

Winter 2024 Vol. 14 No. 2

benchmarks

mhsaa



Survey Says . . .

The Annual MHSAA Update Meeting Survey Serves as a Roadmap to the Landscape of School Sports in Michigan

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Cover Story: Survey Provides Roadmap



4

The annual MHSAA Update Meeting Survey provides a roadmap for future actions involving member schools across the state. Topics and discussion points are gathered from conversations with school personnel across Michigan, as well as recommendations from the many committees that convene each year. This year’s survey says . . .

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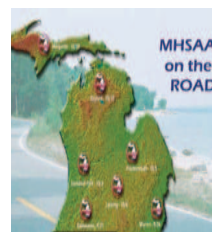
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MHSAA News – 4

Survey Says . . .

The 2023 Update Meeting Opinion Poll touched on a wide range of topics, emphasizing the number of championships offered and football playoff structure.



The Vault – 16

Before benchmarks . . .

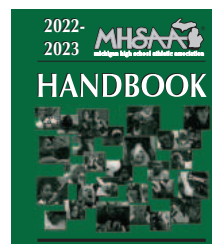
Prior to the publication you are reading now, there were three publications for various sectors of the membership.



Regulations Review – 20

Streaming Policy

As the winter tournament season heats up, there are regulations in place that ADs need to be aware of when local media outlets come calling.



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Surveying Our Landscape

The time between the last whistle of our football finals in November and the beginning of our winter tournaments in February is anything but a break in the action for MHSAA staff and the countless local leaders around the state who assist in laying the groundwork for our programs.

While the spotlight dims during this period as it pertains to postseason excitement, the candles burn bright behind the scenes as these months mark the busiest time of year inside our building. This is the time of year when we welcome administrators and coaches for the majority of our committee meetings, as well as the annual league and conference meeting.

Such gatherings help to shape the future of our product by putting best efforts forward to benefit the thousands of student-athletes we serve. With that in mind, it is always important to nominate leaders in your area to join the ranks next year. The annual Committee Nomination Form is included in this issue of *benchmarks*.

Not only are recommendations to the MHSAA Representative Council forwarded through our committees, but discussion points also help to formulate the annual MHSAA Update Meeting Survey each fall.

This *benchmarks* issue highlights the survey and its origins, while taking a deeper dive into the opinions on this year's topics. The survey is one of the most important tools providing feedback from our membership across the state, encompassing schools of all sizes in rural, urban and suburban settings.

It serves as an important roadmap, and is so valuable because it is membership-driven. It was just a few short years ago that the pandemic took away this privileged method of operation as government agencies grabbed the wheel and steered us into unfamiliar territory.

With your help and sacrifices, we survived that detour and can once again map future journeys together. This is when we are at our best. This is when the best gameplans are developed. There is no better feeling than working through local leaders to identify issues and implement plans to provide the best experience for kids throughout Michigan.

As leaders, remember how important our work is in the shadows so our kids can shine when the lights are brightest.



A handwritten signature in black ink that reads "Mark Uyl".

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 2024 deadline is April 18

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

Survey Says . . .

Annual Update Survey Serves as Roadmap for Membership

How did we get here? We know where we are, with 28 MHSAA Tournament sports and a specified number of championships to be earned in each. We now have divisions in all sports, versus classes. We have nearly 300 *Handbook* interpretations to cover the ever-expanding number of regulations, from transfer rules to amateur status.

But, where do the decisions begin? How does we get to our destination without Google Maps or Waze?

Well, the roadmap is plotted through a team effort beginning with you – the membership – working through various channels to allow the MHSAA keep its collective finger on the pulse and health of schools sports as time marches on.

One important tool is the annual MHSAA Update Meeting Survey conducted each fall around the state.

The origins of the topics and questions each year come from multiple directions.

“The general feedback our staff receives from the membership through conversations during the course of doing business helps to drive the questions that construct the surveys,” said MHSAA Executive Director Mark Uyl.

“We also get perspective from our outstanding committees regarding hot topics within each sport. So, the annual survey is really a collaboration; both MHSAA staff and MHSAA committees drive the conversation.”

With that in mind, the following is deeper dive into the 2023 fall survey, and the landscape for the journey ahead.



Each MHSAA season culminates with a specified number of tournaments in each sport. Will schools see that number increase during the coming years?

“We get perspective from our outstanding committees regarding hot topics within each sport. So, the annual survey is really a collaboration; both MHSAA staff and MHSAA committees drive the conversation.” — MHSAA Executive Director Mark Uyl

This year’s MHSAA Update Meeting Survey comprised 15 questions, with new topics eliciting the most debate: small-school football enrollments, football playoffs, and the possibility or expanded championships in select sports.

Other inquiries continue to address ongoing concerns for the membership, such as transfer students and eligibility.

“I don’t go anywhere in the state where – when people either know me or find out where I work – issues concerning transfer students isn’t one of the first topics of conversation that comes up,” said Uyl.

Combine that with the changing nature of sports at all levels throughout the country, and membership can expect to weigh in on the subject again next fall and beyond.

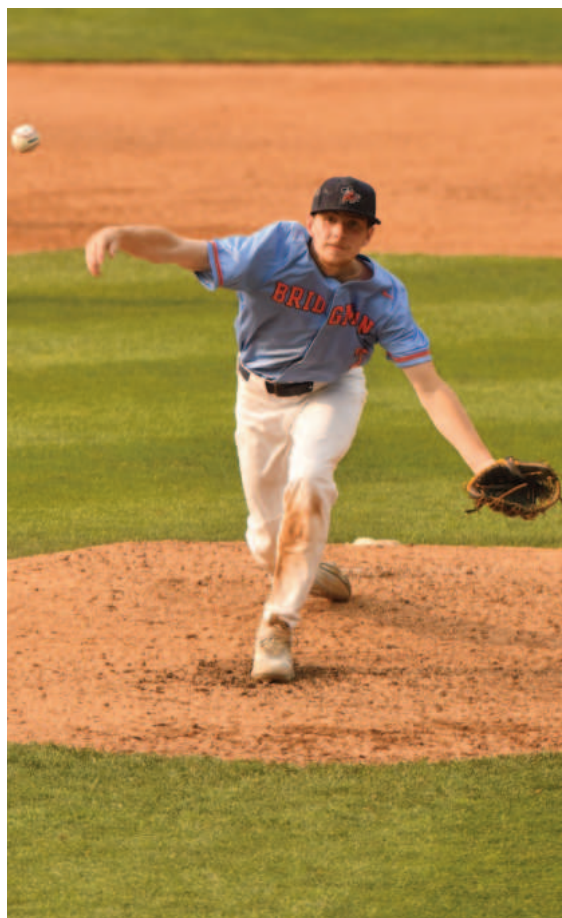
This year’s survey again revealed that schools continue to ask the MHSAA for vigilance regarding transfer eligibility and athletically motivated recruitment of students, both for those already in high school and those who haven’t even reached that age.

“Given the college landscape with athletes using the transfer portal to jump from school to school, and some of the things we see in other states, we’ll be taking the collective temperature on this for the foreseeable future,” Uyl said.

“There is no magic solution. Society has become more fluid and transient, but our membership is supportive of us defending a reasonable transfer rule. In a perfect world, school sports are played by local kids within that district.”

Another headline-making subject that has had a profound effect at higher levels is also trickling into school sports: NIL (name, image, likeness) earnings for students.

Nearly 70 percent of those surveyed this fall were against NIL opportunities for MHSAA student-athletes. Ultimately, however, the decision might be out of school and MHSAA control.



Survey responses slightly favor a return to the former 30-out regulation versus pitch counts in baseball.

“Our legislature is looking at it, so it has to be something we are out in front of. I suspect this is another topic that will be on future surveys in some form or another,” Uyl said. “We can see the effects NIL and the transfer portal are having at the collegiate level. Is this good for school sports?”

From statewide concerns impacting all schools and sports, the annual survey also drills down to specific sports and regulations therein. This year’s audit of school leaders was no different.

A repeat question from recent years involved the debate for a shot clock in basketball. Again, the majority respondents were against implementing the device at the high school level. The suggestion received even less support at the junior high/middle school level.

While coaches are apt to focus on the shot clock’s effect on the game itself, administrators have additional concerns. It’s not always simply about the game.

“It’s not just the expense of adding clocks, or as simple as adding a new rule,” Uyl said. “This would require another competent body – someone who knows the game, the rules, and is willing to work – and many of our schools struggle to fill these spots on a nightly basis.”

8-Player Football was introduced as a tournament sport to allow the smallest of schools to continue fielding teams. Now with two divisions, the trend for smaller schools moving away from the 11-player game is sparking debate.



A case in point is the recent implementation of the National Federation pitch count rule, adopted in baseball by the MHSAA for to the 2018 season.

Thus far, five seasons into the change (there was no season in 2020 due to the pandemic), flaws in the system have been exposed, leading to confusion at best and affecting outcomes of tournament games at worst.

Again, it was time to ask the membership for guidance and input. More than half of the respondents would prefer going back to the old MHSAA Adoption, the 30-out rule for pitchers.

“Some of the issues we have encountered led to us asking the question,” Uyl said. “Almost no other level of baseball has a pitch limit, and there is no consistent, uniform method for counting so that everyone knows the number.

“Unless it can be displayed like we see on Major League scoreboards, there is some secrecy to it. Whether intentional or not, scorebooks weren’t matching, or there was debate over how to count. The 30-out rule was easy to understand, and for everyone to track and enforce. We rarely, if ever, had issues with compliance when we had the 30-out rule.”

With regard to limitations, other regulations might at times be too stringent. The current length of winter sports seasons could, for instance, be altered by allowing multiple contests in specific sports on non-school days. Nearly 60 percent of those surveyed favor such a change, which could also bring the added benefits of fewer travel days and reduced transportation expenses.

“There is growing concern that the winter seasons last longer than any other season. We have to look at

this as a way to potentially shorten those seasons and allow for an earlier start to spring,” Uyl said.

While springtime in Michigan offers its challenges of its own due to climate, calendar changes and shifts outside of athletics have helped shape discussion points pertaining to earlier spring sport dates.

As spring breaks around Michigan are taking place earlier to avoid conflicts with statewide testing schedules, winter tournament attendance and participation have been negatively affected.

As such, more than 90 percent of the membership illustrated support for a standardized winter tournament schedule that would conclude one week earlier in March each year.

“The Council will have to ring in, but this idea seems to be strongly supported,” said Uyl. “For many years, spring breaks were tied to Easter. State standardized testing has changed that with test windows in mid-April. Whichever basketball tournament is second, whether boys or girls, the crowds and school communities are affected by having to make a choice.”

Speaking of tournament time, the survey also tested the waters regarding the expansion of tournaments within select sports by adding divisions.

The question was posed for sports sponsored by at least 550 member high schools, which could include basketball, baseball, cross country, softball, track & field and volleyball.

Respondents overwhelmingly favored the idea, to the tune of nearly 90 percent. The manner in which divisions would be split was more divisive, as three suggestions received varying reviews.

“There certainly is interest in having us look at adding a tournament division in our most highly sponsored sports,” Uyl said. “We’ve identified some challenges internally that would come with a fifth division – schedules, formats, facilities, sites – and now our sport committees need to offer input. The tables are set for more conversation.”

Plenty of conversation, meanwhile, has already taken place regarding the future of football playoffs for both 11-player and 8-player variety, as well as enrollments at 8-player schools.

This year’s survey attempts to gather further input on both topics, from the size of the postseason field to the size of schools opting for 8-Player football.

“Data tells us that the group in need of the most help is our small school 11-player programs. First in line, our attention is focused on having schools keep, or come back to, 11-player football,” Uyl said.

What originated as a means of allowing schools to keep the sport in 2011 has now grown to sponsorship of two divisions for 8-player football. Capping enrollment at 250 for Division 8 football could bring more schools back to the 11-player game, as nearly 90 percent of schools surveyed would favor such a move. The other seven divisions would then be split equally.

Regarding football playoffs as a whole, the membership was queried for its thoughts on various formats. Just over half would support a model which includes 48 schools in each division with some seeding for top schools; approximately one-third favors no change to the current format, and a minority would opt for a tournament that would include almost all football schools.

“We’ll continue to explore options, to be sure,” Uyl said. “But, there’s a lot of support for what we’re doing now. To qualify and earn a spot in the playoffs is special. We see that from week to week during the season through projections across social media, and Selection Sunday is still a big deal in communities across the state for qualifying schools. We can’t lose sight of that.”

Nor, can a governing body ever lose its foresight, which is what the MHSAA does so well, in part due to tools such as the annual survey.

The that end, this year’s poll also explores the interest in future tournament sport possibilities.

The last tournament sport added to the MHSAA roster was bowling for boys and girls in 2003-04. This year’s survey asked for interest levels regarding boys

“It’s nice to get back to grass-roots level of input when we are making decisions together with our local leaders. That’s when we’re all at our best, and when we are best served.” — MHSAA Executive Director Mark Uyl

volleyball, girls field hockey, girls flag football, girls water polo, girls ice hockey and boys water polo.

Another option was to opt for no new sports at this time, which received the majority of first-place votes. Providing more options for students is one thing; the methods and means are another.

“I think adding sports is an incredibly complicated issue,” said Uyl. “I do think our schools want to provide more opportunities for kids. If the question is simply, ‘Do you want to add sports?’, the answer would be, ‘Yes.’

“The complicated part is determining the sports to be added, the seasons in which they take place, the expenses to schools, and tournament formats.”

Another piece to the puzzle is satisfying the wide ranges of schools served by the MHSAA.

“We have to consider not only opportunity, but also the effect that adding sports would have on all sizes of schools,” Uyl said. “If smaller schools are already using all their students to fill current rosters, adding another sport might not be practical for them.”

This is why the annual survey is put in front of schools of all sizes and demographics. It continues to serve as an excellent tool for mapping the road ahead. Most importantly, member schools figure prominently in that navigation.

“In normal times we’re at our best where we are membership-driven,” Uyl said. “During the pandemic, we were government-driven and driven by health-related concerns, and rightfully so on the health front. It’s nice to get back to grass-roots level of input when we are making decisions together with our local leaders. That’s when we’re all at our best, and when we are best served.”

— Rob Kaminski
benchmarks editor

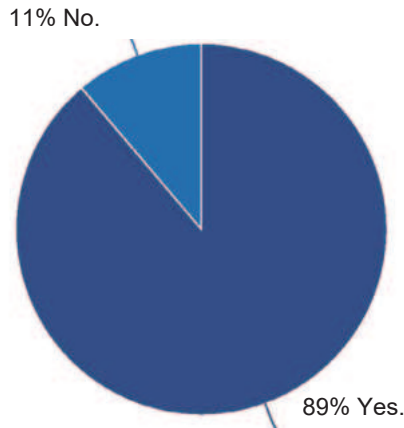
Bowling was the most recent tournament sport added, in 2003-04, and has become a participation favorite for boys and girls. Is it time to add more?



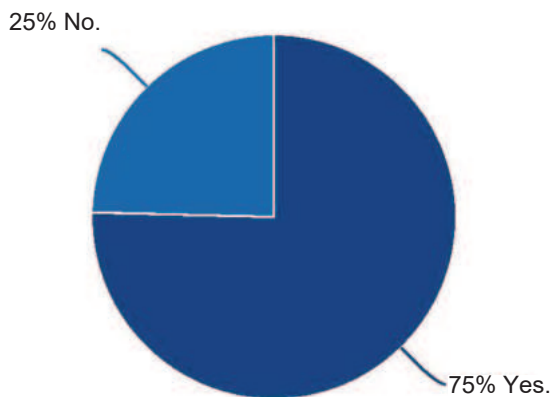
2023 Update Meeting Survey Results



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 basic online form for review and approval by the MHSAA prior to eligibility being granted? This password-protected online submission would also alert the former school of the transfer and provide an opportunity for additional information and review from that former school.

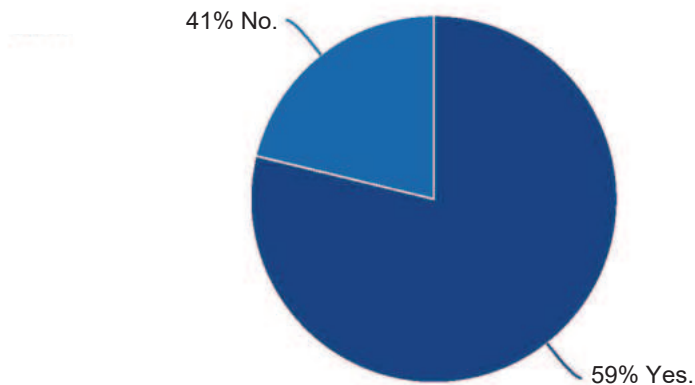


2. Do you support expanding the “links rule” to prohibit recruiting and encouraging a middle school student to enroll at a high school as a first-time freshman when following either a non-school coach or non-school teammates?

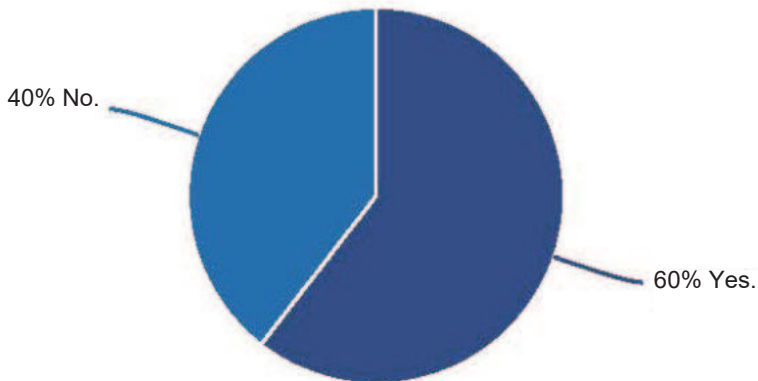


Update Survey - *continued*

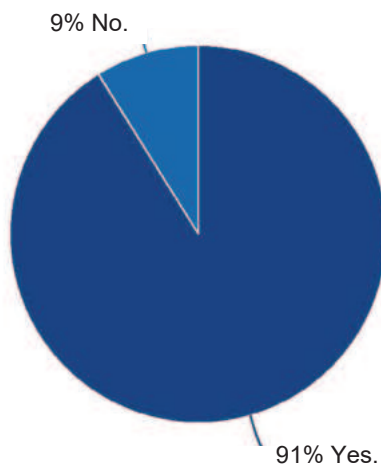
3. Do you support allowing two games to be played on one non-school day (weekend, holiday) in sports such as basketball or ice hockey?



4. Do you support the elimination of the "pitch count" rule in baseball with a return to the "30 out" pitching limitation rule?

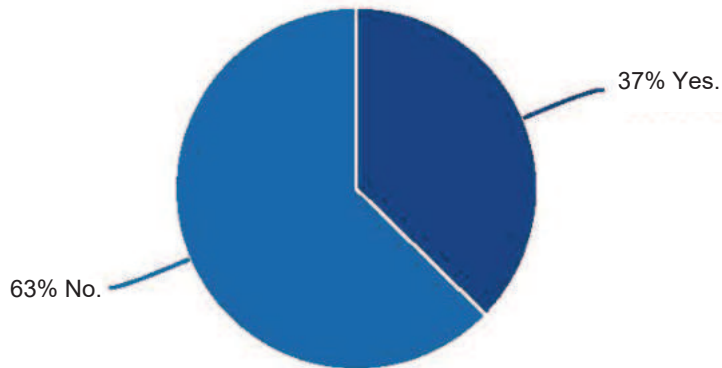


5. Should MHSAA tournament host sites have the option to conduct a "50-50" raffle to help offset costs and increase revenue for that host site provided the host site manager requests and receives the appropriate license from the State of Michigan?

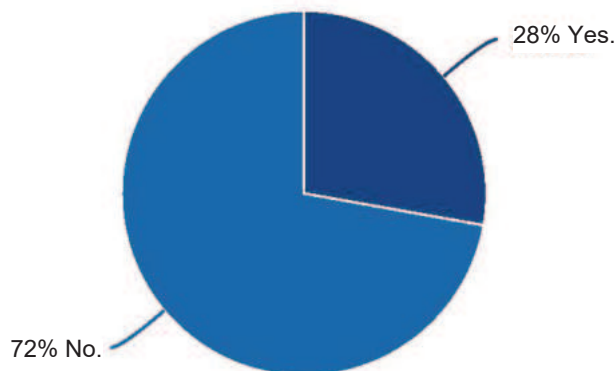


Update Survey - continued

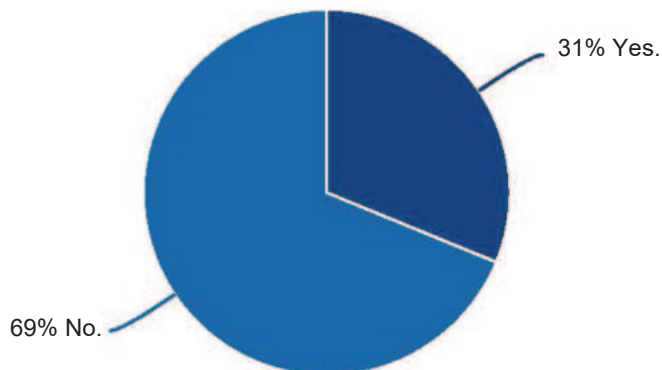
6. Do you support the MHSAA adopting the NFHS basketball shot clock rule for varsity games and the MHSAA tournament?



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

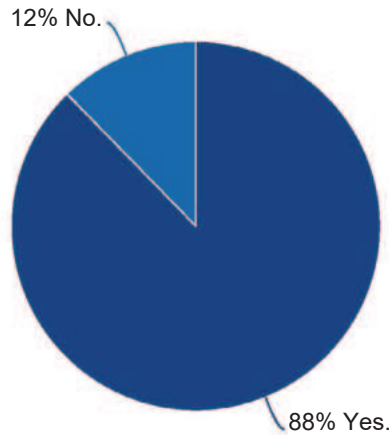


8. In general, do you support individual NIL opportunities for high school students as long as the intellectual property (uniforms, jerseys, logos, facilities, etc) of the school is not being used while also prohibiting the formation of collectives?



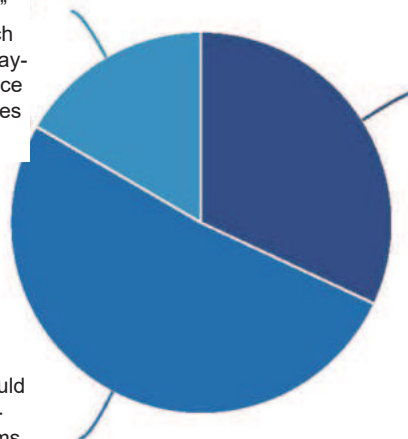
Update Survey - *continued*

9. Do you support setting a maximum enrollment limit for Division 8 (11-player football) at 250 students or less? The remaining schools in 11-player football (251 students or larger) would be divided equally into the remaining 7 divisions.



10. Which statement best describes your current position on the football playoffs.

17% Move to the "Almost All In" model where 64 schools in each division would qualify for the playoffs (no byes). This would reduce the regular season from 9 games to 8 games.

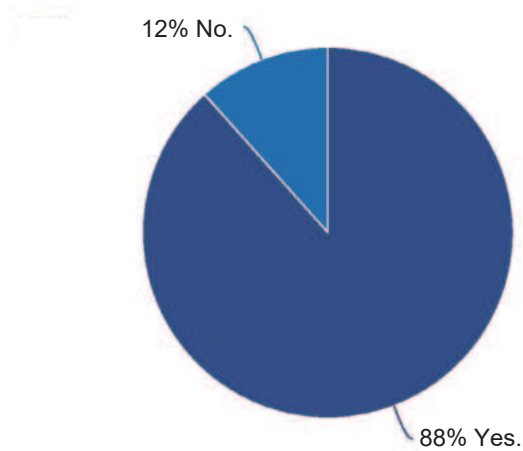


32% Stay the course with the current Strength of Schedule format with 32 schools qualifying for the playoffs in each 11-player division (make no change).

51% Move to the "Hybrid 48" model where 48 schools in each division would qualify for the playoffs (out of approximately 64 schools) with the top 4 teams by playoff points in each Region receiving first-round byes. This would reduce the regular season from 9 games to 8 games. A team not qualifying for the playoffs could schedule one final Week 9 game against another non-qualifying team.

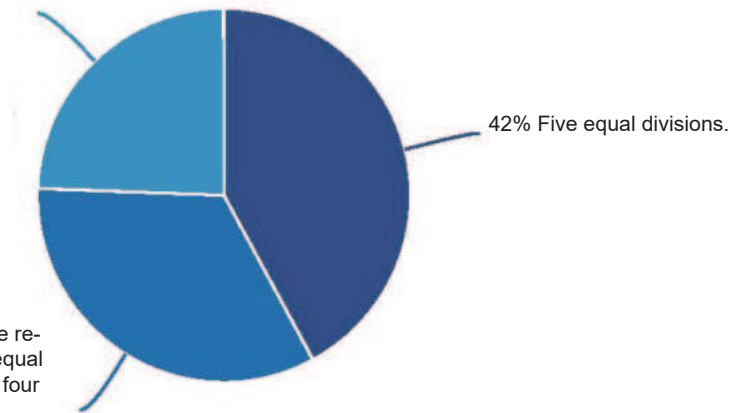
Update Survey - continued

11. Do you support adding a 5th division in sports sponsored by at least 550 of the 749 MHSAA member high schools? This could include basketball, baseball, cross country, softball, track & field and volleyball?



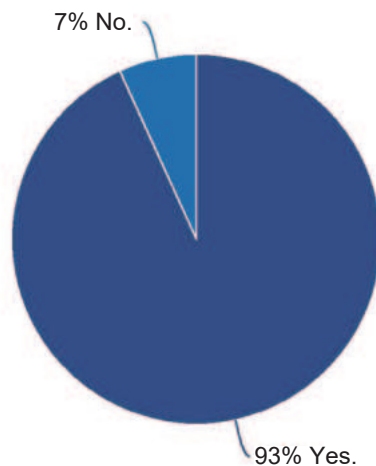
12. If your school supports adding a 5th division in the sports sponsored by at least 550 schools, which classification approach do you believe is best?

24% Mini division approach (smallest 128 schools in D5) with the remaining schools divided into four equal divisions (146 schools in the other four divisions).



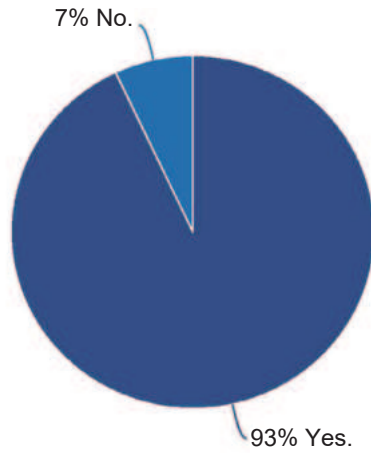
34% Super division approach (largest 128 schools in D1) with the remaining schools divided into four equal divisions (146 schools in the other four divisions).

13. In general, do you support an earlier end to the winter season by one week on the calendar?



Update Survey - *continued*

14. The winter calendars for this year (23-24) and next year (24-25) are set. Beginning with the 25-26 school year, do you support arranging the winter calendar so that the five winter Finals weekends always fall on the 2nd to last weekend in February (Team WR), last weekend in February (Ind WR, Cheer, Bowling), first weekend in March (Ice Hockey, Gymnastics, LP Swim), second weekend in March (Boys BB) and third weekend in March (Girls BB)?



15. If your school were to sponsor two of the following sports, which would be your school's first and second choice?

Item	Overall Rank	Rank Distribution	Score	No. of Rankings
We do not support adding additional sports at this time.	1		633	323
Boys Volleyball (Spring)	2		441	260
Girls Flag Football (Fall)	3		205	153
Girls Field Hockey (Fall)	4		82	52
Girls Water Polo (Spring)	5		52	40
Girls Ice Hockey (Winter)	6		48	37
Boys Water Polo (Fall)	7		46	33

Update Survey - *continued*

Update Survey - *Comments*

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

- Love the outside of the box ideas. I feel like we're always moving forward. Great to see.
- Whatever happens with Football Playoffs, for 8P there must be bonus points for playing higher enrollment schools.
- I sincerely hope the 250 number for D8 football happens. It is crazy to see the teams that are dropping out of 11-man and into D8. It's causing us to consider it, with an enrollment of 192, to go to 8-man, even though we prefer not to.
- Football needs no more than 8 total divisions. 10 championships are too many for a sport that doesn't have full participation around the state.
- I would be in favor of 5 divisions for sports like soccer as well. I feel like we could accomplish this as we host significantly more football divisions that have significantly less than the roughly 120 teams in each soccer division.
- I think the addition of a 5th division for tournaments is fantastic. As a school that runs around 45-50 9-12th grade students, this change would give us a postseason opportunity. With the current rules, we have almost no success in the postseason apart from special groups that come along every 15-20 years.
- There has to be a distinction between offering a sport and actually conducting, participating, and competing in a sport. We must have an ability to see how many total teams are able to participate in the postseason
- I still always been an advocate of stopping the clock in basketball on made baskets the last minute of the game instead of the shot clock conversation.
- Please address the track state finals being on the same Saturday as the district finals for girls soccer, softball, and baseball. This really limits the dual sport athletes in our school and others of similar size.
- In the future, is it possible to get the survey questions ahead of time with information so we can make more informed decisions? The presentation was great, but it's always so quick and compressed.

SURVEY TOTALS

Respondents' Title	Respondents' Classification
32 Superintendents (5.1%)	181 Class A (28.9%)
77 Principals (12.3%)	136 Class B (21.7%)
72 Assistant Principals (11.5%)	174 Class C (27.8%)
508 Athletic Directors (81.0%)	133 Class D (21.2%)
37 Coaches (5.9%)	35 JH/MS (5.6%)
3 Board Members (0.5%)	
33 Other (5.3%)	

TOTAL SURVEYS RECEIVED = 627

Farm Bureau Insurance Scholar-Athlete Award in 35th Year



Thousands of students voluntarily extend their classroom day by taking part in extracurricular activities, often improving their academic achievements in the process. The value that such programs play in the total education of a high school student is highlighted through the MHSAA/Farm Bureau Insurance Scholar-Athlete Award, which will award \$2,000 scholarships to 32 top student-athletes and recognize over 2,000 other outstanding individuals in 2023-24.

Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 35th year, and presents scholarships to students in every MHSAA enrollment classification. The scholarships may be used at any institution of higher learning.

“It is amazing to see the number of young people who are proven achievers in academics and activities,” said Mark Uyl, executive director of the MHSAA. “At a time when our educational system is coming under fire, the Scholar-Athlete Award is something that proves how important athletics are to the development of a well-rounded person.”

Students applying for the Scholar-Athlete Award must be graduating during the 2023-24 school year, carry a 3.5 grade-point average, and have previously won a letter in a varsity sport that the MHSAA sponsors postseason competition.

Applicants will also be required to show involvement in other school/community activities and submit an essay on the importance of sportsmanship in educational athletics.

Application materials can be found on MHSAA.com. Scan the code below to access the page.



Each MHSAA member school is allowed to nominate a number of student-athletes based on the size of the school. Class A schools can nominate six boys and six girls, Class B four boys and four girls, Class C three boys and three girls and Class D two boys and two girls. The first 30 scholarships will be awarded based on this graduated scale, with two additional scholarships intended for minority applicants.

A committee composed of school administrators from across the state will select regional and statewide winners.

Farm Bureau Insurance, a long-time supporter of MHSAA activities, also sponsors other educationally oriented programs.

The 32 scholarship recipients will be recognized at the MHSAA Boys Basketball Finals at the Breslin Student Events Center in East Lansing in March 2024.

**Complete
List of
2023-24
Finalists**



Three Publications Served as Forerunner to *benchmarks*

Prior to the publication you are now reading, there were three separate mediums targeting the various sectors of the MHSAA membership.

The publication now in your hands, or on the monitor, tablet or smartphone in front of you, has been serving school administrators, coaches and officials for 14 years now, beginning with the fall issue in 2009.

Those of you who are veterans in any of the above sectors or a combination of positions, might recall a day when three separate publications were printed, with each targeting a separate audience.



In part due to the ease of access, instantly updated documents and immediacy of information provided by the internet, the “business” aspects of these publications had met their match.

Still, there was enough content pertinent to each audience that it was determined the old publications could join forces to offer a more graphically appealing, feature-oriented product which could serve the diverse membership.

We believe *benchmarks* hit that mark.

The *MHSAA Bulletin*, aimed at administrators and filled with committee minutes, finished its print run with the 2008-09 school year. All matters previously found the *Bulletin* now reside on MHSAA.com

Two other publications, *Mentor* for coaches and *Stripes* for officials, actually were the first to combine, coming together during the fall of 2004 (after a brief absence of each) and running through the 2008-09 school year.

Below is a welcome message from that first issue of the combination publication in 2004, also titled *Mentor*.



Welcome!

From the Editor

In the Spring of 2002, a decision was made to discontinue the printed version of *STRIPES* and *MENTOR*, the prevailing thought being that in this era of instantaneous access to information via the Web the two publications could be more effective and generate more readership in an online-only format.

We were wrong.

Your voices were heard, and the result is what you are holding in your hands. As you might have recognized by this point, the difference is not only the size and full-color format of the newsletter, but also the fact that it is a *combined* publication for coaches and officials.

We all are in the education business. That is why we officiate. That is why we coach. When we do these things, we are teaching our youth the many virtues interscholastic sports have to offer. Thus, the name of the publication remains *MENTOR*, because we are all teachers in our own way.

However, while our goals as officials and coaches are the same, the relationship between the two groups can be strained at times, to say the least. It is our hope that this new format can help to educate coaches and officials alike; to promote an understanding of the tremendous job each side does on a daily basis for very little recognition; to generate greater respect for one another.

This publication will contain policy updates, schedules for important dates and various registration materials, much like *STRIPES* and *MENTOR* have in the past. But, we'd really like you to inform us of happenings in your area. Are there new training techniques that coaches have found beneficial? How did you defuse a potentially volatile situation as an official? Have you developed new fundraising activities for your sports team? Were you involved in a complicated rules decision that you just have to share with other officials?

We want this to be *your* publication. Submit stories, anecdotes, suggestions and letters as often as you'd like by e-mailing them to: mentor@mhsaa.com

We look forward to hearing from you.

Cicerone, Claar Named 2024 WISL Winners

On the basketball court, no woman in Michigan high school history has led her team to more victories than Bloomfield Hills Marian's Mary Cicerone. And few schools have stacked more championships over the last decade than Ann Arbor Pioneer under the guidance of athletic director Eve Claar.

To celebrate those accomplishments, and more significantly their impacts on thousands of students over decades in those leadership positions, Cicerone and Claar are the 37th and 38th recipients of the MHSAA's Women In Sports Leadership Award.

Each year, the Representative Council considers the achievements of women coaches, officials and athletic administrators affiliated with the MHSAA who show exemplary leadership capabilities and positive contributions to athletics. Cicerone and Claar received their awards during the WISL Conference, Feb. 4-5 at the Crowne Plaza Lansing West.



Cicerone

Cicerone retired from coaching the Bloomfield Hills Marian girls basketball team after the 2021-22 season with a record of 707-233 since taking over the program in 1983 – making her the fourth-winningest coach in MHSAA girls basketball history, and the winningest woman to lead a program.

She guided the Mustangs to six Finals championships, in Class A in 1988, 1992, 1996 and 1998 and back-to-back in Division 1 in 2014 and 2015. Her teams also won 19 Catholic High School League Central division championships, 20 overall CHSL League titles and reached the MHSAA Semifinals seven times, also finishing Class A runner-up in 1997.

"Mary Cicerone is a legend because she's won hundreds of games and many championships, and those measurables of her success speak for themselves," MHSAA Executive Director Mark Uyl said. "But her commitment to her teams, her sport, and leadership in women's athletics as a whole contributed just as significantly to her tremendous legacy."

In addition to receiving several local and statewide coaching awards over the years, Cicerone has been inducted into Halls of Fame by the University of Detroit Mercy (2007) as a player and as a coach by the Catholic High School League (1998), Basketball Coaches Association of Michigan (2017) and Marian (2022).

"Being a young girl wanting to play all kinds of activities, we never had much opportunity and I participated in whatever I was able and just felt like that was something that was important to me, my friends and everybody I was associated with was always part of the same group," Cicerone said. "I felt like (advocating for women's sports) was something I should do because it was so important for me, and I appreciated everything everybody did for me and my friends to be able to play."

Claar is in her 21st year as an athletic director, and over the last decade has guided one of the state's largest athletic programs in terms of both programs and student-athletes, with 36 varsity teams and nearly 1,110 participants. The Pioneers have had ample local and statewide success during her tenure, including claiming 16 MHSAA Finals championships across seven sports over the last eight school years. Claar began in athletic

administration as Pioneer's assistant director from 2003-06, and she became athletic director at Bloomfield Hills Lahser at the start of the 2006-07 school year. She took over the program at Ypsilanti Lincoln as athletic director in 2009 before returning to Pioneer in 2012.

"Eve Claar continues to show the way for her programs to succeed on the field while keeping in mind the big picture of what's important in school sports," Uyl said. "She's invested in providing the best experiences for Pioneer's student-athletes, and athletes competing throughout the Southeastern Conference, while also providing support to AD colleagues and coaches who look to her for leadership and expertise."

Claar has served as the Southeastern Conference secretary since 2009 and is the league's sport director for softball and field hockey. She has been president of the Michigan Field Hockey League since 2018 and has served on several MHSAA sport and site selection committees and as part of the MHSAA/Farm Bureau Insurance Scholar-Athlete Award selection committee. Before becoming an athletic director, Claar worked five years in the Detroit Pistons/Detroit Shock community relations department.

She was named a Regional Athletic Director of the Year in 2019 by the Michigan Interscholastic Athletic Administrators Association (MIAAA). In 2021, she helped found the Southeastern Conference's Women in Sports Leadership Conference for student-athletes from the league's 14 schools.

"I started with (longtime Pioneer AD) Lorin Cartwright before me, and she was always a mentor for me. I've always had female leaders and mentors whether in sports for high school, over to Pioneer, with the Shock with Nancy Lieberman – I've been around amazing female leaders," Claar said. "I feel at this point, 21 years into doing this, now it's upon me to do the same. I've been honored when I've had other athletic directors reach out, other female ADs ask for support, and I've been able to give the support my mentors gave me."

Cicerone is a 1978 graduate of Coopersville High School, where she was a basketball all-stater and ran track, and she then starred on the basketball court at Detroit Mercy, leading the Titans to three Association for Intercollegiate Athletics for Women (AIAW) state titles and graduating as Mercy's all-time career assists leader while earning a bachelor's degree in education. She won the 1982 President's Award as U-D's most outstanding female student-athlete. She taught primarily physical education at Marian beginning with the 1983-84 school year through her retirement 39 years later.

Claar is a 1991 graduate of North Farmington High School and earned her bachelor's degree in business administration from Central Michigan University and master's from Detroit Mercy. Claar played basketball, volleyball and softball at North Farmington and was a BCAM Miss Basketball Award finalist in 1990. She continued as a standout at CMU, where she remains among the most accomplished 3-point shooters in program history. She also served as a graduate assistant women's basketball coach at U-D for two seasons.



Claar

Multi-Sport Participation Holding Steady



The MHSAA's fifth Multi-Sport Participation Survey, conducted last spring for the 2022-23 school year, showed for the second-consecutive year that 44 percent of athletes at member high schools participated in more than one sport, and with several schools retaining high rankings in their respective classes for the percentage of their athletes playing multiple sports.

Early and intense sport specialization has become one of the most serious issues related to health and safety at all levels of youth sports, as overuse injuries and burnout among athletes have been tied to chronic injuries and health-related problems later in life.

The survey showed 44.7 percent of athletes at MHSAA member high schools participating in two or more sports, a slight increase from the 44.3 percent who were multi-sport athletes in 2021-22 – and 1.9 percent higher than the percentage measured with the first survey in 2017-18.

For 2022-23, 47.5 percent of male athletes and 41.2 percent of female athletes played multiple sports. Class D has enjoyed the highest percentage of multi-sport athletes over all five years of surveys, this time at 62.5 percent, followed by Class C (59.0), Class B (49.6) and Class A (36.9).

Similar results for overall sport participation and multi-sport participation relative to enrollment size were seen by further breaking down Class A into schools of fewer than 1,000 students, 1,000-1,500 students, 1,501-2,000 students and more than 2,000 students. For both sport participation as a whole and multi-sport participation specifically, the smallest Class A schools continued to enjoy the highest percentages, while percentages then decreased for every larger size group of schools. This has remained consistent over the last five surveys.

Since 2018-19, the survey also has shown a slight increase in three-sport athletes across all four Classes and overall with 12.6 percent of athletes at MHSAA member high schools playing at least that many in 2022-23.

In early 2016, the MHSAA appointed a Task Force on Multi-Sport Participation as part of a continued effort to promote and protect participant health and address the issues leading to early sport specialization. The annual Multi-Sport Participation Survey was among results of the task force's work. The 2022-23

Multi-Sport Participation Survey received responses from 85.2 percent of member high schools, a few tenths more than in 2021-22 in setting a survey response record for the second-straight year. (No survey was conducted for 2019-20 as spring sports were canceled due to COVID-19.)

The MHSAA Task Force also recommended measuring multi-sport participation in MHSAA member schools to recognize “achievers” – that is, schools that surpass the norm given their enrollment and other factors that affect school sports participation.

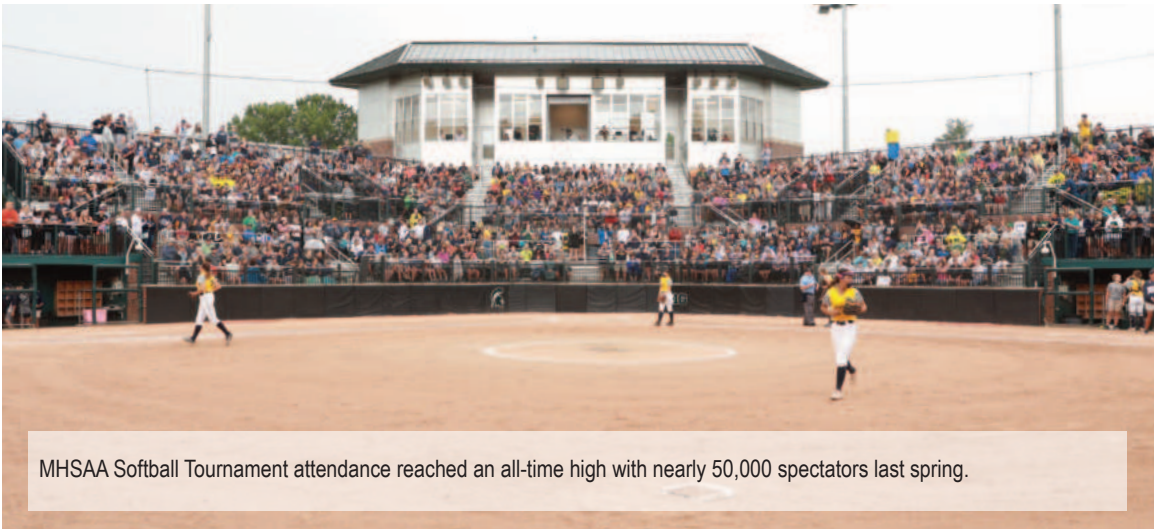
Battle Creek Harper Creek, Detroit Cody and Grand Rapids Northview have appeared among the top 10 percent of their respective Classes four of the five years the survey has been conducted. Several more have appeared among the top 10 percent of their Classes three of the five years: Athens, Decatur, Detroit Douglass, East Grand Rapids, Gibraltar Carlson, Hamtramck, Hillsdale Academy, Holland Calvary, Kinross Maplewood Baptist, Livonia Franklin, Manton, Marquette, New Baltimore Anchor Bay, Ovid-Elsie, Parma Western, Warren Fitzgerald, Warren Lincoln and Warren Michigan Collegiate.

In Class A, Sterling Heights (85.7 percent) and Grand Rapids Union (84.0) posted the highest percentages of multi-sport athletes in 2022-23, with Livonia Franklin (73.1) and Battle Creek Harper Creek (71.3) also reaching 70 percent. In Class B, three schools achieved at least 80 percent multi-sport participation – Warren Michigan Collegiate (85.2), Detroit Cody (84.2) and Battle Creek Pennfield (81.5).

Class C saw eight schools reach 80 percent – Jackson Lumen Christi (92.5), Delton Kellogg (92.3), Decatur (86.2), Muskegon Western Michigan Christian (84.0), Indian River Inland Lakes (83.3), Detroit Crockett Midtown Science & Medicine (82.4), Martin (80.6) and LeRoy Pine River (80.0). Two Class D schools responded at higher than 90 percent multi-sport participation – Coldwater Pansophia Academy with 100 percent for the second-straight year and Carney-Nadeau (94.0) – followed by Brighton Livingston Christian (88.9), Carsonville-Port Sanilac (88.6) and Holland Calvary (87.0).

The full summary report on the Multi-Sport Participation Survey is available on the Multi-Sports Benefits page of MHSAA.com

MHSAA Tournament Attendance Reaches 6-Year High, Topping 1.4 Million Spectators in 2022-23



MHSAA Softball Tournament attendance reached an all-time high with nearly 50,000 spectators last spring.

The MHSAA welcomed its highest spectator turnout in six years in 2022-23, as a total of 1,457,813 fans attended postseason competitions for which admission is charged – an increase of nearly 10 percent over the previous school year and the highest count since 2016-17.

The MHSAA annually tracks attendance for all sports except golf, skiing and tennis, as single tickets are not sold for those sports. The 2022-23 attendance totals included 1,008,070 spectators for boys and 449,743 for girls tournament events – and those totals also were six-year highs.

Three MHSAA Tournaments set records for total series attendance. Softball welcomed 47,696 fans, breaking the previous record set in 2016-17. Baseball counted 63,844 fans – including records at the District and Regional level – bettering the previous record set just a season before. Girls and boys bowling, with their tournaments conducted concurrently, counted 16,482 fans, breaking the record set in 2019-20 and with an all-time high for the Regional level.

Among other single-round record-setters, Individual Wrestling Regionals counted 10,782 spectators, the most for that level of that tournament since 2001-02. The Ice Hockey Semifinals & Finals drew 15,204 fans, besting the previous high from 2013-14. Girls Competitive Cheer Districts drew 13,374 spectators, their most since 2015-16, and Boys Lacrosse Regionals drew 2,586, besting that round's record set the year prior.

Football remains the most-attended MHSAA Tournament sport and drew 381,396 spectators,

the highest total since 2016-17 and an increase of 28 percent over 2021-22. Boys basketball attendance was next highest with 292,213 fans, an increase of five percent from 2021-22, and girls basketball ranked third overall and first among girls sports with 144,872 spectators – an increase of 2.4 percent from the previous season. Volleyball, the fourth highest-attended tournament series, missed its 2021-22 total by only 20 spectators, drawing 113,552.

Several more MHSAA Tournaments enjoyed attendance increases in 2022-23 over the previous year. Both individual and team wrestling series continued upward trends – the Individual Wrestling Tournament drew 44,767, its most since 2016-17 and an increase of 6.8 percent over 2021-22; and the Team Wrestling Tournament counted 37,018 spectators, its highest since the record turnout of 1999-2000 and an increase of 14.2 percent over the previous year. Track & field, with girls and boys meets conducted simultaneously, missed its record attendance of 2020-21 by just 41 spectators, improving five percent from 2021-22 with a total of 39,694.

Five more sports also enjoyed impressive overall attendance increases. Competitive cheer attendance was up 21 percent to 26,195 fans, and overall ice hockey attendance was up 19 percent to 56,168. Boys lacrosse was up 8.2 percent to 17,040, and girls lacrosse attendance rose 7.3 percent to 5,290 fans. Girls gymnastics was up 2.3 percent to 2,081 spectators.

Streaming Guidelines for ADs

The current MHSAA Multimedia Regulations have been in effect for a few years now, but with the busiest of seasons upon us, it's worth a review.

Conditions allow 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

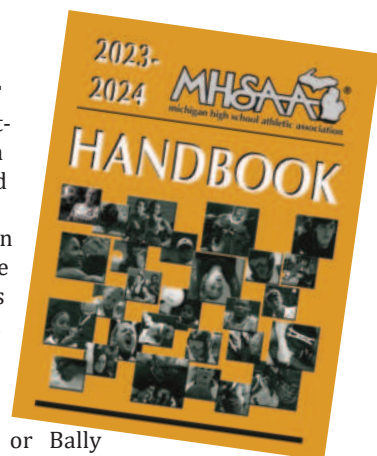
- NFHS Network partner schools must stream to the Network via their Pixellot units (or with a manual broadcast).
- NFHS Network partner schools can also work with a local media outlet to provide a livestream to the media outlet's platform. This is a second livestream, not something that replaces the 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 CANNOT livestream a post-season 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).

Benefits of Utilizing Sports Psychologists

Whether at the professional or intramural level, there are so many benefits to being an athlete. Participating in a sport teaches communication skills, how to overcome adversity—and regular exercise has so many incredible health effects on the mind and body.

But that's not to say athletes don't have their own set of challenges. Pressures to perform, physical injuries and intense schedules can take a toll on anyone's mental health, which is where a sport psychologist comes in.

"It's helpful that a sport psychologist knows the culture of athletics and the typical stressors that athletes face," says Seth Swary, Ph.D., a sport psychology clinician at the Henry Ford Center for Athletic Medicine. "We're familiar with the influence the world of athletics can have on someone and how it can affect their well-being.

"Athletes have a whole team around them to help them perform — athletic trainers, nutritionists, etc.—so why shouldn't they have an expert who is dedicated to supporting their mental health? A sport psychologist acts as a strength-training coach for the mind."



Mental Health Challenges That Athletes Face & How Sport Psychology Can Help

Athletes often have a built-in support system: teammates and coaches who know what they're going through and trainers and physicians who can help manage aches and injuries. But still, it's not always easy. Some of the difficulties that athletes face include:

Increased attention on body image. Especially if you play a sport that requires revealing outfits — or a sport with increased focus on weight — it might be difficult to maintain a healthy body image. For some, this can lead to an increased risk of developing an eating disorder.

The pressure to perform. "If you're an athlete at the college or professional level and play badly during a game, you get roasted on Twitter," says Dr. Swary. "But



even if you're not in the public eye, there is pressure to perform — from coaches, teammates, family members."

Navigating demanding schedules. "I work with many college athletes and their schedules are packed — practicing at least two hours a day, team meetings, traveling to and from games — and then they're trying to keep up with school," says Dr. Swary. "It can be stressful."

Debilitating physical injuries. The physical demand of sports can also bring about its own set of challenges — especially when injuries occur. "You're not only dealing with surgery and rehabilitation, but you're also out of the game for a while," says Dr. Swary.

Making career transitions. "I've worked with many athletes who are transitioning from one level of athletics to another (for example, middle school to high school, high school to college, college to professional) along with athletes who are transitioning out of their career," says Dr. Swary. "They wonder how they can leave this sport they've been doing their whole lives — some since they were 3 or 4 years old. It can be a huge part of their identity and a tough transition to make. Even moreso if it's an injury that abruptly derails their career. We can provide them with ways to make a smooth, healthy transition."

That said, nothing "bad" has to happen to benefit from sport psychology. As Dr. Swary says, you don't see a personal trainer because you're not strong, you see a personal trainer because you could benefit from being stronger. It's the same with sport psychology — and it can help improve your performance.

"We have specific skills we work on for performance optimization," says Dr. Swary. "How do we talk to ourselves? How do we respond in certain situations? How do we stay in the moment when we're distracted?"

"A high school athlete may have had a rough day at school; then they have to refocus and find energy at the end of the day for their game. It can be helpful for any athlete at any time."

Reviewed by Seth Swary, Ph.D., a sport psychology clinician at the Henry Ford Center for Athletic Medicine.

To learn more about the sport psychology program at Henry Ford or to request an appointment, visit henryford.com/sportpsychology.

Rules of the Games

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



Basketball

- After A1 releases the try on a free throw, but before the ball touches the ring or flange, B2, who was in a marked lane space, enters the lane, then crosses the free-throw line and enters the semicircle. B2 does not make contact with A1. What is the result?
 - No penalty. Play on.
 - Violation on B2.
 - Technical foul on B2.
 - Personal foul on B2.
- A1's legal throw-in is bouncing untouched in team A's backcourt. An official improperly whistles a timeout for team B. Is that timeout request granted?
 - Team B's timeout is granted.
 - Team B's timeout is not granted.
 - An inadvertent whistle must be ruled.
 - Play shall resume as if no whistle went off.
- All of the following are true with regard to the location of a ball in flight, except which?
 - A pass from A1, who is in team A's backcourt, that has passed over the division line and is over the frontcourt, is in team A's backcourt.
 - A pass from A1, who is in team A's frontcourt, that has passed over the division line and is over the backcourt, is in team A's frontcourt.
 - A pass from A1, who is inbounds, that has crossed the boundary line is inbounds.
 - A throw-in pass from A1 that has crossed the boundary line is inbounds.

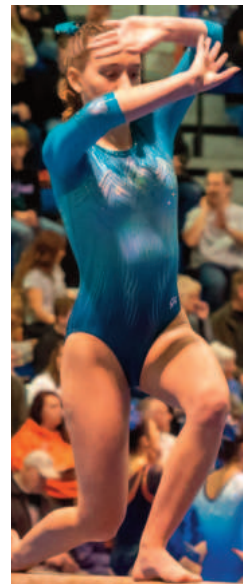
Competitive Cheer

- A bracer in an elevator position is bracing a flyer in a heel stretch position who is leaning towards the bracer for support.
 - Legal.
 - Illegal.
- A flyer in a multi-based stunt performs a suspended roll to a cradle while maintaining continuous hand-to-hand contact with two bracers in elevators with spotters.
 - Legal.
 - Illegal.
- A flyer performs an inverted entrance with hands on the cheering surface. The entrance ends in a face-down prone position at shoulder level or below. From the face-down prone position, the flyer is lifted to a shoulder-level static inversion with the flyer's hands on the shoulders of the bases.
 - Legal.
 - Illegal.



Gymnastics

- A gymnast performs a dance passage with the following elements on floor: straddle jump, lunge, double turn – and is not awarded a dance passage.
 - Correct.
 - Incorrect.
- A gymnast performs a back handspring step-out into a full twisting back salto dismount. The judges award S+S for the back handspring series, one LL BS and an AHS for the full dismount.
 - Correct.
 - Incorrect.



3. A gymnast casts to handstand within 20 degrees of vertical and does not receive handstand credit under Event Requirements.
 - a. Correct.
 - b. Incorrect.

Ice Hockey

1. The puck shall be faced off at the nearest faceoff spot in the zone where the puck was last fairly played in all the following cases EXCEPT:
 - a. The puck becomes lodged on the outside of the goal cage.
 - b. Any player causes the puck to leave the rink.
 - c. A goal is illegally scored after deflecting off of an official.
 - d. In a penalty situation.



2. During an MHSAA tournament game, the score is tied 3-3 at the end of regulation. What is the procedure for overtime?
 - a. The teams will stay on the ice for a sudden-victory shootout.
 - b. The teams will go to their locker rooms and the ice will be resurfaced prior to an 8 minute sudden victory overtime.
 - c. The teams will stay on the ice for a sudden-victory 8 minute overtime.
 - d. The teams will go to their locker rooms and the ice will be resurfaced prior to an 8 minute sudden victory overtime that is played 4-on-4.
3. A team has been warned about neck guard compliance and sent off to retrieve them. In the second period of the same game, at a faceoff, a player from that team is not wearing a neck guard; what is the correct call?

- a. Game Disqualification
- b. Minor penalty
- c. Misconduct
- d. All of the above.

Wrestling

1. If the contestant fails to make weight on the first scale after the second attempt, the contestant shall immediately step on each available scale once to make the weight. During the time off the scales, the contestant can:
 - a. Go to the restroom.
 - b. Drink water
 - c. Take off their socks.
 - d. None of the above
2. When the defensive wrestler stands with one or both arms trapped and is lifted off the mat by the offensive wrestler. The referee shall:
 - a. Caution the offensive wrestler to be careful.
 - b. Watch the defensive wrestler for signs of stress.
 - c. Move to a position to catch the defensive wrestler.
 - d. Immediately stop the match as it is potentially dangerous.
3. Overtime in wrestling is an extension of the regular match. Which of the following does not accumulate throughout the regular match and the overtime period?
 - a. Cautions
 - b. Penalties
 - c. Injury time
 - d. All the above are cumulative.



Basketball Answers: 1. b. (9.1); 2. a. (4.42.5); 3. d. (4.4.3)

Cheer Answers: 1. b. . COMMENT: The bracer cannot be the person who is providing the majority of support for the flyer. (Section E4); 2. a. COMMENT: Braced suspended rolls may not dismount directly to the cheering surface. (Section F9); 3. a. COMMENT: the flyer finishes the inverted entrance before performing the static inversion. Movement in a static inversion is permitted. (Section F17)

Gymnastics Answers: 1. a. COMMENT: A lunge preparation into a turn would break the dance passage. No pauses or stops are allowed. (9.2.3); 2. a. COMMENT: The dismount series will not receive back-to-back superior credit because the third back handspring step-out receives no Value part credit. A back handspring is listed in the rules book as an individual element only. (8.6.9); 3. b. COMMENT: : Although vertical is the expected end position, the gymnast would receive credit under Event Requirements and awarded a superior Value Part if the gymnast casts to at least 20 degrees of vertical but would receive an angle deduction of .05 if 11-20. (7.2.2)

Hockey Answers: 1. d. (9-9); 2. b. (MHSAA Tournament OT policy - Managers Manual, PSTI); 3. c. (3-4-3)

Wrestling Answers: 1. d. (4.5); 2. d. (7.2); 3. d. (6.7)

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

Ross Fort (ex-officio)

Special Assistant to Deputy Superintendent for Finance
and Operations
Michigan Dept. of Education, Lansing
Designee

Scott Grimes, President**

Superintendent, Grand Haven Public Schools
Statewide At-Large

Sean Jacques**

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

Jeff Kline*

Athletic Director
Mt. Morris High School
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Jason Malloy**

Athletic Director
Westland John Glenn High School
Appointee

Vic Michaels, Secretary-Treasurer**

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

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Athletic Director
Boyne City High School
Junior High/Middle Schools

Dr. Arnetta Thompson*

Superintendent
Godfrey-Lee Public Schools
Appointee

John Thompson, Vice President**

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

Jennifer Thunberg*

Principal
Freeland Middle School
Appointee

Alex Tiseo*

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

*Term Expires December 2025

**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.

2023-24 MHSAA Budget

The following budget for operation of the Michigan High School Athletic Association, Inc., for the 2023-24 school year was considered and approved at the May 2023 Representative Council Meeting.

GENERAL ADMINISTRATION	\$ 5,274,753
GENERAL PRINTING	162,500
GENERAL OFFICE EXPENSES	1,111,267
GENERAL MEETINGS	151,400
COACHES & OFFICIALS	715,900
CORPORATE SALES	312,508
STUDENT SERVICES	161,000
BASEBALL TOURNAMENTS	215,000
BASKETBALL TOURNAMENTS	1,256,000
BOWLING TOURNAMENTS	85,200
COMPETITIVE CHEER	114,200
CROSS COUNTRY MEETS	150,000
FOOTBALL PLAYOFFS	1,275,000
GOLF TOURNAMENTS	48,000
GYMNASTICS MEETS	23,250
HOCKEY TOURNAMENTS	220,000
LACROSSE TOURNAMENTS	63,100
SKI MEETS	34,400
SOCCER TOURNAMENTS	180,000
SOFTBALL TOURNAMENTS	215,000
SWIMMING MEETS	108,000
TENNIS TOURNAMENTS	80,000
TRACK MEETS	232,000
VOLLEYBALL TOURNAMENTS	270,000
WRESTLING TOURNAMENTS	700,000
BROADCASTING	75,000
REVENUE SHARING	100,000
TOTAL 2023-24 BUDGET	\$13,333,478

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 **outside of a border state** 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, “Administrators/Admin Forms & Publications”). 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.

2024-25 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 2024-25 school year. If you desire to place yourself as a nominee complete this form and fax it to the MHSAA office by March 31, 2024. 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, 2024 or EMAIL: camala@mhsaa.com

Representative Council & Upper Peninsula Athletic Committee Nomination Procedures for 2024-25

The 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 A and B Schools — 3 openings

Northern Lower Peninsula
Southwestern Section
Southeastern Section

Class C and D Schools—2 openings

Upper Peninsula
Northern Lower Peninsula

Statewide At-Large —1 opening

Jr. High/Middle Schools —1 opening

Private and Parochial —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

Athletic Coach—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 20, 2023

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 good fiscal year in 2022-23, ending with an operating surplus of \$1,547,246. This is the second year of positive performance following two extremely poor fiscal years in 2019-20 and 2020-21 due to COVID.

The positive 2022-23 fiscal year performance can be attributed to high tournament attendance, a significant increase in sponsorship revenue and responsible control and management of expenses. Digital ticketing has been a key factor of the budget surplus. This surplus will allow the MHSAA to fully 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 2023-24 and beyond.

OFFICIALS:

ESSENTIAL MEMBERS OF EVERY STARTING LINEUP

Without officials, today's event would not be possible. They deserve thanks and appreciation for dedicating their nights and weekends, so our students can always play the sports they love.

Think you have what it takes to make the big calls?

Sign up today

HIGHSCHOOLOFFICIALS.COM



#BECOMEANOFFICIAL



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