

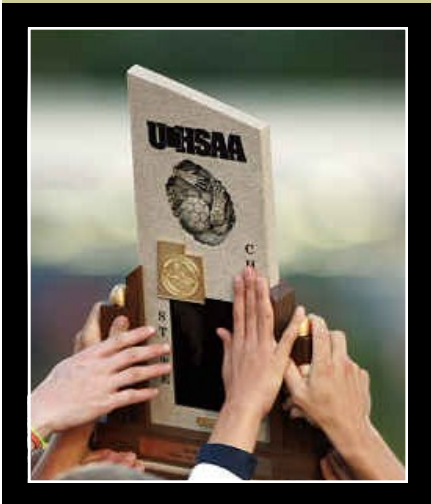


# HIGH SCHOOL SPORTS



Visit the UHSAA Website  
[www.uhsaa.org](http://www.uhsaa.org)

*Winning takes a complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. —Jesse Owens*



Phone: 801-566-0681  
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## ATTENTION: Students & Parents/Guardians

The Utah High School Activities Association has been the leadership organization for education-based athletics and fine arts activities since 1927. Along with music, forensics, and theatre, the UHSAA sponsors ten sports for girls and ten sports for boys. To participate, students must be eligible according to UHSAA standards. The purpose of this flyer is to provide you with some information on the eligibility rules and the Transfer Rule. It is important to **KNOW THE RULES!**

### To be eligible to compete:

- You must be a 9th –12th Grader
- You must be a full-time student
- You must earn a 2.0 GPA the grading period prior to trying out.
- You cannot earn more than one F; (an “NG” or “I” is calculated as an F)
- You cannot turn 19 years old before Sept. 1 the year you intend to play.

If you attend a charter, home, private, online or alternative high school, you may only participate in extracurricular activities at the school within whose boundaries your parents or legal guardians reside or at the public school from which you withdrew for the purpose of home schooling or to attend the charter or private school. **Charter and private school students may only be eligible at a public school for sports not offered at their school.**

## UHSAA Sports

- Baseball
- Basketball (G/B)
- Cross Country (G/B)
- Drill (G)
- Football
- Golf (G/B)
- Soccer (G/B)
- Softball (G)
- Swimming/Diving (G/B)
- Track & Field (G/B)
- Volleyball (G)
- Wrestling





**For more info:**  
 Visit the UHSAA  
 Website

[www.uhsaa.org](http://www.uhsaa.org)

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## How do you establish your initial eligibility?

Students establish their initial eligibility when they attend high school for the first time OR when they tryout and are selected as a member of a high school team.

When a 9th grader from a junior high school tries out for and is selected as a member of a high school team (Freshman, Sophomore, JV or Varsity), they have established their eligibility at that high school and are not eligible at another high school. An unsuccessful tryout does not establish a student's initial eligibility; however, it does end a student's sport season preventing them from trying out for the same sport at a different high school that same school year.

Students and parents/guardians are encouraged to learn the rules, consider their options and carefully "choose" where they want to establish their initial eligibility.

## What happens if you transfer schools?

According to the UHSAA Transfer Rule, a student transferring from one high school to another high school is NOT ELIGIBLE TO COMPETE in UHSAA athletics (at any level) for twelve months from the first day of attendance at the new school. The Transfer Rule also applies to students transferring to an alternative high school or transferring in from out-of-state.

If a student enrolls at a new school during the summer, they will not be eligible for activities until the following school year, sitting out from one summer to the next.

## Can the UHSAA waive the ineligibility?

The UHSAA has the discretion to waive the period of ineligibility when a student transfers to a new school as the result of a bona fide change of residence, recent divorce or documented hardship. The change of residence shall be into the established attendance area of the high school to which the transfer is made. A hardship is defined "as an unforeseeable, unavoidable, and uncorrectable act, condition or event which causes the imposition of a severe and non-athletic burden upon the student and/or his/her family." In the case of a bona fide change of residence or recent divorce, parents or legal guardians must submit a completed "Change of Residence" application, required signatures and supporting documents to the UHSAA office. In the case of a hardship, a completed "Hardship Waiver" application, required signatures and third party documentation must be submitted for review. A "Change of Residence" or "Hardship" application can be submitted to the UHSAA after the student has enrolled at the new school or upon proof of enrollment during the summer. Allow 4-6 weeks for a final decision to be made and the family and school will notified by the UHSAA. A student is ineligible to compete for their new school until they have sat out 12 months or they have been notified by the UHSAA their transfer application was approved. Ineligible students are allowed to practice.

**GO TO UHSAA.ORG & CLICK ON TRANSFER TAB TO DOWNLOAD APPLICATIONS.**

PHONE: 801-566-0681

**UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION**