girls’ field hockey. The MIAA advanced several arguments in support of its rule to prohibit boys from girls teams - all of which were rejected. The court rejected the arguments that biologically males would have an advantage over females, that it would be unsafe for boys and girls to compete against one another, or that boys would inevitably overtake girls sports.

³ In D.M. et al. v. Minnesota State High School League et al., Case No. 18-3077, the 8th Circuit struck down an athletic association rule that prohibited boys from participating in the schools’ competitive dance teams. Citing the Equal Protection clause of the 14th Amendment of the U.S. Constitution, the 8th Circuit decision compelled schools to offer the boys the opportunity to participate in competitive dance. While not precedent setting in Massachusetts, the 8th Circuit decision suggests that schools should also consider the 14th Amendment Equal Protection Clause in disputes over gender based athletic opportunities in a similar manner as the ERA.

interest among members of the underrepresented sex).” This change better clarified the interplay between the ERA and Title IX obligations.

Additionally, Massachusetts schools must also be familiar with M.G.L. c. 76, sec. 5. This statute, which also protects students from discrimination based on sex, was expanded to protect students based on gender identification. As a result of this law, and consistent with the interpretive guidance offered by the Department of Elementary and Secondary Education, students are entitled to be accepted by their schools as the gender with which they identify across all school programs. This means that athletic opportunities must be afforded to students in accordance with their identified gender, not necessarily their birth-assigned gender.⁴

Schools at the local level are responsible for determining eligibility of students who want to participate in its athletic program. MIAA acknowledges that for school administrators understanding how each of these statutes inform local decision making is challenging. Drawing upon Title IX, ERA and M.G.L. c. 76, sec. 5 and the relevant case law, MIAA offers several guidelines to assist school districts on gender-based issues and fielding mixed gender teams:

1. Blanket prohibitions based on gender should be avoided. The MIAA case in 1979 and D.M. case decided by the 8th Circuit Court show that when an athletic association has a blanket prohibition of boys playing on girls teams such rules were overly broad and not sufficiently tailored to the interest in advancing gender equity in school based athletic programs.
2. Collect and understand the data about boys and girls participation in athletics. Currently, schools report to the Department of Elementary and Secondary Education on the number of single gender sports and teams and number of participants by gender as part of Title IX compliance monitoring.
 - a. If schools are providing relatively equal athletic opportunities to boys and girls, then permitting boys to play on girls teams and vice versa meets the requirements of the ERA and likely would not violate Title IX.
 - b. If the data show that opportunities for boys and girls are not equal, then allowing students of the over-represented gender onto teams of the under-represented gender may violate Title IX and should be carefully considered.
3. Student safety has not been a successful defense to excluding students of one gender from participating on teams of the opposite gender. The arguments generally fail due to the lack of correlation between injuries and mixed-gender teams.

As the laws and interpretive case law continue to evolve, MIAA will also endeavor to respond with information and guidance to its members, and revisit its rules as necessary in response to changes in the law. School districts are encouraged to work with their local legal counsel on individual cases.

⁴ Students who identify as transgender or nonbinary may not always reveal their gender identification to their parents. Concerns regarding transgender and nonbinary student-athletes should be approached on an individual basis with flexibility and sensitivity. Schools may also want to seek counsel from their school district’s attorney for guidance when such situations arise.

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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-five 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.

COACHES' CODE OF ETHICS

Each high school coach is first a TEACHER. The student-athlete is participating within the school's activity program because he or she desires to do so. Consequently, that student is often more attentive to a coach's lessons than to those offered by teachers in required courses.

The function of an interscholastic coach is to educate students in "LIFE LESSONS," through their participation in educational athletics. Every student-athlete should be treated as though they were the coach's own children. Their welfare must be uppermost at all times. The following abridged guidelines for coaches have been adopted by the NFICA Board of Directors.

1. The coach must be aware that he or she has a tremendous influence, either for good or bad, in the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should authorize their use.
4. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
5. The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
6. Coaches shall actively use their influence to enhance sportsmanship in the broadest possible manner.
7. Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against the officials. Public criticism of officials or players is unethical.
8. A coach shall not exert pressure on faculty members to give student-athletes special consideration.

CONTEST OFFICIALS' CODE OF ETHICS

In 2001, the Officiating Development Alliance, a group of individuals representing various officiating organizations, such as the NFHS, NCAA, ASA, USSF, NFL, NBA, MLB and NASO, developed the *Code of Conduct for Sports Officials*. The *Code* outlines the personal responsibilities officials have to the game.

1. Officials shall bear a great responsibility for engendering public confidence in sports.
2. Officials shall be free of obligation to any interest other than the impartial and fair judging of sports competitions.
3. Officials shall hold and maintain the basic tenets of officiating which include history, integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.
4. Officials shall master both rules of the game and mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
5. Officials shall uphold the honor and dignity of the profession in all interactions with student-athletes, coaches, school administrators, colleagues and the public.
6. Officials shall display and execute superior communication skills, both verbal and non-verbal.
7. Officials shall recognize that anything, which may lead to a conflict of interest, either real or apparent, must be avoided. Gifts, favors, special treatment, privileges, employment or a personal relationship with a school or team, which can compromise the perceived impartiality of officiating, must be avoided.
8. Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
9. Officials shall not be party to actions designed to unfairly limit or restrain access to officiating, officiating assignments or to association membership. This includes selection for positions of leadership based upon economic factors, race, creed, color, age, sex, physical handicap, country or national origin.
10. Officials shall be punctual and professional in the fulfillment of all contractual obligations.
11. Officials shall work with each other and their governing bodies in a constructive and co-operative manner.
12. Officials shall resist every temptation and outside pressure to use one's position as an official to benefit oneself.
13. Officials shall never participate in any form of illegal gambling on a sports contest, may never gamble on any sporting event in which they have either a direct or indirect involvement, and may never gamble on events involving high school athletics.
14. Officials shall not make false or misleading statements regarding their qualifications, rating, credentials, experience, training or competence.
15. Officials shall accept responsibility for all actions taken.

Part I - Governance of Interscholastic Athletics

This section provides information dealing with the manner in which the MIAA is regulated. Definitions and explanations of the important groups within the MIAA structure are explained in this section.



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PART I: GOVERNANCE OF INTERSCHOLASTIC ATHLETICS

A. Legend

MASC	Massachusetts Association of School Committees
MASS	Massachusetts Association of School Superintendents
MIAA	Massachusetts Interscholastic Athletic Association
MIAC	Massachusetts Interscholastic Athletic Council
MSAA	Massachusetts School Administrators' Association
MSSADA	Massachusetts Secondary School Athletic Directors' Association
PRINCIPAL	A principal or assistant principal of a member school

B. Overview

For the governance of interscholastic athletics in the Commonwealth, the MSSPA was the policy-making body from 1942 to 1950, and the regulatory body from 1942 to 1978.

Since 1950 the MIAC has been the high school athletic rules-making and final appellate body of the MIAA. Since July 1, 1978, the MIAA Board of Directors has been the administrative and regulatory body for conducting athletic events, contests, tournaments, for enforcing rules, and for recommending changes in rules to the MIAC. The ASSEMBLY of principals is the legislative body of the MIAA.

C. The Assembly

The ASSEMBLY consists of the principal or designee of the principal of each member institution.

D. The Board of Directors

The 24 regular voting members of the Board of Directors consists of nine members elected by the MSAA (one from each athletic district), three elected by the MASC, three elected by the MASS, and nine elected by the MSSADA. Nine athletic directors, representing districts 1 through 9, must be members of the Board at all times. The term of each member shall be three years beginning July 1 of the year of election. A minimum of four women, and at least one minority, must be members of the Board at all times. Employees of the Association starting on or after 8/13/2014 are not eligible to serve as voting members of the Board.

E. The Officers

The President and Vice President of the Board of Directors are elected by the Assembly from members of the Board. The President presides at Board meetings, the Annual Meeting, and all special meetings of the Association. The term of each office is one year, with the possibility of only one re-election.

F. The Executive Director

The Board appoints the Executive Director. The Executive Director is the chief executive officer of the Association and has charge and direction of the day-to-day operation of the Association,

acting at all times in accordance with the established policies of the Association as interpreted by the Board of Directors.

The Executive Director is a non-voting member of the MIAC and of the Board of Directors, serves as an ex-officio member of each committee, and is elected for a continuous term with regular review.

G. Eligibility Review Board, Standing, and District Athletic Committees

The Board of Directors delegates:

- * to the MIAA ELIGIBILITY REVIEW BOARD (ERB) all appeals from executive decisions on requests for individual student waivers of eligibility rules, as well as for individual one year student contest disqualifications. Each appeal hearing is presented before a subcommittee of the ERB and MIAC board members.
- * to 25 plus statewide STANDING COMMITTEES responsibility for specific functions involved in the proper administration of the Association's responsibilities.
- * to the DISTRICT ATHLETIC COMMITTEES (DAC) the supervision of athletics and the adjudication of protests, disputes, conflicts or controversies within their districts. They also serve as the Nominating Committee of the Association, and directly appoint a principal and athletic director to each MIAA Sport Committee. They control the alignment or realignment of Leagues, approve all co-operative and middle school waivers on high school team's requests within their districts (*see links below*), and play an important role in the Rules Change Process, given that they have the opportunity to review all input on each rule before recommending a position to the Board of Directors. District Committees will also have the responsibility of approving requests within their districts of co-operative teams looking to add Middle School participation in one or more of their co-operative teams. The Board of Directors or Executive Director may request them to "fact find" or to conduct hearings with regard to alleged rule violations. That authority also permits District Athletic Committees to determine and enforce appropriate penalties.
 - [Cooperative Team Guidelines](#) [Cooperative Team – Maximum Numbers](#)
 - [Middle Level Waiver Guidelines](#) (*all three documents updated in June 2022*)

The District Athletic Committee (DAC) will be comprised of no more than eight members. The DAC should be comprised of either an administrator or an athletic director annually nominated by each league in that district, and elected by the Board of Director's. Membership on each district athletic committee should be evenly divided between principals and athletic directors. On district committees with an uneven number of members, administrators, whenever possible, shall sit in the majority. Each DAC shall elect its chair annually.

The MIAA Annual Meeting held on April 5, 2019 voted in favor of going from 8 to 9 District Committee's, effective 7/1/2020.

H. Sportsmanship, Integrity & Ethics Committee

Membership of the Sportsmanship, Integrity & Ethics Committee elected by the Assembly consists of one principal and one athletic director from each of the nine athletic districts, two coaches, and two enrolled game officials, in addition to one school committee member and one superintendent elected or appointed by their respective associations.

I. Game Officials' Committee

Membership of the Game Officials Committee (GOC) consists of at least one principal and athletic director from each of the nine MIAA districts, two school committee members, two school superintendents, a coach's representative and a game official's representative. Game officials representing each sport which has elected to enroll with the MIAA serve as non-voting advisors to the GOC.

J. Sports Medicine Committee

Membership of the Sports Medicine Committee (SMC) consists of at least one principal or athletic director from each of the *nine* MIAA districts, one school committee member, one school superintendent, and a number of sports specialists who are licensed physicians or certified athletic trainers. Two game officials and two coaches (respectively one representing gender specific sports) may serve on the SMC.

K. Educational Athletic Committee

This broad-based committee supports student program initiatives through both the MIAA and the MSAA.

L. Tournament Management Committee

Membership of the Tournament Management Committee (TMC) consists of one principal and one athletic director from each of the *nine* athletic districts, one school committee member; one school superintendent; and one coach.

M. Voting Committee Members

All voting members of committees, boards, and the Council must be affiliated with a MIAA member school except for licensed physicians and game officials (who must be enrolled with the MIAA).

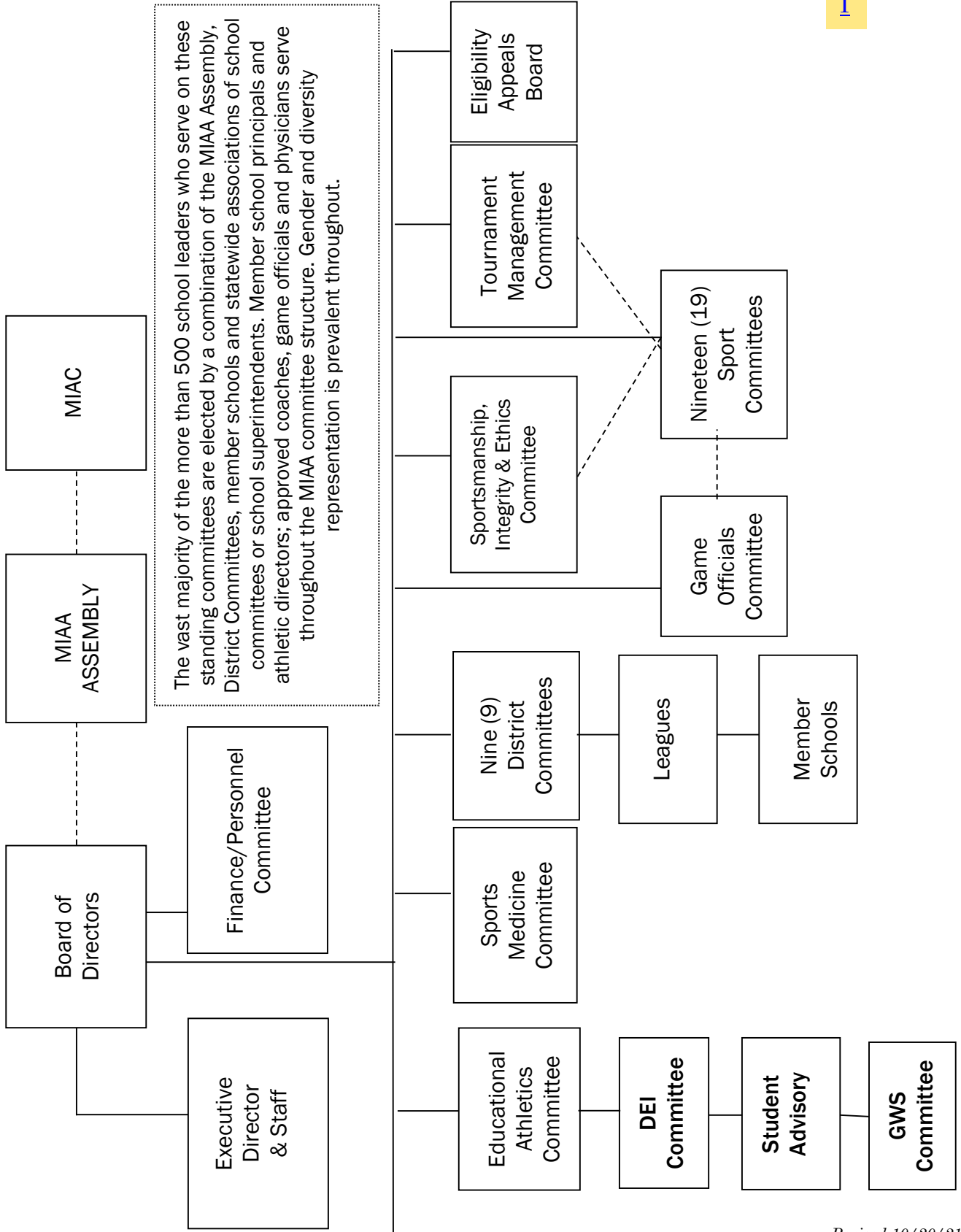
The voting membership of the 19 standing sport committees is one principal ("principal" may be either a principal or assistant principal who spends at least 50% of his/her time in duties related to the general administration of the school) and one athletic director from each athletic district, one school superintendent; one school committee member; as well as one or two coaches and enrolled game officials.

N. Member School

Any public or private high school (defined as a school which includes grade 12 – or will include - and which has a single principal, graduation, valedictorian, class rank, yearbook, etc.) in Massachusetts approved by the MIAA Board of Directors and fulfilling the conditions for membership receives all the rights, privileges, and benefits of the Association.

O. Constitutional Organization Chart

Constitutional Organization



Revised 10/20/21

P. The Massachusetts Interscholastic Athletic Council (MIAC)

The Massachusetts Interscholastic Athletic Council shall consist of 18 voting members; four members to represent the Massachusetts Association of School Committees (MASC), four members to represent the Massachusetts Association of School Superintendents (MASS), four member school Principals/Assistant Principals to represent the Massachusetts Interscholastic Athletic Association (MIAA), two middle school member principals to represent the Massachusetts School Administrators Association (MSAA), and four to represent the Massachusetts Secondary School Athletic Directors' Association (MSSADA). If a minority member is not elected or appointed through the aforementioned, then the MIAC Chair will appoint a minority member to serve as an "at-large" MIAC member for the year. The Executive Director of the MIAA serves as secretary.

Before any question of policy is presented to the MIAC for its action, it is carefully considered by the Board of Directors. Rule changes are not final until approved by the MIAC.

Meetings of the MIAC are held in the Fall and Spring each year. In addition, meetings are called when necessary to consider urgent matters of business. Appeals on eligibility rulings for individual athletes are heard by a subcommittee of the MIAC which serves as the ERB/MIAC Appeals Committee. Appeals affecting more than one athlete are heard by the entire MIAC.

Q. The National Federation of State High School Associations

The National Federation consists of the state high school associations of all 50 states and the District of Columbia. The objectives of the Federation are to:

- * serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations;
- * sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations;
- * formulate, copyright, and publish rules of play or event conduct pertaining to interscholastic activities;
- * preserve interscholastic athletic records, and the tradition and heritage of interscholastic sports;
- * provide programs, services, material, and assistance to state associations, high schools, and individual professionals involved in the conduct and administration of interscholastic activities;
- * study in general all phases of interscholastic activities and serve as a national resource for information pertaining thereto;
- * identify needs and problems related to interscholastic activities and where practical provide solutions thereto; and
- * promote the educational values of interscholastic activities to the nation's public.

Part II - 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 II: DEFINITIONS AND POLICIES

1. Every Participant must be a School Team Member

"Each participant in an MIAA - sponsored interscholastic athletic event must be a member of his/her recognized high school team in that sport." "Member" shall be defined as a student who meets the standards of Rule 45, 51, 87 and 96.

2. School Team

2.1 A school team must be sponsored by and under the control of the 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 Teams not registered with the Association are not eligible for tournament participation. All school teams must be registered with the Association during the annual Institutional Registration renewal process.

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. Must have game coverage (other than the coach) at *varsity soccer*, varsity basketball, and varsity ice hockey.

4. Addressing the MIAC, Board of Directors, and Association Standing Committees

The MIAC, 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 (MIAA BOD voted to delay implementation until Fall 2022 season).* 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 Medical 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

I 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.

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 should determine and request via MIAA.

11. Sportsmanship Awards

The Association provides Certificates of Achievement to individuals, teams and schools that demonstrate notable qualities of exemplary citizenship or leadership. Principal or Athletic Director should determine and request via MIAA.

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 that was enacted on April 18, 2012. [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

A school which cancels a sport prior to an official contest being conducted will not forfeit any wins to its anticipated opponents. (Opponents in this case may request MIAA extensions for finalizing that sport's scheduling.) A school which cancels a sport after completing at least one official contest must forfeit wins to its remaining scheduled opponents. (Schools do not have the option of rescheduling other opponents in this case.)

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. Statewide Coaches' Organizations

To be eligible to serve on MIAA committees and to act on rule changes, each state coaches' organization must submit a list of their officers to the MIAA Executive Director by June 1st of each year.

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 all criteria of either a scrimmage or jamboree.

22. Definition of a Scrimmage

A team is not allowed to have an interscholastic scrimmage which will not count against the game limitation rules unless the scrimmage meets the following conditions:

22.1 A scrimmage is competition among any number of schools where no admission is charged; no game-day uniform is worn; score is kept only by segments; and the event is intended to be a practice, with instruction occurring during competition. PLAY-DAYS must conform to all criteria of either a scrimmage or jamboree.

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.

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 in any way 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.

There is also a serious practical consideration. 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

Confusion and problems are always associated with 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. Inclusive, 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 (This Resolution was adopted by a vote of 155-7 during the 15th Annual Meeting of the MIAA on April 9, 1993.)

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

(This Resolution was approved by a vote of 143-17 during the 22nd Annual Meeting of the MIAA on April 6, 2000).

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. Those who know the values associated with school activities recognize that complete participation is a primary goal. Season-long participation provides young people with exposure to wellness strategies and education, sportsmanship and citizenship, leadership, and other significant lessons or values that are best taught in the "laboratory" of school activities over a period of days, weeks, and months.

An unattached athlete is not a school activity participant, but rather is an individual single event athlete. Association tournaments were developed for season-long school participants who practice and compete season long with their own high school teams. The adoption of, and subsequent strong support for, the bona fide team member placed emphasis on keeping student-athletes involved daily in "the other half of education."

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."

The MIAA should not be providing the ultimate spotlight for young people who have not been part of their school program. These individuals often have prepared themselves outside of the parameters, limitations, rules, and regulations of high school activities. Previous to the adoption of this policy, unattached athletes dominated high school tournament events, which were designed as a conclusion to the high school season for season-long participants.

A disproportionate amount of confusion, misunderstandings, hurt feelings, and anger have resulted from improper procedures, representation, or supervision of unattached tournament athletes. The potential liability issues raised by unattached regular and tournament season involvement are significant. Past experiences established that it was difficult to monitor rules evenly among all student-athletes.

Local energies should be focused in ways that cause support for programs of interest to the young people in that school, thereby truly increasing participation opportunities. To allow for unattached tournament participation may subtly set up a scenario for fewer opportunities. Furthermore, unattached tournament participation is not possible in many Association-sponsored sports, thereby creating an inconsistency affecting many students, were some form of unattached participation to be permitted.

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 Before competing, cover any open wound.
- 31.2 Whenever possible, athletes should treat and cover their own wounds.
- 31.3 When rendering first aid to others, wear protective gloves at 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 your 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 III - 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 III: GENERAL RULES

32. Application of Rules

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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 entirely, 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 an 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 FOR VIOLATION: 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 complete the NFHS Fundamentals of Coaching Course with the exception of Certified MA teachers.

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.

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2005 must complete the National Federation of High Schools, NFHS Fundamentals of Coaching Course taught by an MIAA Instructor, (must be passed prior to coaching a second year) and an approved Sports First Aid course (NFHS, American Red Cross or American Heart Assoc. and must be passed prior to coaching a third year).

All coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2007 must complete the NFHS Fundamentals of Coaching Course, an approved Sports First Aid course and the NFHS Sport Specific Technical and Tactical Skills Course in the sport they are coaching (must be completed prior to coaching a third year). Note: The sport-specific requirement began on July 1, 2007 or when each particular sport-specific course becomes available, if after this date.

NFHS Sport Specific Technical and Tactical Skills Courses presently available: Baseball, Basketball, Field Hockey, Football, Golf, Lacrosse, Soccer, Softball, Tennis, Wrestling, Volleyball, Cheer & Dance, and Track and Field.

The NFHS Fundamentals of Coaching Course requirement must be met through attending an MIAA sponsored Fundamentals of Coaching Class with MIAA Certified Instructors.

The NFHS Sports First Aid and Sport Specific requirement may be met by completing on-line courses with the NFHS <http://www.nfhslearn.com>.

AED training for all coaches is required. Coaches will be trained on symptoms of cardiac events in student-athletes. This training will be done in conjunction with the existing mandated CPR training which is a State Law for all coaches.

34. Recognized Sports, And Scheduling Limits for Schools

<u><i>Fall Sports</i></u>	<i>Maximum # of Competitions</i>	
	<u><i>Per Season</i></u>	<u><i>Per Week</i></u>
Cross Country	16	3
Golf	20	4
Gymnastics (Western MA)	18	2
Field Hockey	18	3
<i>Field Hockey (boys)</i>	18	3
Football	11	1
Soccer	18	3
Swimming	18	3
Volleyball	20	3

<u><i>Winter Sports</i></u>	<i>Maximum # of Competitions</i>	
	<u><i>Per Season</i></u>	<u><i>Per Week</i></u>
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	3

<u><i>Spring Sports</i></u>	<i>Maximum # of Competitions</i>	
	<u><i>Per Season</i></u>	<u><i>Per Week</i></u>
Baseball	20	3
Golf	20	4
Boys Lacrosse	18	3
Girls Lacrosse	20	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. **Exceptions:** 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.



34.1.1 Also exempt is approved participation in tournaments sponsored by the Council of New England Secondary School Principals' Associations.

34.1.2 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.

34.1.3 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.***

34.1.4 Also exempt is approved participation in National Competitions that are sanctioned by NFHS and MIAA.

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 except in football which runs from Saturday through Friday. Exception: Thanksgiving and Friday evening football games.

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

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

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35.1 Fall practice (except *golf* and football) may begin on 2nd Monday preceding Labor Day (August 22, 2022). Football and *Fall Golf practice may begin on 3rd Friday preceding Labor Day (August 19, 2022)*. 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. Preseason practice for the sport of football will follow the published [Preseason Calendar, Practice Chart & Definitions](#). **Football teams must precede their initial "full contact" practice with an additional five days of single conditioning and "limited contact" sessions. These practices can begin on the third**

Friday prior to Labor Day (August 19, 2022) and practice is not permitted on Sundays prior to Labor Day (August 21, August 28, and September 4, 2022). Also see Rule 35.4

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. A school may offer golf in either Fall or Spring, but the Boys Team Tournament is held in the Fall and the Girls Team 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 skiing, basketball, ice hockey, gymnastics, swimming (see Rule 35.1.1) and diving, indoor track, 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. Exception: The Nordic ski season must end by the Saturday preceding the third Monday in March. 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.
- 35.3 The Spring season (*except rugby*) must not begin before the third Monday in March. ***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.*** Spring sports include baseball, golf (See Rule 35.1.1), lacrosse, rugby, softball, tennis, boys' volleyball, and outdoor track. 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.
- 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 In football each participant must have fifteen days of practice, and each wrestler must have ten days of practice, before competing in an interscholastic contest.
- 35.4.3 In 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

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- 36.1 A member school may not participate in any form of inter school competition involving eight or more schools or in all-star games unless the event has been authorized by the Board of Directors through the executive staff. Exception: Multiple-school events which are sponsored by a league or between two leagues, and which include league members only or if an approved Endowment Game Tournament. Any request for approval of an event including eight or more schools 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.
- 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 unless (1) a team champion or winner is determined, or (2) the meet is advertised as a tournament or championship.

No sub-varsity competition in cross country, swimming & diving, track, volleyball or wrestling, or any event which combines sub-varsity with varsity level competition, will be approved which seems to establish champions or which provides 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 he/she 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 Board of Directors or executive staff.
- 36.5 Any event involving non-MIAA member schools (except those covered by Rule 39 and single contests with bordering state association member schools) must be approved by the MIAA.

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

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- 37.1 The Board of Directors through the MIAA executive staff sanctions along with the National Federation (NF) 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.

(If all participating schools above are from states which border the host state, only sanction by each state association is necessary.)

Note: 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 contest does count toward the maximum number of competitions permitted within the week and the season, and must be part of the team's tournament qualifying record.)

37.2 The MIAA must approve and receive National Federation approval for competition by a member school with a school from a foreign country, except for 2-school or 3-school competition with a school or schools from Canada (must follow Rule 39).

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

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

37.4.1 Participation involves no more than a one-day loss of school time.

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

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

37.4.4 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 FOR VIOLATION: 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. All Star Games

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

38.1 Requests for Approval must be submitted 60 days before the event to the 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.

- 38.2 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.
- 38.3 All Star games must be played before the end of the MIAA Tournament for that sport.

39. Competition with Non-NFHS Affiliated Member Schools

- 39.1 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:
 - 39.1.1 The non-member team will not include a player who exceeds the MIAA age limit.
 - 39.1.2 The length of periods will not exceed the maximum length prescribed by the MIAA rules for that sport.
 - 39.1.3 The competition adheres to all MIAA rules.
 - 39.1.4 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.
 - 39.1.5 Contests under these criteria do count toward the school's weekly and seasonal limits, but do not count toward tournament qualification.

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



- 40.1 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.
- 40.2 A coach is defined as any paid or volunteer member of the athletic staff.
- 40.3 The MIAA considers the last coach of record as holding that position until replaced by the principal.
- 40.4 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.

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.

A "candidate" is defined as:

- 40.4.1 A varsity or sub-varsity athlete who participated in a high school program at some interscholastic level the previous year and has eligibility remaining; or
 - 40.4.2 A middle school student “selected” to participate in an out-of-season program.
 - 40.4.3 A sixth grade student in a 7-12 high school or an eighth grade student in a 9-12 high school.
- 40.5 A high school coach may be employed by a park or recreation department or other organization or may volunteer for such a group to teach his/her sport out-of-season provided the following conditions exist:
- 40.5.1 No candidate may either be required to attend or be penalized for not attending.
 - 40.5.2 School funds are not used.
 - 40.5.3 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% competing on any team at any moment (e.g. no more than two basketball candidates could be on the court, or 3 ice hockey players on the ice, on the same team, at any point during a game). 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.
- 40.6 A program is deemed to be an intramural rather than an out-of-season program provided that:
- 40.6.1 The program is available to all high school students on an indiscriminate basis, and a representative number of non-candidates are regular participants.
 - 40.6.2 No participants may receive any attention not offered to all other participants.
 - 40.6.3 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)
 - 40.6.4 The program must be a direct offering of the high school involved.
- 40.7 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 as happens during

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

- 40.8 High School 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.*

PENALTY: Because 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 his/her team to an out-of-season athletic activity/camp. Student participation in out-of-season activities may be funded by booster clubs or organizations if approved by the school administration. Schools may issue equipment (but not uniforms) during the out-of-season period, but school districts should review any liability issues that could arise from such issuance. Students may not wear school uniforms, or be identified as a school team, out-of-season and/or during non-school events.

42. League Organization & Membership Changes



- 42.1 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) would not occur until two years after the ultimate DAC vote of approval. 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 icon for necessary forms)
- 42.2 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.)
- 42.3 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.)
- 42.4 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.

- 42.5 Decisions of the District Athletic Committees may be appealed to the Board of Directors.
- 42.6 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.
- 42.7 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.

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.

43. Gender and Participation

- 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 To maintain a proper relationship between the academic mission of schools and their athletic programs, all individuals in any way affiliated with a school must refrain from recruitment, inducement, or other forms of persuasion which would encourage an athlete to enroll in, or transfer to, a school.
- 44.2 A school shall be deemed to be in violation of the rule against recruitment if a representative or agent of the school or any group or individual associated with athletic programs of that school approaches an athlete and directly or indirectly attempts to persuade or induce the athlete to enroll in, or transfer to, that school.
- 44.3 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 adjudged to have recruited any student will cause that school to 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 IV - Rules Affecting an Individual Student-athlete or Coach

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

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

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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.

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 (see chart on Rule 62), and is ineligible for tournament play immediately upon confirmation of the violation. See Rule 96 for additional tournament restriction and Rule 88 for waiver guidelines.

45.1 A student-athlete must be a Team Member for 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition (team member: 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 If ineligible, cannot be in uniform. Attendance at event to be determined by High School Principal.

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.

46.1 Exception: 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 Exception: 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 ½ of the season.

PENALTIES - 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.

Revised 8/18/21

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.

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

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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.

49. Sportsmanship: Athlete and Coach Contest Disqualifications/Suspensions

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49.1 The contest official who disqualifies a student or coach under the provision of this rule should immediately inform the coach of each team, official scorer (if any), and state the violation. If the game official fails to file written coach/student contest disqualification form, the individual is nevertheless bound by the suspension. An Official who fails to complete the form required as a result of an athlete or coach disqualification 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. **Judgments of game officials are not subject to appeal.** 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.

- 49.2 The athletic director in charge of the contest, or designee, is responsible for: (1) having the official disqualification forms available for game officials, and (2) sending copies to the principal of each school involved, the athletic director of each school involved, and the executive director of the MIAA. Contest official(s) should complete the forms before leaving the site of the contest.
- 49.3 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 the same level of play in that sport until the next contest, or the next two (2) contests in the sports of baseball, ice hockey, and soccer, have been completed. (Note: In the sport of wrestling, the disqualified student-athlete is ineligible to participate in any and all contests during the next scheduled date of competition). Disqualifications in the following sports per specific sport rules: field hockey-(Rule 68.3); basketball-five (5) personal fouls; girls' lacrosse (2) yellow cards; ice hockey - eight (8) minutes in penalties and game misconduct (Rule 72.15); wrestling-technical disqualification, do not apply to the above prescribed penalties. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal.
- 49.3.1 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
- 49.4 Any coach disqualified by an official from an inter-school competition (including a jamboree, scrimmage, etc.) is ineligible to coach any competition in that sport at the same level (e.g. junior varsity, varsity, etc.) until the next contest, or the next two (2) contests in the sports of baseball, ice hockey, and soccer, has/have been completed. (Note: In the sport of wrestling, the disqualified coach is ineligible to participate in any and all contests during the next scheduled date of competition). During the suspension the disqualified coach may not be present at the competition site. Whenever a coach is disqualified by an official from an inter-school competition, the official shall file a written report of the incident with the coach's principal. The coach also shall file the completed form designated for that purpose. Both reports should be completed and forwarded by the official and coach within 24 hours of the competition. The principal should immediately forward copies of the reports to the athletic director, superintendent, and MIAA executive director. If the game official fails to file the report, the coach is still bound by the suspension. An official who fails to complete the form required as a result of an athlete or coach ejection 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.
- 49.5 A student or coach ruled out of a contest (pre-season, scrimmage, jamboree/play-day, regular season or MIAA Tournament) 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. 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. (Exception: See soccer rule 78.2.6 and 78.2.7).

- 49.5.1 A coach who is twice disqualified in a season must officially enroll in an MIAA Fundamentals of Coaching Course before returning from suspension. The course must be completed before the start of the next season for that sport (also see Rule 49.11).
- 49.6 A student or coach who physically assaults an official shall be expelled from the activity immediately and banned from further participation or coaching in all sports for one year from the date of the offense.
- 49.7 Any student in any sport who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall be ineligible in all sports for one year from the date of the incident. ("Fighting" does not apply to this section unless warranted in the judgment of the game official.)
- 49.8 Fighting and unsportsmanlike conduct penalties will be within the authority of the official at all times at the contest site. The official's authority extends to pre and post-game oversight.
- 49.9 Some of the reasons that an official may disqualify a student or coach from a contest that would lead to a game disqualification are:
- 49.9.1 Fighting
- 49.9.2 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.
- 49.10 If a coach or student is ruled out of the last contest, or the next to last (in some sports) contest, of the season, 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 will be penalized at the start of the next season in which student-athlete is a participant.
- 49.11 Any coach who is disqualified from an MIAA interscholastic athletic contest must complete the following "first offense" requirements prior to returning to coach:
- Complete the NFHS online course titled "[Teaching and Modeling Behavior](#)" at their own expense (\$20)
 - The disqualified coach must write a reflection that, at a minimum, answers these four questions from Joe Ehrmann's book *InSideOut Coaching: How Sports Can Transform Lives*:
 - 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?
- The disqualified coach must submit their reflection to the Athletic Director and Principal at their respective school. After it is accepted by both school administrators a copy must be sent to the MIAA Sportsmanship Committee Liaison. The liaison will follow up with the Athletic Director to ask what their plan for the coach is as they move forward.

49.11.1 Any coach who fulfills the requirement stated in rule 49.11 and is then suspended from another MIAA interscholastic athletic contest, either in the same sport or a different sport, or had three (3) student-athlete disqualifications during one sport season, will be required to officially enroll in an 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.

49.11.2 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 on the coach's eligibility.

49.12 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".

49.13 Any student-athlete who is disqualified (see Rule 49.3) from any interscholastic contest must complete the [National Federation Sportsmanship on-line course – "Sportsmanship", before reestablishing eligibility. This course is free.](#)

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

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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). ***Students attending Virtual Schools do not meet any of the above requirements, therefore are ineligible to participate in interscholastic athletics at MIAA Member Schools. Waivers are not permitted for Rule 51.***

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. This rule complements Rule 52, 53, 54 and 55.

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

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

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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 waiver approved by MIAA. If the student is not eligible at the attending college or the alternative institution does not offer any athletic participation opportunity, a student may participate in the diploma-granting MIAA high school if that principal:

- 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 above conditions must be agreed to in writing via MIAA Rule 52 Letter of Agreement from Fillable Forms by the non-member-school director prior to any practice or athletic participation by the student at the high school that is awarding the diploma.)

These non-traditional students may not participate if they do not meet all of the eligibility standards that are required of their teammates and waiver is approved by MIAA. 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

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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).

54. Student Eligibility: Home Educated Students

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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.

55. Student Eligibility: Membership in School

55.1 A student shall have been a member of the MIAA member secondary school for a minimum of two months (exclusive of the Summer vacation) and have been issued a report card preceding the contest, unless entering from an elementary or junior high school at the start of the school year or transfers in from another school. Attendance at school does not start when student registers in that school, but rather when student begins attending classes.

55.2 When a student drops out of 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.

- 55.3 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/Medical Coverage/Concussions

- 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.

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Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in MIAA Members Only Fillable Forms.

- 56.1.1 All MIAA member school coaches (paid 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. MIAA Board of Directors' policy effective November 29, 2010.

- 56.1.2 All MIAA member school Athletic Directors and Athletic Trainers are required to take annually the on-line National Federation Concussion Course, or other recognized education program, prior to the start of their season. MIAA Board of Directors' policy effective March 21, 2011.

- 56.1.3 All students are required to take the on-line National Federation Concussion Course or other MA Department of Public Health recognized education program following regulations as put forth by the [Department of Public Health in regards to the Concussion Law](#).

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.

- 56.2 Each school's medical person/staff is responsible for the members of that team. These individuals annually must have taken, and been certified in, the NFHS on-line Concussion Course ([click here](#)) or other recognized education program. In the event of injury, that medical person/staff will make the final judgment as to whether a student-athlete may return to play (please see Rule 56.4 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. The Penalty for playing an ineligible student is forfeiture.

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- 56.3 Medical Alert Bracelets/Anklets are approved for wearing in all sports, provided they are taped to the body and marked in red.
- 56.4 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, and further shall not return to play until cleared (in writing to the Athletic Director) by an appropriate health-care professional (as determined by the Department of Public Health). Whenever it is decided to disqualify a student-athlete from further participation for a suspected concussion or other injury, the person making that decision must communicate about this matter with the injured athlete's coach and athletic director in a timely fashion.

57. Student Eligibility: Transfer Students

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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) 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.***
- 57.2 "Varsity 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 on the basis of the quality of non-school sport program participation.
- 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 that Form 200 will not yield eligibility for a student

who transfers after the opening date of that practice season (57.5). ***A copy of the fully executed Form 200 must be sent to the MIAA Office by the receiving school.***

57.4

The receiving MIAA High School Principal may utilize Form 200 to declare a transfer student eligible, providing transfer is prior to the start of the season and if the sending MIAA School Principal certifies the following (3a through 3f on Form 200):

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- 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 “a” or “d” when filling out Form 200.

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: 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. The academic standard of the receiving school will determine eligibility. Therefore, in such transfer cases, academic ineligibility is not portable. (This exception 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.
- 58.2 **A transfer student** may not gain academic eligibility if the student was not, or would not be, eligible at the sending school, unless transfer was necessitated by a move of parents and 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.
- 58.6 Incomplete grades may not be counted toward eligibility until they are made up following school policy.
- 58.7 A student who repeats work upon which a student has once received credit cannot count that subject a second time for eligibility.
- 58.8 A student cannot count, for eligibility, any subject taken during the summer, unless that subject was pursued and failed during the immediate preceding academic year.
- 58.9 All co-operative team athletes must meet the eligibility standards of their own school as well as the host school.

The questions you must ask in determining ‘major’ course equivalency are:

- 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 further clarification is necessary, principals and athletic directors are encouraged to contact a member of the MIAA executive staff.)

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.

60. Student Eligibility: Age

A student shall be under 19 years of age, 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

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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.

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

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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.

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).
- 62.3 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 is 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 V - Sport Rules

In this section rules for the individual sports are referenced along with the MIAA modifications to those national rules. Four-year tournament alignments for each sport can be viewed on the MIAA web site (www.miaa.net)

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PART V: 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.

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

65.3 Safety bases are recommended. The Sports Medical 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	
1-25 pitches	0 days rest	1-25 pitches	0 days rest
26-40 pitches	1 days rest	26 -40 pitches	1 days rest
41-55 pitches	2 days rest	41-55 pitches	2 days rest
56-70 pitches	3 days rest	56-70 pitches	3 days rest
71-115 pitches	4 days rest	71-95 pitches	4 days rest

*These rules apply to both regular and post season play.

*If a pitcher has thrown 71-90 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 follow Rule 86 of the MIAA Handbook "Participation of an Ineligible Student."

65.6 SUSPENDED GAME POLICY – For Regular Season & Tournament

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 unequal 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.

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.

- I** 66.1 Mouth guards are highly recommended for all basketball players while on the court.
- I** 66.2 **The 35-second shot clock will be adopted at all levels per NFHS Basketball Rule 2-14.**
- 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).
- 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.

- 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. *(updated 8/22/22)*

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.

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.

68.1.1 All players must wear eye protective goggles approved for field hockey.

68.1.2 No team shall be allowed to compete without wearing team uniforms displaying identifying numbers with a minimum height of four inches. It is recommended that team uniforms display identifying numbers on front (4") and back (6").

68.1.3 The goal keepers' uniform top shall be either the same color as teams' uniform top or of a color which contrasts to the uniform tops of both teams.

68.1.4 If a league elects to play a tie breaker, teams must play four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4 and the overtime period must not exceed ten minutes. The overtime period must be played to completion or sudden victory.

- 68.2 Match Length - The maximum length of match is to be 60 minutes including overtime play. Re-defined that a game will consist of four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4.
- 68.3 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.
- 68.4 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 (MIAA BOD voted to delay implementation until Fall 2022 season).*** 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 MIAA Tie-Breaker Rule.
 - 69.3.1 The MIAA Football Tie-Breaker Rule, multiple overtime periods: will ensure that the game will not end in a tie.
 - 69.3.1.1 Additional overtime periods will be used if teams are tied at the end of regulation or succeeding overtime periods.
 - 69.3.1.2 Each series shall begin at the ten-yard line unless a penalty overrides. First down chains will not be used. It is always goal-to-go. If penalty enforcement calls for an automatic first down, it will be first and goal.

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- 69.3.1.3 For the first and subsequent tie breaking periods, any team that scores a touchdown must attempt a two point conversion by run or pass from scrimmage.
- 69.3.1.4 If there is a change of team possession during the last play of an overtime period (second series), live ball personal fouls or live ball unsportsmanlike conduct fouls by opponents of the team last gaining possession, that occur after the change of possession, gives the team in possession the option of putting the ball in play, where the penalty leaves the ball, for one down free of penalty or penalize as a dead ball foul at the succeeding spot in the subsequent overtime period. This option is exercised only if the team last gaining possession is free of foul during the down.

Example: Second Series - Team B intercepts Team A's pass and, during Team B's run back, Team A commits a personal foul.

Ruling: Team B has the option of extending the overtime period for one down free of penalty, with Team B putting the ball in play where the penalty leaves the ball, provided Team B has not fouled during the down. Or Team B may choose to penalize as a dead ball foul at the succeeding spot in the subsequent overtime period.

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:

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- 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, Practice Chart & Definitions](#).

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:

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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 (August 29, 2022) through the Saturday before Labor Day (September 3, 2022) 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 (Definition of a week – MIAA Handbook Rule 34.4: Saturday through Friday, Exception: Thanksgiving and Friday evening games).

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. A week will be from Saturday through Friday except for the week of Thanksgiving Day. (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 boys' team during the regular season play must hit from the tee box that is placed closest (yet in front of) the tee box the boys' team is hitting from (regardless of marker color).

70.3 Female golfers competing on a boys' team must hit from the boys' tees at the MIAA Divisional and State Tournaments.

71. Gymnastics

71.1 Boys' Gymnastics

- 71.1.1 Boys' gymnastic meets shall be conducted within the rules of an association to be determined except as currently modified by MIAA.
- 71.1.2 Each team may enter up to six gymnasts in each event. The four highest scores in each event count for team score.
- 71.1.3 An all-around gymnast is one who enters all six events. An unlimited gymnast may enter any or all of the six events. All other gymnasts may enter no more than three events.
- 71.1.4 One all-around is allowed. If the all-around does not enter a particular event, the team will be limited to five entries in that event.
- 71.1.5 Up to two unlimited gymnasts may each enter up to six events.
- 71.1.6 The all-around and unlimited competitor(s) shall be designated by the coach prior to the start of the meet.
- 71.1.7 Substitutions will be accepted only before the particular event has begun. No substitution for the designated all-around competitor is allowed.
- 71.1.8 In dual and league meets, the top four scores in each event will count for team scores. The bottom scores will be dropped.
- 71.1.9 Exhibition performances are not permitted.

71.2 Girls' Gymnastics

- 71.2.1 Girls' gymnastic meets shall be conducted within the rules of the National Federation of State High School Associations as modified by MIAA.
- 71.2.2 Each team may enter up to six gymnasts in each event.
- 71.2.3 An all-around gymnast is one who enters all four events. All other gymnasts may enter no more than three events.
- 71.2.4 No more than two all-around competitors are allowed. None is required.
- 71.2.5 The all-around competitor(s) must be designated by the coach prior to the start of the meet.
- 71.2.6 In dual and league meets, the top four scores in each event will count for team scores. The bottom score(s) will be dropped.
- 71.2.7 Substitutes will be accepted only before the particular event has begun.

- 71.2.8 Exhibition performances are allowed with the following conditions:
- Each team is allowed to have up to two Junior Varsity routines per event.
 - **Considerations should be made for the number of JV routines when there are more than two teams and/or the meet starts after 7 PM
 - These routines must follow all of 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)

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

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

71.3 There may be no exceptions to rules by coaches' agreements, except where expressly allowed by rule.

71.4 Apparatus may be held down (steadied) with no deduction.

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.*

72.2 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 so as 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 *If game ends in a tie, each team will receive 1 point each for MIAA seeding.*
- 72.5.7 *If game ends with a goal, winning team receives 2 points and losing team receives 0 pts*
- 72.5.8 *Statistics for individual players count toward yearly stats*
- 72.5.9 *Shorthanded Guidance for the 4-on-4 can be found in the official MIAA Ice Hockey Format*
- 72.6 Any player or coach ruled out of a game for a game disqualification penalty shall not participate in the next two succeeding regularly scheduled games to be played with a member of the MIAA or in tournament play.
- 72.7 Any member of a squad 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).

- 72.8 Any penalty after a whistle shall include a misconduct on the penalized player(s).
- 72.9 Upon receipt of eight total minutes of penalties – any combination of a major or minors – a player will be excluded from the remainder of that game. This amendment supersedes NFHS Rules 4-3-4 and 4-5-2.
- 72.10 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.
- ~~72.10 An Ice Hockey player or coach who is ruled out of an MIAA tournament game for a game disqualification will be ineligible for the remainder of the tournament. If it is the last game of the tournament for that team, the player or coach will be ineligible for at least the first two hockey games of the next season. —(On 9/22/22 the MIAA Board of Directors suspended this rule for the 2022-23 school year).~~
- 72.12 All Ice Hockey Officials will be required to meet in locker rooms with players and coaches before all regular season games.
- 72.13 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).
- 72.14 A team will not qualify for the MIAA Tournament if its players receive collectively during preseason contests (officiated by MIAA referees) and/or during regular season games more than three disqualification penalties.
- 72.15 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 Girls will wear protective goggles approved by the Sports Medical Committee.

74.3 All participants must wear mouth guards.

74.4 Boys matches may not exceed 15 minute quarters. Girls matches may not exceed 25-minute halves.

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

74.6 In Boys lacrosse if a team is leading by 12 goals at the end of the third quarter - the fourth quarter will have running time. There will be no resumption of stop time once this rule is started.

74.7 In Girls lacrosse, if a player receives two yellow cards, she is suspended from further participation in that game, but does not have to sit out the next contest. Anyone receiving a red card (misconduct) will be suspended from further participation in that game and will be prohibited from participating in the teams' next game (1 game suspension). Red card violations will be written up on the game suspension form.

- 74.8 In Boys lacrosse: No penalty will be assessed if a school has different colored helmets.
- 74.9 In Boys lacrosse: Two stick checks per half may be conducted at random times by the officials.
- 74.10 In Girls Lacrosse: If teams remain tied at the end of regulation, will use NFHS Lacrosse Rule for Overtime Procedures. The winner will be decided by “sudden victory”.

75. Outdoor Track

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- 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 personnel 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 Student-athletes have the option to wear cotton blend long tights, with single inside leg seam under their shorts and socks. Tights must be the same solid color throughout the team.

76.1.2 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 also enter them on the MIAA Soccer Infraction reporting form found on the MIAA Soccer page. (Please see Rule 78.2.18 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.

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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 All yellow cards must be treated consistently.
- 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 two contests; 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 two contests.
- 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 (from the date of the second offense) in all Fall sports.
- 78.2.8 Any team whose players/coaches receive collectively a total of more than four red cards during the regular season shall not qualify for the MIAA tournament.
- 78.2.9 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.
- 78.2.10 **For purposes of obtaining tournament eligibility:**
- **For purposes of obtaining tournament eligibility, no team may exceed four red or fifteen TOTAL cards during the regular season. Delay of game encroachment and deliberate (intentional) handball are infractions, which will continue to be enforced and penalized. The impact of these infractions will be assessed and will be considered towards tournament ineligibility.**
 - **Any team whose players receive collectively more than three fighting penalties during the regular season shall not qualify for the MIAA tournament.**
- 78.2.11 Any player who receives a third yellow card in a season shall be suspended from the next contest; a fourth yellow card and subsequent yellow cards in a season shall result in suspension for two contests. This penalty carries over to the next soccer season (or next season if senior) if happens in last contest, or the next to last contest.

- 78.2.12 A coach who receives a third yellow card in a season shall be suspended from coaching the next two contests. 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.
- 78.2.13 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 two contests. 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.
- 78.2.14 A deliberate (intentional) handball to prevent a ball from entering the goal is a red card offense. However, the offender will be suspended from the remainder of that contest and only the next regularly scheduled contest.
- 78.2.15 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 78.2.21). This rule pertains to all soccer contests played at all levels.
- 78.2.16 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.
- 78.2.17 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).
- 78.2.18 Game officials will not receive compensation unless they remain present at the conclusion of the soccer contest until the student-athlete handshake is completed.
- 78.2.19 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.
- 78.2.20 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.
- 78.2.21 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

Revised 9/27/21

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.

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

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78.2.23 Each team will be allowed a one-minute time out per half and each extended time period. The time-out may be called by the coach or any player on the field during an offensive restart.

78.3 Length of Contests:

78.3.1 Contests shall consist of four 18-minute quarters, two 36-minute halves, or two 40-minute halves.

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.

79.2 Safety bases are recommended. The Sports Medical 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.

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.

79.7 The MIAA will NOT adopt the NFHS Rules regarding “intentional walks”.

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 tie-breaker when a set reaches 6-6 in games. (Local conditions may cause an adjustment of this rule by prior mutual consent).

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.

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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).

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 department.
 - 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:

<i>Number of Players</i>	<i>Points Played</i>	<i>Points Forfeited</i>
3	1 st singles	1 st doubles
3	2 nd singles	2 nd doubles
3	3 rd singles	
4	1 st singles	2 nd doubles
4	2 nd singles	3 rd singles
4	1 st doubles	
5	1 st singles	2 nd doubles
5	2 nd singles	
5	3 rd singles	
5	1 st doubles	
6	1 st singles	3 rd singles
6	2 nd singles	
6	1 st doubles	
6	2 nd 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.

81.4 If a singles player or doubles team in the MIAA Tournament cannot participate in the next round, then their next scheduled opponent would receive a victory by default and advance to the subsequent round.

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 Girls' wrestling NFHS folkstyle rules at the following weight classifications (106, 111, 118, 127, 136, 147, 160, 175, 215).
- 84.2 Schedule of Matches:
 - 84.2.1 Member schools shall not schedule or compete on more than 20 days of competition. Five matches is the maximum a student may compete on any given day, exclusive of MIAA sponsored tournaments (see 84.3.3).
 - 84.2.2 A triangular meet is a competition involving three teams. *Revised 8/20/21*
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 double dual, triangular, quadrangular or 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 five matches (championship or consolation) excluding forfeits in any one day of competition.
 - 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 or Nurse Practitioner. It must be on file in the athletic director's office, electronically submitted in MIAA Members Only & 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 entered in MIAA Member's only & 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, a wrestler must weigh-in at his 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. 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.

Wrestler must also weigh-in at the base weight (scratch weight plus any rule book allowances) 60% of the regular season varsity days of competition on which the wrestler competes. Rule book weight class allowances count toward the 60% certification.

With this rule there is a change in the language as well as a separation with-in 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 *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 no longer 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. The penalty for violation of this provision is forfeiture of the individual match.

Part VI - Penalties

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

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PART VI: PENALTIES

85. Penalties

Pursuant to the Constitution of the Massachusetts Interscholastic Athletic Association, Inc., Article IV, Section D(1) (j), 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.
- 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 eliminate 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 for its league championship that year and 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

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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.

Part VII - 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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PART VII: PROCEDURES

87. Student Eligibility Waiver–The Process*

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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.*

87.1.2 *As part of the waiver application process, the application, including the comprehensive athletic resume, must be submitted to your league or district and put forth for an advisory vote. The results of the advisory vote must be included in the final submission of the waiver application to the MIAA.*

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 his/her 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 his/her 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 his/her 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 before a subcommittee of both the Eligibility Review Board (ERB) and the Massachusetts***

Interscholastic Athletic Council (MIAC). 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.

87.5 *All appeals before the ERB/MIAC 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 be in 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*

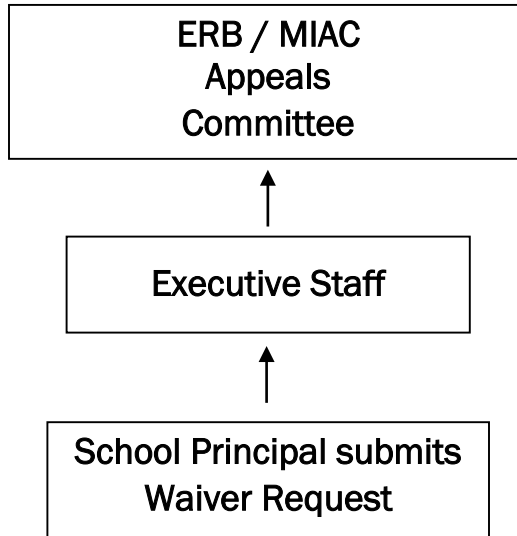
87.6.4.4 *Any other sanctions deemed appropriate by the MIAA Board of Directors*

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

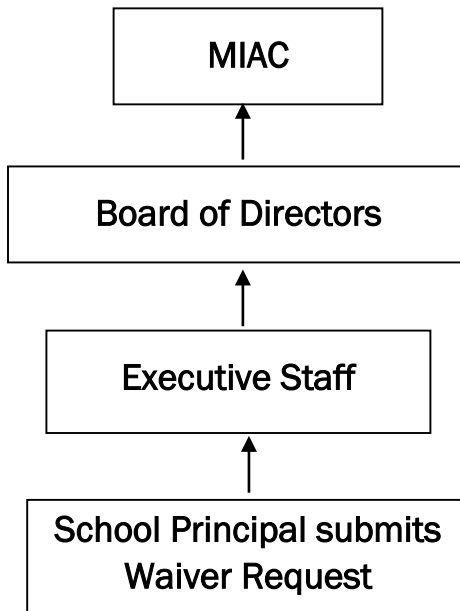
* Pioneer Valley Interscholastic Athletic Conference (PVIAC)

The PVIAC has been delegated by the MIAA Board of Directors to deal with some student eligibility waivers from their schools. **Decisions made by the PVIAC Eligibility Review Board (ERB) are final.**

Eligibility Appeals Procedure In Behalf Of An Individual Student-Athlete



Eligibility Appeals Procedure Affecting More Than One Student-Athlete



88. Bona Fide Team Member Waiver Guidelines

The Bona Fide rule requires that members of a school team actively participate in all team practices and competitions. Members of a school team are precluded from missing a high school practice, or competition in order to participate in a non-school event/activity in any sport recognized by the MIAA.

On occasion, a student might find himself/herself in potential conflict with this rule. This can happen when a student-athlete has an association with an out-of-school team or has an opportunity to participate in some special tournament or on a special team. A waiver of the bona fide team rule excusing the student from the school activity that day and allowing the student to participate in such a non-school event is possible, during the pre-season and regular season only, under the guidelines set forth below. Bona Fide waiver requests for Saturday and Sunday practices only (during the pre-season and regular season only) do not need submission to the MIAA, rather approval to be determined by the High School Principal or principal's designee.

Before a waiver (see Bona Fide Waiver form in Members Only) request is submitted, ALL of the following considerations must be present:

- 88.1 The amount of time being missed from school will definitely be considered.
- 88.2 The number of school team activities being missed will be a factor considered.
- 88.3 The request for a waiver must have the written support of the school principal, the athletic director, and the coach.

Waivers will be considered on an individual basis on the merits of each case. Requests for a waiver should be addressed to the MIAA. The above points should be addressed in the waiver request. The MIAA will NOT accept any Bona Fide Team Member Waivers for missing any practice or game during MIAA post-season play.

89. Procedure for Requesting a Rule Change

- 89.1 Any group or individual may petition for a change in existing rules. All proposals must be submitted on the appropriate form and sent to the MIAA before June 1, 2022 if the change is to become effective on July 1, 2023. 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.
- 89.2 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, 2022 and will be updated with votes as they are submitted.
 - 89.2.1 MIAA Sport Committees and MIAA Administrative Committees. Votes are due to the MIAA by November 1, 2022.

89.2.2 The MIAA District Athletic Committees and The Massachusetts Secondary School Athletic Directors Association votes are due to the MIAA by December 1, 2022. *The DAC and MSSADA should not act until they have the packet that includes all earlier votes by sport and administrative committees.*

89.2.3 The MIAA Board of Directors will act on proposals by January 1, 2023.

89.2.4 The Massachusetts Interscholastic Athletic Council will act upon all proposals by February 1, 2023 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.

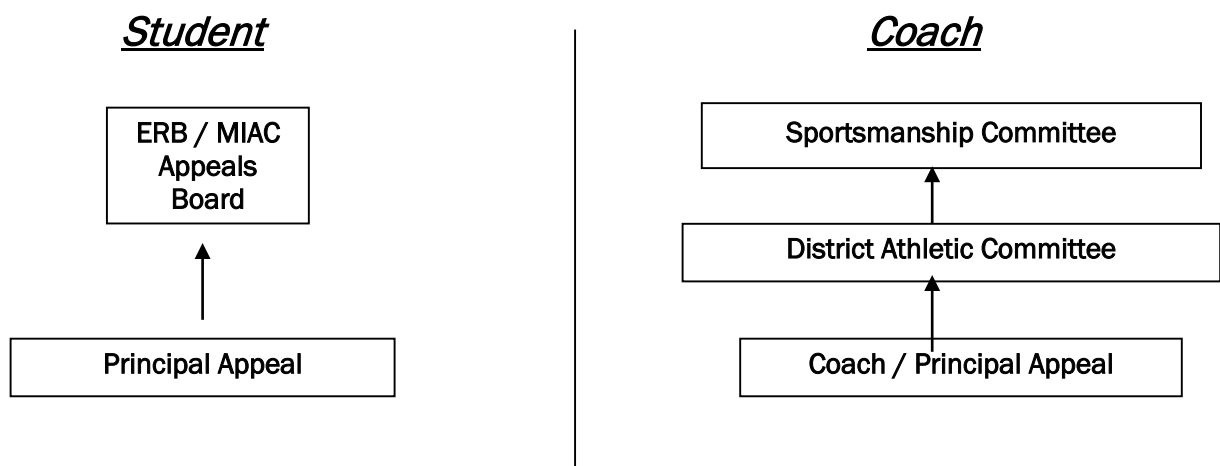
90. Hearings and Appeals

90.1 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).

90.1.1 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.

90.1.2 Student one-year disqualification's go to Eligibility Appeals Board with the same procedural requirements as all other student eligibility appeals before the ERB/MIAC Appeal Board.

I 90.1.3 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.



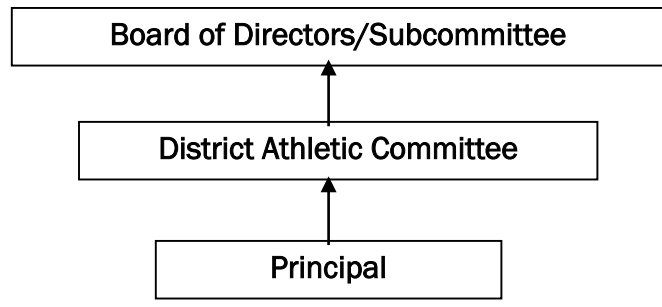
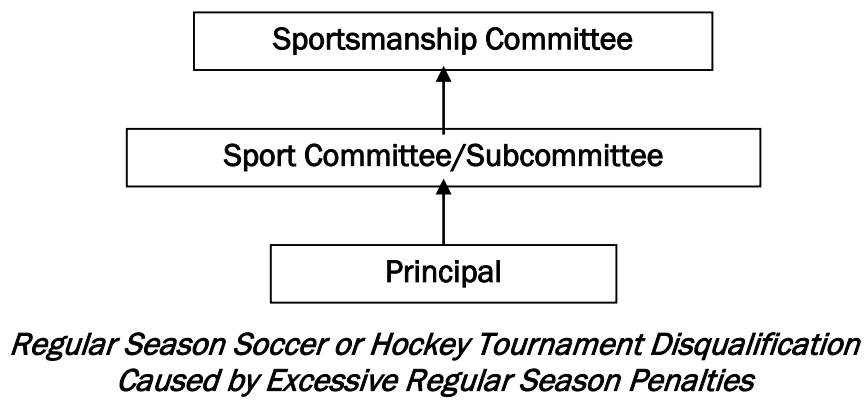
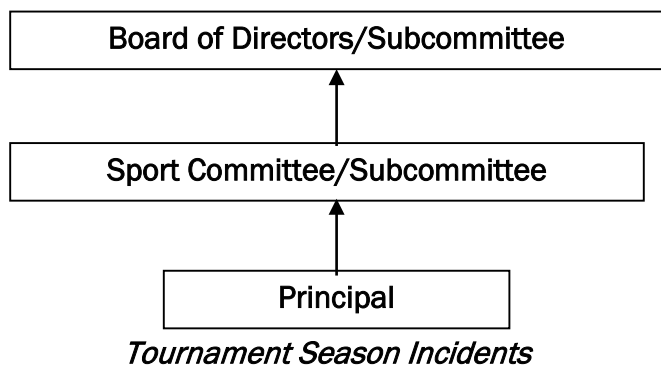
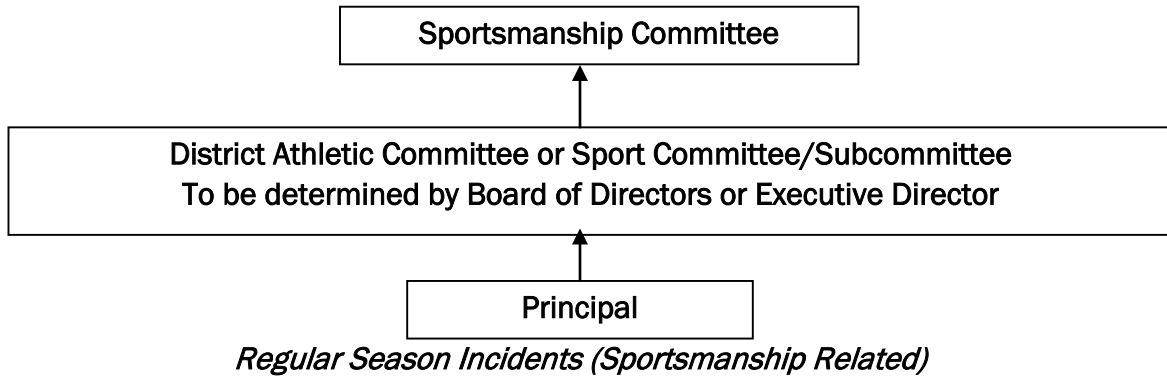
90.2 District Athletic Committees

- 90.2.1 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.
- 90.2.2 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.
- 90.2.3 Whenever more than one district is affected, at least three representatives from each District Athletic Committee must participate.
- 90.2.4 The presiding District Chair will forward findings and consequences to the principal(s) of the affected school(s) and to the MIAA Executive Director.
- 90.2.5 Any appeal 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.

90.3 Hearing Process

- 90.3.1 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.
- 90.3.2 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.
- 90.3.3 Prior to the appeal beginning, the Chair should announce the format and time frame for each element of the session. For example, the principal will present his/her position. 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.
- 90.3.4 The MIAA conducts its business in open session. Whenever possible it is recommended that a single individual act as official spokesperson for the Committee.

- 90.3.5 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.
- 90.3.6 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.
- 90.4 Process for Schools Disqualified from Tournament Play for Violation of MIAA Rule 86.
 - 90.4.1 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:
 - 90.4.2 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.
 - 90.4.3 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.
 - 90.4.4 In all cases, if the appeal is granted the schools team will be seeded last in their appropriate divisional alignment. All forfeitures remain.
 - 90.4.5 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.
 - 90.4.6 Please note – compliance with all above does not guarantee Board of Directors Sub-Committee approval.



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

Part VIII - Game Officials

This section covers policies and procedures for Game Officials.

<u>Rule Number</u>	<u>Page</u>
91. <i>Game Officials' Committee – Mission Statement</i>	102
92. <i>Game Officials – Policies and Procedures</i>	102
93. <i>Recommended Game Officials' Fee Schedule</i>	104

Part VIII - Game Officials

91. 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.

92. Game Officials – Policies and Procedures

92.1 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.

92.2 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.

92.3 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).

92.4 MIAA enrolled Boards and individuals will be available on <https://miaa.arbitersports.com> website each sport season.

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

92.6 Each enrolled official will have access to a current MIAA Handbook.

92.7 The MIAA publishes a seasonal Game Officials' Newsletter.

92.8 In cases of an MIAA rule change, interpretation, or clarification, enrolled officials in an affected sport will receive notification.

92.9 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.

- 92.10 Two enrolled game officials may serve on the MIAA Committee on Sportsmanship, Integrity, and Ethics.
- 92.11 It is recommended that member schools provide officials with reasonable measures of safety and security at game sites.
- 92.12 It is recommended that member schools provide for payment of officials within a 90-day period from the date of service.
- 92.13 It is recommended that officials be examined annually by a physician as to their fitness to officiate.
- 92.14 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 48.3– Taunting; 49.8–Pre/Post game; 49.1–Suspensions; for additional information).
- 92.15 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.
- 92.16 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.
- 92.17 The Game Officials Committee shall establish official's fees for MIAA sponsored tournament competition.
- 92.18 It is recommended that the number of certified officials assigned to a regular season varsity contest be as follows:

Football	4	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

92.19 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.

I 92.20 Officials will be required to remain at the TEAM competition site until the handshake ceremony has concluded.

93. Recommended 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

	<u>2021</u>	<u>2022</u>	<u>2023</u>
<u>CROSS COUNTRY</u>	\$81	\$83	\$86
<u>FIELD HOCKEY</u>			
<i>Varsity</i>	\$90	\$93	\$95
<i>Jr. Varsity/Freshman</i>	66	69	71
<u>FOOTBALL</u>			
<i>Varsity</i>	\$97	\$100	\$103
<i>Jr. Varsity/Freshman</i>	72	75	78
<i>Thanksgiving Day</i>	113	116	120
<u>SOCCER</u>			
<i>Varsity</i>	\$90	\$93	\$95
<i>Jr. Varsity/Freshman</i>	66	69	71
<u>SWIMMING</u>			
<i>Varsity</i>	\$81+(3)	\$83+(3)	\$85+(4)
<u>VOLLEYBALL</u>			
<i>Varsity</i>	\$88	\$91	\$93
<i>Jr. Varsity/Freshman</i>	65	68	70

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

WINTER

	<u>2021-22</u>	<u>2022-23</u>	<u>2023-24</u>
<u>BASKETBALL</u>			
Varsity	\$90	\$93	\$95
Jr. Varsity/Freshman	66	69	71
<u>GYMNASTICS</u>			
Varsity Dual Meet	\$95	\$98	\$101
Varsity Tri-Meet with two judges	99	102	105
<u>ICE HOCKEY</u>			
Varsity	\$90	\$93	\$95
Jr. Varsity/Freshman	66	69	71
<u>INDOOR TRACK</u>			
	\$90	\$93	\$95
<u>SWIMMING</u>			
Varsity	\$81+(3)	\$83+(3)	\$85+(4)
<u>*WRESTLING</u>			
Varsity – Dual Meets	\$92+(4.60)	\$95+(4.95)	\$98+(5.10)
Jr. Varsity/Freshman	66+(4.60)	69+(4.95)	72+(5.10)

() 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

	<u>2022</u>	<u>2023</u>	<u>2024</u>
<u>BASEBALL</u>			
Varsity	\$90	\$93	\$95
Jr. Varsity/Freshman	66	69	71
<u>LACROSSE</u>			
Varsity	\$90	\$93	\$95
Jr. Varsity/Freshman	66	69	71
<u>OUTDOOR TRACK</u>			
	\$90	\$93	\$95
<u>RUGBY</u>			
Varsity	\$94	\$97	\$100
Jr. Varsity/Freshman	66	69	72

SOFTBALL

<i>Varsity</i>	\$90	\$93	\$95
<i>Jr. Varsity/Freshman</i>	66	69	71

VOLLEYBALL

<i>Varsity</i>	\$88	\$91	\$93
<i>Jr. Varsity/Freshman</i>	65	68	70

Part IX - Tournaments

This section provides the philosophy of the MIAA tournaments, tournament cut-off dates, and criteria for tournament qualification. Important points regarding tournament administration and accountability conclude this section. Tournament divisional alignments can be found on the MIAA website (www.miaa.net).

<u>Rule Number</u>	<u>Page</u>
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95. Tournament Cut-Off Dates.....	109
96. Each Student Participant Must Be A Bona Fide Team Member	110



PART IX: TOURNAMENTS

94. MIAA Tournament Philosophy

The MIAA strongly supports the commitment to interscholastic athletic programs as an essential educational opportunity for students. Young people develop physically, mentally, emotionally, and socially through voluntary participation in properly conducted athletic programs, including tournaments. The development of self-image, character, stamina, physical skills, achievement, self-discipline, and the desire to excel are all advantages associated with high school sport participation.

The educational value of tournaments has long been recognized by secondary school educators. High school tournaments are conducted in all 50 states in widely different sports for teams and individuals, and for all student-athletes. Enthusiasm for tournaments extends beyond those student-athletes who qualify for these championship activities. Tournament excitement is often a focal point for school-community cohesiveness. For the participants, tournaments provide for an intensity in preparation and a greater level of skill attainment which causes, even beyond the high school years, a better capacity for facing adversity, discouragement, and the vicissitudes of life.

The purpose of tournaments is to permit qualifying schools and individuals who represent that school team and who have achieved an established standard of excellence during that sport season to compete in championship tournaments. Tournaments demonstrate success and should serve as an incentive for others. They should provide students and spectators an opportunity, under competitive conditions, to develop desirable character traits.

Tournaments have the potential to inspire maximum performance, provide quality competition, afford high visibility for all concerned, and foster personal development.

All tournaments must be carefully planned and controlled. A tournament is justifiable only when it produces worthwhile results for all involved. Schools, teams, coaches, and spectators must display good sportsmanship in winning or losing. Negative behavior must not be tolerated.

Care must be taken to maintain the integrity and importance of regular season play so that the tournament will serve only as a culminating athletic activity for those who have demonstrated a specific level of excellence during their regular season.

95. Tournament Cut-Off Dates

Fall Sports

		<u>2021</u>	<u>2022</u>	<u>2023</u>
Cross Country:	Mon.	11/8/21	Mon. 11/7/22	Mon. 11/6/23
Field Hockey:	Sun.	10/31/21	Sun. 10/30/22	
Football:	Sun.	10/31/21	Sun. 10/30/22	Sun. 10/29/23
Golf:	Thur.	10/14/21	Thur. 10/13/22	Thur. 10/19/23
Gymnastics (West)	Mon.	11/3/21	Mon. 11/7/22	Mon. 11/6/23
Soccer:	Sun.	10/31/21	Mon. 10/31/22	Mon. 10/30/23
Swimming & Diving	Sun.	10/31/21	Mon. 10/31/22	Mon. 10/30/23
Volleyball:	Sat.	10/30/21	Fri. 10/28/22	Fri. 10/27/23

Winter Sports

		<u>2021-22</u>	<u>2022-23</u>	<u>2023-24</u>
Basketball:	Thur.	2/24/22 @ 6PM	Thur. 2/23/23	Thur. 2/22/24
Gymnastics				
Girls	Wed	2/16/22	Wed. 2/15/23	Wed. 2/14/24
Boys	Tues	2/1/22	Wed. 2/1/23	Mon. 2/5/24
Ice Hockey:	Thur.	2/24/22	Thur. 2/23/23	Thur. 2/22/24
Indoor Track:	Sun.	2/13/22	Sun. 2/12/23	Sun. 2/11/24
Ski:				
Alpine	Fri.	2/18/22	Fri. 2/17/23	Fri. 2/16/24
Nordic	Mon.	2/7/22	Mon. 2/6/23	Mon. 2/5/24
Swimming & Diving	Sun.	2/6/22	Mon. 2/6/23	Mon. 2/5/24
Wrestling:	Thur.	2/10/22	Wed. 2/8/23	Wed. 2/7/24

Revised 4/28/22

Spring Sports

		<u>2022</u>	<u>2023</u>	<u>2024</u>
Baseball:	Mon.	5/30/22		
Golf:	Thur.	5/26/22	Thurs. 5/25/23	Thurs. 5/23/24
Lacrosse:	Thur.	6/2/22	Fri. 5/26/23	
Outdoor Track:	Mon.	5/23/22		
Rugby:	Mon.	5/30/22	Mon. 5/29/23	Mon. 6/3/24
Softball:	Mon.	5/30/22		
Tennis:				
Team	Thur.	5/26/22	Thur. 5/25/23	Thur. 5/23/24
Volleyball:	Thur.	5/26/22	Fri. 5/26/23	

96. Each Student Participant Must Be A Bona Fide Team Member



96.1 A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team practices and 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 activity/event in any sport recognized by the MIAA. Any student who violates this standard twice becomes ineligible for the MIAA tournament(s) in that sport for that season (see Rule 45) for additional regular season consequence.

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

PART X: MIAA CONSTITUTION

ARTICLE I - NAME

The name of this organization shall be the Massachusetts Interscholastic Athletic Association, Inc.

ARTICLE II - PURPOSE

The purpose of the Association shall be to organize, regulate, and promote interscholastic athletics for secondary schools of Massachusetts. In pursuing this commitment the Association shall:

- A. Provide leadership and service designed to improve interschool relations in athletics.
- B. Foster cooperation among voluntary institutional members and the Massachusetts School Administrators' Association, Massachusetts Department of Education, Massachusetts Association of School Committees, Massachusetts Association of School Superintendents, Massachusetts Secondary School Athletic Directors' Association, Coaches, Game Officials, and with other professional organizations interested in attaining common goals.
- C. Secure uniform regulations and control of interscholastic participation in athletics throughout the state to provide equitable competition for students as an integral part of the education of secondary school students.
- D. Promote safety and health of participants in interscholastic athletics.
- E. Provide leadership that ensures interscholastic athletics are conducted within reasonable bounds, encouraging all that is honorable and sportsmanlike.
- F. Provide a forum for concerns related to interscholastic athletics for institutions that are voluntary members of the Association.
- G. Develop uniform standards and procedures for determining championships at the end of the season.

ARTICLE III - MEMBERSHIP AND VOTING PROCEDURES

- A. Any public or private secondary school in Massachusetts approved by the Board of Directors shall receive all the rights, privileges and benefits of the influence of this Association when the following conditions are met: (1) the school committee or comparable governing board votes to designate the MIAA as its authorized representative to determine under what conditions the member(s) may compete with similar organizations in other schools (Ch. 71, Sec. 47 of General Laws); (2) the school principal, headmaster or director signs an agreement annually to abide by the rules of this Association governing athletic activities; (3) the school governing board delegates to the Association the authority to regulate athletics; and (4) the school pays the service fee specified in Article V.
- B. Payment of the institutional service fee entitles that institution to a single vote in business meetings of the Association on all matters.
- C. The administrative head of the school (principal, headmaster, or director) shall represent the school in votes at all Annual or special meetings of the Association. In cases when the principal (headmaster or director) is unable to attend a meeting of the Assembly, he/she shall designate an alternate for voting purposes.
- D. Only persons who are bona fide staff members of member schools may be nominated to serve as voting members of committees of the Association.

ARTICLE IV - ADMINISTRATION

A. OFFICERS

- 1. The officers of the Association shall be the President, Vice President, and Executive Director. With the exception of the Executive Director, they shall be elected at the Annual Meeting of the Association and shall perform the usual duties of such officers. The President and Executive Director shall be ex-officio members of each committee and shall be informed in advance of the date, time and place of all meetings of each committee. The term of office of each shall begin July 1 each year. The President and Vice President may succeed themselves once only.
- 2. The Executive Director shall be the chief administrative officer of the Association and shall have charge and direction of the day-to-day operation of the Association and shall act at all times in accordance with the established policies of the Association as interpreted by the Board of Directors.
 - a. The Executive Director shall keep records of meetings of the Association, of the Board of Directors and those sent him/her by each standing committee; shall oversee dissemination of information to the member schools and the public; shall keep and make available lists of membership in the Association; shall fill staff positions and be responsible for personnel matters; shall issue reports, circulars, forms and blanks authorized by the Board of Directors; shall attend all meetings of the Board; shall make an annual report; shall serve as

secretary of the Board, Council, and Assembly; shall keep any other records or make any other reports requested by the Association or by the Board; and shall perform such other duties as the Board or a standing committee may request.

- b. The Executive Director shall have charge of the money of this Association and shall keep records according to a system approved by the Board; shall make payments as directed by the Board or authorized by a coordinator or by a standing committee; shall make an annual report which shall include a financial statement audited previous to the annual meeting as directed by the Board.
- c. The Executive Director shall be elected for a continuous term by the Board except that the Board shall review his/her re-election annually and may at that time for good cause declare the position vacant. The salary and allowances for expenses connected with the position shall be determined by the Board.

B. ASSEMBLY

- 1. The Assembly shall be the legislative body of the Association. It shall elect officers from among members of the Board of Directors at its Annual Meeting. The Assembly shall have the authority to establish standing committees by majority vote at any annual or special meeting of the Association.
- 2. The Assembly shall consist of the principal or designee of the principal of each member institution.
- 3. The Assembly shall meet annually at a time and place determined by the Board of Directors. Special meetings of the Assembly may be called by the President or the Board of Directors.
- 4. The Assembly may organize administrative committees to be responsible to the Board of Directors between annual meetings. All administrative and official committees shall report to the Assembly at annual meetings and at special meetings of the Assembly as requested.
- 5. The Assembly shall, when called upon, vote upon any proposed rule change, which shall be referred to it by the Board of Directors of the MSAA. When such a vote is taken and a majority of the Assembly takes a position for or against that rule change and that position is contrary to the position of the Board of Directors of the MIAA, there shall be dialogue with the Board of Directors of the MIAA and the Board of Directors of the MSAA. The final action on the change will take place only after the Board of Directors of the MSAA has had a chance to review the MIAA Board of Director's position and commented to them on the proposed change.
- 6. The Assembly shall elect all members of non-sport (see IV-E-4 below) standing committees. The term of office of all committees shall begin July 1.

7. A quorum for the transaction of business shall consist of representatives from one hundred (100) of the member schools.

C. NOMINATING COMMITTEE

The District Athletic Committees shall serve as the Nominating Committee.

The Nominating committee shall present nominations for officers of the Board of Directors and all non-sport (see IV-E-4 below) standing committees at the Annual Meeting of the Assembly.

D. BOARD OF DIRECTORS

1. The 24 regular voting members of the Board of Directors consists of nine members elected by the MSAA (one from each athletic district), three elected by the MASC, three elected by the MASS, and nine elected by the MSSADA. Nine athletic directors, representing districts 1 through 9, must be members of the Board at all times. The term of each member shall be three years beginning July 1 of the year of election. If a minimum of four women are not seated on the Board at any time, then the Board will appoint the balance to ensure a total of four. These “at large” appointees will be from different districts and may be selected from the ranks of: principals and assistant principals; athletic directors and assistant athletic directors; coaches; superintendents and assistant superintendents; game officials; or school committee members. When practical, these appointments will reflect the same proportion or representatives groups as reflected in the Constitution. The Board also shall appoint one minority member “at large” if such representation does not occur through the traditional elections process. Individuals appointed “at large” by the Board will serve through June 30 of the fiscal year their appointment becomes effective.
 - a. The President and Vice President shall be elected by the MIAA Assembly from members of the Board of Directors. The President shall be the presiding officer at Board meetings, the Annual Meeting and all special meetings of the Association. The term of office of each shall be one year. Officers may succeed themselves once only.
 - b. The Board of Directors shall carry out the general activities and policies of the Association.
 - c. The Board shall appoint the Executive Director who shall be a non-voting member of the Board of Directors.
 - d. The Board shall set the compensation for employees.
 - e. The Board shall decide on the time and place of the meetings of the Association and of the Board.
 - f. The Board shall be empowered to appoint until the next Annual Meeting of the Assembly in case of vacancies of officers, Board members, and members of committees.

- g. The Board shall determine the number and composition of each athletic district.
- h. Between Annual Meetings the Board may create and appoint special committees as circumstances may require.
- i. The Board shall hear appeals from decisions of administrative and sport committees after the same shall have been heard by the committee having jurisdiction.
- j. The Board shall have the following powers and specific duties: (1) give interpretations of the eligibility and other rules relating to interscholastic athletics; (2) fix and enforce penalties for violations of these rules; (3) appoint annually district athletic committees from each of the athletic districts of the State; (4) designate the duties of committees; (5) review and be responsible for all decisions and to approve, modify or reverse decisions of these committees. The Board shall have authority to approve the budget of each committee.
- k. The Board shall issue rules and regulations governing interscholastic athletics and may review these from time to time as it deems necessary.

E. ORGANIZATION OF COMMITTEES

I

1. Each standing committee shall choose its own chair. The chair shall call meetings as needed and assume leadership in the work of the committee. Each standing committee shall choose a secretary. A secretary shall keep the records of the meeting and shall send copies of these records to the Executive Director. The chair or his/her designee shall attend meetings of the Board of Directors as requested by the Board.
2. The powers and duties of any committee shall be those needed to regulate and control the activity it sponsors; however, these duties and powers may be designated in detail by the Board of Directors or by the Assembly.
3. When any standing committee is first organized, the term of office of the members shall be set for one, two, and three years beginning July 1 to secure a rotation of vacancies. Thereafter vacancies shall be filled so as to maintain this rotation.
4. The standing committee for each sport shall consist of:
 - a. One principal and one athletic director from each of the nine athletic districts. Principals and athletic directors are appointed by their respective District Athletic Committees. ("Principal" may be either a principal or assistant principal who spends at least 50% of his/her time in duties related to the general administration of the school.)

In the event that a district is unable to provide both a principal and an athletic director to serve as representative, the District Chair may appoint a second principal or athletic director to serve for a one-year term only.

- b. One school committee member appointed by MASC from school systems having one or more schools that are institutional members of MIAA.
 - c. One superintendent appointed by MASS from school systems having one or more schools that are institutional members of MIAA.
 - d. One individual appointed by the Assembly who is currently coaching that sport in an MIAA member school to serve in a voting capacity. If the sport is played by both boys' and girls', then one coach for each gender shall be included. The state coaches' association for each sport may nominate candidates for these positions.
 - e. One enrolled game official appointed by the Assembly 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 for each gender shall be included. The president of each state officials' board may recommend candidates for each position. In the absence of a statewide board, presidents of each officials' board in that sport must recommend, in writing, agreement on a single enrolled official to represent all boards.
5. Gender Representation: If a minimum of four (4) women are not voting members of the Eligibility Review Board; or the Sports Medicine, Sportsmanship, Tournament Management, Game Officials, Basketball, Field Hockey, Golf, Gymnastics, Ice Hockey, Lacrosse, Ski, Soccer, Softball, Swim, Tennis, Track, or Volleyball committees, then the Board of Directors will appoint the balance to ensure a total of four. These appointees will be made from different districts and may be selected from the ranks of: principals and assistant principals; athletic directors and assistant athletic directors; coaches, superintendents and assistant superintendents; game officials; or school committee members. When practical, these appointments will reflect the same proportion of representative groups as reflected in the Constitution, except that at least one appointee must be an active high school coach. Individuals so appointed by the Board will serve through June 30 of the fiscal year their appointment becomes effective.
6. If at least one minority is not seated on all sport committees, along with the Educational Athletics, Sportsmanship, and Tournament Management committees, then at least one minority member is to be appointed "at large" by the Board, if such diversity representation does not occur through the traditional elections process.
7. COMMITTEE ON SPORTSMANSHIP, INTEGRITY, AND ETHICS
- a. Membership
 - (1) One principal and one athletic director from each of the nine athletic districts. Principals and athletic directors are appointed by the Assembly.

("Principal" may be either a principal or assistant principal who spends at least 50% of his/her time in duties related to the general administration of the school.) Each district athletic committee, through its chair, shall be invited to submit recommendations for these positions to the Nominating Committee.

In the event that a district is unable to provide both a principal and an athletic director to serve as representative, the District Chair may recommend a second principal or athletic director to serve for a one-year term only.

- (2) One school committee member appointed by MASC from school systems having one or more schools that are institutional members of MIAA.
- (3) One superintendent appointed by MASS from school systems having one or more schools that are institutional members of MIAA.
- (4) Two coaches appointed by the Assembly to serve in a voting capacity, one representing each same-sport gender. The MSCA may nominate candidates for these positions.
- (5) Two enrolled game officials appointed by the Assembly to serve in a voting capacity, one representing each same-sport gender. The president of each statewide officials' board may recommend candidates for each position. In the absence of a statewide board, presidents of each officials' board may recommend a candidate.
- (6) At least one minority member is to be appointed "at large" by the Board of Directors, if such diversity representation does not occur through the traditional elections process.

b. Duties and responsibilities.

The Standing committee on Sportsmanship, Integrity, and Ethics shall:

- (1) Prepare and promote strategies designed to improve the attitudinal postures of all constituencies.
- (2) Prepare and update a section to be a part of the MIAA Handbook.
- (3) Provide a clearinghouse for all sportsmanship issues.
- (4) Conduct hearings with regard to sportsmanship problems.
- (5) Assign and/or accept assignments as observers.
- (6) Review observer forms and take appropriate action.

- (7) Prepare articles for the MIAA and Game Officials' newsletters.
- (8) Establish communication with game officials.
- (9) Issue commendations to schools and leagues that are promoting outstanding sportsmanship efforts.
- (10) Warn, censure, place on probation, or suspend up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship.
- (11) Develop strategies for dealing with media portrayal of athletic events as they pertain to proper behavior.

8. FINANCE COMMITTEE

- a. There shall be a Finance Committee consisting of three or more members to be appointed annually by the Board of Directors, one of whom shall be the vice president. Members shall serve for three years and may be reappointed to successive terms.

- b. Duties

The Finance Committee shall:

- (1) Prepare an annual budget for the Massachusetts Interscholastic Athletic Association.
- (2) Advise the Board and all committees on financial policies.

F. MASSACHUSETTS INTERSCHOLASTIC ATHLETIC COUNCIL (MIAC)

1. The Massachusetts Interscholastic Athletic Council shall consist of 18 voting members; four members to represent the Massachusetts Association of School Committees (MASC), four members to represent the Massachusetts Association of School Superintendents (MASS), four member school Principals/Assistant Principals to represent the Massachusetts Interscholastic Athletic Association (MIAA), two middle school member principals to represent the Massachusetts School Administrators Association (MSAA), and four to represent the Massachusetts Secondary School Athletic Directors' Association (MSSADA). If a minority member is not elected or appointed through the aforementioned, then the MIAC Chair will appoint a minority member to serve as an "at-large" MIAC member for the year.
2. The officers shall consist of a Chair and Vice Chair. These officers shall be elected annually by the MIAC. The Executive Director of MIAA shall serve as a non-voting member of the MIAC.

3. Powers and Duties:

- a. The MIAC shall hear and act on appeals and protests from decisions or acts of the Assembly and/or Board of Directors. Such appeals shall be presented according to procedures adopted and published by the MIAC.
- b. The MIAC shall have authority to approve or revise decisions of the Assembly or Board of Directors including rules and regulations issued by the Board.
- c. The MIAC shall not act on appeals or protests which have not first been presented to either the Assembly or Board of Directors.
- d. The MIAC shall meet annually and at other times at the call of the Chair or on request of three or more voting members of the MIAC.

G. ABSENTEES

1. Any appointed or elected member of a committee, board, or Council who is absent without good cause for more than three consecutive meetings or for more than three meetings during any fiscal year shall be removed or requested to resign.

ARTICLE V - SERVICE FEES AND FINANCES

A. ANNUAL SERVICE FEES

1. The annual service fee for members shall be set by the Board of Directors. The Board of Directors shall establish a base fee for all member schools which will be combined with a per sport assessment.
2. Service fees and assessment are payable to the MIAA on July 1 or each year. Any member who is delinquent in the payment of the annual service fee after November 1 of any school year shall, after due notice, thereby cease to be a member.

ARTICLE VI - LOCAL MANAGEMENT

A. THE PRINCIPAL

1. The principal of the school, or his/her authorized staff representative, shall accompany any student or group of students representing his/her school in an interscholastic contest or meeting.
2. The principal of the school, or staff authorized by him/her, shall be the manager of the team or group representing the school.
3. No school shall engage in any interscholastic activity without the sanction of the principal.

ARTICLE VII - AMENDMENTS

A. AMENDMENTS

1. The Constitution of this Association may be amended by a majority vote of the voting members present and voting at any meeting of the Assembly, provided a quorum is present. Any proposed amendment relative to the Massachusetts Interscholastic Athletic Association must be presented to the MIAA Board of Directors at least four (4) weeks prior to the Annual Meeting of the Assembly.
2. Proposed amendments shall be referred to the membership by sending a notice of the proposed amendments to the principal of each institutional member and the executive officer of each association represented on the Board at least 12 days prior to the meeting with a statement of the action recommended by the Board of Directors on each amendment.
3. In the event of an emergency, the Board of Directors, at its discretion may submit an amendment to the MIAA member school principals for approval by mail. A two-thirds vote of the membership shall be required for the passage of such an amendment. If passed, the amendment is effective immediately but only until the next regularly scheduled meeting of the Assembly, at which time the amendment shall be re-submitted for the regularly prescribed action of the Assembly.

ARTICLE VIII – PARLIAMENTARY PROCEDURE

Meetings of the Association and its subdivisions shall be conducted according to Roberts Rules of Order (latest edition).

ARTICLE IX - DISSOLUTION

Upon dissolution of the MIAA, Inc., all assets will be distributed exclusively for the purposes stated in this Constitution and only to organizations that qualify under 501 (c) 3 of the Internal Revenue Code.

PART XI: RULES AND REGULATIONS OF THE MIAC

ARTICLE I - NAME

The name of this organization shall be the Massachusetts Interscholastic Athletic Council (MIAC).

ARTICLE II - PURPOSE

The MIAC shall hear and act on appeals and protests from decisions or acts of the Massachusetts Interscholastic Athletic Association (MIAA), Assembly, and/or Board of Directors. Such appeals shall be presented according to procedures adopted and published by the MIAC. The MIAC shall have authority to approve or revise decisions of the Assembly or Board of Directors including rules and regulations issued by the Board. The MIAC shall not act on appeals or protests which have not first been presented to either the Assembly or Board of Directors.

ARTICLE III - ADMINISTRATION

The responsibility for the administration of the athletic policies approved and adopted by the Massachusetts Interscholastic Athletic Council shall be vested with the Massachusetts Interscholastic Athletic Association.

Before any question of policy is presented to the MIAC for its action, it shall first be carefully considered by the MIAA and recommendations obtained through its Board of Directors and representative committees.

Athletic policies approved and adopted by the MIAC shall be published as a responsibility of MIAA and disseminated to the chief executive officers of affiliated associations.

ARTICLE IV - MEMBERSHIP

The Massachusetts Interscholastic Athletic Council shall consist of 18 voting members; four members to represent the Massachusetts Association of School Committees (MASC), four members to represent the Massachusetts Association of School Superintendents (MASS), four member school Principals/Assistant Principals to represent the Massachusetts Interscholastic Athletic Association (MIAA), two middle school member principals to represent the Massachusetts School Administrators Association (MSAA), and four to represent the Massachusetts Secondary School Athletic Directors' Association (MSSADA). If a minority member is not elected or appointed through the aforementioned, then the MIAC Chair will appoint a minority member to serve as an "at-large" MIAC member for the year.

The school committee representatives shall be selected by the MASC. The superintendents' representatives shall be selected by the MASS. The middle school principals' representatives shall be selected by the MSAA. The athletic directors' representative shall be selected by the MSSADA. The Principals/Assistant Principals shall be selected by the MIAA. The term of each appointment shall be for a period of three years.

ARTICLE V - OFFICERS

The officers of the Massachusetts Interscholastic Athletic Council shall consist of a chair, vice-chair, and a secretary.

The chair shall be elected annually by a majority vote of members in attendance at the spring meeting. The chair shall always be a school committee representative. It shall be his/her duty to preside at all meetings.

The vice-chair shall be elected annually by a majority vote of members in attendance at the spring meeting. It shall be his/her duty to preside at all meetings in the absence of the chair.

The secretary shall always be the Executive Director of the Massachusetts Interscholastic Athletic Association. It shall be his/her duty to keep minutes of all meetings and to notify all members of regular and special meetings in writing at least two weeks in advance of such regular or special meetings.

ARTICLE VI - MEETINGS

At least two regular meetings of the Massachusetts Interscholastic Athletic Council shall be held annually; one in the Fall and another during the Spring. Other meetings may be called by the chair when he/she deems such meetings are essential, or upon the written request of five members of the Council.

ARTICLE VII - APPEAL PROCEDURES

A sub-committee hearing board, comprised of voting members of MIAC and the ERB, shall act on individual student eligibility waiver appeals. Whenever possible, the MIAC chair and the vice chair will serve on this hearing board.

A quorum of MIAC will be required to take action on appeals which affect more than one individual student's athletic eligibility.

ARTICLE VIII - AMENDMENTS

The Rules and Regulations of the Massachusetts Interscholastic Athletic Council may be amended by a majority vote at any regular meeting. Any proposed amendments must be presented to the secretary at least three weeks previous to the meeting to enable the secretary to refer such proposed amendments to the entire Council membership at least two weeks prior to the meeting.

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