

PARTICIPATING SCHOOL TOURNAMENT INFORMATION 2024 MHSAA BOYS/GIRLS TRACK & FIELD

1. TOURNAMENT FORMAT

The MHSAA Boys & Girls Track and Field tournament is conducted in four equal Divisions as established by enrollment. Schools are placed in one of ten Regional meets in each Division for their initial assignment by MHSAA staff based on geographical considerations. Tournament assignments are posted on the MHSAA website and included in the spring Tournament Notification Form sent to schools.

Tournament Dates

Regional Meets – May 16, 17 or 18 Finals Meet – June 1 Finals Locations: UP Regional Meets – May 15, 16, 17 or 18

Lower Peninsula:

Division 1 - East Kentwood High School

Division 2 – Hamilton High School

Division 3 – Kent City High School

Division 4 – Hudsonville HS @ Baldwin MS

Upper Peninsula – Kingsford HS (all Divisions)

2. TOURNAMENT PROCEDURES

Qualification from the UP Regional Meets to the UP Final Meets - In Division 1, 2 and 3 Regional Meets, there are to be four qualifiers from ALL individual track and field events. The first and second-place relay team at each Regional Meet will qualify to the Upper Peninsula Final Meet. In addition, in Divisions 1 and 2, the best third and fourth-place times from all Regional sites in those Divisions will also qualify. Regional Entry Times: All Regional Entry Times must be FAT or adjusted to FAT.

Qualification from LP Regional Meets to LP Final Meets - The first two places in each event at each Regional Meet qualify to enter the Lower Peninsula Final Meet in that event. In addition, during the finals of a Regional running event, any contestant who equals or betters the published additional qualifier standard shall qualify to the Lower Peninsula Final Meet in that event in that division. Efforts in the preliminary trials of the long jump, shot put and discus may qualify a contestant to the appropriate Final Meet.

A chart of times, distances, and heights for additional qualifications to Regional and to the Final Meets may be found on the MHSAA track & field web page.

Individual Entry – All Regional Entry times must be true times using FAT or adjusted to FAT. All times must be from the current outdoor season, and if questioned, the entering coach must provide the date, location, and opponent when the time was achieved. Times must be entered as FAT times to the hundredth (.00) or handheld equivalent (e.g. 10.23 hand time is first rounded up to 10.3, then add .24=10.54 converted time)

300-meter HURDLES, 400-meter DASH, 400-meter RELAY, 800-meter RELAY, AND 1600-meter RELAY AT LOWER PENINSULA REGIONALS; AND QUALIFICATION TO THE LOWER PENINSULA FINALS - The number of sections at Regionals in each event is to be determined by the Meet Managers, depending upon the number of entries in each event. One relay team or individual per lane constitutes a full section. In the event there is one individual or relay team only for the first section, the individual or team with the slowest time from the second section will run in the first section. The second section will then have one empty lane. All teams are to be timed in each section and the two fastest times and additional qualifiers will qualify from each Lower Peninsula Regional to the Lower Peninsula Final Meets.

Waterfall and Double Waterfall guidelines: 800 - 1600 - 3200 - 4x800

The cut-in procedures are very similar if they line up correctly in the first place.

If you have 24 or fewer entries, the single back waterfall line is possible unless the meet officials decide it's too crowded. In this case, all runners may cut in immediately if they don't interfere. If officials decide 24 is too many, they may use 16 as a guide for using only the single waterfall line.

It is recommended to put the better seeds on the outside of the track, so they have clearance to the pole without worrying about runners on the outside of them.

If a double waterfall is used the recommendation is 1/3 of the field with the better runners at the upper (front) waterfall line and the remainder at the back waterfall line.

This means, for example, we have 30 competitors in the race, 10 runners placed at the upper waterfall line, seeds 1-10, and the remainder at the back waterfall line 11-30. Place the better seeds on the outside of the waterfall lines

The upper waterfall line runners (lanes 5-8) must remain in those lanes up to the cut-in line at the start of the back straightaway (same line as currently used for the 4x400 relay). The runners at the back waterfall line may cut in as soon as possible if there is no interference.

800-1600-3200 200-meter Relay Heat sizes

Scratch from Scratch Sheets are entered; then determine the number of sections to be run.

3200m- One section if less than 35. 36 or more – two heats with the fastest 24 plus ties in the second heat.

1600m - One section if 26 or fewer runners; two sections if more than 27 runners, with the 18 fastest plus ties in the second heat.

800m- One section if 20 or fewer runners; two sections if more than 20 runners; If 21 to 26 runners, 12 fastest plus ties in the last heat; if more than 26, 18 fastest plus ties in the last heat.

3200-Meter Relay – <u>One section @ Regionals per gender.</u> At Finals, 14 or less – one heat. 15 or more – two heats with the 12 fastest plus ties in the second heat. If 28 teams or more, three heats with the last section including the 12 fastest times plus ties.

Waterfall and Double Waterfall PLACING OF REGIONAL QUALIFIERS IN THE 800-METER RUN, 1600-METER RUN, 3200-METER RUN, and 3200-METER RELAYS AT ALL FINAL MEETS - The waterfall starting procedure is to be used at the Final Meets, and at all Lower Peninsula Regionals. Managers are requested to place markers on the track at cut-in spots for races run in the waterfall.

The 1600-meter Run, 800-meter Run, 3200-meter Relay, and 3200-meter Run will use waterfall starts and a one-turn stagger at all Regional and Final Meets. The cut-in will be at the start of the back straightaway. The 1600-meter and 3200-meter Runs will use the waterfall start at all regular-season meets if there is a desire to do so. The upper fall has a one-turn stagger, with the back waterfall cut in immediately.

In the Regional and Final Track Meets, boys and girls events will alternate in order. Girls' events will be run first in odd years and boys events will be run first in even years. In 2024 the boy's events will be run first.

Regionals: The 3200-Meter Relay shall be the first final running event run prior to the qualifier round of the sprint and hurdle events in the Regional.

All contestants entered in a race or section are to be timed and the eight fastest times of the race or of all the sections of each event will be recognized by points and medals in the Final heat. Qualifiers from Regionals with the fastest times in each event will be placed in the last section at the Final Meet working back to the entries with the slowest qualifying times in the first section. All sections shall be full with the possible exception of the first sections.

Field Events – Regional and Final Meets - In Regionals and the Upper and Lower Peninsula Final Meets, the following regulations are in effect for conducting the field events:

Field Event Order Regional and Final -

EVEN YEARS - 2024: Girls discus, pole vault and long jump first. (Followed by Boys discus, pole vault and long jump) Boys shot put and high jump. (Followed by Girls shot put and high jump.)

HIGH JUMP - The starting height at Lower Peninsula Regionals is to be based on a height three inches less than the additional qualifying standard for Regional and Final Meets. (Rounded to the nearest lesser inch). This height has been adjusted to allow one of the raises to fall on the additional qualifying standard to the Final Meet.

IN THE EVENT OF INCLEMENT WEATHER LOWER PENINSULA MANAGERS SHALL BEGIN THE HIGH JUMP THREE INCHES BELOW THE PUBLISHED STARTING HEIGHT. The bar then is to be raised three inches the first time, and thereafter follow the chart until there is the number of contestants left equal to or less than the number of places to be awarded. When this number is reached, the bar is to be raised one inch only for each successive jump.

POLE VAULT - The starting height at Lower Peninsula Regionals is to be based on the standard raise chart. The starting height shall be increased as indicated on the Standard Raises chart until nine competitors remain. Thereafter the bar shall be raised three inches.

At Upper Peninsula Regionals and the Final Meet, the starting heights of the bar is to be determined by the Meet Manager without reference to Lower Peninsula standards.

IN THE EVENT OF INCLEMENT WEATHER, LOWER PENINSULA MANAGERS SHALL BEGIN THE POLE VAULT 12 INCHES BELOW THE PUBLISHED STARTING HEIGHT. The first two raises shall be 6-inch raises; thereafter, follow the chart on the following pages of this document. NOTE: Seven competitors will advance from preliminary to Final competition at the Regional level, and nine competitors will advance from Preliminary to Final competition at the MHSAA Finals.

RELAY ENTRIES - Any student on the Master Eligibility List may represent his or her school on a relay team in Regional competition if they are eligible according to meet regulations. Schools qualifying relay teams for the Final Meet may use any eligible contestant in the Final Meet Relay. Final Meet Relay contestants are not limited to the four individuals who qualified in a Regional Relay.

200-Meter DASH IS TO BE RUN ON THE CURVE - The 200-Meter Dash is to be started with staggered starts on the straightaway and be run through one full curve at all Regionals and at the Final Meet, where possible.

QUALIFIYING RACES - The Lower Peninsula Final will conduct Qualifying Rounds in the following events when there are more than 8 entries (9 for a nine-lane track) remaining after the scratch sheets are submitted: 100-Meter Dash, 200-Meter Dash, 100-Meter 33" Hurdles and 110-Meter High Hurdles. There are no semifinal runs of these events.

REGIONALS: Regionals will conduct qualifying rounds in the following events when there are more than 8 entries (9 for a nine-lane track) remaining after the scratch sheets are submitted. 100 meter dash, 200 meter dash, 100 meter 33" Hurdles and 110 meter high hurdles

ADVANCING ATHLETES FROM QUALIFYING ROUND TO FINALS -

- Heat winners from each heat and then the fastest times are to fill all remaining available lanes.
- 2 Heats 2 heat winners, 6 fastest times to fill available lanes
- 3 Heats 3 heat winners, 5 fastest times to fill lanes
- 4 Heats 4 heat winners, 4 fastest times to fill lanes

Finals: 3200 meter Relay shall be the first final running event before preliminary heats of the sprint and hurdle events.

300-METER LOW HURDLES - The 300-Meter Low Hurdles at all Regionals and Final Meets (where possible) are to be run so that the curve is in the middle of the race.

MHSAA Track & Field Wheelchair Events

MHSAA Regional and Final Track & Field tournament will have a Wheelchair Track & Field category for wheelchair participants in four events. These events will include the 100m, 200m, 400m, and shot put.

Participants in this category must be eligible team members, meet all MHSAA eligibility requirements, and be listed on the school's Master Eligibility list.

Participants in this category at a Regional meet must have participated in these events during <u>two</u> regular season meets. For example, to compete in the wheelchair 100m at a Regional meet, a student must have competed in the 100m during two regular season meets.

Participants in this category at a Final meet must have participated in these events during the Regional meet in addition to two regular season meets. For example, to compete in the wheelchair 100m at a Final meet, a student must have competed in the 100m during the Regional meet and during two regular season meets. For students competing in these wheelchair events, MHSAA individual awards (medals) will be provided for these events at both the Regional and Final meet. Results for all wheelchair events will be published at MHSAA.com with all other meet results from each Regional and Final meet. Scores will not be added to team results for wheelchair events at MHSAA Regionals or Finals.

These events will be offered for the 2024 Track & Field Regionals and Finals.

STARTING BLOCKS - If Regional or Final Managers provide starting blocks for contestants, these starting blocks must be used. Schools may furnish their own starting blocks for Regional and Final competition only if managers do not include non-traditional standing start blocks. Starting blocks provided by schools must be approved by the Regional and/or Final management.

INQUIRIES - Questions not covered by the above information should be addressed to Regional Managers, Final Managers or to the MHSAA office.

UNIFORMS - **RULE 4.3.1c** — Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform when worn.

A single manufacturer's logo/trademark/reference, no more than 2½ square inches with no dimension more than 2½ inches, is permitted on the top or one-piece uniform. **Bottoms may have the manufacturer's** logo/trademark/references larger than 2½ square inches around the waistband.

Starting in 2024 there is no longer a head attire or temporary body adornment rule for Track and Field.

Additional restrictions for relay teams. All relay team members must wear uniforms clearly indicating through predominant color, school logo, and color combination of all outer garments worn as a uniform that members are from the same team.

3. OPT OUT POLICIES, ELIGIBILTY LISTS, ROSTERS

Lower Peninsula Entries – Regional entries are due not later than Tuesday, May 16, at 11:59 p.m. All Divisions complete entry will include the electronic submission as detailed on the MHSAA Web site and a complete Master Eligibility List submitted to the host manager by 11:59 p.m. May 16, 2023. Only clerical corrections will be accepted after this date and time.

Times must be entered as FAT or the FAT handheld equivalent, adjusted by rounding up to the nearest whole tenth and then add .24.

Opt-Out Procedures - Each school may enter a boys team and a girls team in the Regional Meet only if they have bona fide teams (See Regulation II, Section 1(B). A maximum of THREE INDIVIDUALS may be listed by a school for each bona fide team in EACH INDIVIDUAL EVENT at Lower Peninsula Regional Meets. However, only two may compete unless all three or more have met the additional qualifier standard.

FOUR INDIVIDUALS may be entered and compete in EACH INDIVIDUAL EVENT at Upper Peninsula Regionals. Opt-Out materials are to be in the hands of the Regional Managers NOT LATER THAN Tuesday, MAY 16, 2023 at 11:59 P.M. There are to be no changes on the Master Eligibility List after this date. Coaches are urged NOT TO ENTER individuals in events IN WHICH THEY DO NOT HAVE COMPETITIVE PERFORMANCES.

Lower Peninsula Late Entries, for CLERICAL ERRORS ONLY and accompanied by the \$50 fee will be accepted until Regional individual positions are set. The late fee may not be used to change an entry time, height or distance. The only changes which are permitted will be scratches or clerical errors. All efforts submitted to the Regional Meet Manager shall have been earned prior to the Entry due date. Late entries may not include efforts which occur after Tuesday, May 14, 2024.

Scratches - Each Regional Manager will accept scratches before each session is scheduled to begin. Scratches made during these periods will not count in the individual's participation limitations. However, if the competitor is not scratched during these scheduled periods and does not show to the clerking area before that runner's position is set, the competitor will be disqualified from that event and that event will count toward the competitor's personal limit. The Clerk of Course shall form heats following the last call for that event. Only two of the three contestants listed in the school's official entry (with current season OUTDOOR times, heights, and distances) will be allowed to compete in that individual event. (Refer to the following paragraph for additional entrants.) Should one of the three entries not be scratched during or before the scratch period, the Clerks of Course will have the authority to scratch the last listed individual for that school.

Regional Meets Additional Entrants -- If three (3) or more entries by a school team in an event have equaled or bettered the published additional qualifier standard, compiled from the results of the most recent outdoor seasons, all these entries may enter and compete in the Regional Meet in that event. The time or distance must have been established in actual outdoor meet competition prior to submitting the entry information and must be verified. NO RELAY SPLITS will be accepted.

Finals Meet Entrants -- Only qualifiers from Regional Meets may compete in the Final Meets.

Final Meet Materials -- Each Regional Manager will report the qualifiers to the Final Meet Manager as directed by the adopted procedure. Only those reported Regional qualifiers will be allowed to compete in Final Meets. The Regional Entry and Eligibility Information will be in effect for the duration of the time members of that team are qualified to compete in Regional or Final competition. Coaches are not to send this material to the Final Manager.

4. DRAW PROCEDURES - NA

5. TIME SCHEDULES

Regional Meets - Field event Preliminaries may start one (1) hour before the first track event Preliminaries. WHEN POSSIBLE, MANAGERS CONDUCTING REGIONAL MEETS ON FRIDAY ARE TO SCHEDULE STARTING TIMES TO MINIMIZE LOSS OF SCHOOL TIME. Field Event Preliminaries are to start not earlier than 9 a.m. on Saturday. Regional Managers will notify competing schools of exact starting times. At Regional and Final Track Meets, the afternoon schedule shall begin one hour after the last Semifinal event concludes, but no earlier than noon.

Upper Peninsula Final Meet - Preliminaries - 10 a.m. (Eastern Daylight Time).

Lower Peninsula Final Meet - Session I - 10 a.m.: Session II shall begin one hour after the last Semifinal event concludes, but no earlier than 12 noon. NOTE: Pole Vault and Long Jump in all classes may begin at 9 a.m. A minimum of one-half hour must be observed between the last throw of the shot (or discus) and the first throw of the discus (or shot). In addition, there must be a minimum of one hour between the boys and girls competition in the following events: discus, high jump, long jump, shot put and pole vault.

6. AWARDS

Regional & Final Meets - Schools finishing in first place at each Regional will receive a trophy. Individual medals will be awarded to contestants finishing in the first eight places in each event in Lower Peninsula Regionals. No formal awards ceremony will be conducted. Each manager is to place the school's medals in envelopes which the coach will pick up at the end of the meet. Extra medals will be provided for tied positions at Regional Meets. Trophies will be provided for schools that finish in the first two positions at all Final Meets. Individual medals will be awarded to contestants finishing in the first eight places in each event in Lower Peninsula Final Meets. Requests for duplicate medals or trophies are the responsibility of the Regional or Final Manager.

7. LIMITS OF COMPETITION

A maximum of 18 days of competition is allowed for the regular season, and a student may participate in no more than four events per meet. MHSAA tournament events do not count against season maximums.

8. FINANCES

Final Meet Expenses -- The cost of conducting Final Meets will be met by MHSAA. Any gate receipts realized will be used by MHSAA to aid in meeting administrative costs of the meets. LODGING WILL NOT BE PROVIDED BY HOST INSTITUTIONS. The cost of lodging, transportation, and meals will be met by competing schools.

9. OFFICIALS, SELECTION, ASSIGMENTS

The MHSAA will assign officials for Final Meets, Regional meet managers hire and pay officials.

10. PLAYING RULES/ADAPTATIONS

MHSAA Return to Play Guidelines and All National Federation Track & Field rules will be followed.

11. MEDIA

All media credential requests at the District, Regional and Quarterfinal level are processed by local managers. Credential requests for Semifinal and Final games will be handled by the MHSAA.

Videotaping- Competing schools may videotape games in which that school competes. The tape is not to be used to second-guess decisions made by game/meet officials. The tape may not be sold, rented, or loaned for commercial purposes. Schools wishing to videotape games at other sites may do so without securing advanced permission but must tape from the stands unless press box space is available.

Media Taping - Members of the media may, without paying a fee, arrange with the local tournament manager to take clips of MHSAA events for news programs. Under no conditions may an MHSAA event be taped for showing in its entirety without advance clearance through the MHSAA.

Spectator Videotaping – Spectators may tape games from their normal seating area but are not to interfere with the view of other spectators or news media personnel covering the activity. A manager is not required to provide electrical hook-ups; or tripod space and may arrange spectator videotaping from a designated location(s).

Radio/TV broadcast requests - No radio, television or cable origination is permitted at any site until application has been made through the MHSAA, fee paid, and authorization given by the MHSAA through the tournament manager. Arrangements for taped delayed broadcasts and fee payments must be made through the MHSAA office.

PARTICIPATING TEAM/SPECTATOR VIDEO STREAMING (POSTSEASON) - The broadcast and streaming rights of MHSAA post-season tournament events belong exclusively to the N-F-H-S Network, Bally Sports Detroit, the M-H-S-A-A, and those media outlets, which have pre-arranged to secure those rights. Teams participating in MHSAA Tournaments are prohibited from streaming live video of any portion of an event over the Internet - including using social media platforms or any other method. Likewise, individual spectators are also prohibited from live streaming video through any means. Participating schools are responsible for informing their students, parents and other fans of this policy and to assist the MHSAA upon request in enforcing it. Participating schools are asked to help promote where their game may be viewed when being streamed by the MHSAA, one of its television partners, or a media outlet, which has pre-arranged to secure such rights. Only one stream per site is allowed.

12. SPORTSMANSHIP

Unsportsmanlike Conduct in Previous Contest - A coach who is ejected during a contest for unsportsmanlike conduct shall be prohibited by his/her school from coaching for at least the next day of competition. This is true even if the coach is a parent of a player. A coach serving the disqualification penalty shall not be on the premises. If a school fails to enforce the subsequent disqualification with respect to its coach or the coach fails to comply, the tournament manager or any registered official or representative of a member school who becomes aware of the violation shall report it to the MHSAA, which shall prohibit the school from the remainder of the current tournament. (Regulation V, Section 3(D).

Player - Unless a school or the MHSAA applies additional conditions, a suspended player is treated as an ineligible player, which means that student shall not participate. It is permissible, but is not recommended, that the player may sit with the team, even in uniform. The minimum requirement is that the suspended student shall not enter the contest as a participant. If a school fails to enforce a suspension required under MHSAA regulations with respect to one of its students, tournament management or any representative of a member school who becomes aware of the violation shall report it to the MHSAA for further action, which shall include (but not be limited to) forfeiture of the contest and thus elimination from the remainder of the tournament.

Unsportsmanlike Conduct in Previous Contest - A player who is ejected during a contest for unsportsmanlike conduct shall be prohibited by his/her school from playing for at least the next day of competition. If a school fails to enforce the subsequent disqualification with respect to one of its students, the tournament managers or any registered official or representative of a member school who becomes aware of the violation shall report it to the MHSAA, which shall prohibit the school from the remainder of the current tournament.

Coach and Player - Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively

physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

The school of the disqualified coach or player must prohibit that person from being present on the property of the tournament venue for the remainder of the tournament series. If that school fails to enforce this, the tournament manager, any registered official or representative of a member school who becomes aware of the violation shall report it to the MHSAA, which shall prohibit the school from the remainder of the current tournament.

13. WEATHER POLICIES, SUSPENSIONS, POSTPONEMENTS – MHSAA policies regarding 30-minute delays for thunder and lightning and tornado watch/warning policies will be followed.

14. INJUNCTION, RESTRAINING ORDER, PROTESTS

If an injunction or restraining order is served or presented at an MHSAA tournament site and such purports to require the eligibility of or participation by a student or team which a school and/or the MHSAA has ruled to be ineligible under MHSAA regulations, the on-site tournament manager is to suspend the entire competition (team competition) or events in which that student intends to participate (individual competition). If the meet has begun, it shall be completed.

Protests will not be reviewed by the MHSAA. All disputes must be decided at the site before the game proceeds. The umpires will make the final decision regarding game events. The Tournament Manager will resolve all next game concerns.

15. LOCKER ROOM PRIVACY POLICY: Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, weigh-in rooms, showers, restrooms, or other areas where there is an expectation of privacy during MHSAA tournament events. Tournament managers or athletic directors that discover such use should move immediately to have the device removed and inform the head coach or athletic director of the identity and nature of the activity of the person involved.

16. TOBACCO AND ALCOHOL POLICY

Use of alcohol or tobacco, including e-cigarettes or other smoking devices, is prohibited at MHSAA tournament events by players, coaches and spectators. Managers should stress in coaches meetings that they are not to use tobacco at the tournament venue.

Tobacco: It is not intended that a violation of the tobacco policy should lead to immediate ejection of a coach. He or she should be reminded of the policy and reported to his or her school administration after the contest. Only if the coach is unwilling to comply promptly shall he or she be disqualified from coaching at the event. Officials should be reminded of the tobacco policy and reported in writing by the tournament manager to the MHSAA.

Alcohol: Historically, officials promptly disqualified coaches, and tournament managers immediately replaced officials who were under the influence of alcohol; and no change in such procedures is intended by these policies.

17. SPECTATOR POLICIES - NA

- **18. YOUTH PROTECTION POLICY -** During the MHSAA Tournament events, the MHSAA expects all designated managers, volunteer or paid staff assisting in the event, officials or any other personnel to follow local school district policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.
- 19. UNMANNED AERIAL VEHICLE (DRONE) POLICY The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed. For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. An exception to this policy may be made in specific cases for MHSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the MHSAA.
- **20. CONCUSSION PROTOCOLS -** "Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care

professional." This language appears in all National Federation sports rule books reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. Some sports rules required officials to remove from play any athlete who was "unconscious or apparently unconscious." This new language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

- 1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious as is provided for under the current rule.

 Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care provider for an exact determination of the extent of injury.
- 2. If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
- 3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
- An MD/DO/PA or NP may clear the individual to return to competition.
- The clearance must be in writing.
- The clearance may not be on the same date on which the athlete was removed from play.
- An Officials Report shall be filed with a removed player's school and the MHSAA.
- 4. In cases where an assigned MHSAA tournament physician (MD/DO) is present, his or her decision to not allow an athlete to return to competition may not be overruled.

RETURN TO ACTIVITY & POST-CONCUSSION CONSENT FORM

- **21. MEDICAL EMERGENCY POLICY** Host school Tournament Managers should follow all local school district policies regarding medical emergencies for participating athletes, coaches, students and adult spectators for competition conducted in school facilities. It is advised that AED devices be readily available during tournament competition. In addition:
- Trainers are an allowed expense and encouraged, but not required
- All MHSAA concussion protocols will be followed.
- MHSAA policy on tornado watches and warnings shall be followed.
- MHSAA policy on managing heat and humidity shall be followed.

When MHSAA tournament contests are conducted at non-school facilities, plans should be developed for the following needs and/or circumstances:

- Student, coach and spectator shelter for outdoor events
- Host facility emergency equipment such as AED's, fire escape, etc.
- Emergency communications, i.e. phone numbers, school administration contact
- Coordination with facility management regarding evacuation, first aid, on-site responsibilities
- Medical transport or first responder contact procedures
- Proximity/directions of nearest medical facility