

REGULATION

2015

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ATHLETIC RULES AND REGULATIONS FOR ALL HIGH SCHOOL ATHLETIC TEAMS AND ATHLETES. (VARSITY AND JUNIOR VARSITY) 2015-2016

PLEASE REVIEW THESE RULES WITH THE STUDENT AND KEEP THIS FOR REFERENCE DURING THE YEAR.

Prior to any student being allowed to participate in practice and/or an athletic contest, both parent and student signatures must be submitted; acknowledging they have reviewed all rules pertaining to interscholastic athletics and that said rules will be adhered to during the sport season(s).

Student athletes who participate in the Interscholastic Athletic Program have a responsibility to their parents, school, team, coach and to themselves. If a student accepts the responsibility of being a member of an athletic team, he/she must adhere to certain rules and regulations as outlined below:

PHYSICAL EXAMINATION

Sports physicals for ALL sports will be scheduled in August of the upcoming school year. New students who registered for school after August will be given an opportunity to receive their physicals in school, at no expense to them.

A student trying out for an athletic team must have a medical examination performed and a report on file in the school Health Office before the student can try out for and practice for any sport. It is recommended, but not required, that the school physician employed by the district perform the examination.

If a community health care provider/personal physician performs the physical examination, the school physician would have the final authorization for the student to participate in a sport, if the situation warranted. A student who has the physical provided by their family health care provider school will not be allowed to participate in any sport season unless he/she has a physical and meets the following criteria:

- The physical is paid for @ his/her own expense.
- The student/parent has submitted TO THE SCHOOL NURSE ONLY, a written statement from the family doctor indicating the athlete has taken and passed a sport physical. The school physician has the absolute authority to determine the physical capacity of a pupil to participate in a sport.
- Coaches are NOT to accept physical exam slips from students. Students are to be instructed to take their slips to the Athletic Director or the nurse to get final clearance. UNDER NO CONDITIONS will a coach take a verbal statement from a student that he/she has had a physical examination. If the student's name does not appear on the original list sent by the Athletic Director or the nurse, the coach must obtain a note from the nurse stating that the student has had the physical.
- The medical examination and approval of the school physician or family doctor is valid for the school year, unless an interruption of participation occurs as a result of injury or illness.
- All pupils shall have a health history interview with the nurse prior to the start of try-out/practice sessions at the beginning of each season, unless the student has received a full medical examination within the immediate preceding 30 days. (30 days prior to the start date of try-outs/practices).

CONCUSSION POLICY

THE SCHOOL PHYSICIAN IS THE ONLY WHO CAN RELEASE A PLAYER THAT HAS BEEN TREATED FOR A CONCUSSION, EVEN IF THE STUDENT ATHLETES PERSONAL PHYSICIAN HAS INDICATED THE STUDENT MAY RETURN WITHOUT RESTRICTIONS.

Concussion Management Procedures

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PARENTS/GUARDIANS OF ATHLETES: In order to protect the students/athletes of Seneca Falls Central School district, the school district, in accordance with the Concussion Management Act, has mandated that all student athletes, parents and guardian follow the Seneca Falls Central School District Concussion Regulation.

WHAT IS A CONCUSSION?

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

What are the signs and symptoms of a concussion?

Amnesia (e.g. decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information); confusion or appearing dazed; headache or head pressure; loss of consciousness; balance difficulty or dizziness, or clumsy movements; double or blurry vision; sensitivity to light and/or sound; nausea, vomiting, and/or loss of appetite; irritability, sadness, or other changes in personality; feeling sluggish, foggy, groggy, or lightheaded; concentration or focusing problems; slowed reaction times, drowsiness; fatigue and/or sleep issues (e.g. sleeping more or less than usual)

Students who develop any of the following signs or if the above listed symptoms worsen, must be seen and evaluated immediately at the nearest hospital emergency room:

Headaches that worsen; seizures; looks drowsy and/or cannot be awakened; repeated vomiting; slurred speech; unable to recognize people or places; weakness or numbing in the arm or legs, facial drooping; unsteady gait; dilated or pinpoint pupils, or change in pupil size of one eye; significant irritability; any loss of consciousness; suspicion of skull fracture; blood draining from ear, or clear fluid

What should you do if you think your child has a concussion?

Seek medical attention right away. A licensed health care professional will be able to decide how serious the concussion is.

Tell your child's coach about any recent concussions. School personnel should be notified if your child had a recent concussion in any sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Concussion Graduated Return to Policy

When a student has been cleared by a medical provider from a concussion, the following graduated return to play will be followed. Each stage is a minimum 24 hour period. The graduated return to activities will not begin until the student is completely symptom free. Once a student with a concussion has been symptom free at rest for at least 24 hours, a private medical provider may choose to clear the student to begin a graduated return to activities. If the district has concerns or questions about the private medical provider's orders, the Board of Education approved district physician should contact that provider to discuss and clarify. Additionally, if requested by the school district, the Board of Education approved district physician has the final authority to clear students to participate in or return to extra-class physical activities in accordance with the New York State Concussion Management Act.

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Phase 1- Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 2- Higher impact, higher exertion, and moderate aerobic activity such as running or jump roping. No resistance training. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 3- Sport specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 4- Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 5- Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over 24 hour period proceed to:

Phase 6- Return to full activities without restrictions

The treatment, management and return to play determinations will be individualized to each student and dependent on circumstances of each specific case and injury. A safe return to play is the ultimate goal regardless of age and level of play;

How you can help your child prevent a concussion?

- Ensure that they follow their coach's rules for safety and the rules of the sport;
- Encourage them to practice good sportsmanship at all times
- Make sure they properly wear the right protective equipment that is required for their sport (such as helmets, padding, shin guards, eye and mouth guards);
- Learn the signs and symptoms of a concussion.

PRACTICES - GAMES - TEAM AFFAIRS

Players are expected to attend all practices, games and team affairs, unless legally excused by the coach and/or school administration. It is the responsibility of the player to notify the coach in advance if he/she cannot attend practice, game, etc.

Physical Education Attendance: A student athlete must participate in his/her scheduled physical education class, unless excused by the school nurse or the athlete's physician. Participation in athletics does not exempt an athlete from participation in physical education class. Student athletes can gain many benefits from the District's Physical Education curriculum that will enhance their everyday lives. Unexcused absences or failure to participate in physical education without a valid excuse will result in loss of practice or participation in an athletic practice/contest/game.

If a player is detained for academic reasons or school related activities; he/she must bring a signed note from the teacher, stating the time of release for the coach's verification.

All students, including student athletes who are assigned to late detention must serve the detention on the day the detention(s) have been assigned. The 11th period detention will run from 3:00 – 4:00 and will be scheduled two (2) days/week. Any exception to this rule must be approved by the principal or Assistant Principal only.

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Students who are involved in an extracurricular activity must be in school by 8:00 a.m. to be eligible to participate in the activity/practice for that day.

Students who sign-in after 8:00 a.m. must have a legal, written excuse from a doctor/dentist or counselor for emergency/regularly scheduled appointments. SIGNED NOTES FROM A PARENT WILL NOT BE ACCEPTED.

Any student, who attends a funeral, **MUST SUBMIT** a NOTE TO THE OFFICE, from a parent upon return from the funeral.

If a student has a court appearance, a note from the COURT CLERK must be submitted to the office prior to the student being allowed to practice or participate in an athletic contest.

If a student is attending a college visit, authorization of said visit must go through the Guidance Counselor, for the purpose of obtaining a transcript, which is to be done in advance of the visit. This will then allow the student to participate in the activity when classes are missed.

The same written excuses apply to students wishing to sign-out of school and who do not return to school, if they wish to participate in an athletic contest/practice on that day.

Each athlete must make every effort to be in school the day following an athletic event. If a pattern of absence develops following an athletic event, the coach and or administration will take appropriate disciplinary action. That action may range from a warning to suspension from participation for a period of time.

Student/athletes who miss 5 days of practice/games in succession, for any reason, will not be able to participate in an interscholastic contest until he/she has participated in three (3) practices. Pre-game warm-ups can be counted as a practice; however, the athlete cannot participate in that days' contest.

Students who fail to attend 10th or 11th period detention, without advance permission from an administrator, may be denied the right to practice and/or play in an athletic event for that day. Any student, who has been a discipline problem that day, may be denied the opportunity to practice or participate in an athletic event for that day or as otherwise deemed appropriate by the administrator.

If a student athlete misses a game without previous permission from the current seasons' Coach and Athletic Director (or High School Principal) that student will be subject to a one game suspension for each contest missed. This suspension will be served immediately following the student athletes' return to the team. A second violation will result in immediate dismissal from the team.

Player Ejection Policy (NYSPHSAA & Section V) – Any player on a varsity, junior varsity or modified team in Section V shall be suspended for the next two (2) contests, if ejected by an official from a contest for unsportsmanlike behavior. The next contest is defined as the next contest in which the disqualified student-athlete is eligible to play, whether it is that sport season, the next sport season or the next school year.

Sectional, regional, or state games, including invitational events, are NOT exempt from this rule. If a disqualified player plays illegally in a contest, that contest is subject to forfeiture, pending a decision from the Section V Sportsmanship Committee.

ATHLETIC TRANSFER OR DROP PROCEDURE

Student Athletes who wish to transfer from one sport to another during the season.

Student/athlete must meet the following requirements:

- A student may join another team providing there were no cuts already made on the new team.

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- If cuts were made with the new team and then a student wishes to join that team, he/she will not be allowed to join.
- If a student is dismissed for reasons of insubordination from one team during a season he/she is not eligible to join any other team that season.

Steps for the student athlete to follow for the transferring of a sport if above requirements have been met:

- Meet with the Athletic Director to discuss their intentions of changing sports.
- Obtain a Sports Transfer Form from Athletic Director.
- Meet with the current sports head coach for an exit interview, and have Sports Transfer Form signed.
- Meet with the coach of the sport wishing to enter to be sure the student/athlete would be eligible and have Sports Transfer Form signed.
- Meet with Athletic Director a second time to review Sports Transfer Form and discuss eligibility requirements of the student/athlete and the new sport wishing to be played.

If an athlete quits a team after the first scheduled contest and wishes to participate on any other inter-scholastic team for that season.

Student/athlete must meet the following requirements:

- All equipment issued is returned
- Meet with the coach to discuss the decision
- Appear in front of the athletic review board to discuss the action. The board will render a decision as to the future status of the student/athletes participation in the athletic program.

TRAVEL

Team members are required to travel to and from any away athletic contest on the school bus or transportation provided by the School District. Requests by parents for exceptions to this rule must be discussed with the coach/Athletic Director/Administrator IN ADVANCE. The approved form must be attained from the coach, completed by the student and signed by a parent BEFORE the request is approved and signed by the respective administrator.

EQUIPMENT - FACILITIES - PROPERTY

PLAYERS ARE TO RESPECT MYNDERSE ACADEMY AND THE OPPONENT'S SCHOOL EQUIPMENT, FACILITIES AND PROPERTY.

Equipment, uniforms, etc., issued to players are to be used only for the purpose of scheduled practices, games or when authorized by the coach.

Lost or misused equipment will be charged to the player responsible for it and restitution will be required. No awards or further participation will be granted and post-secondary transcripts will not be forwarded until restitution is made.

Any player found to be guilty of removing another person's personal effects or damaging athletic equipment from Mynderse Academy or the opponent's school will be subject to suspension from the team, arrest and/or legal action and restitution.

Student Parking for Practice/Games: Student/Athletes who drive to practice or for home games must park in the student parking lot or if after school hours, may park on the north side of the building adjacent to the baseball, football and soccer fields. Students are not allowed to leave their cars in the drop off loop or the bus loop. Unauthorized cars may be towed at the owner's expense with future driving privileges suspended.

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ACADEMIC ELIGIBILITY/PROBATION POLICY

The opportunity to participate in extracurricular activities is a privilege, not a right. A policy has been established that focuses on academic achievement for students. Students who participate in interscholastic athletics must be enrolled in a full academic schedule, (5 academic courses + Physical Education). The approval from the Principal only is required for any & all modifications to this rule. The format of the policy is as follows:

ACADEMIC PROBATION

Students failing (2) or more subjects will be placed on probation. This will begin with the first five (5) week progress reports in the fall. Probation only occurs one time during the school year.

Students may try-out and practice while on Probation, only if they attend the academic assistance period (10th period) Monday –Thursday & bring a note from the teacher they stayed for to the coach.

Students will have (2) weeks to raise their grade in those subjects. If, after the (2) weeks, a student is still failing (2) or more subjects, the student will be ineligible to participate or attend activities at Mynderse Academy for a minimum of two (2) weeks.

ACADEMIC INELIGIBILITY

Students who failed (2) or more subjects at the end of the academic year are strongly encouraged to attend summer school. Any student who has failed two or more subjects at the end of the academic year and/or after attending summer school will begin the fall on academic probation and will remain on probation until (5 week) reports are issued for the first time during the next school year.

Students may try-out, practice, attend and participate in games while on probation, providing they attend 10th period and bring a pass to their coach/advisor on a daily basis.

The teacher must sign-off to clear a student for reinstatement and this information must be submitted to the principal who will advise the coach/advisor of the student being eligible for participation. A teacher may wait two (2) weeks to re-evaluate a student's academic standing before having to provide a grade report to the Principal on behalf of the student. **A TEACHER IS NOT COMPELLED TO RE-EVALUATE A STUDENT'S ACADEMIC STATUS UNTIL THE NEXT FIVE (5) WEEK MARKING PERIOD.**

TRAINING RULES - SPORTSMANSHIP – CONDUCT FOR ALL ATHLETES AT MYNDERSE ACADEMY

The use of drugs (except for approved prescription drugs), drinking of alcoholic beverages or use of tobacco products, vapors, e-cigarettes (or other such devices), inhalants, pills or other illegal substances is strictly prohibited.

It is considered a violation of the training rules to:

1. Be caught using or under the influence of any of the above.
2. Be in possession of any of the above.
3. Is present where any of the above is being used by minors (if an legal substance) or by anyone if an illegal substance.

When a formal written charge is brought to the Athletic Director against an athlete, the following procedure will be followed:

1. If a student is found guilty of use possession of or sale and distribution of any of the items listed above outside of the school day and off school property the athlete will be suspended from 20% of the season if the incident occurred prior to the beginning of the season. If the season has begun, the student will be

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suspended for a minimum of two (2) games. The student/athlete will be permitted to practice during the suspension, provided the coach has agreed to allow them to practice. Student must meet with a Substance Abuse Counselor. Failure to meet with the counselor and provide written documentation indicating the referral process was implemented will result in the student not being able to participate in any further extracurricular activities at Mynderse Academy.

2. If the athlete disagrees with the charge, he/she has (2) days to file an appeal, in writing, to the Athletic Director and the athlete must abide by the verdict of the Athletic Review Board.

3. If a student is found guilty of any items listed above during the school day, on school property (this includes school transportation) or at a school function on campus or off, it will result in disciplinary action consisting of:

- A minimum of a five (5) day suspension out of school.
- Superintendent Hearing to determine guilt and if further suspension time is merited. If the student is found guilty of the charge of possessing of drugs, alcohol or any of the items/substances listed above, the recommendation for a longer-term suspension of ten weeks will be made. If a student is found guilty of being under the influence, the suspension will be twenty (20) weeks AND if the student is found guilty of promoting the sale and distribution of alcohol, drugs or any of the substances/items listed above, the recommended suspension will be thirty (30) weeks. If the student is guilty of any of the charges (The Hearing Officer's decision and recommendation to the Superintendent may vary based on circumstances presented at the Superintendent's Hearing.
- Prior to returning to school, a parent/student conference will be held with the principal.
- The student will be required to meet with the substance abuse counselor for evaluation and follow-up recommendations. The student will be required to comply with recommendations.
- The student will be suspended from all co-curricular and interscholastic athletic activities for 120 calendar days.
- Appropriate law enforcement agencies will be notified.

Repeat offenders for possession, under the influence or sale and distribution will result in out of school suspension, superintendent hearing and if guilty student will not be allowed to participate or attend any co-curricular or extracurricular event for the remainder of their tenure @ Mynderse Academy.

"Possession/Use/Sale/in the Presence of" Drugs or Alcohol off School Grounds – Co-Curricular & Interscholastic Athletic Participation

If a student is a member of a co-curricular or interscholastic athletic activity and is reported by Police and guilty of possession/use/sale/in the presence of drugs or alcohol at a function separate from school, he/she will be subject to suspension from that co-curricular or interscholastic athletic activity during a specific school year as follows (e.g. first offense = 20% of activity, second offense = removal from activity)

To enable the school and the parents of athletes to work cooperatively in solving problems that may arise as a result of their training rules, the following Athletic Review Board will become part of the total Interscholastic Athletic Program at Mynderse Academy.

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ATHLETIC REVIEW BOARD

Problems dealing with interscholastic athletics will be handled by the Athletic Review Board, which will consist of:

1. High School administrator
2. Director of Athletics
3. Two coaches:
 - a. Varsity coach, provided student involved is not one of his/her varsity players
 - b. A rotating "out of season" coach
4. Faculty member appointed by the Athletic Director
5. A student selected by the Athletic Director

Any decision made by the Athletic Review Board will be final. The vote must be a secret ballot. Any student who is suspended from an athletic team can exercise "due process" rights by making an appeal as follows:

- a. The student has (2) days to appeal in writing to the coach and Athletic Director.
- b. The Athletic Review board should rule on the written appeal within (5) school days.

LATE HOURS

Student athletes (and their parents) need to be cognizant of the physical and emotional stress athletic practices and competitions put on an athlete. It is imperative that student athletes get plenty of rest, in order to function at a maximum level, both in the classroom and in athletic competition, to minimize illness. It is recommended that students get eight (8) hours of sleep per night, therefore, when a student athlete is participating in a sport; it is recommended that they adhere to the hours listed below:

Sunday - Thursday - 10:30 p.m.

Friday - Saturday - 11:30 p.m.

Night before game - 10:30 p.m. (Sunday - Saturday)

The coach has the final authority of placing late hour restrictions on team members. Said restrictions if provided in writing at the beginning of the season will be enforced with whatever disciplinary action the coach deems appropriate.

DISCIPLINARY PROBLEMS IN SCHOOL OR AT A SCHOOL FUNCTION

A. FIRST OFFENSE - Suspension from the next regularly scheduled event. Suspension cannot take place until after a discussion by the athlete with the respective coach. The person reporting the incident must submit the report, in writing, to the Athletic Director.

B. SECOND OFFENSE - A second offense could result in suspension from the team for the remainder of the season. Dismissal from the team would mean automatic forfeiture of awards earned during the sports season. Seniors also need to be advised that depending on the infraction, the incident may have to be reported to the respective college/university as/ their rules for final admission in conjunction with the final transcript.

CRIMINAL MATTERS

Any student athlete charged with a criminal offense in the criminal system, unrelated to Mynderse Academy and the Seneca Falls School District, will be allowed to practice until the matter has been disposed of in the court system. If the sport season has expired prior to disposition, the consequence will carry over to the next sport season. If the student is convicted of a criminal offense, the consequences will be the same as are listed in B above, under Disciplinary Problems in School or at a School Function.

*** STUDENT PHOTOGRAPHS ***

Throughout the school year, photographs or videotapes of students may be taken for use in district-produced publications, on our website or by the news media. If you do not wish to have photographs or videotapes of your child

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published, please indicate so in writing to the Athletic Director or by indicating said position on the family emergency form that will be sent at the beginning of the school year.

PLEASE NOTE: THE DISTRICT WILL IDENTIFY STUDENTS PICTURED ON ITS WEBSITE OR IN PUBLICATIONS UNLESS WRITTEN CONSENT FROM THE PARENT OR GUARDIAN HAS BEEN OBTAINED STATING OTHERWISE.