

High School Interscholastic Athletics

The rules and regulations developed here are designed to promote the effective operation of all athletic, extracurricular and co-curricular programs in the Monroe School District. This provides a written guide on how these programs are expected to function for athletes, coaches, extracurricular and co-curricular participants and advisors.

All students and/or participants will be subject to the rules that follow. These rules will be binding from the time a participant enters into an activity until the cessation of that activity or while on school district property home or away.

Parents are expected to read the athletic and activities handbook and support their child in meeting his/her responsibilities as a team member.

Parents are expected to support their child and his/her team in a manner that reflects the expected level of the code of conduct. Parents who attempt to advise their children from the "sidelines" during an event may be putting their child in a difficult position. Parents who wish to discuss a concern should make an appointment to see the coach/advisor.

Parents are asked to be prompt in picking their children up after games or practices.

Parents are responsible for informing the coaches in writing of any individual or special circumstances regarding their child (for example medical or custodial). This can be done on the "comment" section of the emergency medical form.

1. Participation:

- A. A participant must meet all eligibility requirements imposed on him or her by Monroe School District, the Conference or League and the Oregon School Activities Association (OSAA).

Students shall comply with OSAA requirements for eligibility as well as the above weekly school district requirement. Students who are ineligible may not participate in any games, matches, or events during their time of ineligibility. They may not dress down, sit on the bench or be on the sidelines. He/She becomes a spectator and will need to meet eligibility requirements to be a spectator. He/She during their time of ineligibility may not travel with the team on away trips for competition or field trips associated with the sport. Students shall practice unless they have an excused absence from the coach.

WHEREVER APPLICABLE OSAA RULES & REGULATIONS WILL BE FOLLOWED AS A MINIMUM. OSAA MINIMUM REQUIREMENTS STATE THAT EACH PARTICIPANT MUST PASS **5 SUBJECTS** THE PRECEDING SEMESTER AND BE PASSING 5 SUBJECTS THE PARTICIPATING SEMESTER. THE OSAA ALSO REQUIRES THAT ALL PARTICIPATING STUDENTS BE MAKING MINIMUM SATISFACTORY PROGRESS TOWARD GRADUATION.

STUDENTS MUST EARN A MINIMUM OF **4.5** CREDITS AT THE END OF THE FRESHMAN YEAR, **10** CREDITS AT THE END OF THE SOPHOMORE YEAR, AND **17** CREDITS AT THE END OF THE JUNIOR YEAR IN ORDER TO BE CONSIDERED ELIGIBLE FOR THE NEXT SCHOOL YEAR. STUDENTS WHO ARE ABLE TO COMPLETE A CREDIT RECOVERY PLAN MAY APPEAL FOR ELIGIBILITY AT THE BEGINNING OF THE APPROPRIATE SPORT SEASON.

- B. A participant must have a completed physical examination on file with the school office. A physical must be taken at the beginning of grades 9, and 11 - no earlier than April 1 of the preceding school year. New and transfer students must present a completed physical examination form to the office prior to participation.
- C. Students in grades 10 & 12 must complete and turn in to the office an Interval Sports Medical History rather than a physical exam form prior to participating. It is the responsibility of the parent to notify the school if there is a physical change in their athlete.
- D. A participant must have school endorsed student insurance or a signed verification of insurance coverage covering the sport that is being participated in. Continuous coverage is the responsibility of the parent. Verification of insurance must be made before participation occurs. An outside insurance carrier has information available at the Monroe High School office.
- E. A participant must have (prior to the start of any practice) an athletic participation and emergency information form signed by his or her parent on file in the school office.
- F. A participant must have read these procedural rules and have signed a statement of compliance. His or her parents must have read and signed a statement of compliance. This will be on file at the school office.
- G. A participant must have cleared all existing fines for previously lost or damaged athletic equipment from previous sports participation in our school programs. All outstanding school fees must be paid prior to the start of practice.
- H. A participant must possess a valid Student Body Card from Monroe School District.
- I. Attendance in School: The participant must be in school all day the day of the game, practice or activity. The participant must be in school all day after the activity. Violators will be excluded from participation in the next contest. Students who leave campus without permission or are considered truant for any reason will not be allowed to practice or play on the same day. Exceptions to the Above: Approved prearranged absences, medical reasons (must have doctor's excuse or administrative approval) or family emergencies. This rule only applies when school is in session.

- J. All requirements listed above will be met prior to the student being allowed to participate in any practice, game or event.
- K. Participation Fee: Each athlete will pay a fee of \$75.00 per sport in which they are involved. This fee has to be paid in its entirety before the student will be allowed to practice or participate in any event. Refunds will only be made during the first three weeks of the season. The start of each season will be the OSAA official first practice date. After the three week period refunds will not be available. If a student quits, he/she forfeits the fee. Fees will not be carried over to another season. During the first three weeks, the refund will be based on the percentage of the weeks in the regular season. For example: If football were twelve (12) weeks long and a student quit during the second week before the season is closed, he would be eligible for a ten (10) week refund. That would make each week worth \$6.25. Therefore, the refund would be \$62.50. A student quitting in the third week would receive a refund of \$56.25.

2. Practices:

Practices will be held Monday - Friday during the season. Contests will be scheduled Monday - Saturday. No practices will be held on Saturday or Sunday without permission of the athletic director. Permission will only be granted under very special circumstances. The athletic facilities are considered closed to all district and non-district teams on Saturday and Sunday. Exceptions: Games scheduled on those days or practices that have been approved by the athletic director.

3. Change of Sport:

A start or change of sport may be made within three (3) weeks after the official OSAA first practice of a season. After three (3) weeks the sport is closed. This window may be modified by the Athletic Director due to unusually long sports seasons.

4. Dual Participation:

Dual participation will be permitted on a petition basis only. Athletes interested in participating in two concurrent athletic activities must receive approval from both head coaches and the athletic director before beginning either sport. The athletic director will develop the criteria for allowing dual participation. The student will pay two participation fees if they choose to dual participate.

5. Game Transportation:

School buses will be used on all trips. Participants are required to be in attendance on the bus to and from the game. Exception may be made by a parent in returning from games. The coach must personally turn the athlete over to the parent or guardian before leaving. The parent or guardian must sign a release form before the student will be released. Violation of this policy will be considered a major offense.

6. Personal Appearance and Conduct:

Athletes are to give close attention to their appearance as they are representing Monroe School District. Athletes are to be neatly groomed. All athletes and participants will conduct themselves in a proper manner to insure no negative reflection on themselves, the school, or community traveling to and from the activity.

7. Injury:

Any athlete who requires medical attention for an injury, must bring to the coach a note from the doctor which clearly states that the athlete may continue participating in that sport or that clarifies the limitations under which the athlete has been restricted. Students who are injured are required to remain a part of the team for the season by assisting the coach in whatever manner the coaches see fit in order to qualify for a letter.

8. Concussion Management:

School Responsibilities (Max's Law, ORS 336.485, OAR 581-022-0421)

1. Suspected or Diagnosed Concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.
2. Return to Participation. Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.

9. Equipment:

In the event of lost school equipment the athlete shall be charged a replacement cost of the lost items and shall not be allowed to draw equipment for another sport until such charges have been paid. It is the desire of the school, however, that whenever possible we should make every effort to get the equipment rather than charge the cost of the equipment. The reason for this is that sometimes equipment is difficult to replace (exact uniforms). Athletes are strictly forbidden to use school athletic apparel for casual wear. Monroe School Athletic apparel will be worn only during participation in the appropriate activity.

10. Dead Week:

At the conclusion of all sports seasons all athletes will have a mandatory two (2) school day break, and may take a full week if they so desire, from all after school athletics. For the purposes of figuring refunds, the first day of practice will be the official OSAA first day, not the first day a student actually practices.

11. Award and Lettering Criteria:

In each sport the athlete is to meet the following criteria to earn his/her award or letter:

- A. Complete the season.
- B. Meet coaches practice attendance requirement.
- C. Be recommended by coach for the letter.
- D. Varsity letter: Must participate in one (1) varsity game, match or contest.
- E. Junior Varsity/Participation letter: Must participate in one (1) junior varsity game, match or contest.

Further consideration is given to those students who choose to participate as manager or statisticians. These students are to fill their duties as assigned. Coaches are to clearly outline at the beginning of the season those duties that would qualify such students for their letters. Students who are injured are required to remain a part of the team for the season by assisting the coaches in whatever manner the coaches see fit in order to qualify for the letter.

An awards dessert will be held at the conclusion of the sports season. Each sport will present a Most Valuable Player, Most Improved Player, and Most Inspirational Player Awards.

12. Discipline:

- A. **Minor Offenses:** (Determination is the responsibility of the coach)
 1. Use of profanity during a practice or game.
 2. Displays of poor sportsmanship.
 - a. A function of the Monroe School District athletic program is to promote good sportsmanship. Flagrant acts of unsportsmanlike conduct will result in immediate removal (benching) for the duration of the event. Further consequences will be at the discretion of the coach and Athletic Director.
 - b. Lesser offenses will result in discipline by the coach.
 - c. Disqualification/ejection by an official will result in a one (1) game suspension for the next event and a monetary fine (\$50 for first, \$100 for second ejection during the same season) by the OSAA. (OSAA Rule 1998)
 - d. Ejected coaches and players shall be held personally responsible for fines levied by the OSAA.
 3. Failure to attend practices:
 - a. Failure to attend a regularly scheduled practice necessitates the coach of the athlete to take some sort of action.

- b. Any unexcused absences from practice in one (1) week will automatically suspend that player from any game participation for that week.
- c. Continued absences from practice must be brought to the attention of the Athletic Director for disciplinary action.

For minor offenses coaches may suspend athletes from game participation and/or place them on probation for the remainder of the season.

Minor offenses may be handled by the individual coaches but disciplinary action that includes any game suspension will be written up with a copy submitted to the Principal, Athletic Director, and parent.

- B. **Major Offenses:** (Allegations as observed by a current employee and processed by the Athletic Director.)
- 1. Use and/or possession of tobacco.*
 - 2. Distribution or use of alcoholic beverages or possession of same, and/or conviction of breaking of liquor laws.
 - 3. Distribution or use of drugs or possession of same, and/or arrest and conviction of breaking of drug laws.
 - 4. Arrest and conviction of criminal laws, excepting minor traffic violations.
 - 5. Stealing of school property that belongs to this school or any other school.
 - 6. Major vandalism of school property of this or any other school.
 - 7. Extreme cases of poor sportsmanship or behavior (more than one ejection from an athletic contest during a sport season will constitute a major offense).
 - 8. Violation of game transportation (see paragraph 5 above).

A participant found guilty of a major offense automatically serves a twenty (20) school day and minimum of two (2) game suspension from participation in athletic contests and practices. Students who cannot complete the sport season due to a major offense suspension shall not be considered members of that team and will not be eligible for any post-season honors or lettering. The offense must occur during a sport season and the athlete must serve the full twenty (20) school days and two (2) game suspension within one (1) year of the time of the offense. "Dead Week" will not be included as part of the suspension time. A second major offense that occurs anytime during a school year will result in a one-year athletic suspension from the date of the offense. A third major offense at any time during a student's four year career will result in that student no longer being considered eligible for athletic participation at Monroe High School. Students suspended due to a major violation will not be permitted to attend any athletic event during the duration of their athletic suspension.

*The Principal may waive up to ten (10) days of the suspension provided the student successfully completes an approved tobacco cessation class for the first offense only.

C. Due Process:

As per School Board Policy.

13. Spectator Conduct:

Spectators of sports activities on the grounds of school facilities are considered guests of Monroe School District. The school district reserves the right at any time to eject or deny attendance privileges to any guest of the district for any reason that the school district determines is sufficient. It is the responsibility of the district to teach and model good behavior and to maintain a safe and orderly environment at all times. Spectator conduct that is identified, at the discretion of the school administration (or designated supervisor) as unruly, profane, or disorderly, or any behavior that interferes or threatens to interfere with the event shall result in the following consequences:

- A. Warning:** A warning will be given if the spectator conduct is not considered profane or has not yet interfered with the event. Warnings do not have to be given if the behavior is considered profane or has interfered with the operation of the game from a coach or officials' perspective.
- B. Ejection:** Spectators will be removed from the event should their behavior disrupt the operation of the game or is considered profane. Spectators that have been warned previously shall be removed should the inappropriate behavior continues.
- C. Suspension:** A spectator who has been removed from an event may have their spectator privileges revoked for a period of time. This period of time may range from one game to one calendar year, depending on the severity of the behavior. This will be determined by the administration of the school. Any spectator who has been removed from an event must meet with school administration prior to attending a subsequent event. At this time, the spectator will be informed of suspension, if necessary.
- D. Trespass:** For behavior that is severe in nature or for failure to follow the directives of the administration or event supervisor, law enforcement officials will be contacted. In the event that this is necessary, spectators may be "trespassed" from school property for all events.