



# Minnesota State High School League

## Spring Sports and Activities Participation Limitations

Minnesota State High School League member schools may continue to provide participation opportunities for spring sport and activities programs.

**Effective immediately from now until April 6, 2020:**

- **Participation in spring sports and activities is limited to practice and tryouts only;**
- **Scrimmages, competitions, practices, training sessions or participation with other member school programs is not allowed.**

School administration at their discretion, may place more restrictive limitations on practice and participation.

As COVID-19 is rapidly evolving, the MSHSL will continue to monitor the situation and make adjustments as necessary.

### Frequently Asked Questions

**Q: How does this apply to non-athletic programs?**

A: Activity programs can continue to meet and prepare. However, they may not participate in contests or competitions.

**Q: How does this limitation impact cooperatively sponsored programs?**

A: Cooperatively sponsored programs may continue to practice within these limitations.

**Q: Does this impact the length of the season?**

A: There is not any change in the length of each spring sport season

**Q: Can programs practice or train on Sundays?**

A: No. League bylaws do not allow any coach and student contact on Sundays.

**Q: May programs participate in out-of-state training trips during the spring sport season?**

A: A program may train out-of-state with school and MSHSL permission. However, scrimmages and contests may not take place. A scrimmage is defined as practicing or training with a program from another high school.

**Q: If school closes can practice still be held?**

A: The decision to allow practice is a local control decision to be made by school administration.

**Q: How are Visual Arts, Music and Speech events impacted?**

A: Inter-school participation or competition is not allowed.