

To Register for MPS Athletics this entire packet must be completed.

Sign and Return the following pages to your school

- Page 4 Emergency Referral card
- Pages 5-6 Media Release and Student Transfer Form (if necessary)
- Pages 13-14 MSHSL Eligibility and Sports Health Questionnaire
- Pages 15-19 Athletic Physical Examination Forms

2020-2021 Athletic Registration Packet

Participation Fees: See your school athletic director for hardship status

- Hockey - \$240 (increase to supplement ice time bill)
- Football - \$90 (increase to supplement safety equipment-helmets, shoulder pads etc.)
- All Other High School Sports - \$75 (increase to offset transportation, officials, supply & equipment)

Minneapolis Public Schools Eligibility and Athletic Department Information

Student Athlete Pledge:

As a participant in athletics for the Minneapolis Public Schools, I agree to abide by the Minnesota State High School Rules. Therefore, I accept and Pledge to abide by the training rules listed in the MSHSL handbook and others established by my coach and school.

To demonstrate my support, I pledge to: (Athlete please initial)

_____ Support my fellow teammates by setting an example and abstaining from the use of alcohol, tobacco, and other drugs.

_____ I will not cover for, enable, or lie for my teammates, if any rules are broken. I will hold my teammates responsible and accountable for their actions.

_____ I will contact the athletic office and seek information and assistance in dealing with my own or my teammates' problems.

_____ I pledge to be honest and open with my parents about my feelings, needs, and problems.

_____ I will be honest and open with my coach and other school personnel when the interest of my teammates is being jeopardized.

Athletic Equipment Agreement

I will be responsible for the return of any equipment loaned to me and will reimburse the school should such articles not be returned when called for. **MSHSL by-law 208.00 forbids the use of high school uniforms for the off-season.**

A \$10.00 fine may be assessed for equipment not turned in within 10 days of participation in that sport.

Attendance:

Students are expected to attend every class session. If students are unable to attend class they must present an excusal note to the school explaining their absence. Students who are not in attendance to every class will be subject to consequences including not being allowed to participate in practice or games. (DP. #P5100)

Athletic Insurance Information:

I understand the following:

- 1) There is no coverage by the Minneapolis Public Schools for insurance or benefit plans for student/athletes.
- 2) There is a risk of injury, including catastrophic injury, while participating in high school athletics.
- 3) The Catastrophic Plan by the Minnesota State High School League is in effect for injury costs over \$50,000.00.
- 4) It is recommended that all parents have some type of hospitalization and medical coverage.

Academic Requirements:

The Minnesota State High School League (Bylaw 407.00) defines eligibility as “Making satisfactory progress toward graduation.” The Minneapolis Public Schools interprets this bylaw with the following policy:

- A. Entering 9th grade students are eligible
- B. Students/athletes are required to adhere to the minimum credit requirement listed in the chart below.
- C. All athletes must have either a cumulative 2.00 G.P.A. during the grading period prior to participation.
- D. Credit Requirements for Participation

Grade	Completion of First Quarter	Completion of Second Quarter	Completion of Third Quarter	Completion of Fourth Quarter	Total Credits
9 th	1.00	2.5	3.75	5	6
10 th	6.25	7.5	8.75	10	12
11 th	11.25	12.5	13.75	15	18
12 th	16.25	17.5	18.75	Graduate	Graduate

- E. After 12 consecutive semesters since starting 7th grade, no student is eligible.
- F. Students new to Minneapolis Public Schools are eligible, if they would have been eligible at their previous school for one grading period.
- G. **Students must check with the building athletic director for final eligibility status. For eligibility appeals and/or additional information please check with the building athletic director.**

Additional Behavioral Consequences for Athletes:

In addition to the Minnesota State High School Leagues minimum competition consequences, in season student/athletes, may also lose all post-season school recognition awards. This includes, but is not limited to the awards of varsity letter, MVP, captainship, etc.

Media Release – Minneapolis Public Schools Athletics

Throughout the upcoming season, the media may visit our events, request information about our events as well as our footage of our events. During the upcoming season, the Athletic Departments of Minneapolis Public Schools will be releasing your child's name and images for many reasons including but not limited to team rosters, promotional materials, game footage, team pictures, as well as information for College Recruiters if appropriate. This information may be used or shown on Websites/Radio Stations/Television Stations/School Event Programs/Posters/Brochures and/or Newsletters. Student/athletes are expected to have a completed Minneapolis Public Schools Media Release Form on file at their school.

Athletic Equipment Agreement:

I agree to take part in athletics and agree not to hold the school or its representatives responsible for injuries which may be incurred through such participation. I will also be responsible for the return of any equipment/uniforms loaned from the athletic department and will reimburse the school should such articles not be returned when called for. **MSHSL bylaw 208.00 forbids the use of High School uniforms for the off-season.** *A \$10.00 late fee may be assessed for equipment not turned in within 10 days of participation in that sport. This starts with the date of the last competition*

Transportation Agreement:

The athletic department reserves the right to require all athletes to ride to and from each athletic event with a coach. If for any reason the athlete is unable to ride with the team from an event the athlete's parents/guardian must notify the school's athletic director in writing 24 hours before the event.

Employee Student Relationships:

The Minneapolis Public School District is committed to an educational environment in which all are treated with respect and dignity. Each District employee is expected to exercise good judgement and professionalism in all interpersonal relationships with students. Such relationships must be and remain on an employee-student basis. Complaints and/or concerns regarding conduct of any employee will be addressed by the District. Students and parent/guardians should report complaints or concerns to the building Principal, the building athletic director, or other trusted staff.

District Athletic Participation Fees:

Minneapolis Public Schools charge one of the lowest participation fees in the Twin City Metro area. These fees are used to offset athletic costs which includes equipment and supplies, replacement uniforms, and uncovered expenses. Students

and/or parent guardians are asked to consult with their school athletic director if they are not able to pay these fees. A participation fee refund request will be honored only if the student, through no fault of his/her own, cannot continue with the activity. No refund will be provided in the case of quitting a team or being dropped from a team because of disciplinary action. The allowable reasons for a refund include: a crippling injury or a transfer before the 1st contest out of the district. In any case, the refund will be a prorated amount up to midseason. There will be no refunds once midseason has been reached.

Athletic Websites:

Minneapolis Public School Schedules: at www.mpls.city.org

Minneapolis Public School Athletic Information: <http://athletics.mpls.k12.mn.us/>

Minnesota State High School League: <http://www.mshsl.org/mshsl/index.asp>

Minnesota Adapted Athletics Association: <https://sites.google.com/view/minnesota-adapted-athletics>

Minnesota Adapted Athletic Schedules: <http://www.maaconference.org/g5-bin/client.cgi?G5genie=175>



The Minneapolis Park & Recreation Board offers a variety of youth sports leagues for children 6 to 18 years of age. Students interested in participating in additional sports league activities should go to their local MPRB Recreation Center for registration details. To find the center nearest to you call 612.230.6400 or visit us at www.minneapolis-parks.org Home Page - Quick Links "Find the MPRB Recreation Center nearest to your MPLS school.

MPS Athletics Player Information – Emergency Contact Form**Athlete name:** _____ **Home phone:** _____ - _____ - _____**Sport:** _____ **Student ID:** _____

Address: _____ City/Zip: _____

Birthdate: _____ School: _____ Grade: _____

Parent/Guardian: _____ Cell # _____

Parent/Guardian: _____ Cell # _____

Number to call during practice or game times: _____

Email address that is checked daily: _____

Preferred Contact Method: Cell _____ Email _____ Both _____**Alternate Person to Notify:**

Name _____

Address _____

Home Phone: _____ Work Phone: _____

Family Physician: _____

Phone: _____ Medical Insurance: _____

Hospital: _____ Policy Number: _____

Current Medical information:

Medications: _____

Allergies: _____

Does your child have asthma? _____

All students with asthma MUST have a rescue inhaler at every game and practice.

Diet restrictions: _____

Special concerns: _____

Parent/Guardian Signature: _____ **Date:** _____

AD Complete-(circle one):

Cleared to Participate

Not Cleared to Participate



Media Release Form

To be filled out by parent or guardian:

Student Name: _____

Date: _____

NEW: This is a continuing permission form. It will be in force as long as your student is continuously enrolled in MPS. If you wish to cancel your permission at any time contact your school office for the appropriate form.

Student ID No: _____

Dear Parent or Guardian:

During the school year, the news media may visit your school to cover special events and Minneapolis Public Schools may wish to use your child's photograph, voice or student work for promotional and educational reasons, such as in publications, posters, brochures and newsletters; on the district or school web site, radio station or Cable TV channel; or at community fairs.

In addition, you may want your child's picture in your school's yearbook. Having a picture taken at school is not enough to ensure that your child's picture will be in a school yearbook. Your permission is required.

Because of state law, a school must obtain your permission before your child's photograph or voice can be used for either purpose. Your permission once given will be in force as long as your student is continuously enrolled in a Minneapolis Public School or until you inform the school that you withdraw your permission.

Please sign and return this page stating whether you give permission to use your child's photograph, student work or voice for either or both of these purposes. You may decide to give permission for both purposes or for only one purpose.

If you do not return this form your child's photograph *will not* be used by the media and *will not* appear in the class section of the school yearbook.

Thank you for your cooperation. ***Check all that apply and please sign your name below.*** You may choose to check one, both or neither of these boxes.

____ I give my permission for _____ to be filmed/photographed/interviewed by the media during school events and for the district to use my child's photograph, work or voice for promotional and educational purposes.

Student Name

____ I give my permission for photographs of _____ to be included in the school year book.

Student Name

Parent or Guardian Signature

*Student Transfer Report***This information must be completed by Receiving School:**

Date: _____

Receiving School: _____ A.D. Email Address: _____

Sending School: _____ A.D. Email Address: _____

Transfer Student's Full Name: _____ has indicated that he/she is transferring to _____

Receiving School: _____

Date Student entered 7th grade: _____ School Student entered 7th grade: _____

Date Student entered 9th grade: _____ School Student entered 9th grade: _____

This information must be completed by Sending School and returned to Receiving School

(Regardless of whether the sending school has activities/athletics or not this document must be completed. The information is used to determine a student's incoming general eligibility.)

Is this the student's first transfer? _____ Yes _____ No

If No, please list transfers: _____

Following is an overview of the eligibility status:

- _____ Student has participated on a Varsity, Jr. Varsity or B-Team (Sophomore team).
 _____ Student is eligible for all levels of competition at the time of withdrawal.
 _____ Student is NOT eligible due to violations or transfer rule (see below).

If the student is not eligible, please check (X) all of the following that apply:

- _____ Academic progress
 _____ Age
 _____ Amateur violation
 _____ Camp/clinic violation
 _____ Drinking/smoking/chemical violation
 _____ Student Code of Responsibilities (Bylaw 206)
 _____ Non-school competition violation
 _____ Semesters
 _____ Racial, religious, sexual harassment/violence or hazing violation
 _____ Transfer
 _____ Other: (please describe) _____

The Student has how many number of days/ weeks/games of his/her penalty remaining at the time of withdrawal.
 Please describe: _____

The Student has previous MSHSL violations and has served the penalty:

- 1st Violation: _____
 2nd Violation: _____
 3rd Violation: _____

The information above is accurate to the best of my ability. Please provide your electronic signature

Sending School A.D. _____ Date: _____
 Signature: _____

Receiving School A.D. _____ Date: _____
 Signature: _____

KEEP FORM ON FILE AT RECEIVING SCHOOL - (DO NOT SEND TO MSHSL)



2020-2021

MSHSL ELIGIBILITY BROCHURE

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

I understand I must sign the current eligibility statement prior to participation each school year.

I understand that once I sign the eligibility statement all eligibility rules apply:

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

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

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

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

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

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

INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

GENERAL BYLAW REVIEW

All MSHSL eligibility determinations are based on bylaws found in the most current official handbook or online at mshsl.org/handbook

* Denotes rules applicable to cheerleaders

1. ***ACADEMIC** — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.
2. ***AGE** — A student who turns 20 during the 11th or 12th semester since first entering the 7th grade shall be allowed to participate through the completion of the 12th semester. Adapted athletes are eligible to participate until their 22nd birthday, provided they meet all other eligibility requirements.
3. **AMATEUR STATUS** — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport. (*Reference Bylaw 201 for further amateur provisions*)
4. **AWARDS** — Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in that activity.
5. ***ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD** — Students must be fully enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored

activities. Students must be properly registered, attending school and classes regularly. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade. For transfer eligibility purposes participation in a school program is considered full enrollment at that school.

6. **FOREIGN EXCHANGE STUDENTS** — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. **INTERNATIONAL STUDENTS** — Students not participating in a CSIET approved foreign exchange program are eligible only at the B-squad or JV level for one calendar year.
7. ***GENERAL ELIGIBILITY** — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal.

Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I

understand and accept the following responsibilities:

1. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
2. *I will be fully responsible for my own actions and the consequences of my actions*
3. *I will respect the property of others.*
4. *I will respect and obey the rules of my school and the laws of my community, state and country.*
5. *I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.*

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

8. ***SEASONS OF PARTICIPATION** — No student may participate in more than six (6) seasons in any sport while enrolled in grades 7-12, semesters 1-12 inclusive.
9. ***SEMESTERS IN HIGH SCHOOL** — A student shall not participate in an interscholastic contest after the student's twelfth semester in grades 7-12 inclusive. All twelve semesters shall be consecutive, beginning in the 7th grade.
10. **JUNIOR HIGH/MIDDLE SCHOOL PARTICIPATION** — Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level.
11. ***GRADUATE** — Students who have graduated from a secondary school, or who have completed the terminal or final grade of a secondary school, or who have earned a GED or diploma are not eligible for participation in any League activity. A student who graduates while a member of a team with a season in progress may complete the season if three or fewer weeks of the regular season, exclusive of League tournament play, remain.
12. ***MOOD-ALTERING CHEMICALS**

A. Reference Bylaw 205

Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia, (4) use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her/his doctor.

B. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive

interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

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

C. Penalties for Category II Activities

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

Fine Arts Activities

1. Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
2. Music Activities.
3. Visual Arts Activities.
Each member school shall develop penalties which it will apply to the participants in these activities. A copy of the member school's policy shall be filed in the principal's office.

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

A. Reference Bylaw 209.00:

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

B. Reporting Procedures:

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual,

racial, religious harassment, violence or hazing, shall inform the building principal immediately.

4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

C. Reprisal

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

D. Penalties for Category I Activities:

1. First Violation: the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. *Recommendations: 1) It is recommended that the school develop a local education program through which the student would receive information about sexual, racial, religious harassment, violence or hazing. 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.*
2. Second Violation: the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. *Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.*
3. Third or Subsequent Violations: the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.
4. Penalties are progressive and consecutive.

E. Penalties for Category II Activities:

Each member school shall develop penalties that it will apply to

the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

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

ATHLETIC RULES

1. ***PHYSICAL EXAMINATION AND PARENTS PERMIT** — Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school, a record of a physical examination performed within the previous three (3) years. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.
2. **LAST DATE TO JOIN A TEAM** — To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.
3. **NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS** —
 - A. **During the High School Season:** During the high school season a student may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments or contests, in the same sport. *Participation defined:*

practice, training, tryouts, scrimmaging and competing. Season Defined: The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition. Baseball, Softball and Skiing are exceptions to this rule.

Exception: Non-School Training During the High School Season for Athletes Who Qualify as Individual competitors to the State Tournament: (Swimming, Cross Country, Tennis, Skiing, Gymnastics, Wrestling, Synchronized Swimming, Golf, and Track and Field)

- i. **Lessons/Training:** During the MSHSL high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.
- ii. **Competition:** Athletes will be able to compete in non-school events/competitions that do not match the events in which

athletes currently compete in high school competition. Exception: Summer Vacation Period — Students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. *See definition of summer vacation below: 14.C.*

Summer Coaching waiver: If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's athletic director.

Students may take private lessons during the MSHSL season.

- B. During the School Year, Prior To and Following the High School Sports Season:** A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.

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

C. Summer Vacation Period:

A student may compete as an individual or as a member of a nonschool team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season. Note: Students may participate in activities during the summer, as defined above, even though their high school sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.*

D. Penalty:

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

E. Special Considerations:

1. National Teams and Olympic Development Programs
The MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:

- a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
- b. Directly funded by a national governing body on a national level.
- c. Authorized by a national governing body for athletes having potential for future national team participation. Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.

2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.
3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

4. ATHLETIC CAMPS AND CLINICS —

- A. School Year:** Students may attend athletic camps and clinics which have been approved by their high school principal.

- B. Summer Vacation Period:** Non-school specialized athletic camps and clinics do not require approval.

1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.
2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

C. Penalty:

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

5. TRANSFER RULE — Bylaw 111

- A.** A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.

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

1. 9th Grade Option: The student is enrolling in 9th grade for the first time.
2. Family Residence Change: the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will

be eligible at the public school in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents move.

If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school.

A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

3. Court Ordered Residence Change for Child Protection: the student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
 4. Divorced Parents: a student of legally divorced parents who have joint physical custody of the student may move from one custodial parent to the other custodial parent and be fully eligible at the public school in the new public school district attendance where the residence of the receiving parent is located. The student may utilize this provision only one time during grades 9-12 inclusive.
 5. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
- C. If none of the provisions in Athletic Rule 5.B.2.1-5 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance in the new school.
1. Students are immediately eligible for competition at the non-varsity level.
 2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
 3. Each time a student transfers and the conditions of the transfer do not meet any of the provisions of Bylaw 111.1.B.i-v, the student will be ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school. For example, if a student, while serving a one-year transfer suspension, transfers to another school and none of the provisions of Bylaw 111.1.B.i-v are met, an additional one-year suspension will be applied. The student will begin serving the additional one-year suspension immediately following the completion of the

previous one-year suspension.

4. Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall elect one of the following:
 - a. retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has open enrolled; or
 - b. be eligible only at the non-varsity level in the school to which the student has open enrolled for one (1) calendar year.
5. A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for fifteen (15) calendar days from the first day the student attends practice in the fall or attends classes in the new school for the first time.

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

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

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

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

 - a. The student may elect to decline the 15-day window to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
 - b. A student may utilize this provision one time per 365 calendar day period.

REV. 4-2-20

CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES



Acute injury

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

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

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

Return to play protocol

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

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

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

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

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

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

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed by Coaching Staff

Appears dazed and stunned
Is confused about assignment or position
Forgets sports plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

Symptoms Reported by Athlete

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



2020-2021 MSHSL ELIGIBILITY STATEMENT

All MSHSL eligibility determinations are based on the most current official handbook found at mshsl.org/handbook

Statement to be signed by the participant from a MSHSL member school and by the participant's parent or guardian each school year prior to participation in that year.

Please check all items:

- ☐ I have read, understand, and acknowledge receiving the 2020-2021 MSHSL Eligibility Brochure, which contains only a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and or principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL website: www.MSHSL.org under Handbook.
- ☐ **We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website:** www.cdc.gov/headsup
- ☐ I understand that once I sign the eligibility statement all eligibility rules apply:
 - Twelve (12) months of the year;
 - Whether I am currently participating or not;
 - Continuously from the first signing of the statement through the completion of my high school eligibility.
- ☐ Regardless of my age I agree to follow all of the MSHSL Bylaws in order to be eligible to represent my school in League-sponsored activities.
- ☐ I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletics/activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

STUDENT CODE OF RESPONSIBILITIES

- ☐ As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
 - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - I will be fully responsible for my own actions and the consequences of my actions.
 - I will respect the property of others.
 - I will respect and obey the rules of my school and the laws of my community, state and country.
 - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty for MSHSL Bylaw violations.
- ☐ **Informed Consent:** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes and Hepatitis B and others. Although serious injuries are not common, and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**
- ☐ I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice.
- ☐ I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.
- ☐ By signing this we acknowledge that we have read the information contained in the 2020-2021 MSHSL Eligibility Brochure and Statement.
- ☐ I/we acknowledge the electronic signature confirms I/we have read and reviewed the information contained in the contents of the Eligibility Brochure and Statement. I/we also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.

I am a home school student? YES ☐ NO ☐ I am an online student? YES ☐ NO ☐

Student's Printed Name

Birth Date

Grade in School

Student's Signature

Date

Parent's or Guardian's Signature

Date

MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE

DATE ____/____/____

Name _____ Age ____ Birth Date ____/____/____

Grade ____ School _____ Sport(s) _____

Address _____

Phone _____ Date of Last Sports Qualifying Physical Exam (SQPE) ____/____/____

Check Yes or No boxes for each question or **Circle** question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

Athlete Health Questionnaire

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥ 3 , please see your provider)

- | | YES | NO |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR | | |
| 2. In the last year, have you passed out or nearly passed out <i>during</i> or <i>after</i> exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. In the last year, have you had an unexplained seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR | | |
| 7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including an unexplained drowning or an unexplained car accident)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. In the last year, has anyone in your immediate family been diagnosed with hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. In the last year, has anyone in your immediate family under age 35 had a heart problem, pacemaker, or implanted defibrillator? | <input type="checkbox"/> | <input type="checkbox"/> |
| MEDICAL RISK QUESTIONS IN THE LAST YEAR | | |
| 12. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems? | <input type="checkbox"/> | <input type="checkbox"/> |

Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature

Athlete Signature

Date

Activities Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)

SQPE Due ____/____/____

CLEARED FOR SPORTS: YES ☐ NO ☐

Reference: Preparticipation Physical Evaluation (Fourth Edition): AAFP, AAP, AMSSM, AOSSM, AOASM ; AAP, 2010.

Revised 3/25/20

2020-2021 SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM

Minnesota State High School League

☐ (1) Participate in all school interscholastic activities without restrictions.

☐ (2) Participate in any activity not crossed out below.

Reference: Preparticipation Physical Evaluation (5th Edition): AAFP, AAP, ACSM, AMSSM, AOSSM, AOASM: 2019.

Minnesota State High School League 2020-2021 SPORTS QUALIFYING PHYSICAL HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____
 Date of examination: _____ Sport(s): _____
 Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

Past and current medical conditions: _____
 Have you ever had surgery? If yes, list all past surgeries. _____
 List current medicines and supplements: prescriptions, over-the-counter, and herbal or nutritional supplements. _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥ 3 , evaluate.)

Circle Question Number (1) of questions for which the answer is unknown.

Circle Y for Yes or N for No

GENERAL QUESTIONS

1. Do you have any concerns that you would like to discuss with your provider? Y / N
2. Has a provider ever denied or restricted your participation in sports for any reason? Y / N
3. Do you have any ongoing medical issues or recent illness? Y / N

HEART HEALTH QUESTIONS ABOUT YOU^a

4. Have you ever passed out or nearly passed out during or after exercise? Y / N
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? Y / N
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? Y / N
7. Has a doctor ever told you that you have any heart problems? Y / N
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. Y / N
9. Do you get light-headed or feel shorter of breath than your friends during exercise? Y / N
10. Have you ever had a seizure? Y / N

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY^a

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? Y / N
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? Y / N
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? Y / N

BONE AND JOINT QUESTIONS

14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? Y / N
15. Do you have a bone, muscle, ligament, or joint injury that bothers you? Y / N

MEDICAL QUESTIONS

16. Do you cough, wheeze, or have difficulty breathing during or after exercise? Y / N
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? Y / N
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? Y / N
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? Y / N
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? Y / N
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? Y / N
22. Have you ever become ill while exercising in the heat? Y / N
23. Do you or does someone in your family have sickle cell trait or disease? Y / N
24. Have you ever had or do you have any problems with your eyes or vision? Y / N
25. Do you worry about your weight? Y / N
26. Are you trying to or has anyone recommended that you gain or lose weight? Y / N
27. Are you on a special diet or do you avoid certain types of foods or food groups? Y / N
28. Have you ever had an eating disorder? Y / N

FEMALES ONLY

29. Have you ever had a menstrual period? Y / N
30. How old were you when you had your first menstrual period? _____
31. When was your most recent menstrual period? _____
32. How many periods have you had in the past 12 months? _____

Notes: _____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____ Signature of parent or guardian: _____
 Date: ____/____/____

Minnesota State High School League
2020-2021 SPORTS QUALIFYING PHYSICAL EXAMINATION FORM

Student Name: _____ Birth Date: _____

Follow-Up Questions About More Sensitive Issues:

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you been hit, kicked, slapped, punched, sexually abused, inappropriately touched, or threatened with harm by anyone close to you?
5. Have you ever tried cigarette, cigar, pipe, e-cigarette smoking, or vaping, even 1 or 2 puffs? Do you currently smoke?
6. During the past 30 days, did you use chewing tobacco, snuff, or dip?
7. During the past 30 days, have you had any alcohol drinks, even just one?
8. Have you ever taken steroid pills or shots without a doctor's prescription?
9. Have you ever taken any medications or supplements to help you gain or lose weight or improve your performance?
10. Question "Risk Behaviors" like guns, seatbelts, unprotected sex, domestic violence, drugs, and others.

Notes About Follow-Up Questions:

MEDICAL EXAM

Height _____ Weight _____ BMI (optional) _____ % Body fat (optional) _____ Arm Span _____
Pulse _____ BP _____ / _____ (_____ / _____)
Vision: R 20/____ L 20/____ Corrected: Y / N Contacts: Y / N Hearing: R ____ L ____ (Audiogram or confrontation)

Exam	Normal	Abnormal Findings	Initials*
Appearance			
Circle any Marfan stigmata present	→	Kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency	
HEENT			
Eyes			
Fundoscopy			
Pupils			
Hearing			
Cardiovascular^a			
Describe any murmurs present (standing, supine, +/- Valsalva)	→		
Pulses (simultaneous femoral & radial)			
Lungs			
Abdomen			
Tanner Staging (optional)	Circle	I II III IV V	
Skin (No HSV, MRSA, Tinea corporis)			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
Functional (Double-leg squat test, single-leg squat test, and box drop or step drop test)			

^aConsider ECG, echocardiogram, and/or referral to cardiology for abnormal cardiac history or examination findings

* For Multiple Examiners

Additional Notes: _____

Health Maintenance: ☐ Lifestyle, health, immunizations, & safety counseling ☐ Discussed dental care & mouthguard use

☐ Discussed Lead and TB exposure – (Testing indicated / not indicated) ☐ Eye Refraction if indicated

Provider Signature: _____ Date: _____

Minnesota State High School League
ATHLETE WITH DISABILITIES SUPPLEMENT TO THE ATHLETE HISTORY

Name: _____ Date of birth: _____

1. Type of disability:
2. Date of disability:
3. Classification (if available):
4. Cause of disability (birth, disease, injury, or other):
5. List the sports you are playing:

6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities? Y / N
7. Do you use any special brace or assistive device for sports? Y / N
8. Do you have any rashes, pressure sores, or other skin problems? Y / N
9. Do you have a hearing loss? Do you use a hearing aid? Y / N
10. Do you have a visual impairment? Y / N
11. Do you use any special devices for bowel or bladder function? Y / N
12. Do you have burning or discomfort when urinating? Y / N
13. Have you had autonomic dysreflexia? Y / N
14. Have you ever been diagnosed as having a heat-related or cold-related illness? Y / N
15. Do you have muscle spasticity? Y / N
16. Do you have frequent seizures that cannot be controlled by medication? Y / N

Explain "Yes" answers here.

Please indicate whether you have ever had any of the following conditions:

- | | | |
|--------------------------------------------------------------|-------|-------|
| Atlantoaxial instability | Y / N | |
| Radiographic (x-ray) evaluation for atlantoaxial instability | | Y / N |
| Dislocated joints (more than one) | Y / N | |
| Easy bleeding | Y / N | |
| Enlarged spleen | Y / N | |
| Hepatitis | Y / N | |
| Osteopenia or osteoporosis | Y / N | |
| Difficulty controlling bowel | Y / N | |
| Difficulty controlling bladder | Y / N | |
| Numbness or tingling in arms or hands | Y / N | |
| Numbness or tingling in legs or feet | Y / N | |
| Weakness in arms or hands | Y / N | |
| Weakness in legs or feet | Y / N | |
| Recent change in coordination | Y / N | |
| Recent change in ability to walk | Y / N | |
| Spina bifida | Y / N | |
| Latex allergy | Y / N | |

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____ Signature of parent or guardian: _____

Date: ____/____/____

Minnesota State High School League
2020-2021 PI ADAPTED ATHLETICS MEDICAL ELIGIBILITY FORM Addendum
(Use only for Adapted Athletics - PI Division)

The MSHSL has competitive interscholastic Physically Impaired (PI) competition. Students who are deemed fit to participate in competitive athletics from a MSHSL sports qualifying exam should meet the criteria below to participate in Adapted Athletics – PI Division.

The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who are medically eligible to compete in competitive athletics. A student is administratively eligible to compete in the PI Division with one of the two following criteria:

The student must have a diagnosed and documented impairment specified from one of the two sections below:
(Must be diagnosed and documented by a Physician, Physician's Assistant, and/or Advanced Practice Nurse.)

1. _____ Neuromuscular _____ Postural/Skeletal _____ Traumatic
 _____ Growth _____ Neurological Impairment

Which: _____ affects Motor Function _____ modifies Gait Patterns

(Optional) _____ Requires the use of prosthesis or mobility device, including but not limited to canes, crutches, walker or wheelchair.

2. _____ Cardio/Respiratory Impairment that is deemed safe for competitive athletics, but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition.

(NOTE:) A condition that can be appropriately managed with appropriate medications that eliminate physical or health endurance limitations WILL NOT be considered eligible for adapted athletics.

Specific exclusions to PI competition:

The following health conditions, without coexisting physical impairments as outlined above, do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual's physician, a student's school, or government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health conditions that are not listed below may also be non-qualifying for participation in the PI Division.

Attention Deficit Disorder (ADD), Attention Deficit Hyperactive Disorder (ADHD), Emotional Behavioral Disorder (EBD), Autism spectrum disorders (including Asperger's Syndrome), Tourette's Syndrome, Neurofibromatosis, Asthma, Reactive Airway Disease (RAD), Bronchopulmonary Dysplasia (BPD), Blindness, Deafness, Obesity, Depression, Generalized Anxiety Disorder, Seizure Disorder, or other similar disorders.

Student Name _____

Provider (PRINT) _____

Provider (SIGNATURE) _____

Date of Exam _____