

Be aware of the following MHSAA rules. I included a link to the actual rule summary. A high school coach can coach up to (4) players on an AAU team from their district. A high school coach can train with (4) players from their district (IF) there are no other players present (AND) those players are the only (4) players in the gym. Players may be training with another coach in the same gym as long as the station of the rotation does not provide sport-specific training. Between the Mondays of June 1st and Aug 15th, a high school coach can work with any number of players from their district, except for the 7-day dead period, usually 7 days ending July 5th for most schools.

[Links to MHSAA Handbook Regulations](#)

Four Player Period: Coaches are limited to providing coaching in their sport to four students in grades 7-12 of the school district in which they coach. The four player period runs from the Monday when Aug. 15 occurs through the Sunday after Memorial Day. Coaches can coach out-of-season up to four players (students in grades 7-12 are called players for this rule).

During the Summer: Four player period ends: The limited 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 four Year-Round Principles apply. 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. During the summer, six sports are limited to 15 dates of competition when more than three 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 may have three players and a coach; soccer, lacrosse and football may have seven players and a coach. Football may only have seven summer dates of competition. 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. Summer competition must be prior to August 1 and must follow the travel rule if held outside of Michigan. All teams at an event must be within 300 miles or from bordering states (not just those who you play against). Other sports are not limited in summer competition but the year-round principles always apply.

Summer Dead Period: A 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 fund raisers, 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 (American Legion) may continue in the summer dead period. Most schools select a seven-day period which includes July 4.

Four-Year Round Principles: Four year-round principles apply to schools and coaches out-of-season ALL the time, including summer and off season during the school year at workouts, clinics, camps or competitions.

1. No activity may be mandatory or part of selection to the school team.
2. No school transportation.
3. No school general funds; a limit of \$200 per student and sport from school-approved fund-raised money is allowed.
4. No school competition uniforms or warm ups may be used (practice jerseys are permitted).

Coordinating or Assisting: During or in preparation for the four player period coaches are prohibited from making arrangements for activities they are prohibited from engaging in. Coaches may not provide transportation, create a schedule for more than four of their players or arrange for someone else to coach to get around the four player rule. Coaches may be spectators at events but not coach when more than four of their players are present; and they may distribute information produced by someone else regarding out-of-season camps or clinics. Involvement must be voluntary and clearly not part of selection to the school team.

Open Gyms: May be conducted in one or more sports but must follow the four Year-Round Principles and especially not be part of team selection. Coaches may not coach, critique, evaluate or participate in the sport they coach. Open gyms are student conducted and recreational. There shall be no organized instruction or competition, drills or practice structure and no instruction by captains, parents or others. Open gyms must be open to all students of the school; but not necessarily open to the general public or students from other schools. The Athletic Related Transfer Rule would render a student who attends an open gym and then transfers to that school ineligible for 180 school days.

Conditioning and Weightlifting: Provided they are not mandatory or part of team selection, conditioning and weightlifting are permitted year-round except during the summer dead period. Conditioning must be non-sport specific and not use any equipment such as balls, nets, dummies, sleds or helmets. Jump ropes, cones, fitness apparatus are permitted.

Preseason "Down Time": Beginning August 1 for all fall sports, March 1 for spring sports and 14 calendar days prior to the earliest start of practice for each winter sport: a. No open gyms which involve that sport or sport-specific camps or clinics shall occur at the school or be sponsored elsewhere by the school; and no competition (intrasquad or intersquad) between groups that resemble school teams (more than three [or four] students of grades 7-12 of the district) may occur in that sport at any school facility or any other location with any of that school district's personnel present.