

# benchmarks

Winter 2023 Vol. 13 No. 2

mhsaa



## Season of Change

The MHSAA Winter Tournament Season  
Brings New Look to Several Sports in '23



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# Cover Story: New Year, New Look



**4** Several MHSAA Winter Championship sports underwent changes this year, from venues, to rules, to length of season, to tournament format. These new looks result from the work of numerous committees, dedicated to equitable competition while maintaining health and safety for participants.

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## MHSAA News – 8

### Survey Says . . .

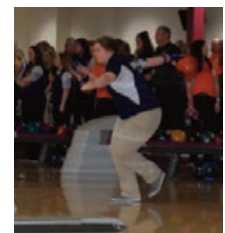
The 2022 Update Meeting Opinion Poll touched on a wide range of topics, from transfers to all-star and out-of-state competition.



## The Vault – 16

### Bowling Keeps Rolling

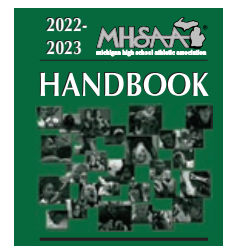
The “newest” MHSAA Winter sport keeps rolling along nearing the completion of its second decade on the tournament menu.



## Regulations Review – 20

### Streaming Policy

As mobile streaming becomes increasingly popular, there are regulations in place that ADs need to be aware of when local outlets come calling.



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## Helping Us Help the People We Serve

The winter months are laden with committee meetings at the MHSAA Office, the lifeblood for effecting change in the rules and regulations which serve our constituents so well and provide safe and level playing fields (and courts, pools, mats, diamonds, etc.) for the vast span of enrollments and demographics that make Michigan so unique.

We encourage you to keep the following in mind this year as the committees are putting their best efforts forward on your behalf. Furthermore, we invite you to nominate leaders in your area to join the ranks next year. The annual Committee Nomination Form is included in this issue of *benchmarks*.

This issue highlights the end-product of the work of such committees as they pertain to changes in place for several of our winter sports this year.

Each year, 40-plus MHSAA committees consider proposals for Representative Council action relative to MHSAA tournament policies or procedures or *Handbook* regulations or interpretations.

Committees are asked to keep in mind health and safety issues as well as policies and procedures relative to subvarsity and junior high/middle school students while also concentrating on Annual Update Meeting Opinion Poll responses on hot topics around the state.

MHSAA committees are dominated by coaches, but they are not a rubber stamp for proposals that proceed from that sport's high school coaches association. The difference of opinion often results from the committee seeing things differently than a coaches association leadership that the committee believes is not representative of schools of diverse size, location and demographics.

It is appropriate for committees to ask: Who was not in the room when this recommendation was drafted? Who will not be served well by this change?

When committees go through this process, they tend to reduce the quantity but improve the quality of recommendations to the Representative Council, which increases the percentage of recommendations the Council adopts.

We thank all of those serving on committees throughout this school year, and hope that future years will attract similar pools of attentive leaders who help us to help the many people we serve on a daily basis.



Mark Uyl  
MHSAA Executive Director



## CAP Requirement for Head Coaches

Each head coach of a varsity team hired for the first time at any MHSAA member high school (after July 31, 2016) shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP).



### MHSAA Handbook Regulation II, Section 3(C):

*“Each head coach of a varsity team in an MHSAA tournament sport hired for the first time as a high school varsity head coach at any MHSAA member high school after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP Level 1 or 2 prior to the established deadline, that coach shall be prohibited from coaching in that season’s MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach’s team is being held. See Regulation II, Section 15 H(4). An administrator or faculty member designee of that school shall be present with supervisory capacity over the school’s competitors. Failure to receive reminder notifications (email or other) does not change the requirement of this Section. The MHSAA may substitute an alternative coach’s education program for late hires which will fulfill the requirement on a temporary basis.”*

The MHSAA Coaches Advancement Program (CAP) is an educational program geared to assist coaches in their growth and development as they advance in the field of educational athletics. Value-added benefits of the program include:

**INSURANCE:** Liability insurance coverage in the amount of \$1 million per occurrence. This protection extends to coaches’ performance of duties for the school team during the interscholastic season.

**NEWSLETTER:** *GamePlans* is an electronic newsletter that is sent six times a year to coaches who have successfully completed six hours of the Coaches Advancement Program. The *GamePlans* newsletter contains pertinent articles that will assist coaches in their daily planning. *GamePlans* also publishes a record of all coaches who have been certified through the MHSAA Coaches Advancement Program.

**STATE CONTINUING EDUCATION CLOCK HOURS:** State Continuing Education Clock Hours (SCECHs) are available to coaches and can be used for the renewal of selected certificates issued by the Michigan Department of Education. Coaches who complete a six-hour session are eligible to receive 6 SCECHs.

The Spring 2022 deadline is April 20

## Interested in Committee Work?

Please see the Committee Nomination Information and Form on Pages 24-25

Visit the Sport “AD/Coach” pages of MHSAA.com for Sport Committee Minutes

Visit the “I Am . . .” Administrator page of MHSAA.com for all other Committee Minutes

# New Year, New Looks

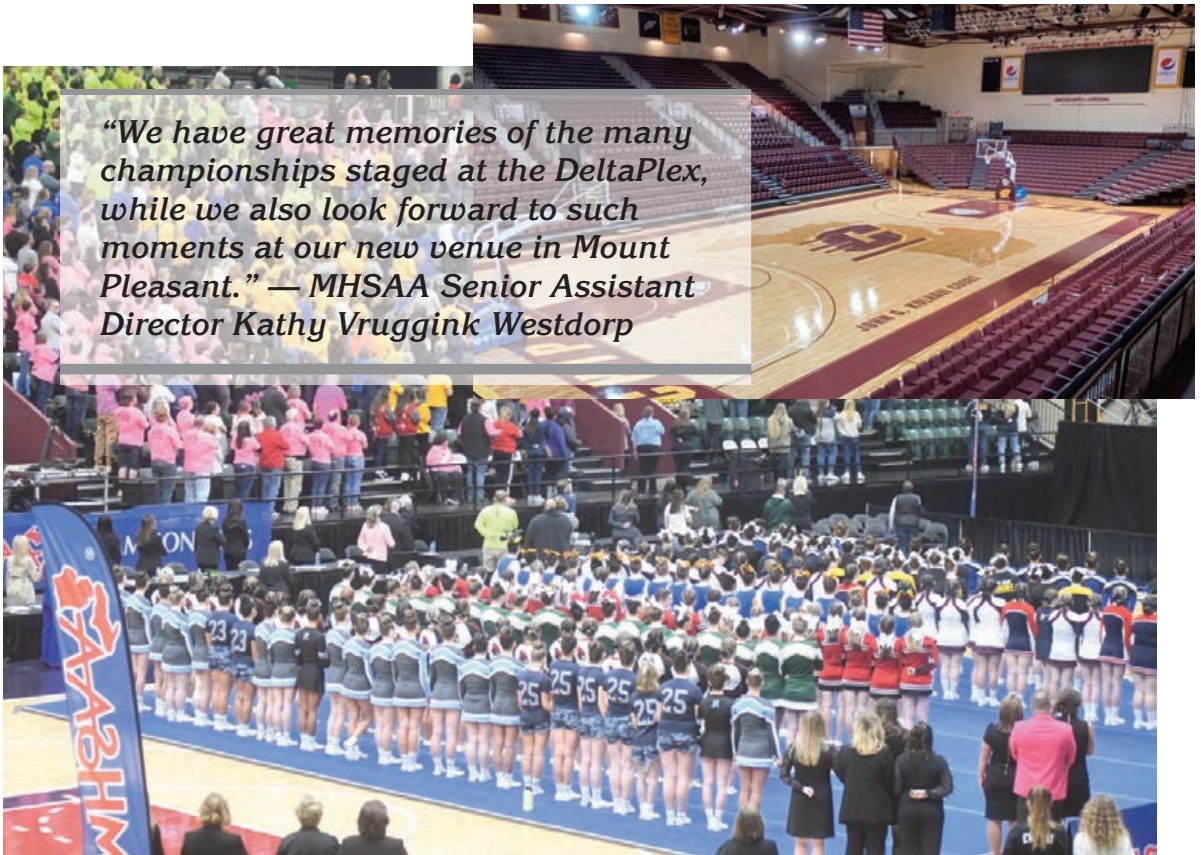
## Several MHSAA Winter Sports Have New Looks in 2023

Forever changing is the landscape and nature of school sports across the nation, and here in Michigan that is no different. The seeds of change are planted by the many committees serving our constituents, and the fruits of such efforts are in full bloom this winter.

Several changes are in place for the first time currently. Girls competitive cheer will see its Finals move from the DeltaPlex in Grand Rapids to McGuirk Arena on the campus of Central Michigan University. Downhill skiing introduced a cold-weather policy for practice and competition. Ice hockey will utilize Michigan Power Ratings (MPR) for Regional play and reseed its Semifinals. Boys and girls basketball teams are in the midst of their first 22-game regular seasons, up from the long-standing 20-game schedules. Boys and girls bowling Regional formats are changing to align with the Finals in those sports.

Rules changes and modifications are in effect for gymnastics and competitive cheer, while in wrestling, the MHSAA has modified weight classes in anticipation of National Federation changes to come next school year.

Following is a look at what's new this winter.



*“We have great memories of the many championships staged at the DeltaPlex, while we also look forward to such moments at our new venue in Mount Pleasant.” — MHSAA Senior Assistant Director Kathy Vrugink Westdorp*

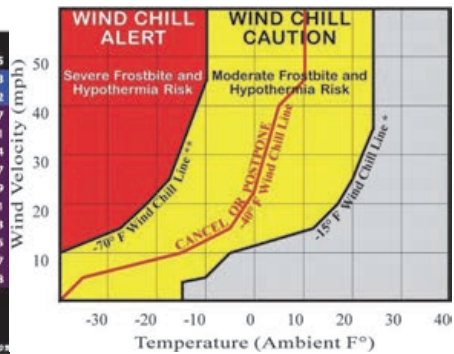
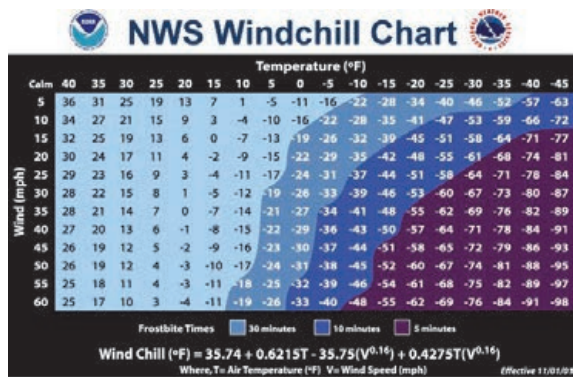
Always one of the best-attended events of the MHSAA winter championship season, the competitive cheer Finals are setting sights on Central Michigan University's McGuirk Arena this March after numerous years at the friendly confines of the DeltaPlex in Grand Rapids.

*“Given that downhill skiing is the one MHSAA outdoor sport in the winter, the ski committee felt strongly about establishing guidelines for cold weather.” — MHSAA Senior Assistant Director Cody Inglis*



## Ski Weather Policy Introduced

COMPETITION AND PRACTICE GUIDELINES FOR COLD



### CANCEL OR POSTPONE:

- Competition >1 minute duration at -4°F
- All Activity at -20°F or at -40° Wind Chill

### NOTES

- -15°F or greater Wind Chill – Exposed flesh can freeze in 1 minute
- -70°F or greater Wind Chill – Exposed flesh can freeze in less than 30 seconds

### CURRENT STANDARD FOR ALPINE SKIING

- >-4 °F Ambient Temperature – Check for frostbite on exposed skin.
- -4 °F to -10 °F Ambient Temperature – Severe frostbite and hypothermia risk. No metal jewelry. Eye protection for frostbite. Windscreen for genitalia. Modify pre-race protocol to limit athletes’ cold exposure to <30 minutes in duration total time.
- < -10 °F Ambient Temperature or -40 °F wind chill – Lower limit for practice and training. Extreme frostbite and hypothermia risk. No exposed skin. Attempt to reschedule event. If competition cannot be rescheduled, a no strip rule will be enforced with all competitors wearing extra layers that include a wind shell for entire body. Modify pre-race protocol to limit athletes’ cold exposure to <20 minutes in duration total time.
- < -40 degrees F wind chill – Postpone/cancel competition

A variety of changes are in effect for MHSAA winter sports this season, including a several that are noteworthy and noticeable to teams and spectators alike.

An estimated 65,000 athletes statewide take part in 13 sports for which the Association sponsors postseason tournaments during the winter.

And, one of those sports is getting a new venue for its Finals in March. Girls competitive cheer moves to the campus of Central Michigan University to conduct its championships at McQuirk Arena after years at the DeltaPlex in Grand Rapids.

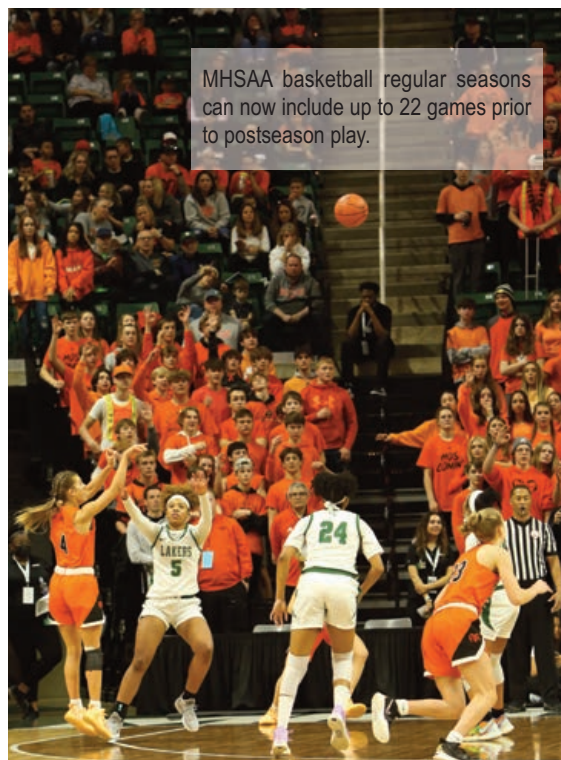
“We are excited and pleased with the move of our girls competitive cheer Finals to Central Michigan University's McQuirk Arena,” said Kathy Vrugink Westdorp, MHSAA Senior Assistant Director who oversees the sport. “This event is always one of the best attended of our winter championships, and hosting it on a college campus in a more central geographic location will only add to the attention and prestige for our student-athletes.”

Attendance was one key factor, as McQuirk Arena provides more seating than the DeltaPlex, which topped out at 2,800 for any session.

“We are truly appreciative of the DeltaPlex and thankful for the many years of service the facility and its staff provided the MHSAA,” Westdorp said of the facility, which hosted the Finals for all but one year since 2004. “We have great memories of the many championships staged there, while we also look forward to such moments at our new venue in Mount Pleasant.”

Another significant change comes in wrestling, as the majority of boys wrestling weight classes have been adjusted for this season. The updated boys weight classes are 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 and 285 pounds. Only 215 and 285 remain from the previous lineup.

“The weight classes that we had for almost 30 years were a bit different than the National Federation alignment because we believed our structure promoted more competition opportunities for our wrestlers,” said Dan Hutcheson, MHSAA Assistant Director who coordinates wrestling. “The Federation weight classes eliminated one of the middle weights, and essentially added a weight to the



heavier end of the weight classes. This removed a weight where we had very few voids, and moved it to a weight where we had many voids and forfeits.

“The national weights will change next year (2023-24) so we're basically trying to get in line ahead of time with the weights that will be mandated by the NFHS. The new NFHS weight classes more closely resemble the weight classes Michigan has been using for a long time. This will also help our student-athletes when tournaments take place with neighboring states, as the weight classes will be consistent.”

Now in the second year of offering a girls-only individual wrestling tournament, all MHSAA weight classes will align with NFHS girls weights. That means one shift, at the heaviest weight for the girls, where last year's 255 pounds will now be 235.

On the slopes, MHSAA skiing has instituted a cold-weather policy that governs all levels of competition, from practice to regular-season competition to tournament levels. The policy will heighten safety for all involved when temperatures plummet.

“The enhanced emphasis on the health and safety of student-athletes continues to be a focus for all MHSAA sport committees,” said MHSAA Senior Assistant Director Cody Inglis, ski administrator. “Given that downhill skiing is the one MHSAA outdoor sport in the winter, the ski committee felt strongly about establishing guidelines for cold weather to help meet managers, ski hills and administration make the safe and responsible calls when it comes to competition and practice.”

Ice hockey will utilize Michigan Power Ratings to seed MHSAA Regional play and reseed Semifinals for the first time this winter.



The committee looked to other cold-weather states, such as Minnesota, as well as the US Ski and Snowboard Association for guidance in establishing best practices. The policy was vetted by the ski committee and the MHSAA Sports Medicine Advisory Committee, then was approved by the MHSAA Representative Council early this winter.

The policy (see previous page) states that competition shall be canceled when participants are exposed to a temperature of minus-4 degrees Fahrenheit for more than one minute at a time. All activity is canceled once temperatures reach minus-20F actual, or minus-40F wind chill.

One of the most notable changes in place this winter took place for the sport with highest participation. Boys and girls basketball, with 33,000 athletes taking part last season, had the opportunity to schedule 22 regular-season games. This increase from the previous 20-game schedule allows more games for teams at every high school level – varsity, junior varsity and freshman.

At the postseason level, a series of notable changes affect how competition takes place.

In ice hockey, in addition to a new classification process that spread cooperative and single-school programs evenly throughout the three playoff divisions, the MHSAA Tournament will employ two changes. The Michigan Power Ratings (MPR) will be used to seed the entire Regional round, not just the top two teams, and prior to the start of Semifinals, a seeding committee will reseed the remaining four teams in each division.

“The success of the MPR system in hockey and implemented in other sports created a desire in the high school hockey world to have the regular season mean more than the random draw of past years,” said Inglis, who directs the tournament. “With two years of data of using MPR to determine the No. 1 and No. 2 seeds in a Region, the committee felt strongly that hockey should be the first MHSAA sport to push the seeding of an entire Region in its tournament.”

The hope is that such seeding will have a positive effect on regular-season scheduling for schools. Additionally, every game will have more meaning for the postseason.

“We are excited to see how this plays out, along with Semifinal reseeding,” Inglis said. “These major changes reflect the changing landscape of high school hockey and the number of teams and schools that sponsor the sport.”



For the first time in nearly 30 years, the MHSAA wrestling weight classes have been adjusted for this season.

Bowling also has an MHSAA Tournament change, as the Team Regional format will mirror the Team Final, with teams playing eight Baker games and two regular games at both levels.

In diving, as also applied during the fall girls season, there is a new qualification process for divers seeking to advance to the Finals. In each of the three divisions, each Regional will be guaranteed 10 qualifiers for the Finals, with six more “floating” qualifier entries to be distributed to the Regionals that have one of the previous year’s top six returning Finals divers in their fields. If a team changes division from the previous season, any floating top-six spots are added to the six already allowed in the school’s new division.

Rules changes took place in a pair of girls sports, gymnastics and competitive cheer.

A gymnastics rules change provides opportunity for additional scoring during the floor exercise. A dance passage requirement was added in place of the former dance series requirement to encourage creativity and a more artistic use of dance. The dance passage requires gymnasts to include two Group 1 elements – one a leap with legs in cross or side split position, the other a superior element.

In competitive cheer, the penalty for going over the time limit in each round was adjusted to one penalty point for every second over the time limit, not to exceed 15 points. The new time limit rule is more lenient than the past penalty, which subtracted points based on ranges of time over the limit.

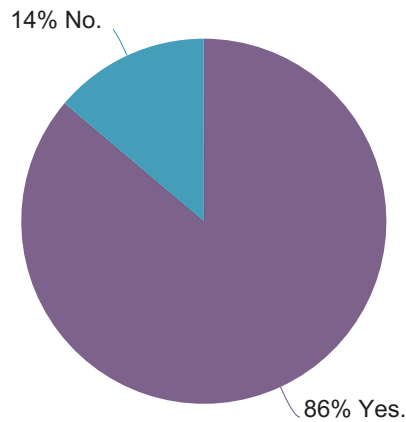


The MHSAA Bowling Team Regionals now mirror the Team Finals, with eight Baker games and two regular games.

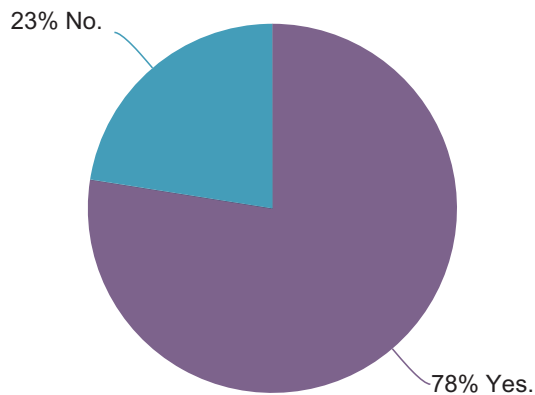
# 2022 Update Meeting Survey Results



1. For all transfer students (not including first-time, incoming freshmen), should the “new” school submit the transfer student’s information online to the MHSAA in a simple online form for review and approval by MHSAA staff prior to eligibility being granted? This online submission would also alert the former school of the transfer and provide an opportunity for additional information and review from that former school.

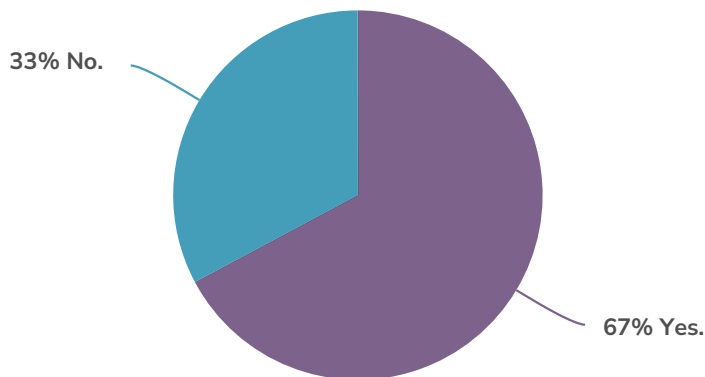


2. Do you support relaxing current all-star regulations to allow individual students expanded opportunities in such events?

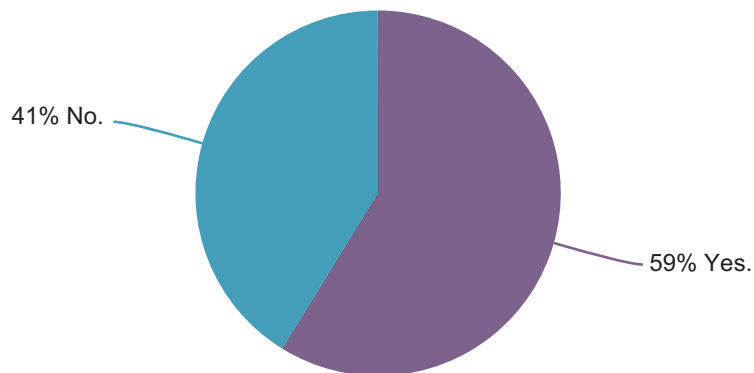


## Update Survey - *continued*

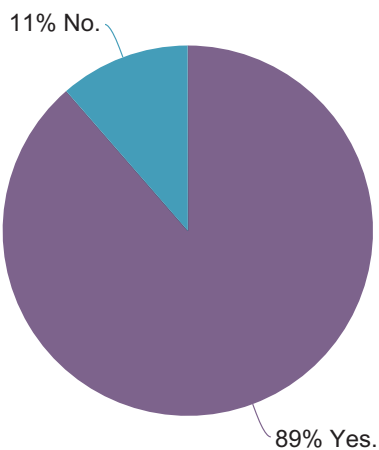
3. Do you support relaxing current all-star regulations to allow students out-of-season opportunities which operate much like AAU or club sports but are currently prohibited because of the use of the “all-star” name or moniker?



4. Do you support expanding the “links rule” in prohibiting recruiting and encouragement of middle school students to enroll at a high school as a first-time freshman in following a non-school coach or with non-school teammates?

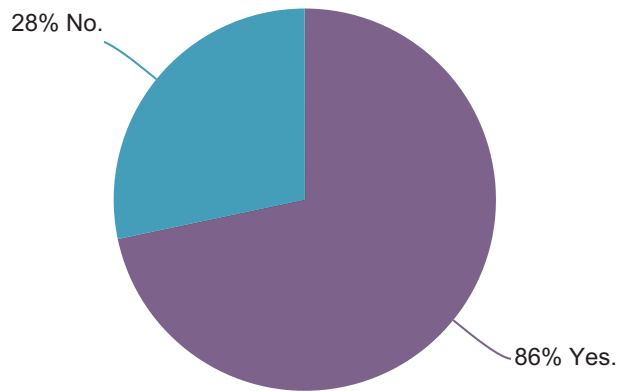


5. Do you support regular season use of the summer travel rule (must stay within border states or 300 one-way miles) in which MHSAA schools must stay within current travel limits but can play any school that would travel into the allowed travel area? For example, should an MHSAA school be able to travel and play in Chicago/Indianapolis/Milwaukee (border state areas) against a school from California or Texas?

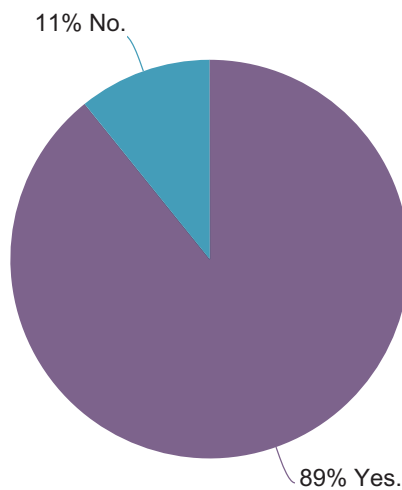


## Update Survey - continued

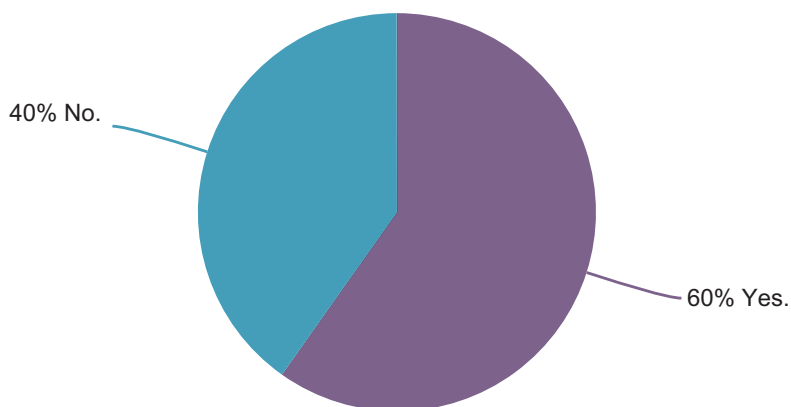
6. Do you support allowing a one-time exception per season to the travel rule during the regular season in which MHSAA schools can use up to two days of competition (one in football) outside of the travel rule as long as no class time is missed for travel and competition? Fall sports could do this prior to school starting, winter sports during the holiday break.



7. Should MHSAA tournament host sites have the option to conduct a "50/50" raffle provided the host site requests and receives the appropriate license from the State of Michigan?

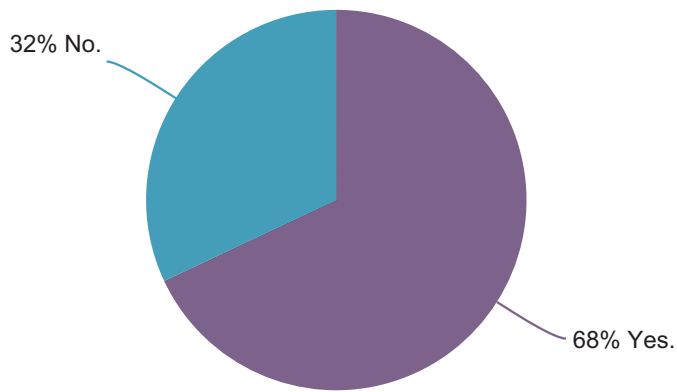


8. Should host schools be permitted to charge admission for scrimmages?

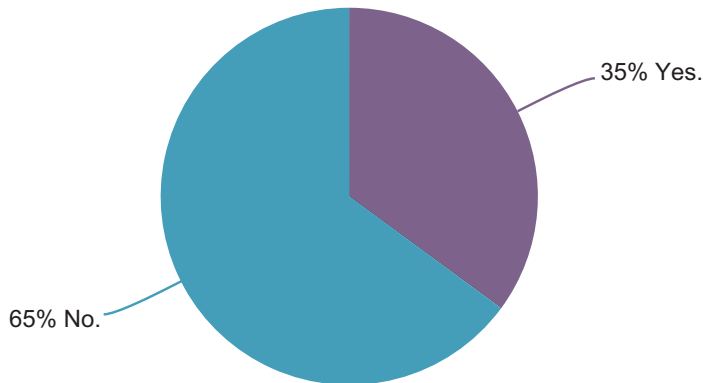


## Update Survey - *continued*

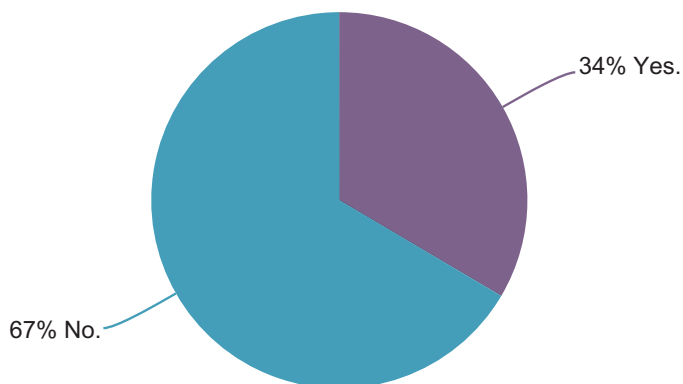
9. Should the small-school allowance where 9-12 grade high schools under 100 students can use 8th-grade students (and under 50 students can use 7th- and 8th-grade students) be adjusted up to 125 (to use 8th-grade students) and 75 (to use 7th- and 8th-grade students)?



10. Is there any concern that an increase “up” in these current 100/50 numbers could encourage students to transfer to a “small school” as a 7th- or 8th-grade middle school student for extra high school athletic eligibility?

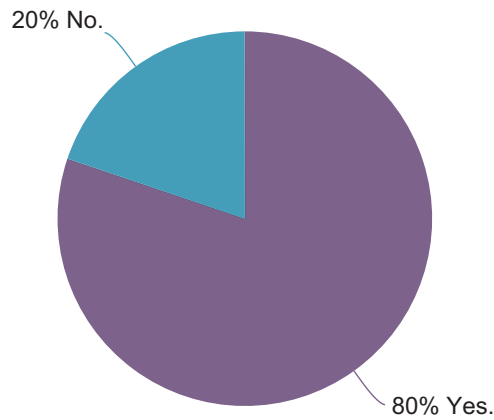


11. Do you support the MHSAA having a more public-facing platform (access to school administrators with MHSAA.com login) where school violations are reported to all member schools?

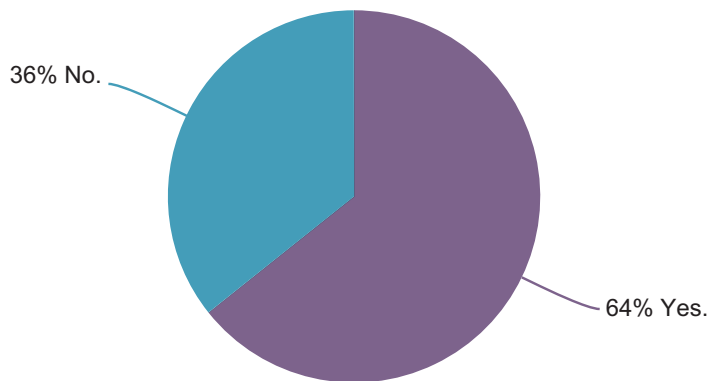


## Update Survey - continued

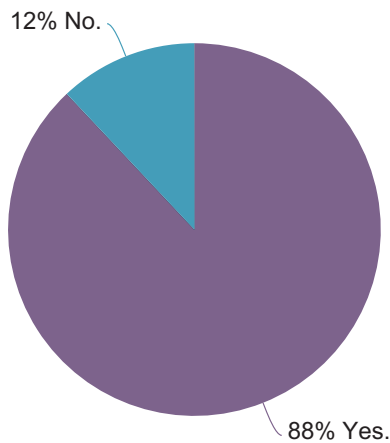
12. Do you support all first-time high school coaches (head coaches, assistant coaches, subvarsity coaches) to complete a required, online version of "CAP 101" which would blend current Levels 1 and 2? Face-to-face, in-person sessions would then continue to be offered for CAP Levels 3-8.



13. Should CPR certification and rules meeting completion coaching requirements extend to junior high/middle school head coaches?

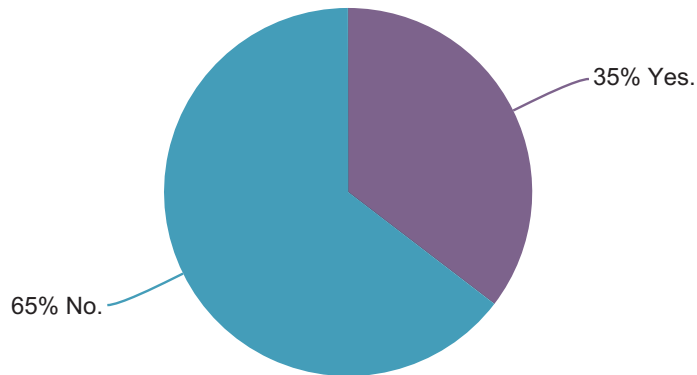


14. Do you support officials in the first year of MHSAA registration to complete a required, online course in the sport(s) registered through either the NFHS Learn, RefReps or some other platform?

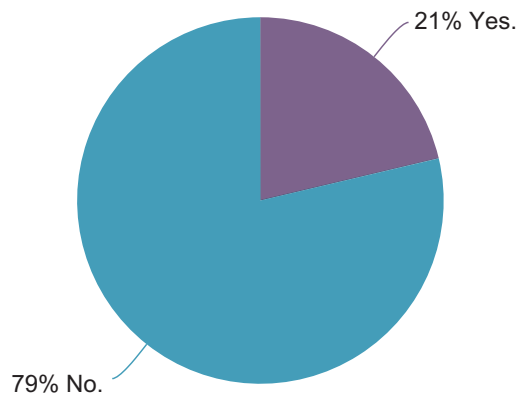


## Update Survey - continued

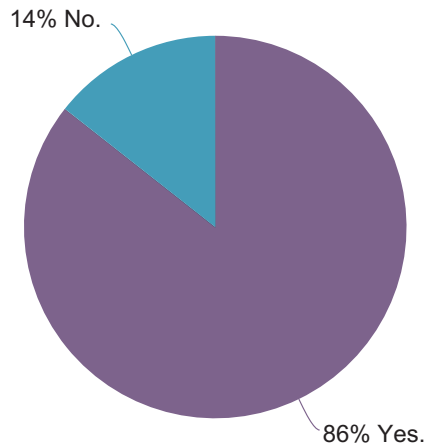
15. Do you support the MHSAA adopting the NFHS basketball shot clock rule for varsity games and the MHSAA tournament?



16. Do you support the MHSAA adopting the NFHS basketball shot clock rule for all high school basketball games (varsity and subvarsity), including the MHSAA tournament?

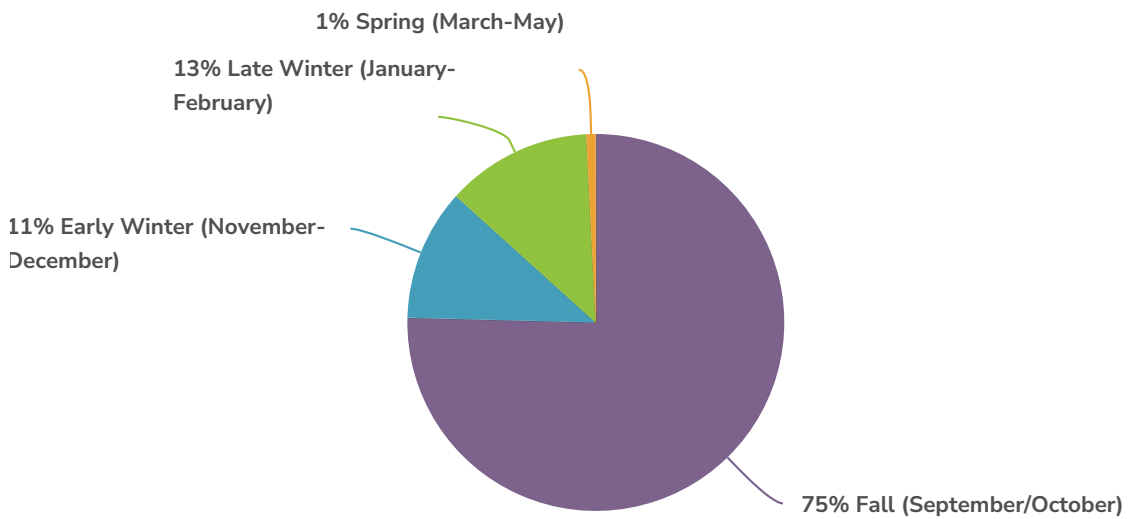


17. Is your school district's junior high(s)/middle school(s) an MHSAA member school?

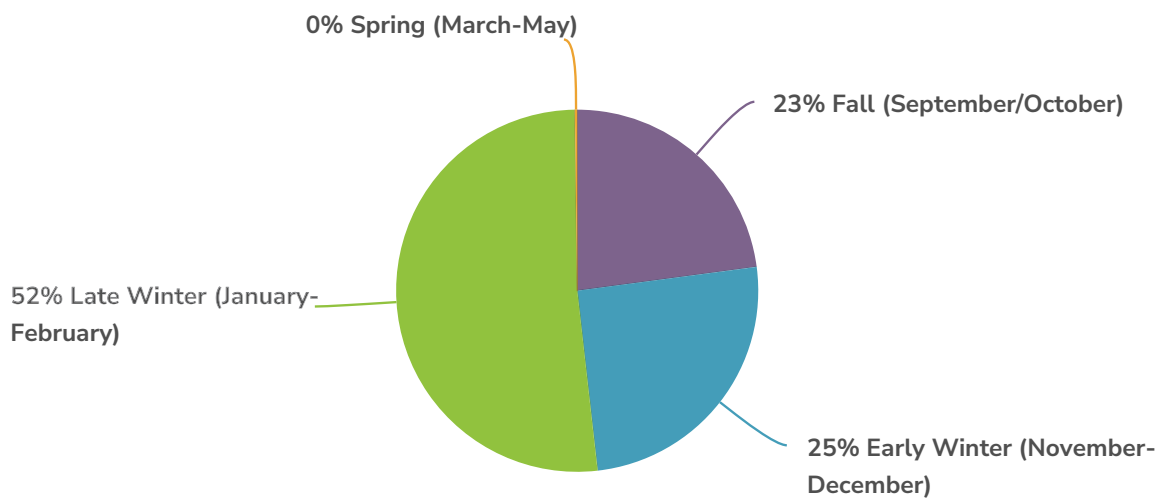


## Update Survey - *continued*

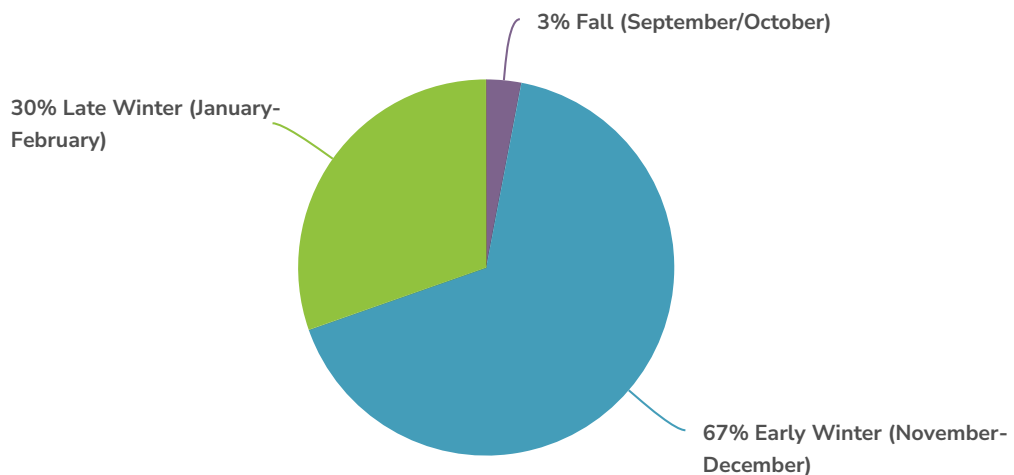
18. When is your junior high/middle school girls volleyball season?



19. When is your junior high/middle school girls basketball season?



20. When is your junior high/middle school boys basketball season?





# Update Survey - *continued*

## Update Survey - *Comments*

*The following are a sampling of comments from Update Meeting attendees:*

- I support all coaches taking CAP classes, but I think it is crucial to have all first-time coaches take CAP 1 or 2 in person. I would be open to the other levels being online.
- CAP 1 and 2 need to be face-to-face. Very valuable interactions take place in these meetings.
- In basketball, with the addition of two games this year, need to discuss allowing two games to be played on a non-school day. This would allow a true four-team tournament on a Saturday where all schools are given two games. It will help with weather cancellations and allow for more of those events involving fewer schools.
- Open up the travel so teams can travel and play schools anywhere as long as the superintendent agrees to the school travel.
- Could the MHSAA create a document similar to the out-of-season coach regulations that covers common coach rules violations and outcomes/MHSAA discipline?. I think that would help ADs educate their coaches on the reality of a violating rules. Being able to cover that in a coaches meeting might slow down those coaches who don't feel that rules matter, or are enforced. Especially those non-faculty, volunteer coaches.
- I would be OK with a more transparent way to show athletic directors/admin violations from member schools, with school names left out. This would allow ADs the ability to bring these violations up to coaches to make sure they understand the severity in consequences for violations without calling out the school (AD) who more than likely had nothing to do with the actual violation.
- Please look into the violation list as a countywide list or regional listing. Not putting schools as a target is key, while also showing that research is being done on the violations.
- I like the idea of a transfer database. The schools should be able to approve without MHSAA's help. If declined the MHSAA would be able to step in to assist. I'm not sure allowing extra all-star events will keep athletes from moving to prep school/academies. If they want to go they will. I think we need to be proactive concerning NIL more than all-star events.

### SURVEY TOTALS

<b>Respondents' Title</b>	<b>Respondents' Classification</b>
26 Superintendents (5.0%)	151 Class A (29.2%)
54 Principals (10.4%)	135 Class B (26.1%)
59 Assistant Principals (11.4%)	131 Class C (25.3%)
429 Athletic Directors (82.8%)	107 Class D (20.7%)
52 Coaches (10.0%)	30 JH/MS (5.8%)
4 Board Members (0.8%)	
35 Other (6.8%)	

**TOTAL SURVEYS RECEIVED = 518**

## “Newest” Winter Sport, Bowling Keeps Rolling Along

Now nearing 20 years as an MHSAA Winter Tournament Sport, Boys & Girls Bowling hit the lanes for the 2003-04 school year and is still going strong.

*The following is from the MHSAA Bulletin as bowling was added as a tournament sport in 2003-04.*

**B**owling makes its debut as a Michigan High School Athletic Association postseason tournament event in 2003-04, being added to the schedule in a vote taken on Dec. 6 by the legislative body of the organization, the Representative Council.

By being added to the winter sports season schedule with separate girls and boys tournaments, the MHSAA will have a total of 26 championships – 13 for girls and 13 for boys.

Sponsorship of bowling as an interscholastic sport by MHSAA member schools has exceeded the 64-school minimum for consideration of MHSAA postseason tournaments. The Michigan High School Bowling Conference estimates that approximately 250 teams existed statewide last year

In making the decision to add bowling, the MHSAA utilized student interest surveys conducted in 1997-98 and 2001-02, its annual sports participation survey of member schools, and a follow-up survey in the summer of 2002 about sports in which the MHSAA does not currently offer postseason tournaments. The MHSAA Executive Committee appointed study groups in August to evaluate bowling, lacrosse, girls field hockey and girls ice hockey. MHSAA staff also met with the statewide leadership of the water polo and equestrian communities.

The Council will act at future meetings to add additional championships. It authorized a survey of member schools to determine participation commitments in potential MHSAA postseason tournaments in girls field hockey, girls ice hockey, lacrosse and water polo, to be completed for review at the Council's next meeting on March 21, 2003.

The last addition to the MHSAA tournament



MHSAA File Photo

as either interscholastic or community teams.

Details about the administration of the sport will be announced at a future date. It is anticipated that there would be at least a Regional level of competition prior to the postseason tournament Finals, and that the calendar would coincide with existing winter sports which end in an MHSAA-sponsored postseason tournament.

“The addition of bowling for girls and boys responds to the growth of bowling in all types of schools in all parts of our state, and it has the most immediate potential for growth in female participation,” said MHSAA Executive Director John E. “Jack” Roberts. “We're pleased to offer this tournament at a time of year when there is less participation in high school sports than in the fall and spring. It's a sport that doesn't require officials recruitment and training and doesn't add a scheduling burden to already over-used school facilities.”

schedule occurred in the 1993-94 school year, when the first girls competitive cheer tournament took place that winter, attracting more participating schools and spectators than girls skiing and girls gymnastics combined.

Prior to that, boys and girls soccer tournaments were initiated in the 1982-83 school year.

The history of the MHSAA providing postseason tournaments for girls predates the boom in girls participation. Regional skiing meets for girls and boys were initiated in the 1953-54 school year, with a statewide tournament being added in 1974-75. The first statewide MHSAA tournament for girls was in gymnastics in 1971-72. During the 1972-73 school year, girls tournaments began in golf, swimming and diving, tennis, and track and field. Girls basketball followed in 1973-74; softball in 1974-75; volleyball in 1975-76 and cross country in 1978-79.

## Farm Bureau Insurance Scholar-Athlete Award in 34th Year



The 120 finalists for the Michigan High School Athletic Association's Scholar-Athlete Awards for the 2022-23 school year, presented by Farm Bureau Insurance, have been announced.

The program, in its 34th year, has recognized student-athletes since the 1989-90 school year and again this winter will honor 32 individuals from MHSAA member schools who participate in at least one sport in which the Association sponsors a post-season tournament.

Farm Bureau Insurance underwrites the Scholar-Athlete Awards and will present a \$2,000 scholarship to each recipient. Since the beginning of the program, 896 scholarships have been awarded.

Scholarships will be presented proportionately by school classification, with 12 scholarships to be awarded to Class A student-athletes, six female and six male; eight scholarships will be awarded to Class B student-athletes, four female and four male; six scholarships will be awarded to Class C student-athletes, three female and three male; and four scholarships will be awarded to Class D student-athletes, two female and two male. In addition, two scholarships will be awarded at-large to minority recipients, regardless of school size.

Every MHSAA member high school could submit as many applications as there are scholarships available in its classification and could have more than one finalist. Bloomfield Hills Cranbrook Kingswood has four finalists and Kalamazoo Loy Norrix and Midland Dow have three finalists this year. Twelve schools have two finalists: Ada Forest Hills Eastern, Cass City, Fenton, Hillsdale Academy, Holland, Holland Christian, Milford, Negaunee, Northville, Saginaw Michigan Lutheran Seminary, South Lyon East, and Tecumseh.

Multiple-sport participation remains the norm among applicants. The average sport participation rate of the finalists is 2.88. There are 74 three-plus sport participants in the finalists field, and all but two of the 28 sports in which the MHSAA sponsors postseason tournaments are represented.



*Michigan's Insurance Company*



Of 421 schools which submitted applicants, 25 submitted the maximum allowed. This year, 1,440 applications were received. All applicants will be presented with certificates commemorating their achievement. Additional Scholar-Athlete information, including a complete list of scholarship nominees, can be found on the Scholar-Athlete page of MHSAA.com.

The applications were judged by a 65-member committee of school coaches, counselors, faculty members, administrators and board members from MHSAA member schools. Selection of the 32 scholarship recipients took place in early February. Class C and D scholarship recipients were announced Feb. 7, Class B scholarship recipients were announced Feb. 14 and Class A scholarship recipients were announced Feb. 21. All bios are on the MHSAA Website.

To be eligible for the award, students must have a cumulative grade-point average of 3.50 (on a 4.0 scale) and previously have won a varsity letter in at least one sport in which the MHSAA sponsors a postseason tournament. Students also were asked to respond to a series of short essay questions, submit two letters of recommendation and a 500-word essay on the importance of sportsmanship in educational athletics.

**Complete  
List of  
2022-23  
Finalists**



## Longtime Chelsea Administrator, Coach Joins MHSAA



**B**rad Bush, a highly-respected educator, administrator and coach over the last three decades, joined the Michigan High School Athletic Association as an assistant director in January.

Bush, 52, taught and coached at East Kentwood High School for four years before beginning a tenure at Chelsea High School in 1997 that has included teaching, then serving as athletic director and later also assistant principal and leading the football program as varsity coach from 1997-2002 and again from 2004-18.

He also has served as a statewide delegate on the MHSAA Representative Council during the last year and provided leadership in multiple roles, including president, for the Michigan High School Football Coaches Association since 2005.

Bush will serve as the MHSAA's lead administrator for baseball and also among lead administrators for the officials program, which includes more than 8,000 registered officials in all sports. Bush also will be assigned additional duties in other sports based on his vast experiences. He was selected from a pool of 34 applicants.

"I'm incredibly excited to have Brad join our team," MHSAA Executive Director Mark Uyl said. "He's been an outstanding athletic director and coach who is highly-respected by those who know him."

As Chelsea athletic director, Bush annually has supervised a staff of 110 coaches across 31 programs, with nearly 70 percent of the high school's 800 students participating in athletics. As a teacher and assistant principal, he has served on Chelsea's School Improvement Team and on multiple committees that provided instructional leadership including in the development of the district's new trimester schedule. In his roles with the MHSFCA, Bush helped direct an organization with more than 2,200 members and also served as the association's treasurer and liaison to the MHSAA.

Bush is perhaps best known, however, for his coaching success. Over 22 seasons, he led Chelsea's varsity football team to a 169-60 record, 13 league championships, 18 playoff appearances, seven District titles and a Division 3 runner-up finish in 2015. During his break in tenure as Chelsea coach, Bush served as an assistant football coach and recruiting coordinator for Eastern Michigan University during the 2003-04 school year, and he has served as an assistant coach at Albion College the last four seasons contributing to the team's two league titles and appearance in the 2021 NCAA Division III Playoffs.

"I feel like joining the team at the MHSAA is an opportunity I couldn't pass up," Bush said. "The 26 years I spent at Chelsea were some of the best times of my life. It's a professional transition that in the back of my mind, if this opportunity came, was something I needed to do."

"Over time, I've grown to care about the bigger picture of athletics and appreciate the role of the MHSAA in protecting high school athletics in Michigan."

Bush is a 1988 graduate of Ypsilanti High School. He studied and played quarterback at Cornell University before returning and graduating from EMU after majoring in history and minoring in social studies. He earned his physical education endorsement from EMU in 2000 and his master's in physical education and sports management from EMU in 2002. He has earned continuing education credits in sports management from Drake University and completed the Path to Leadership program from the Michigan Association of Secondary School Principals (MASSP).

Bush was inducted into MHSFCA Hall of Fame and Ypsilanti High School Hall of Fame both in 2019. He and his wife Laura have three adult children, two daughters and a son.

— Geoff Kimmerly  
MHSAA.com senior editor

## Michigan Improves Ranking in 12 Sports Nationally

Despite ranking 10th nationally in high school-aged population, Michigan ranked eighth nationally for participation in high school sports during the 2021-22 school year and moved up lists in 12 sports as the National Federation of State High School Associations (NFHS) conducted its national participation survey for the first time since 2018-19.

Michigan's participation ranking was based on a number of 271,423, with 114,999 girls and 156,424 boys taking part in high school athletics, and included sports in which the Michigan High School Athletic Association does not conduct post-season tournaments. The totals count students once for each sport played, meaning students who are multiple-sport athletes are counted more than once.

Michigan previously also ranked both eighth overall in participation and 10th overall for high school-aged children from 2016-17 through 2018-19, the population rankings according to U.S. Census Bureau estimates from those years. The NFHS did not conduct its national participation survey during the 2019-20 and 2020-21 school years, although the MHSAA continued to collect participation data from member schools during that time.

A total of 18 sports bested the state's overall national participation ranking of eighth in 2021-22 by placing seventh or higher on their respective lists. Twelve Michigan sports improved in national ranking from the last national survey in 2018-19, while the state fell in the rankings of five sports.

Michigan's best showings were in boys bowling – where it continued to rank second nationally in participation – and also girls and boys alpine skiing, where Michigan also ranked second. Girls bowling participation moved up to third nationally from fourth in 2018-19, while boys ice hockey and girls tennis participation ranked fourth and boys tennis and girls and boys golf participation all ranked fifth nationally. Other Michigan sports ranking seventh or higher on the national participation lists were girls and boys basketball (both sixth), girls competitive cheer (sixth), girls (sixth) and boys cross country (seventh), football (sixth), boys track & field (sixth), girls volleyball (sixth) and wrestling (seventh).

Michigan's participation in baseball (eighth), boys lacrosse (eighth), softball (eighth), girls track & field (eighth), girls soccer (ninth), girls and boys swimming & diving (both ninth) and boys soccer (10th) also met or exceeded the state's national rank in high school-aged population.

Although the national total of 7,618,054 participants in 2021-22 was down four percent from the 2018-19 figure of 7,937,491, high school sports appear on the road back after schools in many states were unable to offer programs in normal fashion during portions of the 2019-20 and 2020-21 school years.



Michigan ranks second nationally in boys bowling participation, and in girls and boys alpine skiing according to the most recent NFHS Participation Survey.

The 2021-22 total is composed of 4,376,582 boys and 3,241,472 girls, according to figures obtained from the 51 NFHS member state associations, including the District of Columbia.

Among the top 10 boys sports in participants nationally from 2018-19, golf was the only sport to register an increase during 2021-22 – up just under four percent with 148,585 participants and surpassing tennis as the eighth-most popular sport. Golf was one of the few sports to increase on both sides of the ledger as girls participation was up one percent to 80,829 participants.

Volleyball continued its rise in popularity among girls sports and was the only top-10 sport to register an increase from three years ago. With 454,153 participants, volleyball is only 2,500 participants behind track & field for the No. 1 participatory sport for girls nationally.

Texas topped the list of state participation with 846,161. Texas was one of 14 states that enjoyed a gain in participation since the 2018-19 survey. California retained the No. 2 position with 762,823 participants despite a drop of more than 60,000 from three years ago.

Other changes in the top 10 involved Ohio moving to No. 3 with 378,354 participants, followed by Pennsylvania (315,097), Illinois (314,839), New York (313,404), Florida (291,504), Michigan (271,423), New Jersey (264,139) and Massachusetts (215,848).

## Streaming Guidelines for ADs

The MHSAA's Multimedia Regulations underwent a big change in December 2021, allowing approved local media the ability to livestream regular-season games from NFHS Network partner schools. With network partner participation at nearly 80 percent, this opened the door for local media outlets to work with a vast majority of Michigan schools. Here is a breakdown of what your school can do in both the regular season and postseason, for both video and audio:

### VIDEO

#### Regular Season

- NFHS Network partner schools must stream to the Network via their Pixellot units (or with a manual broadcast).
- NFHS Network partner schools can also work with a local media outlet to provide a livestream to the media outlet's platform. This is a second livestream, not something that replaces the Pixellot/NFHS Network feed.
- If you have a Pixellot unit in your gym but not one at your pool and a local media outlet wants to livestream a swim meet – that is allowed. Schools that are NFHS Network partners have the ability to livestream all regular-season home events with a media outlet, regardless of if there is a Pixellot unit at that facility.
- All schools, regardless of network partner status, can livestream regular-season games to a school-controlled site such as the school's YouTube page or homepage.

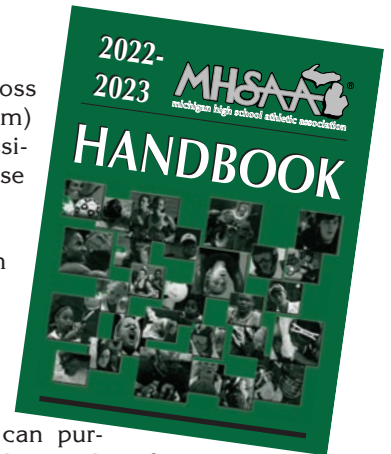


#### Postseason

- If a host school is an NFHS Network partner and has a Pixellot unit or manual crew at that venue, it must stream to the NFHS Network.
- If a host school is not a network partner, or the host school is but does not have a Pixellot unit at the venue, it can only livestream directly to the NFHS Network. This can be done with an iPad and simple software – and the MHSAA can help you set that up. Please

contact Jon Ross (jon@mhsaa.com) as soon as possible if you choose to do this.

- Schools CAN-NOT livestream a postseason event to a school-controlled platform.
- Media outlets can purchase the broadcast rights of a postseason event if the event is not covered by the NFHS Network or Bally Sports Detroit. The tournament host will receive an approval email from the MHSAA if an outlet has purchased these rights.
- Postseason games CANNOT be blacked out on the NFHS Network. That goes for both the livestream and VOD version of the game.



### AUDIO

#### Regular Season

- In the regular season, radio/audio outlets need the host school's permission to stream an audio-only stream. If they wish to add video to their stream, they need to follow the video livestream regulations.

#### Postseason

- All radio/audio outlets must submit a broadcast application in order to carry postseason games. The tournament manager will receive an approval email for each approved outlet.
- Radio/audio outlets are responsible for their own transmission arrangements. Schools are not required to provide telephone lines or internet access, but if WiFi is readily accessible should make the outlet aware of it.

Lastly, in postseason play, all media covering your game must have an MHSAA Tournament Media Pass. Unless the MHSAA has called or emailed you to ask for access for a specific media member, no media should be allowed in without a credential. Under no circumstance should a school copy and hand out an MHSAA Tournament Media Pass. If media members have questions on the postseason credentialing process, direct them to Jon Ross (jon@mhsaa.com).

## Six Tips for the Best Cold-Weather Workout

**W**ith cold winter temperatures, it may be tempting to get back to the gym. But it's still possible to get your exercise outdoors if you prepare properly to counter the chillier conditions that accompany living in Michigan this time of year.

### Winter Weather Workout Tips

While cold air can make it challenging to breathe, our bodies adjust to reduced temperatures over time. The key thing to watch for is hypothermia (dangerously low body heat).



“Viruses are more likely to attack our bodies if we're in a cold state,” says Ramsey Shehab, M.D., a sports medicine specialist at Henry Ford Health. “If your internal body temperature drops significantly, it can suppress your immune system and make you more vulnerable to infection.”

The good news: Adopting these six strategies can help ensure your outdoor workouts are safe and effective.

**Check the forecast.** Know what the outdoor weather is and plan accordingly. Pay attention to the temperature, wind and moisture level. If temps dip below zero, the wind chill is extreme, or it's raining or snowing, exercising outside can be risky.

**Dress in layers.** Dressing too warmly can increase your risk of overheating (even in frigid air). Instead, dress in layers so you can remove layers as you warm up. “The innermost layer should be made of moisture-wicking material,” Dr. Shehab says. “The middle layer should have thermal protection like wool or fleece, and the outermost layer should be waterproof and breathable to protect you from wind, rain and sleet.” If you get wet and moisture soaks through your clothing, you may not be able to keep your core body temperature up.

**Pay attention to your hands, feet and head.** When you're engaged in a heart-pumping workout, blood flows to your core, leaving your fingers, toes and head vulnerable to the cold. Wear a hat, gloves and warm socks. If it's especially chilly, consider wearing a scarf.

**Take time to warm up (and cool down).** Instead of leaving your cozy house and launching straight into a sprint, take time to warm up your major muscle groups. “Your joints may be stiffer when it's cold, so warming up and stretching out is especially important during the winter months,” Dr. Shehab says.

**Stay hydrated.** People tend to think more about dehydration during the summer months, but you can get dehydrated in the winter, too. “Proper hydration before, during and after exercise is very important, not just to maintain health and well-being, but also to stave off infection,” Dr. Shehab says.

**Take a vitamin D supplement.** Even though you're exercising outdoors, sunlight is in low supply in Michigan during the winter. To keep your immune system humming, consider taking a vitamin D supplement. “Making sure you have sufficient vitamin D can enhance your bone health, boost your immune system and keep your hormones in balance,” Dr. Shehab says.

### Get Savvy About Outdoor Workouts

Frigid temperatures can create obstacles for even the most enthusiastic exercisers. While it's tempting to table exercise until warmer weather returns, there are things you can do to make outdoor — and indoor — workouts more enjoyable.

You don't have to stick to the same routine of running, walking and circuit training. Take advantage of the winter chill to participate in activities like ice skating, sledding, hiking, skiing and cross-country skiing. You can even take interval workouts outdoors. Climb stairs, hike up hills or just play with a kettlebell in the snow.

“Exercise is medicine,” Dr. Shehab says. “It can sometimes replace medication for people who have diabetes, hypertension and other chronic conditions. It's good for the mind and the body, and it can help stave off infections, including COVID-19.”

The caveat: Working out, outdoors or indoors, is not recommended for people who are currently battling the coronavirus. Instead, it's important to preserve your energy. Once your symptoms begin to improve, you can gradually increase your exercise level.

To find a doctor or athletic trainer at Henry Ford, visit [henryford.com](http://henryford.com) or call 1-800-HENRYFORD (436-7936).

*Dr. Ramsey Shehab is the deputy chief of Sports Medicine at Henry Ford Health. He sees patients at the Henry Ford Center for Athletic Medicine and Henry Ford Medical Center - Bloomfield Township*

## Rules of the Games

Sharpen your skills with the following rules questions for these winter sports. Answers appear on the next page.

### Basketball

1. A1 is dribbling the ball in team A's frontcourt when B1 deflects the ball into team A's backcourt. When does the 10-second backcourt count for team A begin?
  - a. When A2 first touches the ball in team A's backcourt.
  - b. When A2 gains control of the ball in its backcourt.
  - c. When the ball first touches the playing court in team A's backcourt.
  - d. When B2 first touches the ball in team A's backcourt.
2. What is the result when a player makes incidental contact with the net while the ball is on the basket, and that contact with the net has no effect on whether the ball successfully enters the basket or not?
  - a. No penalty. Play shall resume uninterrupted.
  - b. Basket interference.
  - c. Goaltending.
  - d. Technical foul.
3. A1 is legally guarding B1. A2 pushes teammate A1 into B1 while B1 is attempting an unsuccessful try, and the official blows the whistle for a foul. Which is true of the foul?
  - a. A1 shall be assessed the foul.
  - b. A2 shall be assessed the foul.
  - c. If team B is in the bonus, B1 will shoot bonus free throws.
  - d. If team B is not in the bonus, team B shall receive a throw-in.



2. A flyer is tossed and while performing a basket toss extends her head and neck backward out of alignment with her torso.
  - a. Legal.
  - b. Illegal.
3. A flyer is transitioned from an extension to a face-down flatback between four catchers. Prior to the catch, the flyer loses all contact.
  - a. Legal.
  - b. Illegal.

### Gymnastics

1. Does a wolf jump full twist, run, roundoff, straddle jump meet the specifications for a dance passage?
  - a. Yes.
  - b. No.
2. Does a switch ring at head height, run, assemble', staddle pike jump meet the specifications for a dance passage?
  - a. Yes.
  - b. No.
3. A gymnast uses a hand to attain the final position when performing a stand on one leg with free leg in 180 (degrees) split. The judge awards high superior credit.
  - a. Correct.
  - b. Incorrect.



### Competitive Cheer

1. Flyer #1 is in an elevator position, and flyer #2 is in a static inversion. The flyer in the inversion reaches up for support from the flyer (bracer) in the elevator position. The bracer assists the original bases in transitioning the flyer from the static inverted position to the next stunt.
  - a. Legal.
  - b. Illegal.





## Ice Hockey

- During the first period, it is brought to the attention of the referee by Team A that Team B has more than 5 team personnel occupying the team bench area. What is the ruling?
  - Minor penalty for unsportsmanlike conduct
  - Misconduct to the team
  - Warning to the team, extra personnel must leave bench area, before game can resume
  - Nothing can be done
- During a delayed offside situation, a puck is shot directly on goal. What is the officiating procedure?
  - Play is whistled down and the ensuing face off is carried back into the offending team end zone
  - Play is whistled down and the ensuing face off is carried back to the closest dot from where the shot had originated.
  - Play is allowed to continue in the delayed offside situation until all offensive players clear the offensive zone.
  - Play is whistled down and the ensuing face off is carried into the neutral zone just outside of the attacking zone.
- A shot is taken from within the offensive zone. It deflects off of the goal cage and goes out of play. Where is the ensuing faceoff?
  - Closest neutral zone faceoff dot from where the shot was taken.
  - Center ice faceoff dot.
  - Nearest end zone faceoff dot from where the deflection occurred.

- Nearest end zone faceoff dot from where shot was taken.

## Wrestling

- Going out of the wrestling area by either wrestler or forcing an opponent out of the wrestling area at any time as a means of avoiding wrestling is:
  - Unsportsmanlike Conduct
  - A Technical Violation
  - Stalling
  - Flagrant Misconduct
- Wrestler B attempts a reversal and before B can complete the maneuver, Wrestler A screams. What is the call?
  - The match is stopped, and Wrestler A is charged with stalling
  - If the referee determines that Wrestler B would have completed the maneuver, then Wrestler A would be charged with an injury timeout and Wrestler B awarded two points for the reversal
  - Wrestler A is charged with an unsportsmanlike conduct penalty for feigning an injury
  - A referee's timeout to protect the wrestlers
- A wrestler failing to make every effort to stay inbounds during an imminent scoring situation shall be penalized for:
  - Unsportsmanlike Conduct
  - Fleeing the mat
  - Stalling
  - Misconduct



**Basketball Answers:** 1. c. (9.8); 2. b. (9.11); 3. a. (4.19)

**Cheer Answers:** 1. Illegal. Static inversions may not be braced. (Section F-Types of Stunts, Static Inversion, p. 59); 2. Illegal. A flyer is not permitted to drop her head backward out of alignment with her torso during a flair or a toss. (Section G-Motions Initiated by Bases, Legal Stunt Toss Combinations, p. 61); 3. Illegal. When the flyer is being transitioned from one stunt to another involving the same bases, physical contact must be maintained between the flyer and the bases or spotter. (Section F-Types of Skills, Flatback, p. 48)

**Gymnastics Answers:** 1. No. COMMENT: The wolf jump full is a high superior but is not performed in a cross or sidesplit position. Also, the roundoff is an acro element and an acro element performed during a dance passage breaks the connection of the dance passage. (9-2-3, Rule 1); 2. Yes. COMMENT: The indirect connection of the switch ring at head height and the straddle pike jump are from Group 1 and the switch ring is a high superior that is performed in the cross-split position. (9-2-3, Box 1.309d, Box 1.208a); 3. Incorrect. COMMENT: High superior is only awarded when support by the hand is not used for the lift, hold or build of the 180 (degree) split. (8-6-3, Rule 8)

**Hockey Answers:** 1. c. (1.9.2); 2. c. (9.6.2); 3. d. (9.1.9)

**Wrestling Answers:** 1. c. (7.6); 2. b. (8.9); 3. b. (7.3)

## MHSAA Representative Council

**Chris Adams\***

Superintendent  
Camden-Frontier High School  
Class C-D — Southeastern Michigan

**Eric Albright\*\***

Athletic Director  
Midland High School  
Class A-B — Northern Lower Peninsula

**Jay Alexander\***

Executive Director of Athletics  
Detroit Public Schools  
Detroit Public Schools Position

**Judy Cox\*\***

Principal  
Auburn-Bay City Western High School  
Appointee

**Scott Grimes\*\*, President**

Superintendent, Grand Haven Public Schools  
Statewide At-Large

**Kyle Guarrant (ex-officio)**

Deputy Superintendent, Finance Operations  
Michigan Dept. of Education, Lansing  
Designee

**Kris Isom\***

Athletic Director  
Adrian Madison High School  
Appointee

**Sean Jacques\*\***

Assistant Principal/Athletic Director  
Calumet High School  
Class C-D — Upper Peninsula

**Jeff Kline\***

Athletic Director  
Mt. Morris High School  
Statewide At-Large

**Jason Malloy\*\***

Athletic Director  
Westland John Glenn High School  
Appointee

**Vic Michaels\*\*, Secretary-Treasurer**

Director of Physical Education & Athletics  
Archdiocese of Detroit  
Private and Parochial Schools

**Chris Miller\***

Athletic Director/Director of Operations  
Gobles High School  
Class C-D — Southwestern Michigan

**Anna Rigby\*\***

Athletic Director  
Harbor Springs High School  
Class C-D — Northern Michigan

**Chris Riker\*\***

Athletic Director  
Portage Northern High School  
Class A-B — Southwestern Michigan

**Meg Seng\*\***

Athletic Director  
Ann Arbor Greenhills High School  
Appointee

**Fred Smith\*\***

Athletic Director  
Bangor Middle School  
Junior High/Middle Schools

**Adam Stefanski\***

Athletic Director  
Boyne City High School  
Junior High/Middle Schools

**John Thompson\*\***

Athletic Director  
Brighton High School  
Class A-B — Southeastern Michigan

**Alex Tiseo\***

Athletic Director  
Marquette High School  
Class A-B — Upper Peninsula

\*Term Expires December 2023

\*\*Term Expires December 2024

## Efficiency is Effective...

The MHSAA is always willing to assist with issues concerning Association regulations. Please remember, however, the most efficient method of communication with the MHSAA on eligibility questions is through the school athletic director or principal. Athletic directors should gather all information necessary on a question and then call or write the MHSAA. Coaches or parents calling the MHSAA on eligibility matters can create confusion and delay. ADs or principals are encouraged to contact the MHSAA office directly.

## 2022-23 MHSAA Budget

The following budget for operation of the Michigan High School Athletic Association, Inc., for the 2022-23 school year was considered and approved at the May 2022 Representative Council Meeting.

GENERAL ADMINISTRATION	\$4,748,766
GENERAL PRINTING	132,500
GENERAL OFFICE EXPENSES	1,042,024
GENERAL MEETINGS	108,400
COACHES & OFFICIALS	687,400
CORPORATE SALES	129,000
STUDENT SERVICES	259,500
BASEBALL TOURNAMENTS	217,800
BASKETBALL TOURNAMENTS	1,257,200
BOWLING TOURNAMENTS	85,300
COMPETITIVE CHEER	114,200
CROSS COUNTRY MEETS	142,500
FOOTBALL PLAYOFFS	1,189,500
GOLF TOURNAMENTS	47,400
GYMNASTICS MEETS	23,250
HOCKEY TOURNAMENTS	216,700
LACROSSE TOURNAMENTS	62,250
SKI MEETS	34,400
SOCCER TOURNAMENTS	209,450
SOFTBALL TOURNAMENTS	214,800
SWIMMING MEETS	107,500
TENNIS TOURNAMENTS	91,600
TRACK MEETS	231,800
VOLLEYBALL TOURNAMENTS	245,500
WRESTLING TOURNAMENTS	632,150
BROADCASTING	65,000
REVENUE SHARING	88,000
<b>TOTAL 2022-23 BUDGET</b>	<b>\$12,383,890</b>

## Out-of-State Travel Form and Regulations

The tradition of taking a team on a “spring trip” for practice only has gotten a new twist with the allowance that a team may scrimmage another MHSAA member school team while on a “spring trip.”

Any school which conducts practice sessions out of state at a site more than 600 miles round-trip must submit to the MHSAA office a **Travel Form for Out-of-State Practice** at least 30 days in advance of departure.

The new rule allows schools in spring sports only to compete in up to four scrimmages with another MHSAA member school team while on a spring trip. The allowance is to other MHSAA teams only and scrimmages that follow the elements of a scrimmage.

This will likely save schools money as they can split the cost of renting a facility for a baseball, softball, soccer or lacrosse field.

**Regulation II, Section 6 (C)** follows with most recent change in boldface: “Schools which desire to conduct practice sessions out of state at a site more than 600 drivable miles round-trip from their location must complete and submit to the MHSAA office the

“Travel Form for Out-Of-State Practice” at least 30 calendar days in advance of departure (see MHSAA.com, “Schools>Forms & Resources”). No competition (scrimmage or contest against another team) is allowed **except that in spring sports, two or more MHSAA member schools which have submitted the MHSAA Out-of-State Travel Form may scrimmage or hold joint practices with other MHSAA member schools up to the maximum of four allowed scrimmage dates in that sport. These days shall count in the total of four allowed for the season.** Regulation II, Section 11 (B) and applicable interpretations regarding scrimmages shall apply. Dates of competition may not be converted to scrimmages as permitted under this allowance. No more than four dates will be allowed while operating under the out-of-state travel form allowance.”

MHSAA catastrophic insurance does not cover such events. The form can be found on the MHSAA Website. Pursuant to action of the Representative Council, all schools which complete this form will be listed in benchmarks at the end of the school year.

## 2023-24 MHSAA Committee Membership Nominations

A procedure has been adopted and recently refined by the Representative Council to select MHSAA committee members. In the early spring each year, all superintendents, principals, athletic directors, coaches and board of education members who desire to serve on MHSAA committees may submit their names for nomination. This is a summary of the make-up and responsibilities of MHSAA standing committees:

### SPORT COMMITTEES

**Baseball, Basketball, Bowling, Girls Competitive Cheer, Cross Country/Track & Field, Football, Golf, Girls Gymnastics, Ice Hockey, Boys Lacrosse, Girls Lacrosse, Skiing, Soccer, Girls Softball, Swimming & Diving, Tennis, Girls Volleyball, Wrestling**

Consists of administrators and varsity coaches in the particular sport, plus the president of the coaches association for that sport. Responsible for: (a) recommending to the Representative Council changes regarding MHSAA regulations relative to the sport. (b) recommending to the staff procedures, sites, and assignments for the MHSAA tournament in that sport. **Note:** Some sport committees serve multiple functions including officials selection, tournament sites, and seeding.

### SITE SELECTION/TOURNAMENT COMMITTEES

**Baseball, Girls & Boys Basketball, Cross Country, Girls Softball, Track & Field, Track & Field Standards, Girls Volleyball**  
Consist of administrators responsible for selecting sites and assigning teams for all levels of MHSAA tournaments in the particular sport.

### SEEDING COMMITTEES

**Girls Tennis Area Seeding, Boys Tennis Area Seeding, Team Wrestling Finals**

Tennis consist of tournament managers and varsity coaches responsible for determining seeded players and their positions in each flight and for assisting tournament managers in conducting the tournament draw. For Team Wrestling, select coaches and school administrators representing all divisions (and not involved from quarterfinals forward) meet via teleconference to seed prior to quarterfinals.

### OFFICIALS SELECTION COMMITTEES

**Baseball, Boys and Girls Basketball, Girls Competitive Cheer, Football, Girls Gymnastics, Ice Hockey, Boys Soccer, Girls Soccer, Girls Softball, Girls Volleyball, and Wrestling**

Consist of tournament managers, athletic directors and coaches responsible for selecting officials for most levels of tournaments in most sports.

### OTHER STANDING COMMITTEES (Established and appointed by the Representative Council)

- 1. Athletic Equity Committee** - Committee is to meet once a year to recommend to the Representative Council annual objectives designed to encourage participation by more women and minorities in interscholastic coaching, officiating and administrative positions.
- 2. Awards Committee** - This committee corresponds throughout the year to extend nominations and to nominate and screen candidates for four MHSAA awards: Forsythe, Bush, Norris, and Women in Sports Leadership.
- 3. Classification Committee** - The committee meets annually to study and make recommendations to staff and Council regarding policies and procedures of classifying schools for tournaments and elections.
- 4. Board of Canvassers** - Comprised of a superintendent, two high school principals, one junior high/middle school principal, and one athletic director. Members are responsible for counting the ballots for the election of Representative Council members and members of the Upper Peninsula Athletic Committee.
- 5. Junior High/Middle School Committee** - This committee is comprised of junior high/middle school principals and athletic directors to review rules and regulations as they pertain to junior high/middle schools.
- 6. Officials Review Committee** - This committee meets for the purpose of reviewing issues and concerns related to all officials in order to put forth recommendations to the MHSAA Representative Council.
- 7. Scholar-Athlete Committee** - Established to administer the MHSAA Scholar-Athlete program, this committee consists of approximately 80 people to review award applications both online and in-person.
- 8. Sports Medicine Advisory Committee** - The SMAC exists to serve the MHSAA membership while emphasizing the health and safety of students in interscholastic sports.

## Criteria for Nomination and Selection of MHSAA Committee Members

There are several criteria to consider before completing the Nomination Form:

1. Coaches must be employed by the school and be able to obtain release time from school.
2. The nominee should have at least two years of experience in the position currently holding.
3. Most committees require only a one meeting date commitment at the MHSAA Jack Roberts Building in East Lansing. Committee meetings are held during the work week, while some others meet via email (i.e., Officials Selection).

Appointments to committees are based on the following criteria:

1. Committees should have male, female, and minority membership which reflects the total pool of available personnel.
2. Committees should maintain geographic and class size representation.
3. Some administrators will be appointed to sport committees.
4. The coaches association president/secretary of each sport is appointed to that sport committee, if the person is a school employee. If the President/Secretary is not a school employee, the Association must send a designee who is an administrator, faculty member or board of education member of an MHSAA member school.

Names of nominees will be submitted to the Executive Committee of the Representative Council for selection.

Over 500 people will be selected from the list of nominees submitted to serve on MHSAA committees.

## MHSAA Committee Membership Nomination Form

Member school superintendents, principals, athletic directors, board of education members and coaches are eligible to be a member of any one of the following MHSAA committees for the 2023-24 school year. If you desire to place yourself as a nominee complete this form and fax it to the MHSAA office by March 31, 2023. THE PRINCIPAL MUST sign this form for it to be considered a valid nomination for athletic directors and coaches. Schools may choose to use this form for more than one nomination. The following form lists the committee and the month in which the meeting will be held. Please print the nominee's name and title (specify boys or girls if a coach) on the appropriate line.

Committee	Meeting Month	Nominee's Name & Title
Board of Canvassers (35)	September	
Girls Gymnastics (100)	September	
Athletic Equity (5)	September & February	
Boys Tennis Seeding (50)	October	
Junior High/Middle School (120)	October & February	
Boys Lacrosse (125)	October & May	
Girls Lacrosse (130)	October & April	
Officials Review (140)	October	
Ski (150)	October	
Golf (95)	November	
Basketball Rules (30)	November	
Track & Field Standards (190)	November	
Girls Volleyball Rules (200)	December	
Baseball Site Selection (25)	December	
Ice Hockey (110)	December	
Softball Site Selection (230)	December	
Wrestling (215)	December	
Baseball Rules (20)	January	
Girls Softball Rules (85)	January	
Classification (55)	January	
Cross Country/Track & Field Reg. (70)	January	
Track & Field Site Selection (185)	January	
Football (75)	January	
Tennis (180)	January	
Girls Competitive Cheer (60)	January	
Soccer (155)	January	
Scholar-Athlete (145)	January	
Awards (10)	February	
Swimming & Diving (175)	February	
Bowling (40)	March	
Boys/Girls Basketball Site Selection (135)	May	
Girls Volleyball Site Selection (210)	May	
Girls Tennis Seeding (90)	May	
BXC/GXC Site Selection (225)	May	

City/School \_\_\_\_\_ School ID No. \_\_\_\_\_

Principal (Signature) \_\_\_\_\_

**RETURN TO MHSAA NO LATER THAN MARCH 31, 2023 or EMAIL: [camala@mhsaa.com](mailto:camala@mhsaa.com)**

# Representative Council & Upper Peninsula Athletic Committee Nomination Procedures for 2023-24

**T**he Representative Council has established procedures for indicating the intention to run for elected positions on the MHSAA Representative Council.

1. Any individual who is a representative of a member school (administrator, faculty member or board of education member) may submit his or her name to the MHSAA office by March 15.
  - A. Candidates must have superintendent or principal approval in writing.
  - B. It is essential that candidates be qualified for the position they seek.
    - 1) If the position is for a representative of a certain area of the state, they must represent a school of the appropriate class (A and B or C and D) in that geographic area.
    - 2) If they seek the position of a statewide at large representative, they must be a faculty or board of education member of an MHSAA member school. This includes administrators but not non-faculty coaches.
    - 3) If they seek the position of statewide representative of junior high/middle schools or private and parochial high schools, they must be faculty (teacher or administrator) or board members for such schools.

2. Names submitted will be published on **MHSAA.com** in May, in the fall issue of *benchmarks* in August, and on the ballot mailed to member schools in September.

Elections will be held in the fall for the following positions:

**Class C and D Schools — 2 openings**  
Southwestern Section  
Southeastern Section

**Class A and B Schools—1 opening**  
Upper Peninsula

**Statewide At-Large —1 opening**

**Jr. High/Middle Schools —1 opening**

**City of Detroit —1 opening**

The procedures established for indicating the intention to run for elected positions are the same for the Upper Peninsula Athletic Committee as those stated above for the Representative Council.

Elections will be held in the fall as follows:

**Class D U.P. School—1 opening**

**Class C U.P. School—1 opening**

**Class A-B U.P. School—1 opening**

**NOTE:** Candidates will first appear on the Administrators page of **MHSAA.com** in May.

## Annual Business Meeting of the MHSAA, Inc.

Lansing, Wednesday, October 21, 2022

Mark Uyl

Executive Director

I will now provide the annual Audit and Finance Committee report as required by the MHSAA Constitution. The Audit and Finance Committee includes Scott Grimes, Assistant Superintendent of Grand Haven Public Schools; Vic Michaels, Director of the Detroit Catholic League; John Thompson, Athletic Director at Brighton High School; and Sean Jacques, Athletic Director at Calumet High School.

The MHSAA had a record fiscal year in 2021-22, ending with an operating surplus of \$1,605,134. This was a significant improvement from poor fiscal years in 2019-20 and 2020-21 due to COVID. The 2020-21 operating surplus was completely attributed to Federal Government funds under the payroll protection program and employee retention credits because of the global pandemic.

The positive 2021-22 fiscal year performance can be attributed to record tournament attendance, a significant increase in sponsorship revenue and responsible control and management of expenses. This surplus will allow the MHSAA to replenish reserves that had been used and leveraged since March of 2020 during COVID when revenues were at all-time lows.

The MHSAA budgets for and attempts to operate within a narrow profit each year. It is important to note that in a typical budget, 76 percent of the annual revenue of the MHSAA comes from ticket sales at District, Regional, Quarterfinal, Semifinal and Final tournament contests.

Costs at our most expensive venues continue to be a concern and we hope that sponsorship revenue continues to grow, as well. The Representative Council has addressed these expense issues by increasing Final ticket prices at Ford Field and the Breslin Center just prior to the pandemic, which are our two most expensive venues, and we will continue to monitor this situation and work to negotiate fair agreements that work for both the MHSAA and these venues.

The financial position of the association is very positive given the challenging times created by COVID. The MHSAA maintains a reserve that ranges between 30 and 40 percent of its annual operating budget so it can withstand a single year's setback. The Council believes the MHSAA is in a good position to serve schools in 2022-23 and beyond.



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