



ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT

A T H L E T I C H A N D B O O K 201, -1-



ATTENTION: This handbook applies to student participation in CIF Sanctioned Sports, Cheer/Stunt/Dance Teams, & Club Sponsored Sports (e.g. Trap, Cycling, etc.)

PHILOSOPHY OF STUDENT ATHLETICS

The Roseville Joint Union High School District recognizes athletics as an integral part of the entire school setting and as a means of achieving a student's complete educational development. We also believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the athlete's specific school and the community. Moreover, the District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, the site administration and parents.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our schools and communities.

SPORTSMANSHIP

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character, teamwork and other important life skills. The highest potential of sports is achieved when participants are committed to "Pursuing Victory with Honor" according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all student-athletes in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF). From these six core principles, a set of specific rules has been established by each respective coach.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes will be required to exhibit respect to officials, coaches, staff, fans, and opponents. Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

Athletes must understand that compliance with the standards of good sportsmanship is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and from attending the next athletic contest.

HAZING

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil at any time commits an act of hazing, engages in hazing or attempts to engage in hazing:

1. While on school grounds,
2. While going to or coming from school,
3. During the lunch period whether on or off the campus, and/or
4. During, or while going to or coming from, a school sponsored activity.

"Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school."

SCHOOL ATTENDANCE

Coaches recognize the importance of school attendance and expect athletes to establish good attendance patterns.

1. Students must attend at least half the school day in order to participate in either practice or competition on that day.
2. If a contest is held on a non-school day, the student must attend at least half the school day on the school day prior to the contest.

3. Excused and approved absences may count as periods of attendance for purposes of this requirement. (A doctor's note or principal's approval may be required.)
4. Students failing to comply with the district attendance policy will be referred to their coach for discipline.

PRACTICE ATTENDANCE

Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

1. Students are expected to attend all practices and contests, unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.
2. Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.
3. Coaches may adopt individual rules for practice and contest attendance.

GENERAL ELIGIBILITY REQUIREMENTS

A student whose 19th birthday is attained prior to June 15 shall not participate or practice on any team in the following school year. A student whose 19th birthday is on or before June 14 is ineligible. (NOTE: a student must be born on or after June 15, 1998 to be eligible.)(CIF Bylaw 203).

Upon entering the 9th grade, a student has (not to exceed) eight consecutive semesters of athletic eligibility to compete in high school athletics in the state of California. Enrollment and/or attendance for fifteen (15) days or more shall count as one of the eight (8) semesters or terms.

The California Interscholastic Federation also requires that "any athletic contest in which an ineligible student has participated either intentionally or unintentionally, involving both team and individual sports, must be forfeited." The student may also be subject to dismissal from the team.

RESIDENTIAL ELIGIBILITY (CIF Bylaws, Article 2)

A student has residential eligibility upon initial enrollment in the ninth grade of any California Interscholastic Federation high school. Ninth through twelfth grade students who transfer without a valid change of residence may be given a sit-out period or have limited eligibility for one year from the date of transfer in the sport(s) they have participated in at their former school (Please see CIF Bylaw 206 C 3-4 for complete description of Valid Change of Residence).

Any evidence of undue influence (recruiting), academic ineligibility at a previous school or disciplinary reasons for a transfer will impact eligibility at the new school.

The only exception to this rule will require documentation of a hardship which is defined in CIF Bylaw 207 B.5.c. viii.-Unlimited Eligibility Applications and CIF Bylaw 213-Hardship Waivers Other Than Transfer. The CIF bylaws can be found on the CIF Sac-Joaquin website: <http://www.cifsjs.org>. The CIF Sac-Joaquin Section and State CIF office will review the documentation for a waiver of this rule.

Any transfer student, who is new to a school, shall contact the athletic director or administrator in charge of athletics to determine his/her eligibility status and to complete any necessary forms. No athlete shall participate, which includes, but is not limited to: conditioning, practice, scrimmage or athletic contest, until all forms have cleared.

Any student whose address has been falsified to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified. Any contests in which a residentially ineligible athlete participates may be forfeited.

If a student and his/her parents move out of the attendance area but the student remains at the school, the student will maintain eligibility but should immediately report his/her change of residence to the Attendance Office.

ACADEMIC ELIGIBILITY REQUIREMENTS

To encourage and promote academic excellence, all students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the District.

The requirement has two elements. To be eligible for participation, the student:

1. Must have earned an overall minimum 2.0 grade point average on a 4.0 unweighted grading scale during the preceding grading period; and
2. Must have passed five of six (traditional schedule) or three of four (4x4 schedule) classes during the preceding grading period. Any student taking only three classes must pass all of his/her classes to be eligible on the 4x4 schedule. A "Pass" grade in a Pass/Fail Class is the equivalent of a "C" grade for calculating GPA. A 2.0 scale will be used to determine eligibility based on the total number of classes taken.

According to the CIF, scholastic eligibility requires the student to pass the equivalent of at least 20 semester credits of work at the completion of the most recent grading period. Weighted grades are not used to calculate eligibility per the CIF Bylaws.

A grading period will constitute an eligibility period. The grade issued at the end of each grading period will be used to determine eligibility.

- a. For purposes of determining eligibility, a grade of incomplete is computed as an "F" or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Students have fifteen school days from the day grades were due to complete the work necessary to change an incomplete to a letter grade. For eligibility purposes, and without mutual agreement between teacher and students, the grade is computed as an "F" after fifteen school days, even if the incomplete is later changed to a letter grade.

Generally, incompletes are only assigned when a student had a long-term illness or after unforeseeable and unpreventable absence from school that prevented the student from completing the assigned work during the grading period.

- b. For eligibility purposes, once a letter grade is assigned, the grade may be changed only if the person assigning the grade determines that an error was made in computing the grade. If a student requests that a teacher reconsider a grade, the reconsideration must be based on work assigned, due, and completed prior to the end of the grading period. Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.

Schools declare at the beginning of the year the grading periods and eligibility declaration days that they will use. Eligibility will be declared after each school-wide grading period.

For the purposes of this policy, the term "classes" includes all courses in which the student is enrolled. Students may request that afternoon adult school grades, college grades, and/or summer school grades be added to the computation of the eligibility status. The student will be responsible to provide official progress grades and final grade documentation for college and extension courses to the high school.

A student becomes eligible or ineligible for athletic participation only when declared so by the site Athletic Administrator or site Athletic Director.

The District will follow Board Policy 6145 (25 credits with a 2.0 GPA) and procedures related to the eligibility of alternative school students returning to a comprehensive high school. Please check with the school's Site Athletic Administrator or Site Athletic Director.

Students declared ineligible may practice with teams only if the coach approves. The coach and student will meet to discuss what the student may expect if he/she continues to practice with the team. Ineligible students may not dress, perform, or be released early from school to travel to contests. Ineligible players may not have contact with another team.

PROBATIONARY PERIOD

A student may be granted one period of probation during his/her high school enrollment in our District, beginning with the first school (9th grade) grading period. The probation may be granted only if the student has met one of the two academic eligibility requirements. If the student is below both standards, he/she will not be granted probation. A probation period is the same length and duration as a grading period. A transfer student who is ineligible from his/her previous school will not be eligible for probation upon the initial enrollment.

The probation will be granted and recorded even if the student subsequently fails to perform in any competition. The completed applications must be approved by the designated administrator, and a copy submitted to the coach at the student's school prior to competition.

The Athletic Administrator will ensure that transfer students are held to the same eligibility standards as students within this District and are consistent with CIF Bylaws.

OUTSIDE COMPETITION

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport.

Any student, who competes on a school team after an infraction of the above rule, becomes immediately ineligible for the number of contests equal to twice the number of contests of outside competition in which the student participated. Games, in which the student participated, after the infraction of the rule, shall be forfeited.

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility.

Any athlete qualifying for an Olympic Development Program is required to contact the Athletic Administrator at least 30 days prior to participation.

Each CIF section may grant approval, upon individual petition, for a gifted athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the Athletic Administrator in charge of athletics before entering into any competition.

UNATTACHED COMPETITION IN INDIVIDUAL SPORTS

An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of CIF Bylaw 600.

Unattached competition is permissible for a student in other than school contests during the season of sport, provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Certification of Unattached Athletes: No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

Representation in CIF Competition: Unattached competition is not permitted in any CIF competition (See CIF Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

ATHLETIC CLEARANCE CARD

Every student wishing to participate in a sport must have a clearance card prior to beginning practice. In order to be issued a clearance card, the student and the student's parent or guardian must complete the forms in the athletic clearance card packet.

In addition, the athlete must have a yearly physical examination from a qualified physician who completes the medical examination report. In order for the student to be accepted for athletics, **the physical must be completed on or after May 25, 2018** prior to the school year in which the athlete plans to compete.

The District currently requires that all athletes have a tetanus booster within the ten years preceding participation. Students of parents for whom immunization is contrary to their personal beliefs or for medical reasons may be exempt from this requirement.

CONCUSSION PROTOCOL

In accordance with CIF Bylaw 503 H. Concussion Protocol, 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 for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and **receives written clearance** to return to play from that health care provider.

If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or head injury, the athlete is required to complete a graduated return-to-play protocol of no less than seven full days **from the time of diagnosis** under the supervision of a licensed health care provider.

On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

As used in this section, "licensed health care provider" means a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice.

TRANSPORTATION

(Reference: The information below regarding transportation reflects key excerpts from Board Policies & Administrative Regulations 1240, 3251, 3539, 3540, 3541, 3542, 3545 and 6153.)

Student athletes are expected to travel with the team when district arranged transportation is provided. Exceptions may be made for unique and compelling circumstances with pre-approval from site or district administration.

Students may be transported to athletic activities by school bus, charter (common) carrier's referred to as SPAB buses, district vans, rental vehicles, and private vehicles driven by district employees and volunteers. SPAB buses must be scheduled through the Transportation Department. Trips using district vans shall not exceed 150 miles one-way. Exceptions to the 150 miles one-way policy must be submitted to and approved by the Superintendent or designee. Sites will be responsible for the cost of rental vehicles. All private vehicle drivers must be approved by the Transportation Department.

A school bus may be scheduled to transport a team one way only to an athletic event. This one way only transportation is referred to as a "drop only trip". "Drop only trips" transport players to an athletic event, but

do not return the players to the school. There will be advance notice when a “drop only trip” is scheduled. The coach is then responsible for arranging return transportation for the players.

Coaches will notify parents in advance of those athletic events when players may meet at the destination (“meet me at the game” concept). “Meet Me at the Game” defines transportation of students where transportation is not organized or provided by the district. The “meet me at the game” concept is available when game destinations are within the CIF Sac Joaquin Section.

Students are NOT authorized to transport other students to or from school activities. Students are only permitted to be transported by driving themselves solo, being driven by their own parent, or being driven by a parent on the District’s approved drivers list.

EQUIPMENT/CARE OF FACILITIES

Students are expected to turn in the same piece(s) of equipment checked out to them. Equipment and uniforms should be returned in the same condition that it was received and should be cleaned and washed before being returned.

Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost, stolen, or damaged equipment or uniforms. In some cases, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform or equipment.

No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for unless otherwise determined by the involved coaches.

Students must return or pay for all equipment before they can compete or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the administrator in charge of athletics.

An athlete will not steal, damage, deface, or possess without permission a teammate’s property, school property, or another school’s property. Teams and/or athletes may be held financially responsible for any/all misuse of athletic facilities.

TRAINING RULES

Coaches support healthy behaviors by all student-athletes at all times. Student-athletes will be held responsible for all training rules while on school grounds, while going to or coming from school, or at a school-sponsored activity. During the officially recognized CIF “season of sport” as defined by CIF Bylaw 504, student-athletes will also be held accountable for any off campus violations of training rules.

Violations of training rules while on school grounds, while going to or coming from school, or at a school-sponsored activity include the following:

1. The use of drugs, alcohol, steroids or performance-enhancing substances, tobacco, nicotine and/or related paraphernalia is not acceptable and will not be tolerated for high school student-athletes.
2. Any student-athlete who possesses, uses, sells or otherwise furnishes or is under the influence of any controlled substance, an alcoholic beverage, or an intoxicant of any kind shall be ineligible for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods. The penalty may be reduced to six (6) weeks, excluding vacation periods, if the student-athlete attends, at no cost to the district, drug prevention classes or completes substance abuse counseling. A written recommendation from the licensed counselor must be submitted to the school’s athletic administrator.
3. Any student-athlete who possesses, uses, sells, or otherwise furnishes any androgenic/anabolic steroid, synephrine, or any performance-enhancing dietary supplement, or any performance-enhancing supplement without FDA approval (inclusive of the NCAA list) without a written prescription from a licensed health care practitioner to treat a medical condition shall be ineligible

for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods. The penalty may be reduced to six (6) weeks, excluding vacation periods, if the student-athlete attends, at no cost to the district, drug prevention classes or completes substance abuse counseling. A written recommendation from the licensed counselor must be submitted to the school's athletic administrator.

4. Any student-athlete who possesses, uses, sells, or otherwise furnishes tobacco, nicotine and/or related paraphernalia shall be ineligible for a minimum of three (3) weeks from the date of the infraction, excluding vacation periods.

Any student-athlete who has an incident involving alcohol, drugs, steroids, tobacco, nicotine and/or related paraphernalia off campus, not at a school function, not during school hours, or not during season of sport may receive the same consequence as a student having an incident on school grounds, while going to or coming from school, or at a school-sponsored activity. Training rules violations while off campus, not at a school function, not during school hours, or not during season of sport may include the following:

1. A student-athlete is cited for possession or use of alcohol, drugs, steroids, tobacco, nicotine and/or related paraphernalia by the police department.
2. A student-athlete is observed by a staff member (of the school) using or in possession of alcohol, drugs, steroids, tobacco, nicotine and/or related paraphernalia.
3. Parents or guardians of a student-athlete inform the school that their own student-athlete was using or in possession of alcohol, drugs, steroids, tobacco off campus, nicotine and/or related paraphernalia.

NOTE: Any other incidents of student-athletes using alcohol, drugs, steroids, tobacco, nicotine and/or related paraphernalia that are reported to the school will result in the school contacting the parents or guardians and informing them of the information that has been brought to the schools attention. **Incidents involving student-athletes that are reported by a third party or reported anonymously that happen off campus will not result in an official school investigation.**

With the coach's permission, an ineligible student-athlete may continue to practice with a team, but may not wear a school uniform or otherwise represent a team at any interscholastic contest or scrimmage against another school or be released to leave the school early with the team. A second offense involving drugs, alcohol, steroids or performance-enhancing substances (inclusive of the NCAA list), tobacco, nicotine and/or related paraphernalia will cause the student to be ineligible for one calendar year from the date of the infraction and may include a recommendation to expel. The student may not continue practice or participate with a team during the period of ineligibility.

LEAVING A TEAM

Students may leave a team without penalty until the submission of the final roster by personally notifying the coach that they no longer wish to participate. After a "try-out" period, students may leave a team only under the following conditions:

- It is the student's responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student discuss the reason(s) for leaving the team. If the coach and student mutually agree that the student can leave the team, the student may leave the team without penalty. All equipment must be turned in at the time a student leaves a team.
- If a student leaves a team and plans to participate in a sport that begins practice prior to the completion of the sport, he/she may do so only if the coach of the previous sport agrees. If the previous coach does not agree, the student may not begin practice until the season has ended (including play-offs, if applicable).

The intent of these rules is to encourage students to be responsible in their actions and to communicate with their coach that they plan to end their commitment to their sport and team.

APPEALS OF ATHLETIC HANDBOOK RULES

Students may appeal the application of the rules in the Athletic Handbook to an Athletic Appeals Panel. An appeal requires that the student and parent(s) or legal guardian(s) submit a written request identifying the specific rule and consequence they wish to appeal and the grounds for requesting the appeal. Rules established by the California Interscholastic Federation may be appealed only to the CIF Sac-Joaquin Section.

The Athletic Appeals Panel will not review appeals submitted for any violation of the Athletic Training Rules that resulted in suspension from school.

The Athletic Appeals Panel will consist of an Administrator, an Athletic Director, and three coaches not involved in the dispute.

The appeal hearing will be held within five school days of the receipt of the written request for appeal from the student and parent.

The Athletic Appeals Panel may uphold or modify the consequences for the violation as outlined in the Athletic Handbook.

The Athletic Appeals Panel does not determine or review the facts of a school discipline incident, but may modify the athletic consequences for the incident based on the intent and spirit of the Athletic Handbook.