

Minnesota State High School League

Zero Week Policy for Football

1. The Zero Week application form that must be filed by both schools involved in the Zero Week game.
 - Requests will be accepted on or after September 1 of each year.
 - Schools may apply to schedule the same opponent on zero week for two years (home & home)
2. A committee five members (2 coaches, 2 AD's and 1 MSHSL staff member) will review all applications and deny or approve the application within 3 weeks of receipt.
3. Teams who are approved to play a zero week game must start practice (conditioning week) one week earlier than that official starting date for football conditioning and complete 3 full weeks of practice prior to the first game.
4. Teams playing a zero week game must have a bye week during the season. During the bye week the team may practice any 3 of the five weekdays. (Saturdays may be used for team meetings, lower level games or strength training)
5. Each application will be reviewed and approved based on it's own merit. Care will be taken to prevent schools or coaches from manipulating their schedule to gain an advantage.