

## Middle School Athletes Competing in High School Level Sports

Middle school athletics is an excellent way for students to enjoy learning a sport and developing their skills. In some instances, a 7th or 8th grade athlete may desire to play at the high school level. For all high school athletics except alpine skiing, cross country, golf, lacrosse, nordic skiing, swimming and diving, and tennis\*, the following should be taken into consideration.

*\*Alpine skiing, cross country, golf, lacrosse, nordic skiing, swimming and diving, and tennis are considered grades 7-12 sports and do not need to complete the "Middle School Athletes Competing in High School Level Sports Form".*

### Things Students and Families Should Consider:

- 7th and 8th grade students can choose to try out for either their [attendance area](#) or [enrollment pathway](#) high school team. They may not try out for more than one high school per season. They are not guaranteed a spot on the team.
  - 6th grade students are not eligible for high school athletics.
- Middle School students are not guaranteed playing time at the high school level. You will want to consider if you might have more opportunities to play at the middle school level.
- Once a student has competed at the high school level, they cannot return to the middle school level in that sport during that season.
- The expectations of a high school team require an increased level of responsibility, maturity, and independence. Not all middle school athletes will be ready to meet these expectations.
- Athletes are responsible for maintaining passing grades and attending all classes, and meeting [Minnesota State High School League eligibility requirements](#). If athletes are not meeting these requirements, they become ineligible to participate in practice or competitions.
  - These requirements include:
    - passing all classes
    - attending all classes regularly
    - have not dropped out or repeated a grade
    - not using tobacco, alcohol, marijuana, or other drugs or chemicals
    - follow the Student Code of Responsibilities, including respect for others, responsibility for actions, and following the rules of the school.
- Athletes are responsible for making up all missed work due to athletics-related absences. These absences will be marked absent-excused.
- Transportation is not provided from the middle school to the high school.

Please discuss as a family if trying out for a high school team is the right decision for you. If you decide to try out for a high school athletic team, please provide a copy of this information form to your middle school athletic director and the high school coach.

### Application Deadline

The application is due First Friday in August for Fall Season, Wednesday before MEA for Winter Season, and Friday before President's Day for Spring Season.



**Things the High School Coach and Athletic Director Should Consider:**

- The high school coach/AD are responsible for ensuring the middle school student remains eligible to play. This includes:
  - Passing all classes
  - Attending all classes
  - Following school rules
- The high school coach/AD are responsible for making sure the student and family understand the implications of playing at a high school level.
- The high school coach/AD needs to understand and support the varying developmental needs of middle school athletes.

**Steps to complete:**

1. The **High School Athletic Director** meets with the student and family to explain expectations and considerations and assesses for MSHSL eligibility, including currently passing all classes. Ensure the student is within their boundary area or enrollment pathway high school.
2. The **Student** returns the form to the High School Athletic Director.
3. The **High School Athletic Director** ensures middle school students have registered via rSchool Today with the high school.
4. The **Athletic Department Specialist** provides the [district list](#) of students trying out at the high school level to the appropriate High School Athletic Directors, Middle School Athletic Directors and Middle School Principals.
5. If the student does not meet eligibility requirements, the **High School Athletic Director** can bring the student to Athletic Appeals prior to tryouts.
6. The **Student** tries out for the team.
7. The **High School Coach** assigns the student to the appropriate team.
8. The **Student, Parent/Guardian, and High School Coach** sign the attached form.
  - a. The **High School Coach** provides copies of the form to the student, parent/guardian, High School Athletic Director, High School Principal, Middle School Athletic Director, and Middle School Principal within 10 days of tryouts.
  - b. The **Student or Parent/Guardian** can contact the High School Coach or High School Athletic Director with questions.
9. The **High School Coach** informs the High School Athletic Director.
10. The **Athletic Department Specialist** provides the final [district list](#) of students participating at the high school level to the High School Athletic Directors, Middle School Athletic Directors and Middle School Principals.
11. The **High School Athletic Director and High School Coach** are responsible for ongoing monitoring of student eligibility.





# Saint Paul Public Schools

## Middle School Athletes Competing in High School Level Sports Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Grade:     7th     8th                      Student ID Number (CIF): \_\_\_\_\_

Sport: \_\_\_\_\_                      Current Middle School: \_\_\_\_\_

What is your [boundary area](#) or [enrollment pathway high school](#)? \_\_\_\_\_

*I understand my responsibilities as a middle school athlete playing at the high school level. I understand that I have to meet academic, attendance, behavior, and MSHSL eligibility requirements, and that I am responsible for maintaining passing grades and turning in all school work. I understand that once I participate in a high school sport, I can no longer participate in that sport at the middle school level during that season.*

\_\_\_\_\_  
Student Signature                      Date

*I understand my responsibilities as the guardian of a middle school athlete playing at the high school level. I understand that once my student participates in a high school sport, they can no longer participate in that sport at the middle school level during that season. I understand transportation is not provided from the middle school to the high school.*

\_\_\_\_\_  
Guardian Signature                      Date

<p>Student has been accepted to play on the following team:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Varsity</li> <li><input type="checkbox"/> Junior Varsity</li> <li><input type="checkbox"/> B Team</li> <li><input type="checkbox"/> Other _____</li> </ul>	<p><input type="checkbox"/> Student did not qualify to participate at the high school level (e.g. skill level, space available on team, etc.). <i>Student can participate at the middle school level.</i></p>
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Coach Signature                      Date

cc: High School Athletic Director  
High School Principal  
Middle School Athletic Director  
Middle School Principal

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