

STUDENTS

Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) the summary of Apollo, District 742, and 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 is also posted on the MSHSL web site: www.mshsl.org. For a complete listing of Apollo School rules, please refer to the brochure for reference, and if there is a question about any rule interpretation, contact the Activities Director.

PARENTS/GUARDIANS

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

INSTRUCTIONS

Please make sure both parent and student signature is on the registration forms. This signature tells us that you have read and understand all the Apollo, District 742 and MSHSL Rules enclosed in this packet.

A physical exam is required every **three** years for athletic participation.

Please bring the following completed items when you register for an activity:

1. Registration form
2. Insurance Waiver form
3. Social Networking Guidelines
4. Concussion & Head Injury Acknowledgement
5. MSHSL Annual Sports Health Questionnaire form
5. MSHSL Eligibility Statement
6. MSHSL Eligibility Brochure
7. Transportation Waiver
8. Participation fee
9. Current Sports Physical (if applicable)

- In the event a student is involuntarily terminated from a program, except for violation of team or school rule, a refund of participation fees will be issued within the first 2 contests. (Injury is involuntary)
- In the event a student voluntarily terminates from a Program, **NO REFUND** will be issued **AFTER ONE CONTEST**.

ST. CLOUD APOLLO EAGLES



2020-2021

Parent/Student Information and Registration Forms

This brochure is a summary of the general rules.

Parents/Guardians: Please retain the first 4 pages of this packet for your information.

ATHLETIC FEES

<u>SPORT</u>		<u>GRADES 7-12</u>
	<i>Fall</i>	
Adapted Soccer		\$140.00/35.00
Cross Country		\$140.00/35.00
Football (9-12 grade)		\$140.00/35.00
Soccer (9-12 grade)		\$140.00/35.00
Girls Swimming		\$140.00/35.00
Girls Tennis		\$140.00/35.00
Volleyball (9-12 grade)		\$140.00/35.00
	<i>Winter</i>	
Adapted Floor Hockey		\$140.00/35.00
Alpine Skiing		\$25.00
Astronettes		\$140.00/35.00
Basketball (9-12 grade)		\$140.00/35.00
Nordic Skiing		\$140.00/35.00
Girls Gymnastics (9-12 grade)		\$140.00/35.00
Hockey (9-12 grade)		\$140.00/35.00
Boys Swimming		\$140.00/35.00
Wrestling		\$140.00/35.00
	<i>Spring</i>	
Baseball (9-12 grade)		\$140.00/35.00
Golf		\$140.00/35.00
Lacrosse		\$140.00/35.00
Softball (9-12 grade)		\$140.00/35.00
Boys Tennis		\$140.00/35.00
Track (9-12 grade)		\$140.00/35.00

To view activity schedules or view changes to the schedule, please see the Central Lakes Conference website at: clcmn.com. To automatically receive changes to the schedule, please click "Notify me" and follow the steps to sign up.

DISTRICT 742/APOLLO POLICIES

ATTENDANCE

Students who report to school after 11:30 are not allowed to practice or compete that day (unless absent due to a school sponsored activity)

Administration is aware of parent excuses for athlete tardies/absences. Assistant Principals will deal with these situations per incident.

ATTENDANCE-REPORTING TO SCHOOL THE NEXT DAY

Coaches are to inform athletes of these Rules.

1. Members of athletic teams are expected to report to planning room on time after any trip that returns to the Apollo site by midnight.
2. If the bus returns to Apollo between midnight and 1:00 a.m. students will report to school no later than 9:30 a.m.
3. If the bus returns to Apollo between 1:00 a.m. and 2:00 a.m., students will report to school no later than 10:30 a.m.
4. If the bus returns later than 2:00 a.m. it would obviously be due to very unique circumstances and conditions. Coaches will communicate such situations to the Athletic Director between 7:00 a.m. and 9:00 a.m. Encourage students to report to school by 10:30 a.m. Students with any problems regarding reporting to school must contact the attendance office.
5. Team groups which decide to stop for food at any time on the return trip are expected to report to school at the normal school day times. In other words, guidelines 2, 3, or 4 will not apply.
6. Failure to follow these guidelines will result in game and/or practice suspensions.
7. Students participating in the Apollo athletic program on any given day are required to be in school for that full school day beginning with planning room, unless properly excused through attendance office.
8. The "Late Rule" still applies under any conditions in that a student/athlete must be in school by 11:30 for participation after school. This situation, of course, has its exceptions with proper advanced permission being foremost.
9. Attendance until 3:30 p.m. is mandatory.

Rationale:

Students will not abuse the "Late Rule" concept by utilizing a health-related excuse as the reason for reporting late to school up until 11:30.

If the student is actually ill, the school is obligated to make sure that they are cleared by a professional to allow for participation.

Assistant Principals will handle all other reasons for a student reporting late to school. Each student needs to be held accountable for their own attendance obligations.

PROCEDURE FOR HANDLING COMPLAINTS

Parents and or participants having a concern regarding a particular situation, team players, or coach/advisor are to speak personally with the coach/advisor of the team. Refer to complaint procedure in Parent/Student handbook (pg. 22).

RETURN OF EQUIPMENT

The exact uniform and equipment issued to a participant at the beginning of a season must be returned to the coaching staff at the end of the season. Items which are not returned within two weeks of the end of the season or the date that a participant drops or quits, whichever is earlier, will be charged to the participant. No student may compete in the following season unless previous obligations have been satisfied.

USE OF LOCKERS

For increased security, students are urged to add a personal lock to the locker provided by the school. The following guidelines apply:

1. It is the student's responsibility to remember personal combinations. If a student locks uniform, sweats, or school clothes behind a personal lock and then cannot get those items when he/she wants, that is the student's immediate problem. (A bolt cutter is available at the school but is not on immediate call).
2. Lockers belong to District 742; equipment belongs to District 742; personal items belong to the student. We respect the rights of students regarding search and seizure, but we are also responsible for the well-being of our entire student body and staff. If staff deems that immediate access to a locker is necessary, a student-owned lock will be cut off.
3. On the date that equipment is due at season's end, privately owned locks and belongings must be removed from athletic lockers. (These lockers must be reassigned for next season's sports.) Locks will be removed with no reimbursement. Belongings will be removed with no storage provided.
4. Students are responsible for knowing the date that equipment is due, for removing private locks, and for removing personal belongings.
5. Apollo High School does not assume responsibility for lost or stolen personal items.

ELIGIBILITY

For Apollo High School specific rules, PLEASE REFER TO THE STUDENT HANDBOOK.

Discount Activity Passes can be purchased at the Activities Office.

Adult - \$50 for 10 admissions
Student - \$30 for 10 admissions

Passes can be used at regular season home events held at Apollo High School.

SCHOLASTIC ELIGIBILITY

Bylaw 108.00 of the MSHSL handbook states “Students must be making satisfactory progress towards the school’s requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress”.

Apollo High School defines satisfactory progress as follows:

Good Standing: Student is receiving a **C- or higher** in all classes and has earned at least the minimum number of credits for that trimester. **Fully Eligible**

Tier One: Student is receiving a D- to D+ in one or more current classes and has earned at least the minimum number of credits for that trimester. Student will be monitored by the activities office until all grades are brought up to a C- or higher. **Fully Eligible**

Tier Two (Academic Probation): Student has a failing grade in one or more required classes but has earned at least the minimum number of credits for that trimester. Student will meet with the Building Intervention Team to develop a plan for improving the grade(s). Student will be placed on **Academic Probation** and may continue to participate as they make progress towards the completion of the plan. Student will be placed on a progress report for the remainder of the trimester. Student making inadequate progress towards completion of the plan **may be** ineligible for participation. Parents will be notified.

Tier Three (Academically Ineligible): Student is four or more credits short of required number of credits for that trimester. Student will meet with the Building Intervention Team to develop a plan for making up the credit(s). Student will be academically ineligible until they have earned the required minimum number of credits. Student will be placed on a progress report for the entire trimester. Parents will be notified.

Required number of credits by end of each Tri:

GRADE	TRI. 1	TRI. 2	TRI. 3
9	4	8	12
10	17	22	27
11	33	39	45
12	51	57	63

- **Individual Activities may increase scholastic requirements**

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"

ST CLOUD AREA SCHOOL DISTRICT 742
APOLLO HIGH SCHOOL ACTIVITY REGISTRATION FORM

DATE: _____

GRADE: (Circle) 7 8 9 10 11 12

STUDENT NAME: _____ DATE OF BIRTH: _____

ACTIVITY: _____

HOME ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

CAN YOU RECEIVE TEXT MESSAGES: (Circle) YES NO

What school did you attend last year: _____

Did you attend this school from the beginning of your 9th grade year: (Circle) YES NO

Have you transferred schools since entering 9th Grade: (Circle) YES NO **If yes, complete transfer form.**

PARENT/GUARDIAN NAME(S): _____

PARENT/GUARDIAN CONTACT NUMBER(S): _____

PARENT/GUARDIAN EMAIL ADDRESS: _____

IF PARENT'S CANNOT BE CONTACTED CALL:

NAME: _____ PHONE: _____

NAME: _____ PHONE: _____

ALLERGIES _____

MEDICATION NOW TAKING _____

OTHER CONDITIONS/TREATMENT PLAN _____

Medical Ins. Company _____ Policy Number _____

- 911 will be called in case of an emergency. I hereby consent to any medical services and hospital care that may be required while said child is under the supervision of an employee of School District #742 while on a school-sponsored activity and hereby appoint said employee to act on my behalf in securing necessary medical services and hospital care from any duly licensed physician.
- **In the event a student is involuntarily terminated from a program, *except for violation of team or school rule*, a refund of participation fees will be issued within the first 2 contests. (Injury is involuntary)**
- **In the event a student voluntarily terminates from a Program, NO REFUND will be issued AFTER ONE CONTEST.**

PARENT/GUARDIAN SIGNATURE _____

ACTIVITY OFFICE USE ONLY:

DATE OF SPORT PHYSICAL _____ ELIGIBILITY FORMS _____ HEALTH QUESTIONNAIRE _____

INSURANCE WAIVER _____ SOCIAL NETWORKING _____ CONCUSSION FORM _____ ALL INFO ON FILE _____

COMMENTS _____

**St. Cloud District 742
Student Activities Department**

2020-2021 INSURANCE WAIVER FORM

Insurance Waiver

I am aware playing or practicing to play/participate in any activity can be a dangerous activity involving MANY RISKS OR INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above activity include, but are not limited to, death, serious neck and spinal injury which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. If I am a participant in baseball, basketball, football, gymnastics, hockey, lacrosse, softball, volleyball or wrestling, I specifically acknowledge that it is a VIOLENT CONTACT SPORT involving even greater risk of injury than other sports.

In consideration of District 742 permitting me to try out for the above mentioned team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or participating in that activity, I hereby assume all risks associated with participation and agree to hold District 742, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the activities mentioned above.

The terms hereof shall serve as a release and assumption of risk for my heirs, executor, administrator, assignees, and for all members of my family.

As a parent/guardian, I fully understand that ISD 742 does not provide insurance for my student while participating in interscholastic activities. I fully understand that it is my responsibility to provide insurance coverage for my student. (If you would like to obtain sport insurance, please contact the Activities Office for a Student Assurance Services, Inc. brochure and application.)

I have read and understand the Insurance Waiver information.

Student Name

Student Signature

Date

Parent/Guardian Signature

Note: This waiver must be on file in the Activities Office before a student may participate in AWAY contests.

Social Networking Guidelines for CLC Athletes and Activity Participants

Student Athletes and Social Networking Sites

As a participant in athletic programs and co-curricular activities (called participants in this document) in the Central Lakes Conference, participants need to be aware of the CLC's social networking guidelines. The CLC member schools and the Athletic Departments recognize and support the participant's rights to freedom of speech, expression and use of social network sites. However, each participant must remember that playing and competing for your school is a privilege. As an athletic and co-curricular participant you have responsibilities that extend beyond your behavior as outlined in By Law 206 by the Minnesota State High School League. You represent your school and your community and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Participants should be aware that third parties including the media, school faculty, future employers and college officials could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the individual participants and their school. This can also be detrimental to a participant's future options and you may be subject to sanctions by your school for these behaviors. Examples of inappropriate and offensive behaviors concerning participant in online communities may include the following:

- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another school and derogatory comments against race and/or gender).
- Posts that depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Photos, videos, and comments that are of a sexual or lewd nature.
- Pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of your family, your team, your school and the community that you represent.

By signing below you affirm that you understand the Central Lakes Conference Social Media Guidelines for Student Athletes and Co-Curricular Participants and the requirements that you must adhere to. Also you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team or activity (relative to MSHSL By Law 206), and you may be subject to additional penalties imposed by your school.

Student Printed Name: _____

Student Signature: _____

Date: _____

Apollo High School Athletics
Concussion and Head Injury Acknowledgment

In compliance with Minnesota Statute, this acknowledgment form is to confirm that you have read and understand the CONCUSSION MANAGEMENT RECOMMENDATIONS provided to you by Apollo High School related to the potential concussions and head injuries occurring during participation in athletics.

I, _____, as a student athlete who participates in
(Name of Athlete)

_____, and I, _____
(Sport) *(Name of Parent/Legal Guardian)*

as the parent/legal guardian, have read the informational material provided to us by Apollo High School related to concussions and head injuries occurring during participation in athletic programs and understand the content and warning.

Signature of Student Athlete

Date

Signature of Parent/Legal Guardian

Date

This form should be completed annually prior to the athlete's first practice and or competition and kept on file for one year beyond the date of signature in the principal's office or the office designated by the principal.

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



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



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

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| <ol style="list-style-type: none"> 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. (<i>Reference Bylaw 201 for further amateur provisions</i>) 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 | <p>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.</p> <ol style="list-style-type: none"> 6. FOREIGN EXCHANGE STUDENTS — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance. INTERNATIONAL STUDENTS – Students not participating in a CSJET approved foreign exchange program are eligible only at the B-squad or JV level for one calendar year. 7. *GENERAL ELIGIBILITY — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities and is not in good standing, shall be ineligible for a period of time as determined by the principal.
<i>Student Code of Responsibilities</i>
<i>As a student participating in my school's interscholastic activities, I</i> |
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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 non-school team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season. Note: Students may participate in activities during the summer, as defined above, even though their high school sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.*
- D. Penalty:**
1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (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.

COVID-19 Affirmation Statement

I, _____, a student who participates in _____,
(Student Name) *(Sport/Activity)*

and I, _____, as the parent/legal guardian of above student,
(Parent/Legal Guardian Name)

affirmatively state that the following are true:

1. I have not within the past two weeks been diagnosed with COVID-19 and am not currently experiencing any of the following symptoms:

- Fever (100.4F or higher), or feeling feverish
- Chills
- Cough and Shortness of Breath
- A sore throat
- Muscle aches
- New headache
- Loss of smell or taste

(If you are experiencing symptoms, notify your School Activity Director, stay home, contact your medical provider for guidance, and follow-up with your School Activity Director on what is recommended by your provider. The list of symptoms and guidelines for self-isolation are subject to change as new information is provided by the MN Department of Health or Centers for Disease Control.)

2. I am not a person under investigation for COVID-19 exposure, under quarantine or in isolation as ordered by a health authority.

3. No member(s) of my household have within the past two weeks been diagnosed with COVID-19.

(If you or a member of your household has been formally notified of a potential exposure, you must notify your School Activity Director, self-quarantine and monitor for symptoms for 14 days from the date of notification. If you test positive for COVID-19, notify your School Activity Director. You must stay home until you are fever-free for 72 hours without medication, it has been a minimum of 10 days since the onset of symptoms or date tested positive, and you have improvement in overall symptoms.)

WE AGREE TO IMMEDIATELY NOTIFY MY SCHOOL ACTIVITY DIRECTOR IF THERE IS ANY CHANGE IN MY STATUS REGARDING THE STATEMENTS ABOVE.

Student or Parent Comments/additional information:

Student Signature

Date

Parent Signature

Date

Parent Transportation Release and Waiver regarding Transportation in the Greater St. Cloud Area

I, _____, am the parent/ guardian of _____
("Student").

I consent to following alternate transportation options for my Student going to or from extracurricular activities in the Greater St. Cloud Area, including, but not limited to, practices, games, and competitions, offered by Independent School District No. 742, St. Cloud (the "District"). **Please select all that apply:**

I consent to Student transporting himself/herself. Student is _____ years old and has a valid driver's license.

I consent to Student transporting himself/herself with other minor passengers in the vehicle. Student is _____ years old and has a valid driver's license.

I consent to my Student being transported by another student driving a personal vehicle.

I consent to Student being transported by me to or from extracurricular activities in the Greater St. Cloud Area, including, but not limited to, practices, games, and competitions, offered by Independent School District No. 742, St. Cloud (the "District"). I understand the District is providing transportation to the same location and instead prefer to transport my student myself.

I consent to Student being transported by _____ (Name of Adult) to or from extracurricular activities in the Greater St. Cloud Area, including, but not limited to, practices, games, and competitions, offered by Independent School District No. 742, St. Cloud (the "District"). I understand the District is providing transportation to the same location and instead prefer to have my student transported by the adult driver named above.

In consideration for Student's participation in extracurricular activities, I hereby waive, release, and forever discharge the District and its current and former board members, officers, directors, employees, agents, insurers, attorneys, and representatives from any and all liability, actions, claims, and demands for personal injury, death, or other loss arising out of or relating to Student's transportation, unless such acts arise out of gross negligence or willful misconduct of the District.

Date: _____

Signature of Parent / Guardian