

V. Athletics (Revised June 2004)

A variety of athletic activities are provided to enhance student involvement in the school program. Student participation is encouraged. Waterford-Halfmoon Union Free School district participates in both the Central Hudson Valley League and the Colonial Council.

CHVL: Soccer-Girls/Boys, Volleyball-Girls, Basketball-Girls/Boys, Softball-Girls, Baseball-Boys, Track-Boys/Girls, Cheerleading-Girls
Colonial Council: Tennis-Girls/Boys, Golf-Boys, Bowling-Boys, Wrestling-Boys

Rules and Regulations

These rules and regulations have been formed and approved by the Waterford-Halfmoon Union Free School District and approved by the Board of Education.

Academic Eligibility Standards:

A student's primary responsibility is to the successful completion of his/her academic program. A parent, teacher, coach, Guidance Counselor or Principal has the option of requesting a conference when in their judgment, they believe that a temporary or permanent suspension from participation in a particular athletic activity is in the best academic interest of the student.

Academic Eligibility:

The purpose of the school is to educate the student: mentally, physically and socially. It is the intent of the eligibility policy to reinforce the belief in the positive aspects of the educational standards that need to be attained and maintained by each student. Please refer to the academic eligibility policy for complete details.

Athletic Standard:

Students who are involved in the athletic program accept a life-style that supports the philosophy that a student has a sound and healthy mind and body. Students becoming involved in interscholastic sports, therefore, accept the responsibility and commitment associated with this philosophy. ***This commitment is in effect from year to year and is not seasonal. The expectations listed apply to all student athletes on or off school property.***

Please review the expectations, infractions and consequences, as every student is responsible for knowing and understanding their roles and responsibilities. Athletic director, administrator and coach of the team will review all major infractions before applying the consequence.

EXPECTATIONS	INFRACTIONS	CONSEQUENCES
*Abstain from and/or possession of alcohol and/or tobacco products; as well as from products or illegal substances including steroids or misuse of products.	Use or possession of alcohol, tobacco products or illegal substances	Any offense will result in at least a one game suspension, but may result in dismissal from the team following a meeting with parents, athlete, coach, athletic director and administrator.
*Behave appropriately both in and out of school. Appropriate behavior is expected to be law abiding and ruled by common sense.	Athlete is involved in activity not becoming a Waterford-Halfmoon student including hazing. If infraction results in an in school suspension of any kind, or an out of school suspension due to student handbook infraction.	Game suspension or dismissal from the team. Athlete is not allowed to attend practice or game on the day(s) of ISS, OSS, or when one of these consequences spans a weekend or vacation.
*Show respect to coaches, fans, teammates, opponents and officials	Unsportsmanlike conduct or behavior including insubordination	1 st offense- at least one game suspension 2 nd offense- may result in suspension from team
Attendance at practices and/or games or matches is mandatory, unless personally excused by coach.	Student has unexcused absence from practice or game	Game suspension or dismissal from team, at the discretion of the coach.
Athletes will participate in Physical education classes.	Athlete has not participated in physical education class.	Athlete may not practice or play that day.
Ride school transportation to and from all away competition unless a permission card is signed in front of the coach by the parent/guardian requesting permission to have the athlete be driven home by the parent only. There should be an exceptional reason.	Athlete arrives and/or leaves game without permission. Extenuating circumstances should be brought to the attention of the coach.	1 st offense- athlete not allowed to play in that/next contest or game 2 nd offense- may result in dismissal from the team
Students are to be in school on time and remain here for the entire day.	Coming late to school after 8:30am without a legal excuse or leaving early without a legal excuse. (Legal excuses include medical, dental and funeral.)	Athlete is not allowed to practice or participate in game on day of infraction.

* Designates a major offense

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Student athletes have additional rules and responsibilities to ensure that they are eligible to participate in athletic practices and competitions.

1. SPORTS PHYSICALS/MEDICAL CLEARANCE

- a. Physical examinations are required for students who plan to participate in interscholastic sports. Students must pass a sports physical before they can try out or practice in the interscholastic program. School sports physicals will be scheduled as required for each season of sports as it begins and will be announced. Student permission and student health update forms must be completed and signed by the parent or guardian and presented at the time of the physical. Permission/Health update forms will be reviewed at the health office and must be approved by physician or school nurse before a student may start practice. Permission/Health update forms are available from Health or Athletic Offices.

****COACHES CANNOT APPROVE OR ACCEPT PRIVATE PHYSICALS OR PARENT HEALTH UPDATE AND MEDICAL HISTORY FORMS FOR STUDENTS.** Students, who do not receive a physical, when offered in school, must obtain one from their doctor at their own expense. The private physician and parent must complete the school sport physical form and permission slip and return them to the health office in the student's school before the first day of practice.

- b. Participation in sports involves a certain degree of risk for injury. Remember to be in condition, learn the skills, techniques and rules of the game. Also, consider what is safe in performing your sport.
- c. Injuries: All injuries must be immediately reported to the coach and school nurse. No injured player may return to the team without clearance from a doctor and school nurse. Any player who had hospital or doctor's care should see the high school secretary for insurance forms.
- d. A student who has been out of practice and/or competition because of an injury or illness must, upon return to the program, practice/condition a specified number of days before being allowed into an inter-school contest. *In case a student has had to have medical attention due to injury or illness, he/she must have a written medical release to return to the interscholastic athletic program.*
If out for: 13 days or fewer- can rejoin team immediately
 14 days -- 2 days practice/condition
 21 days -- 4 days practice/condition
 28 days -- 6 days practice/condition

2. TRY-OUTS/PRACTICES

- a. During all practice times (including the five-day try-out period) all athletic rules are in effect.
 - b. A student cut from one sport during the try-out period may go out for another sport during that sport season.
 - c. 7th and 8th grade students may request to take the Selection-Classification fitness test to try out for Junior Varsity or Varsity level. There is a three-day try out period. After that time (according to State regulations) if you become a member of that team you may not be placed at a lower level.
 - d. No SENIOR may play or substitute on any Junior Varsity level in any sport. (Exceptions will be made for the wrestling program.)
 - e. An athlete may participate in only one sport per season.
 - f. After one-third of the league season, an athlete moved to a higher level of play may not be returned to a lower level. (This applies to Colonial Council teams.)
3. Any student who becomes a member of an interscholastic team accepts the responsibilities and commitment to that team. Therefore, quitting a team is not acceptable. After the tryout period, if a student announces his/her intention to quit a team to the Coach, Athletic Director, or the Principal, or if the student misses three consecutive days of practice/games without a valid excuse reason, the student will then be deemed to have quit the team. The student will not be eligible to participate on another team during the remainder of that season.

The student may go through a "try out period" for the next team he/she plans on participating on. If the student makes that team, he/she will not be eligible to participate in scheduled games according to the following guidelines:

They are allowed to attend practices. They are allowed to participate in pre-season "scrimmage" games. At the time of the first scheduled game, if there are 10 or fewer games on the schedule, the student must sit out the first 2 played games. If there are between 11 and 14 games on the schedule, they must sit out the first 3 games played. If there are 15 or more games on the schedule, the student must sit out the first 4 games. The player is required to attend, in uniform, and be in the bench area. If the athlete misses one of these required games, they must sit out the next game on the schedule until the number of games missed meets the required number.

If a student quits a second team during one school year, the student must sit out the rest of that season, and the next 3 consecutive seasons before they are eligible to participate again.

Any time a student quits a team, there must be a meeting between the student, and at least 2 of the following: the Coach, the Athletic Director, and the Principal. Any decision regarding the student's eligibility will be made in a timely fashion, and all parties involved, (including parents), will be notified in writing by the Athletic Director. It is the responsibility of the Coach to notify the Athletic Director of any student they feel has quit the team.

4. A student who has been academically ineligible:
 - A. If an athlete has not been involved since the beginning of the season, the athlete must practice the specified number of days as outlined in the NYSPHSAA Handbook.
 - B. If an athlete has become ineligible during the season, refer to number 1d.
5. If school is closed due to weather or other emergency situations, interscholastic athletic activities may not be conducted.
6. Student-athletes are not allowed to wear any jewelry during practices or games.
7. While student-athletes wait for practices/games to begin, they must be properly supervised. If the student-athlete is not with the coach or with a teacher (extra help, detention or other), they should be in the designated supervised area. The coach will escort their players to the locker room and supervise the area prior to and following the practices/games. Athletes should not be in the locker room with out their assigned coach. Student-athletes are to be supervised by their coach until they leave school grounds. Athletes are to be in the gymnasium area only during their practice time. Athletes are not to be in any part of the elementary building except for the gym if their practice is scheduled there. Failure to follow these regulations will result in disciplinary action.
8. Outstanding equipment: Any student who has not returned equipment for a sport will not be allowed to participate in another sport until the equipment is returned. School uniforms may be used only in school practice or school sponsored events, not in PE classes.

9. HAZING: Hazing is any action taken or created, intentionally to produce mental or physical discomfort, embarrassment, harassment or ridicule. Such activities may include but are not limited to the following: use of alcohol, paddling of any kind, creation of excessive fatigue, physical or psychological shocks, treasure hunts, wearing of any conspicuous apparel that is not normal good taste, engaging in public stunts that are morally degrading or humiliating and any activities that are not in keeping with the regulations of the school or laws of the community. Hazing is a very dangerous activity. These activities are unsafe, illegal and in addition to school consequences are liable to arrest and prosecution.
10. A student-athlete has three school days to appeal any decision to the Athletic Director. Upon receipt of the appeal the Athletic Director will convene a committee comprised of: Athletic Director, administration and coach to review and render a decision.

Sportsmanship Standard (NYS Public High School Athletic Association Handbook)

Sportsmanship is an integral component of scholastic sports in New York. The standard applies to all regular season play, as well as to all post schedule competition. It shall read as follows:

COACH: Any coach excluded by a certified official from an inter-school competition for unsportsmanlike conduct is ineligible to coach any inter-school competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. Disqualifications from one season carry over to the next season of participation.

NOTE: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.

A coach who strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

PLAYER: Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member of school or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Member of the squad includes player, manager, scorekeepers, timers, and statisticians.

OFFICIAL: Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials' chapter to investigate the incidence and to report their action to the section in a timely manner.

State and Section 2 Regulations for Sportsmanship Procedures:

The Waterford-Halfmoon Union Free School District believes that the basis for all sporting competitions is sportsmanship. There is no place in school sports for unsportsmanlike conduct.

All athletic teams should be striving to reach a level of high competition and a high degree of skill. As a school district we will continue to strive for the highest level of competition. In doing so, the following rules have been instituted to help coaches and administrators guide our athletes to reach this goal.

1. In all sporting competitions that players are regulated by the use of Red or Yellow Cards:

a. Yellow Cards

1. If a player receives 5 yellow cards during one season, they must sit out the next game of the season. This is a Section II ruling.

2. If a player receives 3 additional yellow cards during the same season, they will sit out another game. This is a Section II ruling.

3. If a player receives 2 additional yellow cards during the same season, they will sit out another game. This is a Section II ruling.

4. In the event a player receives 2 yellow cards in one game, they will sit out the next game. This is a Section II ruling.

b. Red Cards

1. If a player receives a red card, they are required to leave the game immediately and sit out the remainder of this game. Section II rule.

2. If a player receives a red card, they are required to sit out the next game. Section II rule.

3. If a player receives 3 red cards during one season they will be required to have a meeting with the coach, athletic director and the building administrator.

If a team foul is given as a result of the actions of the coach or the spectators, this will not count in the above-mentioned rulings.

2. In all sports that are regulated by technical fouls:

a. If a player receives three technical fouls during the same season, they must sit out the next game. These technical's must be playing fouls, and are not related to procedural action, i.e., too many players on the floor, hanging from the rim, to mention a couple of examples.

b. If a player receives two more technical's they will be required to have a meeting between the coach, athletic director and building administrator to determine the appropriateness of being allowed to continue on the team.

c. If a player receives 2 technical's in the same game, they will be ejected from the game and must sit out the next game. Section II rule.

d. If a team foul is given as a result of the actions of the coach or the spectators, this will not count in the above-mentioned rulings.

In all cases the coach has the authority to suspend a player for a longer period of time or sooner than outlined by these rules. This action should be undertaken when the coach determines that a player is endangering the health and safety of another player, team or themselves.

Note: An athlete who is ejected from a contest is ineligible for the next contest. This is a State and Section regulation and covers all league and non-league contests.

In the event the student-athlete has completed high school athletic eligibility, they will be dealt with according to the school discipline policy.

Sportsmanship Guideline to Follow:

1. Learn and understand the rules of the sport. Play hard. Play to win, but play fairly within these rules.
2. Maintain self-control. Do not allow your temper to distract you from the fundamentals of good sportsmanship.
3. Respect your opponent. Never taunt. Congratulate your opponent at game's end. Acknowledge good play.
4. Respect the integrity and judgment of officials. Never question the decision of an official.
5. Be an example for your school, teammates and opponents.

New York State Regulations Regarding Participation in a Sport:

A **student** must be taking 3 subjects plus physical education. A student is eligible for a sport once he/she enters ninth grade for four consecutive semesters. A student is eligible until he/she reaches the age of 19. If the student reaches the age of 19 prior to July 1st, he/she is ineligible. If the student reaches the age of 19 after July 1st, he/she may continue to participate for that school year.

Transfer Rule:

A. A student who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall be eligible two weeks (14 calendar days) after starting regular attendance in the second school.

B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if the student participated in that sport during the one (1) year period immediately preceding his/her transfer.

Exemptions to (B):

1. The student reaches the age of majority and establishes residency in the district.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parent's residency.
3. A student is a ward of the Court or State and is placed in a District by Court Order. Guardianship does not fulfill this requirement.
4. A student from divorced or separated parents who move into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.

Note: It is provided, however, that each student shall have the opportunity to petition the section involved to transfer without penalty based on an undue hardship for the student.

C. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the Principal of that school before the medical examination and the first practice. This shall constitute the start of regular attendance for fall sports.

Note: After approval by the school medical officer, a student may practice immediately and must satisfy the specific sports standard according to the number of practice sessions required.

D. Practices at the previous school district may be counted toward the minimum number or practices required provided the Principal or Athletic

Director or the previous school submits, in writing, the number and dates of such practices to the Principal or Athletic Director of the new school.

E. A student who transfers from an out-of-state school to a New York State school for other than residential reasons, and is eligible to compete in inter-school athletic games in the out-of-state school, is ineligible to represent a New York State school in inter-school athletics.

NCAA Regulations: NCAA Guide for the college bound student athlete. See the Athletic Director or Guidance Counselor for information.

Students interested in attending a Division 1 or Division 2 college should contact the Guidance Office for information and application forms required by the NCAA Clearinghouse.

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