

ONTEORA CENTRAL SCHOOL DISTRICT

Department of Athletics

Student Athlete & Parent Athletic Regulations and Code of Conduct Handbook



“Home of the Eagles”

#Onteorastrong

Developed 2018

Revised 7/2025

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Table of Contents

Overview of Onteora Central School District Athletic Program

Letter to Students, Parent/Guardian.....	4
Onteora Central School District's Interscholastic Program Philosophy.....	5
OCSD Interscholastic Program Objectives.....	5
Schedules.....	5
Travel Directions.....	5
Family ID.....	5
Administrative Team Members.....	6
Additional Contacts.....	6
Team Opportunities by Season.....	7
Communication Procedures.....	8
Onteora Central School District Interscholastic Athletic Program Communication Protocol.....	9

Eligibility Rules

NYS Athletic Association Eligibility Rules.....	9
Academic Eligibility.....	17

Code of Conduct:

Responsibilities of Student Athletes.....	18
NYSPHSAA Sportsmanship Rules for Student.....	19
Code of Ethics.....	20
Section IX Athletics Spectator Code of Conduct.....	20
Expectations for Spectator Conduct.....	21
General Rules of Conduct for Student Athletes.....	21
Hazing.....	23
Absences from Practice or Contests.....	23
Onteora Student Athlete Resolve.....	24
Sportsmanship at Onteora.....	24
Onteora Sportsmanship Board Policy.....	25
Sportsmanship Expectations for Onteora Athletes.....	26

Changing Sports.....	26
Conflicts with other School Activities.....	26
Athletic Award System.....	27
Athletic Placement Process.....	27
Mixed Competition.....	28
Medical Insurance.....	29
Policy for Bus Trips.....	30
Equipment.....	30
Physicals.....	30
Parent Permission Forms.....	30
Injury Procedures	32
Concussion Management.....	32
Athlete's Pledge.....	40



**Onteora Central School District
Athletics Department
4166 Route 28, Boiceville, New York 12412**

Dear Students, Parents and Guardians;

It is my pleasure to welcome you to the Onteora Interscholastic Athletic Program. The privilege you have earned to be a part of our sports program is one that comes with opportunities and responsibilities. We hold our athletes to a high standard. The Onteora Central School District believes that our athletic program is an extension of the academic classroom and that the rewards and benefits will be as plentiful as they are in other areas of your school career.

As a student-athlete, you represent the pride the community holds in our program. As a leader in the community your actions both on and off the playing field are being observed by many. You have a responsibility to act as a positive role model and in a way that best represents your school, your family, and your community.

Parents and guardians, we believe a strong partnership with you is important. With your support in helping our students follow the code of conduct of both the school and in this handbook, our students can all reap positive outcomes of our athletic programs.

This handbook will familiarize you with specific policies/rules and procedures/protocols. Please review them, become acquainted with them, and incorporate them to get the most out of your Onteora interscholastic athletics experience. The program is a member of the New York State Public High School Athletic Association, and we compete under the auspices of Section IX and the Mid-Hudson Athletic League (MHAL).

If you have any questions or need more information, please feel free to contact me at Onteora High School, (845) 657-2373 Extension 2113. Please sign the pledge at the end of the handbook and return it to the athletic department office prior to the first date of official practice.

Let's have a great season!

Sincerely,

Jonnah O'Donnell

Jonnah O'Donnell
Interim Director of Physical Education, Health, and Athletics

Onteora Central School District's Interscholastic Athletic Program Philosophy

The Onteora Central School District (OCSD) Athletic Program believes that a dynamic program of student activities is vital to the educational development of its' students. The OCSD will provide a variety of experiences to aid in the development of strong minds, bodies and hearts that will prepare them for adult life in their chosen career in society. The athletic program will function as an integral part of the total school curriculum. Athletics will offer opportunities to grow and develop strategic thinking, teamwork, problem solving, cooperation, good citizenship and other 21st century skills while enjoying the benefits of a healthy lifestyle and rigorous competition.

OCSD Interscholastic Program Objectives

The program shall be managed, and teams coached in a manner which strives to achieve the following objectives:

1. Promote individual and team desire for excellence while emphasizing those interscholastic sports be kept in perspective, so that the first priority for all students is intellectual and emotional growth.
2. To educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of view of good sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm that is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to navigate winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication a feeling of self-confidence and self-esteem in all participants.

SCHEDULES:

Schedules can be found at the following address:

<https://www.sectionixny.org/public/genie/1336/school/80/>

Daily scheduling information can be obtained by calling the Athletic office at (845) 657-2373 x2101

TRAVEL DIRECTIONS:

A directory of travel directions can be found at the following address:

<http://ociaa.ouboces.org/SECTION%20IX%20DIRECTIONS.html>

FAMILY ID: The Family ID site holds essential forms and permission slips pertaining to athletics. Please complete all forms and permission slips prior to the start of the season.

<https://hello.familyid.com/home>

INSTAGRAM: **onteora_athletics**

ONTEORA CENTRAL SCHOOL DISTRICT DEPARTMENT OF ATHLETICS

ADMINISTRATIVE TEAM MEMBERS

Superintendent of Schools: Victoria McLaren

(845) 657-2373 x1010 vmclaren@onteora.k12.ny.us

High School Principal: Lance Edelman

(845) 657-2373 x2110 ledelman@onteora.k12.ny.us

High School Assistant Principal: Sarah Turck

(845) 657-2373 x2110 Sturck@onteora.k12.ny.us

Middle School Principal: Don Solimene

(845) 657-2373 x2210 Dsolimene@onteora.k12.ny.us

Interim Director of P.E., Health, & Athletics: Jonnah O'Donnell

(845) 657-2373 x2113 Jodonnell@onteora.k12.ny.us

ADDITIONAL CONTACTS

Athletic Secretary: Leah Smith

(845) 657-2373 x2101 lsmith@onteora.k12.ny.us

Medical Director: Dr. Woodley

High School Nurse: Sabrina Blakely

(845) 657-2373 x2141 sblakely@onteora.k12.ny.us

Middle School Nurse: Karen Hansen

(845) 657-2373 x2240 khansen@onteora.k12.ny.us

Onteora Central School District Title IX Coordinator:

Stefanie Laffin – Assistant Superintendent for Curriculum and Instruction

(845) 657-6383 x1023 slaffin@onteora.k12.ny.us

SPORTS AND SEASONS:

FALL

Boys' Golf – Varsity
Boys' and Girls' Cross Country – Varsity and Modified
Boys' Soccer – Varsity, Junior Varsity and Modified
Field Hockey – Varsity, Junior Varsity and Modified
Football – Varsity and Modified A
Girls' Soccer – Varsity, Junior Varsity and Modified
Girls' Tennis – Varsity
Girls' Volleyball – Varsity, Junior Varsity and Modified
Girls' Swimming – Varsity

WINTER

Boys' Basketball – Varsity, Junior Varsity and Modified
Boys' Indoor Track – Varsity
Boys' and Girls' Skiing – Varsity
Girls' Basketball – Varsity, Junior Varsity and Modified
Girls' Indoor Track – Varsity
Wrestling – Varsity, Junior Varsity and Modified
Boys' Swimming – Shadow – Varsity

SPRING

Baseball – Varsity, Junior Varsity and Modified
Boys' and Girls' Track & Field – Varsity and Modified
Boys' Tennis – Varsity
Girls' Golf – Varsity
Softball – Varsity, Junior Varsity and Modified

Communication Procedures

We believe that communication is vital for our program's success. The first line of communication for student athletes, parents and guardians is always your sport team's coach.

A. *Parent/coach relationship:*

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

B. *Communication you should expect from your child's coach:*

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements
5. Discipline that results in the denial of your child's participation.

C. *Communication coaches expect from parents:*

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns regarding a parent's own child(ren) should be brought to the coach's attention.

As your children become involved in the programs at Onteora, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

D. *Appropriate concerns to discuss with the coaches:*

1. The development of your child mentally and physically in the sport.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

E. *Coach's Expertise*

1. OCSD hires coaches to lead our teams.
2. We expect coaches to make challenging decisions about playing time, team strategy, and play calling to name a few.
3. If there are situations that may require a conference between the coach and parent/guardian, then the conference is best held at a separate time and place other than an athletic practice or competition in the school setting. These types of conferences are encouraged because both parties need an opportunity to "see" the other's point of view. When these conferences are necessary, please follow the communication procedure below.

OCSD Interscholastic Athletic Program Communication Protocol

1. Call the OCSD Athletic office at 845-657-2373 Ext. 2101 or E-mail specified coach.
2. Ask to speak with the coach to set up a meeting.
3. If the coach cannot be reached, call Director of P.E., Health, and Athletics at the same phone number. They may assist in scheduling the meeting for you.
4. If you feel you did not receive a satisfactory resolution,
 - a. Call the OCSD Athletic Office at 845-657-2373 Ext. 2101.
 - b. Ask to set up a meeting with the Director of P.E., Health, and Athletics to discuss the situation.
 - c. Appropriate next steps will be determined at this meeting.

Please follow this procedure so we can resolve any concerns you may have. Attempted conversations before, during or after practices or contests are not conducive to building or maintaining relationships nor problem solving.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

Eligibility Rules for Interscholastic Athletics

BYLAWS AND ELIGIBILITY STANDARDS The standards stated below are the rules of the New York State Public High School Athletic Association, Inc. and apply to grades 9-12. These standards are taken directly from NYSPHSAA. Athletes must meet all standards of eligibility for practice and competition. "All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions." – NYSPHSAA, Inc., Constitution, Article II.

1. AGE AND GRADE:

Regulation of the Commissioner of Education

A student shall be eligible for interschool competition in grades 9, 10, 11 and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports.

NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Athletic Placement Process. The 15-year-old below the 9th grade needs only to meet the Athletic Placement Process maturity standards to be eligible at the high school level. (Duration of Competition #8)

Reporting Procedure: All violations shall be reported to the League and Section.

2. AMATEUR:

- a. A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental, and social benefits derived from participation. When competing in non-NYSPHSAA sponsored events, an athlete forfeits amateur status in a sport by:

1. Accepting money or other compensation, including gift cards and gift certificates is prohibited (allowable entry fees, travel, meals, and lodging expenses is permitted.) (Feb. 2019)

2. Receiving an award or prize of monetary value which has not been approved by this Association. NOTE: Only awards or prizes having a monetary value of five hundred dollars (\$500) or less per competition will be approved by the Association. When honoring student-athletes for success in NYSPHSAA sponsored championship events, Boards of Education are encouraged to approve limited awards that are appropriate to high school level competition. (May 2019)

3. Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutes of higher learning are specifically exempted).

4. Signing a professional playing contract in that sport.

b. Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.

c. A student who violates the above rule may apply to the league or to the designated body within that section for reinstatement one year from the date of the latest violation.

Reporting Procedure: All violations shall be reported to the League and Section .

3. APPEAL PROCEDURE:

The NYSPHSAA, Inc. is an association of member schools. Therefore, appeals will only be entertained from school, leagues and sections.

a. All questions of eligibility and all questions regarding the implementation of the rules and regulations of the NYSPHSAA, Inc. or of any of its subdivisions shall be referred to the league president for a decision unless the league provides for another method for reaching a decision. The league shall be guided by the constitution, bylaws, rules, regulations, and sports standards of the league, the section, and the association. A school which does not belong to a league may apply to the section president for a decision. All appeals are to be in writing and are to be initiated at the league level.

NOTE: While an appeal is being processed a student(s) may participate in practice sessions commencing from the date the appeal was filed. It is provided, however, that all questions pertaining to general eligibility involving a Sectional activity shall be taken directly to the Athletic Council or its designee: and it is provided further, however, that during regional and state championship activity, all questions concerning the rules and regulations of the NYSPHSAA, Inc. and questions of general eligibility shall be referred to the Executive Director of the NYSPHSAA, Inc. or his or her designated representative for such contest if he or she is unavailable. Because of time

constraints, the decision of the Athletic Council or the Executive Director as the case may be, will be final with no right of formal appeal to the Appeal Panel or other administrative body.

All questions and/or protests as to game/meet rules or as to the conduct of the game or meet shall be heard and decided by the game/meet committee established by that Section or State Sport Championship Committee as the case may be; and all such decisions shall be final with no right of appeal.

b. Appeals from the decision of league presidents and section presidents may be made to the Athletic Council which will review the evidence, may hear arguments, and shall have the power to affirm, reverse, or modify the decisions of the league or section president. The decisions of game officials shall be final unless the individual league or section has made provisions for review. In any event, the Appeal Panel will not review any such decisions.

c. An appeal from the decision of the athletic Council may be taken to the Appeal Panel of the NYSPHSAA, Inc., which shall review the evidence, may hear arguments, and shall have the power to affirm, reverse, or modify the decision of the Athletic Council. Such decisions shall not be reversed or modified unless the Appeal Panel has unanimous agreement (July 2019) and finds that:

1. The decision of the Athletic Council clearly is contrary to the evidence presented.
2. The facts found by the Athletic Council constitute a violation of the Association's Constitution, standards or rules, or Regulations of the Commissioner of Education, or
3. A procedural error affected the reliability of the information that was utilized to support the finding of the Athletic Council.

d. An aggrieved party shall be one or more-member schools of the NYSPHSAA, Inc., and the notice of appeal shall be signed by the chief school officer of the schools involved. The aggrieved party must notify the Executive Director of the NYSPHSAA, Inc., of its intention to appeal to the Appeal Panel not later than fifteen (15) calendar days from the date the aggrieved party received written decision of the Athletic Council and submit a statement indicating whether the aggrieved party desires to submit its appeal in writing only or whether they desire to make oral argument by either telephone conference call or in person. A filing fee of \$500 (July 2019) must be received from the aggrieved party prior to the appeal hearing. The Executive Director of the NYSPHSAA, Inc., shall notify the parties of the date by which written presentation must be submitted and the date, place and time for any oral arguments.

A written brief shall contain: 1) A table of contents, 2) A concise statement of the nature of the appeal and the questions involved, 3) A concise statement of the facts with the supporting references to the transcript of any proceedings had or to a summary of the proceedings as submitted by the recording secretary if there be no transcript, 4) The arguments, which shall be divided into points by appropriate and distinct headings, 5) Exhibits, if any.

e. The Appeal Panel shall be comprised of three persons consisting of the NYSPHSAA, Inc., current past president, who shall serve as chairperson, one representative from the coordinators of a sectional appeals committee, and one representative from section executive directors/secretaries. Should a representative from any of these categories be unable to serve, the Executive Director of NYSPHSAA, Inc., and/or Counsel shall serve in an ex-officio capacity.

f. Expenses incurred for an in-person appeal by the Appeal Panel members shall be shared in the following manner: One-fourth from the NYSPHSAA, Inc., one-fourth from the section involved and one-half from the appellant. Expenses include all necessary and customary travel expenses, including, but not limited to mileage, lodging and meals. (July 2019)

g. If a section is involved in an appeal, no representation shall be selected from that section.

h. The decision of the Appeal Panel shall be the final administrative appeal through the NYSPHSAA, Inc., and shall be final.

i. Any member school which institutes an unsuccessful legal action or appeal to the courts or the Commissioner of Education to overturn, stay or enjoin an eligibility ruling or a rule or rules of the NYSPHSAA or its subdivisions will be liable for reasonable costs and attorney fees incurred by the NYSPHSAA, section(s) or leagues in defending against such action.

Further, should the Association or its subdivisions be forced to initiate legal action to collect the aforementioned costs and attorney fees, the member school shall be additionally liable for the Association's reasonable costs and attorney fees resulting from the collection action and shall be deprived of all rights to participate in any post schedule championship conducted by the NYSPHSAA or its sections.

Any member school which does not make final payment of costs and fees by June 30 of that year shall be denied membership in the Association.

j. Eligibility Standards may be made more restrictive by individual sections. Any appeal involving a more restrictive standard shall not be heard by the Appeal Panel and the decision of the section shall be final.

NOTE: If a school, League, or Section becomes a plaintiff or defendant in litigation based on the enforcement of its own rules, NYSPHSAA, Inc., rules, or the Regulations of the Commissioner of Education, this Association offers consultative legal advisement. Requests for consultation are to be directed to the President or the Executive Director, who may refer the question to Counsel. The authorization for payment of legal fees for representation by this Association is limited to actions in which the NYSPHSAA, Inc. is the primary defendant or respondent. After the local action is completed, the Association may offer to appear amicus curiae during Appellant Review.

4. APPROVED OFFICIALS:

Officials shall qualify through completion of the Officials' Five Point Program. Each approved official shall:

1. Observe the constitution and bylaws of their local and state official's organization.
2. Attend interpretation meetings and clinics of the local organization each year.
3. Give satisfactory evidence of proficiency in the mechanics of officiating and of competent performance related to the specific sport.
4. Pass the National Federation State, or other approved rules examination.
5. Be listed with the NYSPHSAA, Inc., Executive Director.

NOTE: To ensure quality competitive experiences, the selection and assignment of officials must provide priority to competent officials (those who have been trained and tested in the approved rules and regulations of the specific game to be officiated). (See OCF section of the Handbook)

5. ASSUMED NAME:

Participating under an assumed name in any athletic contest shall make the student/athlete ineligible for the remainder of that sport season. The Section may extend the period of ineligibility in that sport to one year from the date of violation. The coach responsible for the student's participation will be ineligible to coach for the remainder of the season and furthermore, the Section may extend the period of ineligibility as deemed appropriate.

6. BONA FIDE STUDENTS:

Regulation of the Commissioner of Education

A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

NOTE: A student in shared services, part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. A shared services student is only eligible at one school per school year (home district or shared service school) regardless of the interscholastic athletic programs offered. (May 2020) Exceptions for special cases must be approved by League and Section.

A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible. For assistance in determining the eligibility of students enrolled in a GED program, please contact the NYSPHSAA office.

Students may only be Athletically Placed through APP into a member school. Furthermore, to be eligible to be Athletically Placed into a member schools' athletic programs a student must be registered in that school district; excluding the 13 K-8 school districts in New York State.

COMBINING OF TEAMS:

The joining together of students from two or more-member schools in the same district or proximity to form a single team shall be permitted subject to the following conditions:

1. Permission must be obtained from their league and section on an annual basis.
2. Section approval must be reported to the NYSPHSAA, Inc., Executive Committee. NOTE: If a combined school team goes beyond sectional level competition their boys and girls grade 9-11 enrollment shall be combined, using the below criteria, for state level competition.

The school(s) with the higher(est) classification number will have a percentage of the other school(s) classification number added according to the graduated scale below.

The percentage is dependent upon the association's "Sport Specific classification cut-off numbers" (July 2018)

Five Classes (100%, 100%, 100%, 40%, 30%)

Four Classes (100%, 100%, 40%, 30%)

Three Classes (100%, 40%, 30%)

Two Divisions (100%, 40%)

The graduated scale is used for up to 3 "team" mergers and mergers with 4 or more "teams" take 100% of their BEDS; ONLY in team sports. (July 2017)

NOTE: If two or more schools are located within the same physical building, 100% of their BEDS will be used if they are following the Combining of Teams process. (Feb. 2019)

3. Section shall determine the deadlines for schools to merge or demerge programs.
4. If a non-public school is part of the merger, the "merged" team may be subject to the Section's Classification of Non-Public School Committee.
5. If a merger is denied by the Section, schools have the ability to resubmit a merger using 100% of all schools BEDS enrollment numbers. (July 2016)

Reporting Procedure: All violations shall be reported to the League and Section.

7. COLLEGE:

A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any individual or team(s) representing a college that season. Prior to competition, the NYSPHSAA Executive Director may grant an exemption of the College Rule for an individual sport athlete when vying for a standard that would qualify them for the Olympic trials and/or Olympic Games when this opportunity is not offered through the New York State Public High School Athletic Association and/or the National Federation of State High School Associations. The exemption would permit a student to participate as an "unattached" individual with no affiliation to their school team in a competition against open and college competitors in an approved competition set forth by the Olympic Committee without violating the College Rule. (Jan. 2012).

Reporting Procedure: All violations shall be reported to the League and Section .

8. DURATION OF COMPETITION:

Regulation of the Commissioner of Education:

A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise specified by the Commissioner Regulations. A pupil enters competition in each year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest. The eligibility for competition of a pupil who has not attained the age of 19 years prior to July 1 may be extended under the following circumstances.

i. If sufficient evidence is presented by the chief school officer to the section to show that the pupil's failure to enter competition during one or more seasons of a sport caused by illness or accident documented social/emotional condition or documented social/emotional circumstances beyond the control of the pupil, such pupil's eligibility shall be extended accordingly in that sport.

To be deemed sufficient, the evidence must [include documentation showing that as a direct result of the illness or accident the pupil will be required to attend school for one or more additional semesters to graduate] demonstrate that: (a) the pupil's failure to enter competition during one or more seasons of a sport was caused by illness, accident, documented social/emotional condition or documented social/emotional circumstances beyond the control of the pupil; (b) as a direct result of such circumstances the pupil is required to attend school for one or more additional semesters in order to graduate; and (c) such participation would not have a significant adverse effect upon the opportunity of other pupils to participate successfully in interschool competition in the sport.

Appeals should be filed with the Section office.

ii. If the chief school officer demonstrated to the satisfaction of the section that the pupil's failure to enter competition during one or more seasons of a sport is caused by such pupil's enrollment in a national or international student exchange program or foreign study program, that as a result of such enrollment the pupil will be required to attend school for one or more semesters in order to graduate, and that the pupil did not enter competition in any sport while enrolled in such program, such pupil's eligibility shall be extended accordingly in such sport.

Appeals should be filed with the Section office.

iii. If the section declines to extend the pupil's eligibility in accordance with this subclause, the section shall provide written notice of such determination to the chief school officer, with a copy to the pupil's parent, guardian or person in parental relation. Such notice shall include, as applicable: information regarding the athletic association's internal appeal process, including the name of the individual and address to which such appeal is to be directed; or a statement that the determination may be appealed to the Commissioner of Education, in accordance with Education Law section 310, within 30 days of the date of such determination and shall include the name and address of the section official upon whom such appeal shall be served. If the athletic association hears and denies an appeal, written notice of the determination shall be provided to the chief school officer, with a copy to the pupil's parent, guardian or person in parental relation. Such notice shall include a statement that the determination may be appealed to the

Commissioner of Education, in accordance with Education Law, section 310, within 30 days of the date of such determination and shall include the name and address of the athletic association official upon whom such appeal shall be served.

9. HEALTH EXAMINATION:

Regulation of the Commissioner of Education:

A student who may engage in interschool competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer. NOTE: Physicals for participation in school sports may be scheduled at any time during the calendar year.

The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence, must be prequalified by the school physician prior to participation.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE: The Handbook Committee recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

***The above information is cited directly from the NYSPHSAA handbook.
All students must meet all eligibility standards to participate in practice.***

Please visit: <http://www.nysphsaa.org/Resources/Handbook> for more details and the entire list of NYSPHSAA Eligibility_Rules. Students, parents/guardians, coaches or others with questions regarding eligibility should bring them to the attention of the Director of Athletics as soon as possible.

ONTEORA ACADEMIC ELIGIBILITY FOR MIDDLE & HIGH SCHOOL EXTRA-CURRICULAR ACTIVITIES/ATHLETICS

Academic eligibility is designed to establish standards for school participation in athletics and extra-curricular activities. It is meant to act as a motivational tool consistent with our first and most important mission – academic success. It is intended to foster standards which will elevate student effort and achievement as well as reward consistent exemplary performance. Academic excellence in our schools is an important goal, and thus we view this policy as a motivational tool, providing incentive for students to work hard and achieve excellence.

Students in grades 7 – 12 who participate in the athletic program and/or extra-curricular activities that meet at least two hours per week, must maintain academic eligibility.

Student grades will be reviewed every five weeks using the marking period calendar.

1. Students who are failing two courses at the five-week mark will be deemed ineligible. The timeframe of the student's ineligible status will consist of **two calendar weeks from the time of notification**. During this two-week probationary period, the student can demonstrate an improvement to the extent that they have a minimum of at least one passing grade, the student will be removed from the ineligible status and resume full status on their team. During a probationary period under these terms, students **may continue to practice with their team and attend extra-curricular activities meetings. Students may not perform/compete until the improvement stated above is made.** Students may only stay in this category for five weeks. If after five weeks the student is still failing two subjects, the student will be removed from the team and extra-curricular activities.
2. Students who are failing three or more courses will be removed from their team/extra-curricular activities and will be referred to appropriate school personnel for assistance. Students may return to their activity at either the five-week or quarter mark, provided they are failing two courses or less.
3. Any student who is failing two or more courses at the completion of the school year in June will be put on academic probation for the following Fall season beginning Fall 2026.

Appeals process:

1. A student, parent or coach/advisor may appeal the status of a participant to a committee composed of a school counselor, two or more faculty members, the Director of Athletics, and the High School Assistant Principal or Middle School Principal. The Administration will select the faculty members who will sit on the committee. The appeal must be made to the committee in writing no later than 48 hours after notification of ineligibility. Every effort will be made to hear the appeal within 48 hours. Determination of the appeal will be made by the majority vote of the committee. The appeal decision will be final and no further appeal will be heard.

ONTEORA ATHLETICS CODE OF CONDUCT

RESPONSIBILITIES OF STUDENT ATHLETES

First and foremost, you are a student. Any student participating in interscholastic athletics is expected to follow the district code of conduct. The building principal or the superintendent reserves the right to employ the district code of conduct in any situation that is contemplated by the district code of conduct. The Director of Athletics shall enforce the athletic code of conduct.

Please be aware, if a violation of either the district or the athletic code of conduct occurs, the superintendent has the full authority to cancel in whole or in part a sports season or to suspend a sports program.

Being a member of an Onteora athletic team is a privilege and honor. As a member of an athletic squad at Onteora, you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but also those who have contributed so much to our school in the past.

We have a strong athletic tradition, and your role is to continue that tradition on and off the field of play. You are responsible to ensure that your actions meet the standards established by the athletic department.

As a member of the athletic team, you will be asked to make sacrifices that will benefit yourself, your team and your school. We will ask that you prioritize and commit yourself to excelling. As a student athlete at Onteora, making sacrifices and dedicating yourself to your team will demonstrate a high level of commitment which will not only help you, but will assist in supporting your team and school community.

Responsibilities to yourself:

The most important of these responsibilities is to take ownership of your actions and behaviors and develop strength and depth of character within yourself. You owe it to yourself to get the greatest possible benefit from your athletic experiences. Your studies, your participation in other school activities as well as athletics, assist in preparing you for your life as an adult.

Responsibilities to your school:

Another responsibility you assume as an athletic team member is to your school. Onteora is a high achieving school district with very high standards. By participating in athletics to the maximum of your ability, you are contributing to the positive reputation of our school district.

Responsibility to others:

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel we have failed if we have not won. By trying the best that you can and following all rules set up by your squad, you can feel proud of yourself no matter what the win-loss record is of your team. Younger students look up to you and it is your responsibility to set a good example for them in being a positive role model. Your younger peers and classmates need guidance and support.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
SPORTSMANSHIP RULES FOR STUDENT

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport, until after the next previously scheduled contest at the same level with a member school or in NYSPHSAA tournament play. In individual sports, a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
 2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
 3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation.
 4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes player, manager, score keepers, timers, and statisticians.
3. Misidentified Player: Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty.

See NYSPHSAA Handbook, November 2020 at 47.

<http://www.nysphsaa.org/Resources/Handbook>

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. **To emphasize** the proper ideals of sportsmanship, ethical conduct and fair play.
2. **To eliminate** all possibilities which tend to destroy the best values of the game.
3. **To stress** the values derived from playing the game fairly.
4. **To show** cordial courtesy to visiting teams and officials.
5. **To establish** a happy relationship between visitors and hosts.
6. **To respect** the integrity and judgment of the sports officials.
7. **To achieve** a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. **To encourage** leadership, use of incentive, and good judgment by the players on the team.
9. **To recognize** that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. **To remember** that an athletic contest is only a game.... not a matter of life or death for player, coach, school, official, fan, community, state or nation.

See NYSPHSAA Handbook, November 2020 at 111.

<http://www.nysphsaa.org/Resources/Handbook>

Section IX Athletics Spectator Code of Conduct

Section IX Athletics recognizes the importance of behavior and personal character in our student athletes. As such, we ask our spectators to:

1. Demonstrate a high degree of sportsmanship.
2. Show team support by making only positive comments.
3. Show respect for the judgment of coaches, officials, and referees.
4. Acknowledge fields, courts and equipment as the player's domain during contests.
5. Monitor the safety of children in the bleachers and stands.

6. Respect the law. All public schools and Section IX venues are smoke-free, substance-free environments.
7. Athletic contests home, away or at a neutral site are an extension of the classroom. Therefore, all school rules are in effect.
8. Spectators will respect and obey all school officials, supervisors and site personnel at contests.
9. There will be no ringing of bells, sounding of horns, or other noise makers at indoor contests. * Outdoor use will be at the discretion of the site personnel.
10. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
11. Exceptions to this behavior will lead to ejection from the event.

***Please note that individual schools may have more stringent policies. ***

See Section IX website @ <http://roia.ouboces.org/documents/spectator%20code%20of%20conduct.pdf>

ONTEORA EXPECTATIONS FOR SPECTATOR CONDUCT

We believe that:

- Spectators should cheer and applaud good plays by both teams.
- Spectators must refrain from making negative remarks about referees and other teams and their spectators.
- Spectators must always remember that the decisions of the officials must be respected.
- Positive remarks about our players and coaches are to be encouraged; negative remarks are to be discouraged.
- If spectators display unsportsmanlike behavior, district administration or event chaperones may remove them from the site of the contest.

Onteora General Rules of Conduct for Student Athletes

A. The following carry a penalty of indefinite suspension from an athletic team regardless of where or when this conduct takes place during the sports season. This does not preclude police involvement.

Expectations:

1. Student athletes are not to use, possess, sell, distribute, or provide tobacco items (including, but not limited to, smokeless tobacco, e-cigarettes, vaping and vaping paraphernalia and electronic smoking devices).
2. Student athletes are not to use or possess alcohol or performance enhancing drugs or substances.
3. Student athletes are not to sell, distribute, or provide alcohol or performance enhancing drugs or substances to others.

4. Student athletes are not to use or possess Illegal Drugs, Drug Paraphernalia and/or Prescription Medications without a Doctor's order.
5. Student athletes shall not attend peer gatherings where alcohol or illegal drugs/substances are present.
6. Student athletes are not to sell, distribute or providing Illegal Drugs and/or Prescription Medications to others.
7. Students must attend school and not have unexcused absences.
8. All students, including BOCES, must be in school at the start of 4th period in order to participate in practices and contests.
9. Students in grades 7-12 who participate in the athletic program and/or extra-curricular activities that meet at least two hours per week, must maintain academic eligibility and must be present in school by the start of fourth period to participate on the day that the activity is occurring.
10. Student athletes who are serving an in-school suspension or out of school suspension may not participate in athletic activities on the days of the suspensions.

Due Process:

Any violation of the Athletic Code of Conduct will be investigated by the Director of P. E., Health and Athletics and/or the High School Principal or designee.

Parents/guardians of any student athlete subject to disciplinary action will be notified by the appropriate coach, athletic director, or building principal within one school day of the District's actual knowledge of the incident. At the conclusion of the investigation, the Athletic Director will inform the parent/guardian in writing of the outcome of the investigation, including penalty. Upon request, a student and his or her parents will be provided with the opportunity to have an informal meeting with the Director of P. E., Health, and Athletics and, if appropriate, the Coach to discuss the charges and to present their position before the imposition of the discipline.

Decisions of the Director of P. E., Health, and Athletics are final and may not be appealed (*See, Matter of Mungoli, 21 Ed Dept Rep 364 (1981), Matter of Clark 21 Ed Dept Rep 542, Educ. Law Section 3214 [A full due process hearing is inapplicable for exclusion from extra-curricular activities.]*)

NOTES:

1. If a student is suspended from a contest or removed from a team at the end of a season, the penalty will be served during playoffs (if applicable) and at the beginning of or for the next sport season the student participates.
2. All regular school day related disciplinary action (i.e. suspension, detentions) will be honored and also carry over as restrictions for athletic participation.
3. Student athletes should not be at peer gatherings where alcohol or drugs are present. They will be treated, as if, they used alcohol or drugs.
4. If more than one violation of the District or Athletic Code of Conduct occurs, the penalties will be cumulative.
5. The Athletic Department may instill this Code of Conduct for school sponsored events and events that have a nexus to the District.

B. Ontario General rules pertaining to conduct and penalty:

1. Students will adhere to the District's Code of Conduct/Student Handbook.

2. Any team member who engages in conduct in violation of the athletic code of conduct, the districts code of conduct, or in conduct that would constitute a violation of state or federal law will be subject to disciplinary action up to suspension from the team. The sanctions are set forth in the District Code of conduct and the athletic code of conduct. A team member's attitude as demonstrated by conduct should show cooperation, participation, respect, sportsmanship and involvement. Failure to behave in this manner may result in penalties up to and including suspension from the team.
3. Student Athlete Due Process. Student athletes must keep in mind that participation in interscholastic athletics is a privilege. Upon request, a student and his or her parents will be provided with the opportunity to have an informal meeting with the coach and/or Director of P. E., Health, and Athletics to discuss the charges and to present their position before imposition of discipline pertaining to participation in athletics.

C. Sport specific rules:

There are different requirements for certain sports depending on their nature and rules. Some are outdoors, some are indoors; some are team oriented, others individual and some are both. The number of participants ranges widely on the different teams. Specific requirements such as the use of special equipment may also exist.

Therefore, coaches may have specific rules for a sport in addition to the general requirements of the NYSPHSAA, Section IX MHAL League and school rules. Coaches shall clear any sport specific rules with the Director of P.E., Health, and Athletics to ensure that they are consistent with the philosophy of the athletic program. Once approved these rules should be distributed in writing to all team members and their parents/guardians. Any disciplinary actions for infractions shall be outlined in the sport specific rules. Please be aware that sport specific rules do not take the place of either the athletic department or district codes of conduct and any consequences outlined for actions in consistent with either code. Any athlete or parent who has questions or difficulties with the sport specific rules should communicate with the coach involved. It is hoped that in this manner Athletes, parents and coaches will work cooperatively toward the continued success of our athletic program.

Please refer to Board Policy 3410 on Code of Conduct on School Property.

Hazing:

Hazing of any kind, including initiations, is prohibited on any Onteora team. The fact that the victim may consent to the act or participate in the hazing activity does not excuse the hazing behavior. Any hazing activity may result in individual and program penalties, included but not limited to suspension from participation in athletics and the cancellation of the sport season.

Absences from Practices and/or Contests:

- A. The following procedures are to be followed by each team for vacation periods:
 1. Team members and their families must be aware that there may be games and/or practices during certain vacation schedules and/or Saturdays.

2. Students must meet with the coach to obtain approval if they are faced with the possibility of missing practices or contests during these times. This must be done well in advance of the absences, preferably before the season starts.
 3. When a request is made for an excused absence, the student must give the reason for the absence such as a family vacation that could not be scheduled at another time.
- B.** Reasons for other absences. Some examples of reasons beyond the student's control which will permit him/her to legitimately miss practices and/or contests are:
1. Medical and/or dental work which must be scheduled at a particular time.
 2. Death in the family.
 3. Sudden personal or immediate family illness.
 4. Other specific unavoidable causes of conflict.
 5. Each case will be judged on its' own merits.
- C.** In the event that the coach approves the student's absence, the athlete should be aware that there is a strong possibility that he/she could miss games upon his/her return to the team. Reasons of safety as well as team continuity and the philosophy of a coach will govern the duration of suspension from active participation in games. Also, an extended absence may mean that the student will have to re-qualify by completing the number of practice dates stipulated by New York State in order to compete.

ONTEORA STUDENT-ATHLETE RESOLVE

I recognize that being a member of the community carries with it responsibilities and rewards and, that as an athlete in the community; I must not only embrace those responsibilities, but also conduct myself both on and off the playing field in a way which exhibits respect for myself and for others. I therefore resolve to conduct myself with dignity as an athlete and as a citizen of the community, recognizing and accepting that I

- must accept responsibility for my behavior and its outcomes
- must honor my obligations and promises
- must exercise self-control
- must be willing to be fair with others in my dealings on and off the playing field
- must take pride in myself and my accomplishments, but never at the expense of demeaning another person or group
- must respect the efforts of others
- must respect authority
- must play by the spirit, not just the letter of the rules of the game and the rules of life
- must strive to make my community – whether that be the team on which I play or the community in which I live – better because of my contributions as a member and a citizen

SPORTSMANSHIP AT ONTEORA

There has been growing concern nation-wide about the conduct of players, coaches and spectators at athletic events. In many instances, young athletes and their fans have emulated the models exhibited by professional athletes. This type of “in your face” behavior has eroded the foundations of amateur athletics in the United States. However, concerned athletic administrators, coaches and community members have initiated campaigns to revitalize proper conduct at athletic events. We at Onteora believe that athletic competition can operate in an arena where intense competition may exist in conjunction with civility. Our goal is to foster an environment where respect is paramount and where the positive benefits of athletic competition may flourish.

ONTEORA SPORTSMANSHIP BOARD POLICY

The Onteora Central School District Board of Education recognizes the valuable role athletics play in the development of our student population and public recognition of the school district. In doing so, the promotion of good sportsmanship as it pertains to student-athletes, parents, coaches, officials, and spectators will be emphasized for the betterment of the program.

The conduct of all those who participate will be aligned with the expectations established by league, section, and state governing bodies. The following expectations shall be followed at all competitions home and away:

1. Role models play a vital role to the development of the student population and therefore should demonstrate good sportsmanship. Those role models include but are not limited to Principal/Administrative staff, Athletic Director, Coaches, Players, Faculty Members, Booster club members, and Parents
2. Coaches, players, and spectators generally set the tone for the contest and create the public image for the school.
 - a. Therefore they will respect the integrity and judgment of sports officials.
 - b. They shall refrain from all conduct, which is meant to degrade, bait, intimidate, or discredit their opponent, officials or other athletes.
 - c. Coaches are expected to demonstrate an understanding of the educational values of interscholastic athletics by showing restraint and composure in the emotional climate of an athletic contest. The coaches are expected to educate and encourage such restraint with their players.
 - d. Spectators are expected to cheer in a positive tone for their team and avoid negative cheers/comments to the officials, other teams’ coach, players, and spectators.
 - e. Players, coaches, and spectators are expected to follow the expectations for behavior as established in the Athletic Codes, and Coach’s Handbook.
3. In order that all persons may experience maximum enjoyment at an Onteora athletic event and to enhance and encourage good public order, spectators shall be encouraged to sit in designated areas that are closest to their team. Spectators, players, and coaches may not encroach on the playing area so as to disrupt the action of the game.

4. When applicable, announcements will be made prior to the start of the contest to reinforce the expectations of sportsmanship. Consequences for poor sportsmanship are at the discretion of the administrator on site or the coach and may involve any one of the following actions:

1. Verbal Warning
2. Moved seating
3. Removal from the remainder of the contest
4. Banned from future contests
5. Removal from team

Please refer to [Onteora School Board Sportsmanship Policy 7421](#)

SPORTSMANSHIP EXPECTATIONS FOR ONTEORA ATHLETES

We believe that:

- Our athletes must respect their opponents. Taunting will not be tolerated.
- Our athletes must respect the decisions of the referees.
- Our athletes must respect their teammates and coaches.
- Our athletes “play by the rules”.
- Our athletes must be under control and have appropriate behavior that includes appropriate language.
- We expect our student-athletes to display appropriate behavior and will work to reinforce positive sportsmanship.

Changing Sports

Students may change from one sport to another provided that they have received permission from the coaches involved and the Director of P. E., Health, and Athletics. If he/she has been cut from one team, it is permissible to try-out for another provided the coach permits the try-out. The athlete must understand that practices are sport specific and cannot count from one sport to another.

Conflicts with Other School Activities and participating in 2 sports in a season.

1. An individual student who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. The athletes and parents/guardians must realize that many times schedules cannot be changed because of league or section regulations or facility usage.
2. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cognizant about participating in too many activities where conflicts are bound to happen. It also means notifying the coaches involved immediately when a conflict arises, not the day of the conflict.

Students who wish to compete in 2 sports/athletic activities in a season may do so only if the following conditions are met:

- A. Both of the coaches shall meet in person or discuss expectations via email or phone conversation with the student athlete and his/her parents. The coaches must both agree that participation in the 2 sports/athletic activities will be allowed.
- B. The student-athlete and his/her parents must sign the 2-sport athletic approval form which indicates that the student-athlete will be participating in both sport/athletic activities, and also state which will be the primary sport. If conflicts arise during the season that cannot be resolved by the coaches, the schedule for the primary sport must be followed.

Athletic Award System

Each student who participates on a Varsity team will earn a Varsity Letter. Athletes unable to complete a season due to injury, illness or other such circumstances may earn a letter at the discretion of the coach and Director of P. E., Health, and Athletics. Athletes must finish the season, including post-season play, in order to be eligible for an award.

The following awards are available in the Onteora Athletic Program:

- A. Certificates: Participation certificates for modified, JV and non-letter athletes. Varsity certificate for varsity letter athletes.
- B. Letters: One varsity letter will be issued to an individual for his/her high school career in all sports.
- C. Inserts: Varsity student-athletes receive a pin the first year of participation and a service bar for subsequent years in each sport.

Athletic Placement Process

- A. Students who are in grades 7 or 8 may try-out for frosh, JV or varsity teams provided that they meet the strict guidelines that have been established by New York State. The program is intended for students who have exceptional athletic talents in their sports and are capable emotionally and socially of meeting the demands of competing at higher levels. The District makes every effort to be certain that students are placed in an appropriate level and will use the Athletic Placement Process for limited cases.
- B. The following steps must be taken in order to complete the Athletic Placement Process:
 - 1. Parents must grand permission by obtaining the Athletic Placement Process Form from the Athletic Office, complete the form and return it prior to the season.
 - 2. The Director of P. E., Health, and Athletics will review the students background and confirm that the student is suitable for consideration, which includes the likelihood the student would participate in at least 50% of the team's contests. In addition, the Director of P. E., Health, and Athletics will review that the student's academic

performance is at or above grade level. The Director of P. E., Health, and Athletics will confirm with the coach that he/she approves of the potential placement based on the student's skill. The coach may rely on past observations, or if he/she is unfamiliar with the student may observe him/her in physical education class. The coach's approval does not eliminate the student needing to try out and make the team.

3. The student must have medical clearance prior to completing a rigorous fitness test.
4. The student is assessed by the medical director to determine whether he/she has reached a stage of physical development that will lessen the likelihood of the student being injured by participating in the level and sport desired. If a student has attained an appropriate level of physical maturity and has a height and a weight that are comparable to those of the proposed team members as determined by the Medical Director, the Medical Director approves the student to proceed to the next step in the process. If the student is not approved by the Medical director to proceed the process stops.
5. A physical education teacher who is not a coach in the sport will administer a rigorous fitness test. The Presidents physical fitness test has been selected as the test for this process and the student must meet the 85th percentile level for their age in 4 out of 5 test components. Exceptions exist for students trying out in swimming, bowling and golf.
6. If the above are completed successfully, the students will be given three days in all sports except football (5 days) to try-out. If at the conclusion of the try-out period they do not make the team, they may still compete on the modified (grade 7 and 8) level.

Athletic Placement Process: <http://roia.ouboces.org/documents/athleticplacementprocess.pdf>

See also: <http://www.nysed.gov/common/nysed/files/programs/curriculum-instruction/athleticplacementprocess12-11-17finalrevised.pdf>

Mixed Competition

https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/information-regarding-mixed-competition_november-2022.pdf

- a. Equal opportunity to participate in interschool competition either on separate teams or in mixed competition on the same team shall be provided to male and female students, except as hereinafter provided. In schools that do not provide separate competition for male and female students in a specific sport, no student shall be excluded from such competition solely by reason of sex except in accordance with the provision of sub clauses (b) and (d) of this clause. For the purpose of this clause, baseball and softball shall be considered to constitute a single sport.
- b. In the sports of baseball, basketball, boxing, field hockey, football, ice hockey, lacrosse, rugby, soccer, softball, speedball, team handball, power volleyball where the height of the net is set at

less than eight feet, and wrestling, the fitness of a given student to participate in mixed competition shall be determined by a review panel consisting of the school physician, a physical education teacher designated by the principal of the school and if requested by the parents of the pupil, a physician selected by such parents. Such panel shall make its determination by majority vote of the members, and in accordance with standards and criteria issued by the department.

- c. Where a school provides separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, may permit a female or females to participate on a team organized for males. However, where separate competition is provided, males may not participate on teams organized for females. NYSPHSAA NOTE: This clause is to meet the needs of the exceptionally talented girl.
- d. Where a school does not provide separate competition for male and female pupils in interschool athletic competition in a specific sport, the superintendent of schools, or in the case of a nonpublic school or school system which elects to be governed by this clause, the chief executive officer of the school or school system, or the section may decline to permit a male or males to participate on a team organized for females upon a finding that such participation would have a significant adverse effect upon the opportunity of females to participate successfully in interschool competition in that sport.

The NYSPHSAA requires that the names of girls and boys who participate on a team of the opposite sex be submitted to the league and section before any interschool contest in that sport. Teams with multiple representations of boys and girls must be declared girls or a boys' team by their schools, prior to the first competition.

NOTE: Teams organized for one gender may only practice and compete against teams of that same gender. Furthermore, once an individual competes on a team for one gender during the regular season, he/she may not compete for or against a team organized for the other sex during that regular season. (Representation #26).

NOTE: for individual, individual/ team sports, when a school district does not have a team designated for each singular gender, the Section Executive Director may grant a waiver of the Representation Standard for Sectional Competition when a student has met the qualification for participation in the current school year's NYSPHSAA Championship event. The waiver request must be submitted to the Section Executive Director before the start of Sectional Competition. The athlete must meet all eligibility standards, to receive the waiver.

Medical Insurance:

- A. Parents and Athletes should understand that there is a risk of injury in any sport. In the event of an injury, Onteora subscribes to Pupil Benefits Plan, Inc., 101 Dutch Meadows

Lane, Glenville, NY. 12302. Phone: (800) 393-3301. This policy is a secondary form of accident insurance, an excess coverage plan. Any claim must first be submitted to the student-athlete's health insurance carrier for basic and major medical coverage prior to the application to the school district for coverage under its program.

B. Filing procedure for Parents:

1. Make sure that the head coach has been notified (immediately) of the injury.
2. The parents must file first using their own insurance.
3. If the insurance of the parents does not cover the complete bill, they should contact the school Nurse Practitioner for the appropriate form to file with the school insurance carrier.

Policy for Bus Trips:

Students belonging to any athletic team when attending any function connected with school activities where the school provides the transportation must use the transportation afforded by the school to the event and must return the same way. However, permission may be obtained for: (1) parents who wish to transport their own children home from an event and (2) parents who would like another parent to transport his/her child home from an event. In both cases, a Transportation Permission Form must be filed through FamilyID prior to the event and include a list of adults who are authorized to transport their child. The parent/guardian(s) or authorized adults will need to sign out the student athlete with the coach after the contest.

Equipment:

- A.** Players are responsible for all equipment issued to them. They should not expect managers, coaches or others to assume that obligation.
- B.** Equipment (school) issued to a player is to be used only for the purpose for which it was intended in practice or contests. No part of any uniform or equipment is to be used in physical education classes, outside/out of season competitions, or in any way unless specific permission has been granted by the Director of P. E., Health, and Athletics.
- C.** Lost, stolen, or misused equipment will be charged to the individual responsible for it; the athlete will be required to make restitution. No award or further participation will be granted until restitution has been made.
- D.** Any player found to be in possession of unauthorized equipment will be suspended from the team.

Physicals:

All student-athletes participating in interscholastic competition must have a sports physical conducted by the school physician before participating in his or her first organized team practice and/or tryout. The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury or prolonged absence, must be prequalified by the school physician

prior to participation. If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. Football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts. Before the participation of each separate season (fall, winter, spring), the student-athlete must complete the Interval Health History Form and turn it into the nurse's office before the start of that season. Without this form, a student-athlete **WILL NOT** be eligible to participate in any tryouts, practices, or competitions. If a student elects to have a physical by his or her own physician, fee payment is the responsibility of the parent or guardian and must follow these steps:

1. Obtain a physical form and sports approval card from the health office.
2. Make an appointment with his/her private physician and have said physician complete the physical form and sign the approval card noting conditions, if any, which may disqualify a candidate for participation.
3. Return completed forms to the health office for review for final approval by the school physician.
4. If a student-athlete misses five (5) consecutive days of participation due to injury or illness, he/she must be re-evaluated and approved by the school nurse practitioner or arrange for another physical.

FAMILY ID

Online registration (FamilyID) for Modified Sports can be found on the Athletics Page of the Onteora Central School District website.

A parent/guardian must register on FamilyID by completing the following steps:

<https://www.familyid.com/organizations/onteora-central-school-district-athletics>

1. To register your child, you will need to select the appropriate Season registration form from the programs section listed.
2. Next click on the green **Register Now** button and scroll, if necessary, to the **Create Account/Log In** green buttons. If this is your first time using Family ID, click **Create Account**. Click **Log In**, if you already have a Family ID account.
3. **Create** your secure Family ID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select **I Agree** to the Family ID Terms of Service. Click **Create Account**.
4. You will receive an email with a link to activate your new account. If you don't see the email, check your E-mail filters (spam, junk, etc.)
5. Click on the link in your activation E-mail, which will log you in to FamilyID.com
6. Once in the Registration Form, complete the information requested. All fields with a red* are required to have an answer.
7. Click the **Save & Continue** button when your form is complete.

8. Review your registration summary and submit.

For FamilyID Help/Assistance:

Need a human? 1-888-800-5583 | support@familyid.com

For questions, please contact:

Jonnah O'Donnell, Interim Director of Health, Physical Education & Athletics -

Jodonnell@onteora.k12.ny.us

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Injury Procedure:

- A.** All injuries must be reported to the head coach immediately.
- B.** Any participant who misses a practice with a doctor's excuse may return to practice only with approval from the doctor. This requires the student to give this approval directly to the school Nurse Practitioner. The Nurse Practitioner will notify the coach that the student is approved to return to the team.
- C.** Medical expenses resulting from an injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier. See Medical Insurance section above.

Concussion Management:

Students and parents will be provided New York State approved information both in print as well as on the athletic webpage with regards to Concussion awareness and management. Students and parents are required to follow the district policy and procedures for concussion management as developed by the School's Chief Medical Officer and NYSPHSAA.

ONTEORA CONCUSSION MANAGEMENT BOARD POLICY

CONCUSSION MANAGEMENT POLICY

The Onteora Board of Education and the Onteora Central School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activities and can have serious consequences if not managed carefully.

Concussion is a type of traumatic brain injury (TBI) and is sometimes referred to as a mild TBI. Concussions are injuries to the brain that occur as the result of a fall, motor vehicle accident, or any other activity that results in an impact to the head or body.

A concussion is a reaction by the brain to a force transmitted to the head from an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

The symptoms of a concussion result from a temporary change in the brain's function causing a short-term impairment of brain function. The signs of a concussion may occur immediately or evolve over minutes or days. There is a range of symptoms from a concussion, and students with concussions may display very different signs and symptoms.

In most cases, the symptoms of a concussion resolve over a brief period ranging from a few days or weeks; however, in some cases, symptoms can last for several weeks or months. In a small number of cases, or in cases of re-injury during the recovery phase, permanent brain injury is possible. Children and adolescents are more susceptible to concussions and take longer than adults to fully recover. Therefore, it is imperative that any student who is suspected of having sustained a concussion be immediately removed from cognitive, athletic and other physical activities until evaluated and cleared to return to activity by a licensed health care provider. Athletic activities are defined by commissioner's regulations. Physical activities are all other types of physical movement that raise the heart rate, such as PE class, recess etc. Cognitive activities are those that stimulate activity in the brain and may occur with or without physical movement. Recovery from a concussion will vary. Avoiding re-injury until fully recovered is the cornerstone of proper concussion management.

While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses, and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms, or behaviors while participating in a school sponsored class, recess, extracurricular activity, or intramural/interscholastic athletic activity shall be immediately removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The athletic trainer, coach, school nurse, or other District employee in charge of or supervising the activity will notify the student's parents or guardians.

Concussion in the Classroom

Students recovering from concussion can experience significant academic difficulties due to impaired cognitive abilities. Mental exertion and environmental stimulation can aggravate concussion symptoms such as headache and fatigue, which in turn can prolong recovery. Accordingly, academic accommodations should be available to the student recovering from concussion both to ensure academic progress and to set the conditions for optimal medical recovery. Academic stress and a sense that teachers or school staff don't understand the student's concussion-related problems can complicate recovery. Ensuring adequate rest, avoiding overexertion and over stimulation, reducing risk of re-injury and providing academic accommodations are the essential components of a return-to-school plan after concussion. As the student recovers, he or she may need to attend school part-time or full time with rest breaks as directed by a healthcare provider.

Cognitive rest

Cognitive rest requires that the student avoid participation in, or exposure to, activities that require concentration or mental stimulation including, but not limited to:

- Computers and video games
- Television viewing
- Driving
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Participation in band, chorus, plays etc.
- Employment
- Loud music
- Bright lights

Parents/guardians, teachers, and other district staff should monitor for signs of concussion symptoms reappearing such as fatigue, irritability, headaches, blurred vision, or dizziness, which may reappear with any type of mental activity or stimulation. If any of these signs and symptoms occur, the student should cease the activity. Return of symptoms should guide whether the student should participate in an activity.

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the district requires the parent/legal guardian to report the condition to the appropriate school nurse so that the district can support the proper management of the condition.

The Concussion Management Awareness Act, Chapter 496 of the Laws of 2011, requires the Commissioner of Education, in conjunction with the Commissioner of Health to promulgate rules and regulations related to students who sustain a concussion, also known as mild traumatic brain injury (MTBI), at school and at any district sponsored event or related activity. These guidelines for return to school and certain school activities apply to all public-school students who have sustained a concussion regardless of where the concussion occurred. The law also requires that school coaches, physical education teachers, nurses and certified athletic trainers complete a New York State Education Department (NYSED) approved course on concussions and concussion management every two years. Finally, the law requires that students who sustained, or are suspected to have sustained, a concussion during athletic activities (interscholastic sports) are to be immediately removed from such activities. Such students may not return to athletic activities (interscholastic sports) until they have been symptom free for a minimum of 24 hours and have been evaluated by and receive written and signed authorization to return to activities from a duly licensed physician. Such written clearance should be sent to the school for review by the district's medical director and filed in the student's cumulative health record as required in the law and Commissioner's Regulation part 136.5 (d)(2)(i). A school shall require the immediate removal from athletic activities of any pupil who has sustained, or who is believed to have sustained, a mild traumatic brain injury. If there is any doubt as to whether a pupil has sustained a concussion, it shall be presumed that the pupil has been so injured until proven otherwise.

In the event of any concussion, regardless of where it was sustained, the student shall not return to physical activities of any kind including but not limited to physical education class, recess, and athletics until

they are symptom free for at least 24 hours and has been evaluated by and provides written authorization from an appropriate health care professional. The school's Medical Director or their designee will have the final decision on beginning the Return to Play process. Any student who continues to exhibit signs or symptoms upon return to physical activity must be removed from play and reevaluated by their health care provider. * See Table 1-Diagnosis and Clearance of Concussions.

The district will establish a concussion management team which may consist of, but not be limited to the Athletic Director, Medical Director, School Nurse, and representatives from the administration, faculty and coaching staff. Any changes or modifications to the policy and procedures will be reviewed with the athletic department staff and appropriate school personnel verbally and in writing.

Those who come in contact with our students including but not limited to school nurses, physical education teachers, coaches, and athletic trainers will be required to complete biennially a course related to recognizing the symptoms of a mild traumatic brain injury, and monitoring and seeking proper medical treatment for pupils who suffer one. The school district will provide education to the public on mild traumatic brain injury in the student handbook, athletic code of conduct and on the District website.

The Superintendent, in consultation with appropriate district staff, including the school Medical Director, will develop regulations and protocols to guide the Return to Play Process.

Adopted: 10/8/19 Updated

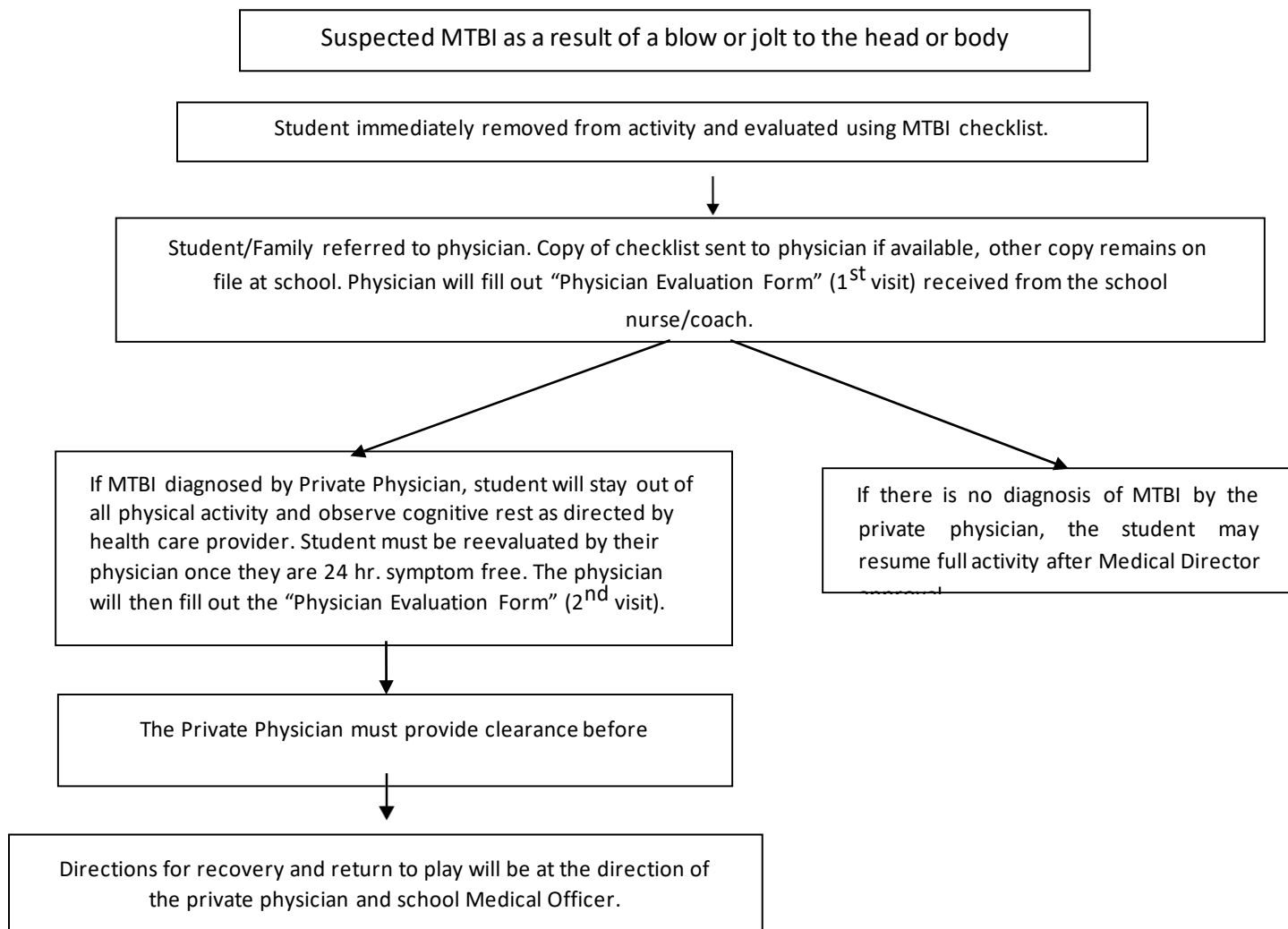
ONTEORA CENTRAL SCHOOL DISTRICT

PO Box 300 • Boiceville, NY 12412

Regulation Number: 7422 R

Date: 8/1/14

Mild Traumatic Brain Injury (MTBI) Flow Chart (K-12)



Onteora Central School District Concussion
Return to Activity Protocol

Student Name _____	School _____
Date Protocol _____	Target HR _____

Step	Name of staff monitoring student during step	Concept/Goal	Date	Activity Description	Comment/Symptoms
1		Light general conditioning exercise with goal to slowly increase heart rate.		10-15 minutes light cardio-exercise ie. brisk walking, stationary bike. Target heart rate < 70% of predicted max.	Stationary Bike 10 min
2		Moderate general conditioning and sport specific skill work. Goal is to increase movement and agility.		sport specific activity, 10-15 minute duration. Avoid spins, dives, jumps. Target heart rate < 80% predicted max.	Jog on Treadmill 15 min
3		Heavy general conditioning. No contact. Goal is to increase speed and lateral mobility.		General conditioning activities 15-20 minutes. Target HR < 90% predicted maximum.	Jog on Treadmill 15 min 5 Min Dynamic Warm- up
4		Skill work and team drills. Very light contact. Goal is team skills and light static contact.		Resume regular conditioning and duration of practice. Increase intensity of training and gradually increase skill level for 30 minutes.	Participation in Phys Ed for 30min
5		Return to PE, recess activities, full athletic practice with moderate contact.		May compete but avoiding heavy contact, ex. tackling.	Full Participation in Phys Ed Class
6		Return to full athletic competition.		No restrictions	

District Mental Health Supports

Mental Health Supports for Student Athletes

If you have a student/athlete that is struggling with mental health issues the school offers several different supports. Here is the process:

1. Contact the Athletic Director or Building Principal.
 - a. Jonnah O'Donnell (AD) - 845-657-2373 x2113/845-656-9114
 - b. Lance Edelman (HS) - 845-657-2373 x2110
 - c. Sarah Turck (HS Asst.) - 845-657-2373 x2110
 - d. Don Solimene (MS) - 845-657-2373 x2210
2. If you know the students' guidance counselor, you can contact them directly and can bypass the administration unless this is an emergency then administration must be notified. (845-657-2373)

MS/HS Guidance Counselors

- a. Brian Schaffer - x2133
- b. Monir Evers-Parker - x2136
- c. Sam Smith - x2134

Guidance will direct students to the best supports. Onteora is fortunate to have several social workers and a school psychologist that can work with students and contact families if necessary. This includes an Astor Clinician that can provide outside counseling if referred by a parent or district.

3. On the Onteora.k12.ny.us website there are several links under Pupil Personnel Services, click on [Social Emotional Learning](#) and it will bring you to a list of school personnel and helpful websites.

IF YOU BELIEVE THE STUDENT NEEDS IMMEDIATE CARE PRIOR TO LEAVING YOUR SUPERVISION:

1. Contact Ulster County Mobile Mental Health: (844) 277-4820
2. Contact Student/Athletes Parent or Emergency Contact
3. Contact Jonnah O'Donnell, Interim Athletic Director.
4. Katie Klercker - Athletic Trainer should be notified

IF YOU BELIEVE IT IS AN EMERGENCY CONTACT 911 AND THEN FOLLOW STEPS BELOW:

1. Contact Student/Athletes Parent or Emergency Contact
2. Contact Jonnah O'Donnell, Interim Athletic Director.
3. Katie Klercker - Athletic Trainer should be notified (845-399-2065).

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ATHLETE'S PLEDGE

Each athlete must make a commitment to the athletic program to ensure success. Please read the following and pledge your commitment to adhere to the standards of our code of conduct.

1. **ELIGIBILITY:** I agree to meet all eligibility requirements, to honestly and accurately provide the necessary eligibility information, and to work to maintain my eligibility.
2. **ATTENDANCE:** I shall maintain a good attendance record and will adhere to all attendance requirements established by the school and coach.
3. **COMMITMENT:** I agree to make a firm commitment to my teammates, my coach, my school, and myself.
4. **CONDUCT:** I shall adhere to all the rules and responsibilities as outlined by the school and my coach.
5. **CARE OF UNIFORMS and EQUIPMENT:** I accept responsibility for all equipment that is issued to me by the school. Further, I agree to properly use all team equipment.
6. **TRANSPORTATION and AWAY CONTESTS:** I agree to follow the transportation policy established by the school. I will adhere to the additional requirements established by my coach and the athletic department.
7. **TRAINING:** I understand that proper training is essential to my performance. I agree to adhere to the training regimen established by the coaching staff.
8. **STUDENT HANDBOOK:** I shall adhere to all rules and responsibilities as outlined by the Student Handbook and Code of Conduct.

By signing below, the student athlete and his/her parent/guardian indicates that they have received, read and understand the Athletic Handbook/Code of Conduct and they had an opportunity to ask any questions of the Director of P. E., Health, Athletics/Dean relating to the Athletic Handbook/Code of Conduct. Furthermore, the athlete and his/her parents promise to abide by its provisions.

Athlete's Name (Please print)

Athlete's Signature & Date

Parent/Guardian Name (Please print)

Parent/Guardian Signature & Date