

INTERSCHOLASTIC ATHLETICS (Training Rules)

The purposes of training rules are four-fold:

1. To provide for clarity, consistency, and fairness in the application of participation, health, and conduct rules for athletes.
2. To promote health practices, which are beneficial to the individual and which allow him/her to operate at maximum physical potential.
3. To insure participation in practices, training sessions and competition so that an organized program of learning and physical conditioning may be followed.
4. To promote conduct that will allow for efficient use of time as well as reflecting credit upon the school and the team and providing practice in behavior patterns which encourage the development of desirable character traits.

Training rules are for the benefit of the individual and the team. Students who make the decision to participate in athletics must make a personal commitment to abide by the rules and procedures governing athletic competition, including training rules. The most effective results of such rules come about because of self-imposition of the rules by athletes because they realize that achievement is the result of personal effort, desire, and the willingness to give up some short-term pleasures for long-term results.

The training rules are in effect both in-season and out-of-season. Suspensions are cumulative for the school year, yet imposition of the penalty may, if need be, continue into the next school year. Suspensions will occur in all sports played within the next 12 months following the violation. In cases of a fourth violation of a level three offense, the suspension becomes permanent from athletics. Current athletic training/conduct rules are available at <https://www.thompsonschoools.org/Page/10375>.

Approved prior to 1985
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