

MSAD #37
NARRAGUAGUS HIGH SCHOOL ATHLETIC CODE

In order to continue the fine tradition in athletics that MSAD #37 schools have built over the years, the following Secondary Athletic Code has been adopted.

A. GENERAL RULES

1. Before any athlete can participate in tryouts or intramurals, they must have returned to the coach or advisor:
 - a. a written statement confirming the student is physically fit to participate in athletics. This statement must be signed by the doctor completing the physical examination within 13 months of the student's last physical. This physical will be adequate for all sports unless there are restrictions placed on it. Any physical other than those given by the school physician at the scheduled time will be at the individual's own expense.
 - b. a written statement from the parent indicating the medical coverage including policy number in force for the student athlete during each particular sport season.
 - c. a signed parental permission slip to acknowledge the athletic code and the risk of injury involved while participating in interscholastic athletics or intramurals during each sport season.
 - d. the district could require a second physician's note if the child is injured or suffers an illness or condition which could further endanger the athlete's well-being. If the district has a factual basis to believe that the child's continuation/ participation in a sport would jeopardize the safety of that child or the safety of the other children involved in the sport, it could require a second physician's opinion, at the district's expense, by a physician mutually chosen by the district and the parents.
2. It is expected that all participants have a good attendance record, as well as good overall standing as school citizens. Student athletes are expected to be in attendance and on time the morning following a week-night activity.

All athletes are responsible for completing any work missed because of travel to any athletic contests. Arrangements are to be made with the teacher prior to departure.

3. Students may participate in two sports during the same season if all of the following criteria are met:
 - a. The student must be a Narraguagus High School student.
 - b. The student must have been on the honor roll during the prior semester and is maintaining good academic standing.
 - c. A written statement is made to the athletic director by the student athlete's parent/guardian requesting permission for the student athlete to play on two teams.
 - d. The student athlete must declare one of the two sports as their primary sport.
 - e. Permission to play on two sports teams must be granted by both coaches.
 - f. Permission to play on two sports must be given by the Athletic Director and the Principal.

4. Regular school attendance is a requirement for all athletes. A student athlete is allowed two tardies per semester. After two tardies, participants are required to be in attendance the entire day in order to participate in a game or practice. If absence occurs on Friday, the athlete cannot participate in a game on Saturday unless approved by the principal or the Athletic Director. A note from the parent and/or physician will be required before the student is allowed to resume active participation.
 - a. Exceptions--approved appointments -- The student must present a doctor's appointment card to the office. It is advisable to receive prior approval for appointments through the athletic director whenever possible.
 - b. Other extenuating circumstances will be addressed by the principal and/or athletic director.
5. Participants should, by some method, notify the coach/advisor by the end of the school day if lateness or justified absence is anticipated the next day.
6. Athletes are expected to follow all Board policies, school rules, the athletic handbook and any additional rules and/or training guidelines imposed by coaches. Violations of any policies or rules may result in suspension or removal from the team as well as additional disciplinary action under the applicable policies or rules.
7. If a student is charged with a crime, he or she may be suspended from participation in athletics until the case is adjudicated. A student who is convicted of a crime will be suspended from participation in athletics for at least 12 months following the conviction. The Principal has the authority to modify these requirements when they would clearly constitute an injustice to the student based on the particular circumstances of the case. At the end of 12 months, the student may request reinstatement to athletics in writing to the Principal. The Principal and the Athletic Director will meet with the student and his/her parents. The Principal will then make a determination as to whether the student will be allowed to participate in athletics, and under what conditions.
8. The Principal and the Athletic Director, in consultation with the coach, will determine consequences for misconduct not specifically addressed in policies and/or rules.
9. Athletes will be issued the best possible equipment and each athlete will assume responsibility for this equipment and will be assessed for any lost or damaged item(s).
10. Vulgar language cannot be tolerated and is just cause for reprimand.
11. On school-sponsored trips, participants are to dress appropriately (such as coat, sweater, tie, etc.). They will be briefed on behavior and related responsibilities by the advisor of each activity. Also, all participants are expected to live up to any written grooming codes set up by the coach/advisor.
12. Student support personnel shall be considered as active participants and shall meet the same requirements as the participants.
13. Athletes suspended from school shall not be allowed to practice or participate in contests while on suspension.
14. Individual coaches/advisors have the responsibility to take disciplinary action regarding any problem not previously mentioned. These recommendations should be submitted to the athletic director and the principal for review and approval.
15. All squad members will abide by any additional training regulations set forth by the coach. These

rules must first be submitted and approved by the principal and athletic director.

16. Participation is strictly on a voluntary basis. Therefore, membership in any group implies understanding of, and adherence to, all sections of this code.

B. SPECIAL GUIDELINES FOR THE STUDENT ATHLETES

1. School letters and school jackets should be worn by the person to whom they were awarded.
2. Members of a team shall recognize that they have the following responsibilities:
 - a. They are official representatives of Narraguagus High School.
 - b. They represent their families, friends, and town.
 - c. They are expected to be leaders in promoting good school citizenship.
 - d. Their actions in and out of school build student respect and contribute to school spirit. This responsibility implies that proper respect be given to the administration, teachers, coaches, officials, fellow athletes, and the student body.
3. Any violation that justifies dismissal from an interscholastic school sport will be referred to the Athletic Administrator and/or principal for action. Their decision will be made known to the parents.
4. An athlete will be allowed to change from one sport to another by mutual consent of coaches involved. This change must be accomplished prior to the last cut in a "cut" sport and before the first countable contest. Special cases will be administered by the principal and/or athletic director.
5. Team members are expected to go and return on a team bus as a matter of routine. On away trips, team members may be dropped off at designated locations on the bus route back to NHS once within SAD #37 limits. Students will follow all SAD #37 Rules and Regulations for pupils in regard to bus transportation. Parents may transport their child(ren) home under the following circumstances: 1) notice has been given to the AD prior to the bus departing from NHS for the game or the end of the normal school day, whichever comes first; or 2) in the event of an emergency situation or extenuating circumstances, and after a face-to-face conversation with the coach. The Board recognizes the importance of the team traveling together after both wins and losses, and continues to encourage that practice to the greatest extent possible.
6. An athlete will not be required to try out for a new sport until at least a week after the conclusion of a previous sport in which he/she participated.

PUPIL ELIGIBILITY – MSSPA (Maine Secondary School Principal's Association)

A pupil shall be eligible to participate in any interscholastic secondary school athletic contest:

- A. Who meets the eligibility rules established by the local school authorities.
- B. Who is regularly enrolled in the school which he/she represents. To be considered regularly enrolled, a student must be in attendance and academically active in the school which he/she represents. An academically active student must be pursuing a program of studies approved by the principal and superintendent of schools.
- C. Who is under twenty years of age at the time of participation.

- D. Who has maintained undergraduate status in a four-year course in an approved secondary school or its equivalent.
- E. A pupil is only eligible to participate for the first eight consecutive semesters after he or she enrolls as a freshman in a four-year senior high school. For example, a pupil who registers as a freshman in Sept. 2006 is eligible to compete in interscholastic athletics insofar as this rule is concerned until the close of school year 2010. He/she is not eligible to compete after that date. See Article III, Section II-G for exceptions.

PUPIL ELIGIBILITY - NARRAGUAGUS HIGH SCHOOL

- A. To be eligible to participate in sports a student must meet all requirements of the Maine Secondary Schools Principals Association, which include passing four major subjects. In addition they must meet any special requirements of the school they represent.
- B. All Narraguagus High School students must be registered for at least three courses each semester.
- C. We value highly the opportunity for students to participate in interscholastic sports and to avail themselves of the many benefits that may be derived. Nevertheless, we feel that an athlete's first school responsibility is to their academic standing. When that standing is at a seriously low level and the situation persists, the student should not continue their representation of the school in interscholastic competition.

We wish to establish eligibility that will prevent a competitor from remaining in a seriously low academic standing. To establish a student's athletic eligibility, checks will be made at the four warning notice points and at the end of the four ranking quarters of the school year. A student must not be failing any subject during any check point.

A student who is failing one or more subjects at the time of the warning notices or at the end of the quarter will be on a probationary period of ten full school days. During that time each athlete on probation will be required to submit a weekly academic and discipline report to the Athletic Director on Friday. If, at the end of the probationary period or at the end of the ranking period, the athlete is failing any subjects, that athlete becomes ineligible for the remainder of the quarter or until warning notices are issued. Only one probationary period during any sport season is permissible.

Academic probation is defined as a period of ten full school days in which the athlete is offered the opportunity to raise failing grades to acceptable standards. During this time, the athlete must continue to attend practices and games, but not participate in them during his/her suspension. At games, the athlete shall be dressed in appropriate street attire and sit with the team.

- D. In addition to academically qualifying, athletes must conduct themselves in and out of school, in a manner that is a credit to Narraguagus High School.

ATHLETIC AWARDS CRITERIA

(This criteria will be included in the Coaches Handbook and attached to the Narraguagus High School Athletic Code)

SECTION X

General Criteria in Meeting Awards Requirements

1. No student will be granted an award who has not complied with the rules set forth in this athletic code procedure.
2. A player will be ineligible to receive an award if suspended from the squad due to disciplinary action.

AWARDS WITHHELD--Coaches have the right, as does the school administration, to withhold an award from a team member not fulfilling team or school obligations. The athletic director and student should be made aware of this decision before Awards Night.

Students will not receive an award of any kind if they have not returned all school issued equipment or reimbursed the school for lost items.

VARSITY TEAMS--All varsity athletes will be awarded a varsity letter.

JV TEAMS--Team members will receive a JV letter and certificate for each JV sport participated in. A certificate will be awarded for participation in the second and third year.

FRESHMAN BASKETBALL--certificate of participation.

Type of Awards: At the time a student is awarded his or her first varsity letter, the award will be a chenille blocked plain "N" with an emblem of the sport embroidered on it. All awards after that, regardless of the sport or the year will be an emblem insert for that particular sport. Certificates will accompany all awards.

TOBACCO, ALCOHOL AND DRUG RULES

The Athletic Department recognizes that the use of tobacco, alcohol and drugs negatively affect student health, safety and athletic performance. Students participating in athletics carry a responsibility to themselves, their fellow students, parents and school to set the highest possible example of conduct, sportsmanship and training, which includes avoiding the use, possession, furnishing or selling of alcohol, tobacco and drugs. Substance use and abuse are incompatible with the physical, mental and emotional demands placed upon athletes and upon the positive image that student-athletes project to other students and the community on behalf of the high school. The following rules are intended to support and promote healthy, enriching and safe athletic activities for all students.

Prohibited Activities

All students are expected to abide by Board policies and school rules pertaining to tobacco, alcohol, and drugs. Students participating in athletics may not engage in the prohibited behaviors and activities described in the policies/rules at any time or place from the beginning of his/her first athletic activity of the school year through the end of the school year.

In addition to the prohibited activities specified in Board policies and school rules, students participating in athletics will be subject to disciplinary action if it is determined they are present at a party or any location where drugs are being used or underage drinking is taking place and they do not leave when they become aware of such activities.

Self-Referral or Concerned Person Referral

A student, or a concerned person (such as a parent, teammate or friend) may discuss a possible problem with substance use or abuse with the student's coach, a member of administration, guidance or a school substance abuse counselor. In such cases, a referral will be made to the appropriate school staff for assessment. This process cannot be used to circumvent these substance abuse rules, or other Board policies or school rules.

Sanctions for Rule Violations

In addition to any other disciplinary action taken in accordance with Board policies and school rules, students participating in athletics will be subject to the consequences described here. The decision to suspend a student from athletics will be made by the Principal in consultation with the Athletic Director and the coach. Violations are cumulative over a student's high school career.

The following sanctions are guidelines intended to ensure that violations are treated fairly and consistently. Administrators have the discretion to depart from these guidelines based upon the relevant facts and circumstances in a particular case, including but not limited to the student's behavior accompanying the violation, the student's willingness to cooperate in the investigation and participate fully in the counseling requirements, and the student's prior disciplinary record.

First Violation

For the first violation of any type, the student will be suspended from the activity for six weeks. The starting date of the suspension will be at the discretion of the administration. (If there are fewer than six weeks remaining in the activity period, the suspension carries over to the next season. Whether or not the student is able to try out for that sport will be at the discretion of the administration. The student must continue to attend practices and games, but not participate in them during his/her suspension. At games, the athlete shall be dressed in appropriate street attire and sit with the team.

All of the following conditions must be met before a student will be reinstated to athletics:

- i. The student must participate in a minimum of three sessions with a counselor, social worker or chemical dependency specialist. The student's parent(s) must also participate in a consultation with this counselor, social worker or specialist. The counselor, social worker or specialist will prepare a confidential written assessment and plan of action for the student. The plan of action may include a referral of the student for a drug screen.
- ii. Prior to reinstatement, the counselor, social worker, or specialist must submit a form to the Principal indicating whether or not the student has complied with the plan of action.
- iii. Prior to reinstatement, the student and his/her parent(s) must attend a meeting with the Principal and the Athletic Director.
- iv. If all of the above conditions are met by the fourth week of the suspension, the student may request to be reinstated to athletics early. The decision to reinstate the student early will be made at the sole discretion of the Principal and the Athletic Director. This early reinstatement option is only available to students for the first violation.

Second Violation

For the second violation of any type, the student will be suspended from athletics for 12 months from the date of the infraction. All of the following conditions must be met before a student will be reinstated to athletics.

- i. The student must participate in a minimum of five sessions with a clinical counselor, social worker or chemical dependency specialist. The student's parent(s) must also participate in a consultation with the counselor, social worker or specialist. The counselor, social worker or specialist will prepare a confidential written assessment and plan of action for the student. The plan of action may include a referral of the student for a drug screen.
- ii. Prior to reinstatement, the counselor, social worker or specialist must complete a form indicating whether or not the student has complied with the plan of action.
- iii. Prior to reinstatement, the student and his/her parent(s) must attend a meeting with the Principal and Athletic Director.

Third Violation

A third violation will result in the student being barred from athletic participation for the remainder of their period of high school eligibility.

APPEAL OF SUSPENSION/REMOVAL FROM TEAM

A student who wishes to appeal a suspension or removal from a team may do so in writing to the Superintendent within three school days of his/her notification of the suspension. The Superintendent, or designee, may conduct whatever further investigation he or she deems advisable and shall render his or her decision in writing to the student within ten school days of receiving the appeal. If the appeal is made at the conclusion of the school year, this period may be extended if necessary to complete an appropriate investigation. The Superintendent's decision or that of the Superintendent's designee, shall be final. A student remains under suspension during the appeal process.

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