

V. **DISTRICT REQUIREMENT FOR ATHLETES - see Board Policy & Admin. Reg. 6145.1**

A. Eligibility of Athletes

1. A student who has been transferred by the district for other than disciplinary reasons becomes eligible if the student meets all requirements.
2. In addition to the academic requirements, students must comply with physical examination, insurance and parent permission requirements prior to the first day of practice.
3. Any questions relating to eligibility of an athlete should be brought to the attention of the Athletic Director, who will then discuss the matter with the site administrator if necessary.
4. Athletes must have five (5) days of practice before competing in an athletic contest.
5. No student may be added to a team roster after the first league game/meet. A "Bye" is considered to be a league game/meet. The exception will be if a student is new to the school and meets all requirements.
6. Minimum grading policy
  - a) Middle school students who do not achieve a "C" average (2.0) in the grading period (quarter) previous to participation in an activity but have at least a 1.4 grade point average shall be deemed to be on probation until the first league contest. During the period of probation, a student may participate fully in the activity. If, at the end of the probationary period, the student does not achieve a "C" average (2.0) the student shall be ineligible for the remainder of the season. Special circumstances may be discussed with the Athletic Director and the Principal.
  - b) With the permission of the Principal, a student who has less than a 2.0 GPA in the final quarter/trimester in middle school may take up to two (2) summer school classes in the same subject area and substitute the grade for computation of eligibility grade point average.
  - c) For purposes of this policy, a grading period for middle school students shall be defined as a quarter/trimester. For middle school students, eligibility shall be determined by the quarter/trimester grades.

- d) Grade point average: A = 4 points, B = 3 points, C = 2 points, D = 1 point, F = 0 points.
- e) A student may have probationary status only once a school year.
- f) 7th grade students are exempt from GPA requirements during the first grading period.

7. **20 Day Rule:** Any student who is suspended is automatically removed from participation in athletics and practice for a period of 20 school days.  
(Ed. Code 48900/Board Policy 5114.1.3.2)

- B. **Physical Exam** -- Each athlete must have a physical exam or statement by a person certified by the State of California verifying that a student is physically fit to participate in athletics. This is required before a student may try out, practice or participate in scholastic athletic competition. Exams can be given by a physician, chiropractor or by a nurse practitioner under the supervision of a physician. Athletes shall have a physical examination after June 1 of the **current school year**
- C. **Insurance** -- Each member of a team, including managers, must be covered by either home medical insurance or school insurance.
- D. **Athletic Donations** -- An athletic donation for equipment, officials and transportation would be very much appreciated to help finance our program. Donations will be accepted after the final cut for sports that have to cut player because of numbers.
- E. Verification notice of injury waiver.
- F. Completed emergency card.

## VI. **PLAYER CODE OF CONDUCT**

- A. Athletes are expected to show the highest standards of sportsmanship during competition.
- B. Athletes are to share in the responsibility for the conduct of their team mates and supporters of their team by controlling their behavior.
- C. An athlete must accept the decision of an official. Any questions regarding a call or calls are to be directed to the official by the coach or team captain.
- D. Any complaints that the athletes have should go to the coach first, then the Athletic Director, and finally the Principal.
- E. An athlete shall be responsible for all equipment issued to him/her and will replace or pay for it if any of it is not returned or is damaged.
- F. In order to be eligible to practice or participate in an activity on any school day, all participants must be in school for a full day. Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee.

- G. In reference to "F" above, any team which participates in any contest with an ineligible player on the roster will forfeit that contest.

## VII. TRANSPORTATION OF ATHLETES

- \* A. All middle school athletic transportation is funded by the athletic transportation fees **and/or donations determined and collected** by each school. A hardship waiver is available for those with extenuating circumstances.
- B. Behavior on the bus by athletes is the direct responsibility of coach in charge.
- \* C. Coaches may **only** release an athlete to the care of his/her parent or guardian or immediate family member. **Written or oral permission by the parent of the student requesting a ride must be given to the coach before being released.**

## VIII SCHEDULES

- A. Practices cannot begin prior to the dates stated on the annual athletic schedule. Practice is defined as an organized session directed by a coach with the intention of improving skills, techniques and team strategies.
- B. Open gym recreational or conditioning activities are allowed if supervised and monitored by an adult with a facility use permit. Equipment may be provided but no specific team or skill development may take place.
- C. No middle school athletic coach may schedule an athletic team practice on any school holiday or weekends. School holidays are defined in the district calendar. Practice on staff in-service/work days is allowed.
- D. Failure to comply with schedule rules (ABC section VIII) will result in forfeiture of the first league game played.

## IX. RESPONSIBILITIES OF ATHLETIC DIRECTORS

- A. Distribute and review athletic handbook with all coaches.
- B. Ensuring that there is maintenance and procurement of all scholastic athletic facilities, equipment and supplies.
- C. Coordinating use of athletic facilities, equipment and supplies with departments in the school and with the school calendar.
- D. Acting as liaison between coaches and school administrators.
- E. Ensuring that all officials are coordinated for each sport and that these officials are paid properly and promptly.

- F. Being responsible for all phases of the school budget relating to scholastic athletics.
- G. Reviewing the Athletic Handbook and approving the schedules for all sports for the coming year, including all practice games and tournaments. This to be done on a release day in the Spring.
- H. Arranging for all league transportation when funded by the District.
- I. Obtaining and issuing athletic awards.
- J. Ensuring that coaches maintain responsibility for athletic equipment, uniforms & supplies.
- K. By the second Monday of the school year a check in the amount of \$550.00 will be sent to the League Secretary for league dues. League secretary will pay for the following expenses:

- 1. Cross country Finals ribbons will be ordered by host school
- 2. Track Finals ribbons ordered by host school
- 3. Pennants for league champions in each sport ordered by winning school
- 4. Wrestling Finals Awards

League Secretary responsibilities will be handled as follows:

2015-2017 Santa Rosa  
 2017-2019 Slater  
 2019-2021 Comstock  
 2021-2023 Cook  
 2023-2025 Rincon

- L. Athletic Directors will be responsible for being Commissioner for at least one sport. (See Commissioner later in handbook)
- M. Each A.D. will be responsible for scheduling release days for athletic events (get authorization number and make sure appropriate paperwork is completed prior to release day) according to the following guidelines: (Release time to be paid by site budgets and subject to availability of substitutes.)
  - 1. Cross Country Finals
    - a. One (1) full day sub. for host school
    - b. One (1) half day sub. for each of the other schools
  - 2. Wrestling Finals
    - a. One (1) half day sub. for each school

3. Track & Field
  - a. Two (2) half day subs. for semi-finals ~ one for each host school
  - b. Two (2) full day subs. for finals ~ host school
  - c. Two (2) half day subs. for each of the other schools for finals
4. Athletic Director's Spring Meeting
  - a. Five (5) full day subs ~ one for each of the schools

\* N. Transportation scheduling will be handled by each individual school. Officials will be scheduled by the League Secretary as follows:

Santa Rosa ~ 2015-2017  
Slater ~ 2017-2019  
Comstock – 2019-2021  
Cook – 2021- 2023  
Rincon 2023-2025

O. Athletic Directors will be responsible for assuring that each coach and each athlete knows and understands the prohibition for hazing.

Ed. Code 32050. Hazing

As used in this article, "hazing" includes any method of irritation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Ed. Code 32051. Hazing; prohibition; violation; misdemeanor

No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5,000), or imprisonment in the county jail for not more than one year, or both.

P. Steroids - Ed. Code 44645

The Legislature hereby finds and declares that the use of anabolic steroids to expedite the physical development and enhance the performance level of secondary school athletes presents a serious health hazard to these pupil athletes.

School districts are encouraged to offer in-service training to credentialed staff in the scientific understanding of anabolic steroids as well as new education techniques directed at preventing the use of anabolic steroids.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

<ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
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**Signs observed by teammates, parents and coaches include:**

<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays lack of coordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>
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## **What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

**And**

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>