

8. INTERNATIONAL STUDENTS

If you are a foreign student enrolled at a high school in New Hampshire, you must be sponsored by a CSIET-approved foreign exchange program in order to be eligible for interscholastic competition and all other requirements are met.

9. OUT OF SEASON COMPETITION

See the NHIAA Handbook for detailed guidelines regarding contact with your coach for the purpose of planning, practicing or playing, at any time other than within the season limits of the NHIAA.

10. ALL-STAR COMPETITION

The NHIAA does not endorse or sanction any All-Star teams or competition in any sport at any level.

11. SPORTSMANSHIP

If you are disqualified before, during or after a game, at any level, for unsportsmanlike conduct, you shall not participate in the next scheduled contest including tournament play. A second disqualification shall result in forfeiture of participation in that sport for the remainder of the season. If you are disqualified for fighting, it is an automatic two game suspension.

12. MEDICAL EXAM

There must be a medical statement on file certifying that you have passed a pre-participation physical examination prior to the beginning of any high school athletic participation. This can only be completed by a licensed physician, a physician's assistant who is under the direct supervision of a physician, or an ARNP.

13. USING ASSUMED NAME

If you participate in any athletic contest under a false name, you will be declared ineligible for a period of 365 days from the date of the infraction.

14. INTERNATIONAL COMPETITION

You must have the approval of the NHIAA if you wish to participate in international competition. A request, made by your principal, must be received by the NHIAA Office at least 60 days prior to the date of the competition. This rule applies to both teams and individuals.

CHECK LIST FOR STUDENT ELIGIBILITY

If you cannot check all of the items listed below, see your Athletic Director or Principal before participating in any athletic contest.

_____ 1. I will not become 19 years of age until after September 1.

_____ 2. A statement is on file certifying I have passed a pre-participation exam.

_____ 3. I have not been enrolled in more than eight consecutive semesters of high school immediately following grade 8 (grades 9-12).

_____ 4. I have passed a minimum of four units of work during the previous school marking period.

_____ 5. I have not changed schools without my parents/guardians making a corresponding move into the school district.

_____ 6. I have abided by the Non-School Competition Rule.

_____ 7. I have not received money or other valuable considerations for participating in NHIAA sponsored sports.

**IT IS STRONGLY SUGGESTED THAT
THIS CHECKLIST AND BROCHURE BE
DISTRIBUTED TO GUIDANCE STAFF
AND REGISTRARS IN ADDITION TO
STUDENT ATHLETES, COACHES, ETC.**



**PROTECTING
YOUR
HIGH SCHOOL
ELIGIBILITY**

2025-26

To: New Hampshire High School Students

The New Hampshire Interscholastic Athletic Association (NHIAA) has been the governing body of high school athletics in our state since 1947, and your school is one of the 88 public, parochial and private high schools that has agreed to follow the rules and regulations they help to develop.

Your competition in interscholastic athletics is a once-in-a-lifetime opportunity, but your participation is dependent on your eligibility.

The information listed in this brochure is a summary of some of the NHIAA Eligibility By-Laws. In addition, your school district has the authority to establish more stringent standards than those of the NHIAA.

Review this information with your parents/guardians and ask questions of your principal, athletic director and coaches. Following the rules will assure your eligibility to participate in interscholastic sports or prevent your participation as an *ineligible athlete* which would result in forfeit of games.

NHIAA Rules and Regulations are Applicable to the Following Interscholastic Sports

Baseball
Basketball
Bass Fishing
Bowling
Cross Country
Field Hockey
Football
Golf
Gymnastics
Ice Hockey
Indoor Track
Lacrosse

Outdoor Track
Skiing - Alpine
Skiing - Nordic
Soccer
Softball
Spirit
Swimming & Diving
Tennis
Unified Sports
Volleyball
Wrestling

THE RULES:

1. AGE

If you have reached the age of 19 prior to September 1, you may not represent your school in interscholastic athletics.

2. BELOW GRADE NINE PARTICIPATION

Only those students who have been granted waivers may participate in interscholastic high school competition and then only as specifically approved.

3. SCHOLASTIC STANDING

You must pass four units of work during the previous grading period in order to represent your school in an interscholastic contest. You may regain eligibility by making up academic deficiencies, failures, or incompletes of the regular school year through academic/credit recovery programs completed prior to the first date to play in a sport as listed in By-Law Article XXXVIII of the NHIAA Handbook.

4. SEMESTERS OF ENROLLMENT

You are eligible for interscholastic competition for no more than eight consecutive semesters beyond the eighth grade, whether or not you have competed.

5. TRANSFER STUDENTS

If you transfer to a school because of a move into the school district by your parents/guardians, you will be immediately eligible for participation if all other requirements are met. If you transfer without a parent/guardian move, you are *ineligible* to participate for 365 days unless a Transfer Rule Affidavit has been filed and the Executive Director has issued a ruling. This includes students who transfer from a non-member school (i.e. prep school, etc.) back to your school and those students who change schools as a result of a change in guardianship (i.e. move to live with a different parent/guardian without parent/guardian changing residence).

6. AMATEUR STATUS

If you, at any time, receive any type of financial compensation or gifts of monetary value in excess of \$1000 value, for participating in NHIAA sports, your athletic eligibility will be terminated. Accepting a nominal fee for instructing, supervising, or officiating in an organized youth sports program or recreation, playground, or camp activities shall not jeopardize your amateur status.

If you sign a professional contract in any sport, you will lose your amateur status.

7. NON-SCHOOL TEAM COMPETITION

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next four (4) consecutive interscholastic events or three (3) weeks of a season in which the student athlete is a participant, whichever is greater. This Penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.