

Guidelines For Student Activities



Rockwood School District

Eureka High School

Lafayette High School

Marquette High School

Rockwood Summit High School

Sports

Each Rockwood High School offers 23 sports over three seasons, most of which include various levels. (Varsity, JV, C-Team, or Freshmen). The list includes:

- **Fall-** Football, Boys Soccer, Boys Swimming/Diving, Boys and Girls Cross Country, Girls Field Hockey, Girls Golf, Softball, Girls Tennis, and Girls Volleyball.
- **Winter-** Boys Basketball, Girls Basketball, Girls Swimming, Wrestling
- **Spring-** Baseball, Boys Golf, Boys Tennis, Boys and Girls Track and Field, Boys Volleyball, Water Polo, Girls Lacrosse, Girls Soccer

Missouri State High School Activities Association

Rockwood High Schools are members of the Missouri State High School Activities Association (MSHSAA). MSHSAA establishes regulations governing participation in activities throughout the state. These regulations are adopted by a vote of all member schools. It is the philosophy of MSHSAA to guarantee that the focus of activities programs are educational in nature. MSHSAA, through its member schools, establishes eligibility rules, individual sports rules, non-competition standards, and athletic transfer policies, as well as organizing the High School State Championships for sponsored sports and activities.

Age Requirement

To be eligible for interscholastic activities, a student shall not have reached the age of 19 prior to July 1st preceding the opening of school. If the student turns 19 on or after July 1st, they shall be eligible for the entire ensuing year.

Once entering High School as a Freshmen, students have 4 years to complete their eligibility at a MSHSAA member school.

Academics

Students must currently be enrolled in courses offering 3.0 units of credit and have passed 6 subjects (3.0 units) the preceding semester. It is strongly recommended that athletes take 7 classes. Credit earned during summer school may count towards athletic eligibility. Up to one unit of credit may be earned in summer school and be applied to the spring semester credits. However, not all classes count. Check with the Activities Director for more information. A repeated class already passed or an audited class does not count towards the 3.0 units of credit. Students must be award that study hall, late start, and early release also does not count towards the 3.0 units of credit needed for athletic eligibility.

Attendance At School

According to the MSHSAA handbook: If a student misses class (es) without being excused by the Principal, Assistant Principal, or Athletic Director, the student shall not be eligible to practice or compete in a competition on that date. Further, the student shall not be eligible to participate on any subsequent date until the student attends a full day of classes (or has an excused absence (s) from class) without an unexcused absence.

Conditioning/Practice Standards

Each athletic squad must have 14 days of practice and each individual must have participated in 14 school practices on 14 different days subsequent to the first interscholastic contest in all sports. This requirement shall be waived if a student has been a member of another school sports squad immediately before the sport season and has had 14 days of conditioning. If any athlete has more than 7 days off between each season, they must meet the 14 day conditioning requirement.

Rockwood Creditable Citizenship Standards

The Missouri State High School Activities Association (MSHSAA) Handbook contains by-laws which govern creditable citizenship for student participation. In addition, the Rockwood School District Creditable Citizenship Standards works in conjunction with the MSHSAA by-laws and more specifically outlines consequences for inappropriate behavior. Student activity discipline-related decisions will be enforced by the school building Activities Director using the MSHSAA by-laws and Rockwood School District Policy.

Definition of Creditable Citizen

As stated in the MSHSAA Official Handbook, students who represent a school in interscholastic activities must be a creditable citizen both in and out of school, judged so by the proper school authority certifying a list of students for competition. Creditable citizens shall be defined by those students who are not involved with weapons, alcohol, drugs, tobacco (including smokeless and vaping devices), stealing, vandalism, and any other act that would discredit the student or their school.

Penalties for Offenses:

It is important to note that poor citizenship behavior will result in the same penalties regardless of the behavior occurring in school or out of school. The penalty for those students involved or having been involved with the aforementioned types of acts may be:

The student may be removed from the team or activity group for the remainder of the sport or activity season/semester. Immediately after the season, the Activities Director and Head Coach or sponsor involved with the particular student will review the student's discipline as to whether his/her eligibility will be reinstated into the activities program.

Consequences of In-School Discipline-Standards of Conduct

If an when a student receives school-related discipline, the consequence as it relates to the Rockwood Creditable Citizenship Standards will be as follows:

1st Detention:

The student may miss the next contest, game, or performance

2nd (subsequent) Detentions, any number of days of In School Suspension (ISS), or 1-2 days of Out of School Suspension (OSS):

The student could be ineligible to participate in 20% of the contests, games, or performances during that sport or activity season.

3-5 Days of Out of School Suspension (OSS)

1st Offense: The student could be ineligible to participate in 30% of the contests, games, or performances during that sport or activity season

2nd Offense: The student could be ineligible to participate in up to 50% of the contests, games, or performances during that sport or activity season. The student may be removed from the activity for the remainder of the activity season/semester

Major School Discipline (single offense, 6 or more days of OSS)

1st Offense: The student may be removed from the activity for the remainder of the sport or activity season/semester.

2nd Offense: The student will be removed from the activity for up to 365 days.

- If an offense is alcohol or drug related and the student has participated in the district counseling program, the student may be withheld from participation from part of their current season/semester into their next season/semester of participation until the counseling program is successfully completed.
- If a student suspension carries over from one school year to the next, the student will not be allowed to practice or participate in any activity until the full suspension is fulfilled. (see Rockwood Regulation 2662 on Out of School Suspension)
- Habitual offenders (3 or more suspensions regardless of offense) may lose the privilege of participating in all activities for the remainder of their high school career.

Attendance at Practice and Games

If it is necessary for a participant to be absent from any scheduled event (practice, game, etc) the student is expected to notify the head coach/sponsor a minimum of 24 hours prior to the absence. Approval to participate in a competition on the day of an absence can only be granted by the Activities Director. In case of illness or emergency, the participant should notify the head coach/sponsor as soon as possible.

Parent/Coach Communication

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 our student athletes. When your child becomes involved in our program, you, as a parent 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.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, emotionally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue or concern.

1. Call to set up an appointment with the coach. If a coach cannot be reached, please contact the high school Athletic Director
2. Please do not confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meeting such as this do not promote resolution. Use the "24 hour rule" before contacting the coach to discuss any concerns. If the meeting with the coach does not provide satisfactory resolution, call and set up an appointment with the Activities Director to discuss the situation.

Issues not appropriate to discuss with coaches:

1. Playing Time
2. Strategy
3. Play Calling
4. Other student athletes

Sportsmanship

A major point of emphasis for MSHSAA and area schools is the display of good sportsmanship by member schools. All Rockwood High Schools are obligated to enforce sportsmanship rules of our coaches, athletes, students, as well as our parents, fans, and other supporters at both home and away events. Violation of these rules, whether before, during, or after an event, can result in the following consequences:

1. Written Reprimand
2. Probation
3. Suspension
4. Ejection from the event
5. Permanently not allowed to attend events

These consequences may be applied to players, coaches, students, and fans.

Sportsmanship Guidelines:

The following items are not allowed at any event per MSHSAA

- a. Confetti/Shredded paper
- b. Laser Light/Pointer/Flashing Objects
- c. Megaphones (Sideline Cheerleaders Only)
- d. Compressed Air Horns/Sirens
- e. Whistles
- f. Team Introduction Run-Throughs or break away banners (Fans)
- g. Cannons/Muskets/Guns/Fireworks
- h. Live Animals

Artificial Noisemakers (ie. Horns, cow bells, bells, buzzers, shakers, clickers, thunder sticks, rattles, and instruments not part of the band are allowed for the following sports:

Basketball, Cross Country, Football, Softball, Soccer, and Track and Field