



# Out-of-Season Coaching - Reg. II. Section 11 (H)

3 overarching Year-Round Principles ("**Big 3**") apply both **During School Year** and **Summer**:

- 1. NOT** mandatory or part of team selection – *directly or by inference*
- 2. NO** school general funds
- 3. NO** school **competition** uniforms/warm-ups. *Practice jerseys OK*

**CURRICULUM COURSES:** Classes with content specific to an MHSAA tournament sport (e.g., football class) must be open to any student and must provide nearly equal attention to three different topics in an academic term, such as other sports, weight training, fitness, officiating, etc. In football, except during the season, plays and schemes of the school team may not be taught, and regular or improvised football equipment may not be used. Out of season, school coaches cannot be involved in these classes unless they are the full-time teacher of the course.

#### During the Summer...

During the summer, some limitations continue. Except for football, fewer restrictions are in place. There are no school teams in the summer; however, school coaches and students may assemble from the same school over the summer in various settings beginning on the Monday after Memorial Day. Football has a practice limit of no more than seven players in the summer prior to Aug. 1 in informal football activities in helmets and shoes with a coach.

**SUMMER COMPETITION LIMITS:** Five sports are limited to 15 dates of competition when more than four or seven students from that school and a school coach are present in competition against others not enrolled in that school. Basketball, volleyball, and ice hockey (four players and a coach); soccer, lacrosse, and football (seven players and a coach). Football may only have seven summer dates of competition (7-on-7 passing league games) See the Football Section below. Summer competition must be prior to Aug. 1 and must follow the travel rule if held outside of Michigan. However, when "summer teams" travel out of state to a bordering state and teams are present from other states that exceed the MHSAA travel limit, "summer teams" may participate against any team at the event. Sports not on this list are not limited in summer competition, but the Three Year-Round Principles continue to apply.

**INCOMING 8TH GRADERS** become "high school students" when the four-player rule ends on the Monday after Memorial Day. Provided these former 8th-graders are not still involved in middle school sports, they may begin working out with high schools of enrollment in the summer. This does not change the rule that prohibits recruiting for athletic purposes (undue influence).

**THE FOUR-PLAYER PERIOD ENDS** on the Monday after Memorial Day, which is also the Monday after Baseball and Softball District Tournaments and the Track Finals. Except for the dead period (below), any number of players may have contact with their coach in the summer provided the Three Year-Round Principles apply (there is a seven-player limit in football). Schools must regulate the frequency and intensity of any summer voluntary workouts so students may participate in more than one sport and so that families may have time away from school sports.

**SUMMER DEAD PERIOD:** A school determined seven-day zero player/coach and zero school facility period of time from the end of school or participation in the MHSAA spring tournaments to Aug. 1. No coach contact whatsoever is allowed including at fundraisers, functions, or places of employment. Each school sets its own seven-day dead period, and it applies to ALL sports, except that non-school summer baseball or softball games and practices may continue in the summer dead period. Most schools select a seven-day period which includes July 4.

**FOOTBALL:** Only football helmets and football shoes are permitted out of season in ANY setting, including camps or clinics, whether held in-state or out-of-state. No pads except during the season. The exception is that shoulder pads may be worn at college summer camps sponsored and run directly by NCAA/NAIA institutions. A football coach may hold 15 dates of non-mandatory activity with any number of players in grades 9-12 or 6-8 separately. Teams may use these dates as they see fit under other regulations (i.e., practice or 7-on-7), but a team or individual may not exceed seven "7 on 7" competitions. Any camp day would be counted among the allowed 15 dates. When football coaches are in contact with 7 or fewer players, on those occasions, it will not count as one of their 15 allowed dates of activity.

- 4 -

23-24



## Out-of-Season Coaching REGULATIONS



A Summary of Michigan High School Athletic Association Handbook Regulations and Interpretations

- 1 -

## Out of Season **During School Year**

- **“4 Player”** rule (page **72 Sect. 11 H, 2 a.**)
  - “Player” is any student in grades **7-12** of district and includes non-school sports such as **fall softball, AAU Basketball or Club Volleyball**
  - Applies to coaches of all levels, both genders, paid or volunteer  
*(note: 6<sup>th</sup> grade **NOT** included)*
  - **Int. 235:** No multiple coaches. Rotations w/ equipment offered is permitted so long as only **one** station has coaching. Rotations - like open gyms
  - **Int. 236:** During or in preparation for the “4 player” period coaches prohibited from ***“coordinating or assisting”***

## Out of Season **During School Year II**

- School sponsored **open gyms** or “*after school activities*”

Page **74-75** **Sect. 11 H, 4 & 5**

- Year-round principles still apply
- Open to **ALL** enrolled **in YOUR school**
- AD Tip: Student lead, recreational emphasis  
May be single sport → **no organized drills, structure, coaching...**  
**NO parent or “captains” practices**
- Non sport specific conditioning or weightlifting allowed – *but “**Big 3**” still apply*



## Pre-Season Down Time: Page 74 Section 11 (H) 2 b. (4)

- FALL: **August 1st** to first practice
- WINTER: **14** days prior to first practice
- SPRING: **March 1st** to first practice
- JH/MS: **14** days prior to first practice



- No open gyms, rotations, after school activities, sport specific camps, clinics or competitions at school facilities or school sponsored elsewhere.
- Non-sport specific conditioning & weights → **OK**
- “Four player” rule skill work → **OK**
- **“Big 3” year-round still apply; not mandatory**

## Out of Season **During the Summer**

- Summer begins on the MONDAY AFTER Memorial Day

**Monday - June 2, 2025**

- **End** of the “4 player” rule (*unlimited - voluntary*)
- When **8th** graders become **9th** graders.
- Football – 15 days of helmets & shoes with unlimited number of players including no more than seven “7 on 7s”  
Replaces old 10-day camp rule  
No more than seven “7 on 7” events allowed  
*and count among the 15 dates*
- Must be prior to August 1, and not in the Dead Week



## Out of Season **During the Summer**

- Summer Rules BEGIN → *less limiting*
  - “**Big 3**” still apply (*especially voluntary piece*)
  - 15 Dates of Competition in 6 team sports
  - See Page **73 11(H) 2 b (1)**:
    - Summer games **MUST** be prior to **Aug 1**.
    - Travel Rule applies if held outside Michigan





## Summer Dead Period: Page 73 11 (H) 2 b. (3)



- **7** full consecutive days, set by each school.  
Apply to all sports & coaches 7-12 the same.
  - From last day of school or MHSAA spring tournament play to August 1
- **Zero Player Rule** - **NO** planned coach contact (*functions, fundraisers, parades, places of employment for coaches, etc.*)
- **NO** coach contact with students in sports grades 7-12 (anywhere)
- **NO** camps, clinics, activities at school facilities or sponsored elsewhere by the school
- **Exception:** Non school baseball/softball *may continue practice & play summer games*