

**Michigan Lutheran High School  
Athletic Eligibility Guidelines  
for International Students  
for MHSAA Sports**

1. Students must not be 19 years old before September 1.
2. The MHSAA physical exam form must be on file in the MLHS Athletic Office.
3. A total of five international students may have varsity eligibility per school year. The five students will be designated by the MLHS Athletic office. Normally, one of the five slots will be saved until December 1 to be used for a student that enrolls later in the school year. If a student uses varsity eligibility, that student is under the “play one, wait one” rule.
4. “Play one, wait one” means that an international student can be immediately eligible for varsity competition in year one at MLHS. Year two is “wait one” which means no competition. That student is again eligible in year three, and then must sit out in year four.
5. “Play one, wait one” can also be that a student sits out (waits) year one at MLHS, plays in year two(varsity), sits in year three, and plays in year four(varsity).
6. “Wait one” means no competition, neither varsity nor junior varsity.
7. An alternative to varsity competition is the junior varsity path.
8. If an international student sits out their first semester at MLHS, they are eligible for jv competition on MLK Day. This student can never play on the varsity level, but does have unlimited jv eligibility for the rest of their high school career.
9. These regulations apply to all MHSAA sponsored sports. They do not apply to indoor soccer, AAU basketball, recreation league soccer, etc.