

NORTHRIDGE HIGH AND MIDDLE SCHOOL ATHLETIC HANDBOOK



This handbook offers a guide to expectations and standards of conduct. It is not meant to be all-inclusive but will serve as a guide to our goals of establishing sportsmanship, ethics, integrity and standards of behavior amongst our athletes, fans and staff.

Updated June 2024

The Northridge Local School District Student-Parent Athletic Handbook is an extension of the expectations and regulations set forth by the Ohio High School Athletic Association

(OHSAA), of which our school is a member. This handbook is also intended to provide information pertaining to the general aims and objectives of the athletic department and serve as an outline of how the athletic department will function in its every day duties in order to fulfill these objectives.

Northridge Local School District Mission Statement

Mission – Our mission is to empower all students to reach their fullest potential.

Northridge High School Athletics strives for our student-athletes and staff to be the best we can be both on and off the playing field.

It is important that the student-athletes of Northridge Local Schools take pride not only in the many teams that represent our schools and community, but also take pride in the academics, actions, and behaviors that represent our school system.

It is imperative that our students, our school and community demonstrate support for each other and feel that same sense of Northridge pride!

Go to Website: www.gonorthridgevikings.org

Follow us on Twitter: @NorthridgeAthle

GO, VIKINGS!



**Behavior Expectations
of the Student Athlete**

Accept and understand the seriousness of the responsibility and the privilege of representing your school and community.

Accept and follow the instructions of the coach.

Live up to the standards of sportsmanship established by the school administration and the coaching staff.

Treat opponents as guests or friends. Demonstrate respect for all opponents.

Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.

Respect the integrity and judgment of game officials. The officials are doing their best to help promote the sport. Treat them with respect, even if you disagree with their judgment.

Coaches have the ability to rate the officials. If you have concerns, e-mail or call the coach after the game.



Having great success means having great expectations.

Fan Expectations

It is the expectation of the Northridge Local Schools that all spectators demonstrate sportsmanship towards players, coaches, game officials and other fans.

Examples of unacceptable behavior include but are not limited to the following: Threatening actions or verbal abuse of players, fans, coaches and game officials; unauthorized entry onto the playing area, team bench area or locker room; throwing objects or disrespect toward anyone.

Unacceptable fan behavior may result in the fan's removal and a denial of a minimum of two athletic contests as well as a meeting with the administration.

A fan that uses physical assault at an athletic contest will be prosecuted and denied admission to all future contests until the district superintendent reinstates him or her.

An athletic contest is not a place for drugs or alcoholic beverages. People under the influence of alcohol or illegal substances will be asked to leave the premises.

LCL Policy: Fan Ejections and/or Misconduct before, during and after contests

The Licking County League recognizes the value of extracurricular activities in the educational process and the values that young people develop when they have the opportunity to participate in an organized activity outside of the traditional classroom.

Spectators attending league sponsored activities are expected to demonstrate responsible behavior and conduct. The league encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process, including athletics and all other extracurricular activities

The host school has the responsibility to ensure that a contest or event is administered in a manner which emphasizes the educational values inherent in interscholastic athletics. It is the host school's responsibility to remove any individual(s) who disrupts the educational goals of the contest or event. Likewise, the host school is ultimately responsible for the safety of all participants (players, coaches, officials, spectators, etc.) in the interscholastic contest immediately before, during and immediately after each contest or event.

Spectators who cause a disruption and are ejected from an athletic contest and/or demonstrate misconduct before, during and after contests will be subject to the standard ejection penalty.

Standard Ejection Penalty- Any spectator ejected or disqualified from a contest (scrimmage, preview, regular season contest or OHSAA tournament) who disrupts the educational goals of the contest or event shall be suspended for all contests for the remainder of that day. In addition, the individual will be suspended for all contests at all levels in that sport until a minimum of two regular season/tournament contests at the same level as the ejection or disqualification

Ejection for a Second Time - A spectator who is ejected a second time in a scrimmage, preview, regular season contest or OHSAA tournament contest shall be suspended for a minimum of the remainder of the season. A spectator who has been ejected for disrupting the educational goals of the contest of event for the second time in the season during the last contest shall be suspended for a period of time/ number of contests subject to the discretion of the Licking County League. The period of suspension shall commence during the next sport in which the individual would attend.

- All individual cases will be reviewed on a case by case scenario
Suspension occurring at the end of a season and /or has remaining suspended days will carry over into the next athletic season with remaining suspension beginning with the first scheduled contest at any level, to include High School and Middle School.
- Any further violations may result in a calendar year suspension from all contests in all sports.
- Existing Board of Education policies take precedence over LCL Spectator Ejection policy

Ejection Procedure

If a spectator from a visiting school is ejected from a contest or event, the host school athletic administrator will notify the visiting school administrator by email after the contest. The Athletic Administrator will communicate Standard Ejection Penalty of the offending spectator.

LCL Policy: Fan Ejections and/or Misconduct before, during and after contests

Sample Communication to Spectator

RE: Parent Conduct– Joe and Jane Doe

Mr. and Mrs. Doe

This letter serves as a follow up to the incident that occurred Tuesday January 24, 2023 at (Insert Sport/Level in which incident Occurred) JV Girls Basketball game vs. Hillsdale Park

Parents are expected to conduct themselves in a manner consistent with the values of our school district and community. (Insert behavior resulting in ejection) Heckling an official's decision and making demeaning comments toward an official in any way is inappropriate and will not be tolerated.

Additionally, your behavior of approaching an school administrator after a game while displaying acts of temper and also making threats towards a school employee to be heard by other spectators in the stands will also not be tolerated.

Standard Ejection Penalty- Any spectator ejected or disqualified from a contest (including scrimmages and previews) who disrupts the educational goals of the contest or event shall be suspended for all contests for the remainder of that day. In addition, the individual will be suspended for all contests at all levels in that sport for a minimum of two regular season/tournament contests at the same level as the ejection or disqualification

According to the Licking County League’s Standard Ejection Penalty you will not be permitted to attend the following contest on February 2 and February 4.

If you have any questions, please feel free to contact me at (740) 123.4567

Sincerely,

Athletic Director

High School

CC: Principal, Superintendent



**Ohio High School Athletic Association
Athletes Fair Play Code**

Northridge Athletic Department

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper since fighting and disrespect can spoil the activity for everyone.
4. I will respect my opponents.
5. I will do my best to try to be a true team player.
6. I will remember that winning isn't everything. Having fun, improving my skills, making friends and doing my best are also important.
7. I will acknowledge all good plays or performances by both my teammates and my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions, show them respect and understand they have given their time to be with me.

Sportsmanship is everyone's responsibility.



Ohio High School Athletic Association Fans Fair Play Code

1. I will remember that young people play sports for THEIR enjoyment, not to entertain me.
2. I will not have unrealistic expectations and will understand that doing one's best is as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
3. I will respect the official's decisions and will encourage all participants to do the same.
4. I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
5. I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will show respect for my team's opponents because I realize there would be no game without them.
7. I will not use bad language and will not harass athletes, coaches, officials or other spectators.
8. I will always show good sportsmanship since young people learn best by example.



Educational Values of Athletics

We believe in interscholastic athletics.

We believe there are substantial educational outcomes from a soundly conceived and executed program for the players, the student body, and the school as a whole.

We believe the potential values to the participants are genuine. Rigorous competition under prescribed regulations and policies provide for adolescent boys and girls the opportunity to develop ideas and habits of health, fair play, initiative, achievement and emotional control.

We believe students can be taught to win gracefully and to lose in the same fashion.

We believe that many students have found a purpose in their schoolwork and in their lives through athletics.

We believe that athletics provides for the student body tangible values. Athletics can make substantial contributions to morale and can provide an outlet for enthusiasm.

We believe the athletic program, though differing in nature from the academic program, does justify its existence by providing a profitable educational experience for the participant.

We believe the welfare of the individual student is always to be the primary concern. The game exists for the student—never the student for the program.

***Today's student-athlete is tomorrow's leader.
Without an Education, it will be impossible to meet the challenge
of our ever-changing world.***

***Parent and Athlete Communication
with Coaches, Administration and Other School District Personnel***

We believe that communication is the key to being successful in any endeavor. Many times, problems arise where a simple discussion may solve the problem. We urge you to see the appropriate personnel when an issue arises that may have you concerned.

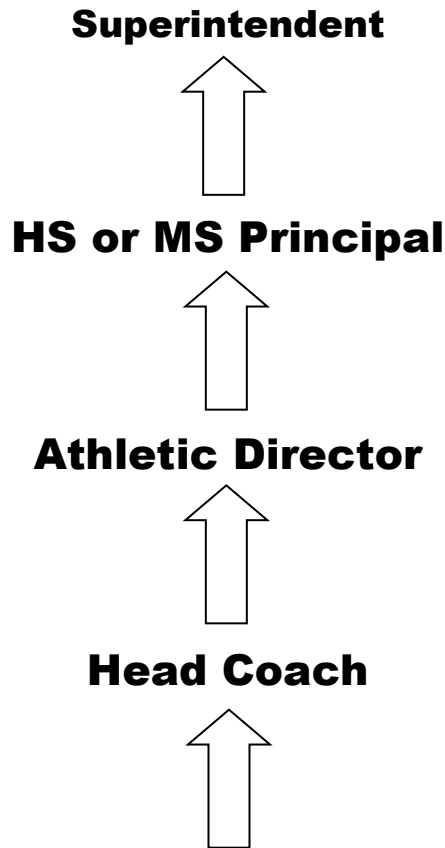
However, we as an athletic staff, feel that it does not benefit anyone's interest to discuss three things. Therefore, we ask that you do not discuss the following:

1. Other players
2. Game strategy and/or game decision making
3. Playing time

Our rationale for believing these centers around our obligation to the Northridge Athletic Department to do what is in the best interests of the athlete, team and program.

We will discuss what your son or daughter needs to do in order to improve or to help the team be successful. We do ask that if you have a question, a comment or thoughtful consideration that you do not see us before or after a game, but set up a convenient time to express yourself with the coach in question. We ask that you observe a 24-hour rule. If you still feel the same about your situation, then please contact the coach.

It is our belief that the most effective outcomes result from direct communication. We are open to communication to foster ideas and overcome challenges. Therefore, please see the flowchart below to assist you when determining with whom to speak.



Conflict Resolution

(Dual Participation)

1. When a student's dual participation in Extracurricular/Cocurricular activities results in a conflict, the following policy will apply. A "performance," athletic contest, or musical concert will have priority over normal practices, meetings, and rehearsals. In the event a practice, a meeting, or a rehearsal is scheduled at the same time as an athletic contest in which the student participates, the athletic contest has priority and the student is to be excused without penalty from the activity. Conversely, in the event a music or other activity performance conflicts with an athletic practice, the performance takes priority and the athlete is excused from the athletic practice without penalty.
2. Practices, meetings, and rehearsals should be scheduled as not to conflict with the "standard practice" times of other ongoing activities. Knowing that this is not always possible, there will inevitably be conflicts. When conflicts do occur, the supervisors are to be the first line of resolve. If compromise or agreement cannot be reached with these parties, then the Athletic director will arbitrate the conflict. Normally, the Athletic director will suggest that the student choose the activity in which he/she will participate. When such a decision is reached the student shall participate in the chosen activity and be excused from the other.
3. In the event a music event or another non-athletic event conflicts with an athletic event, the student is again permitted a choice without penalty. In conflicts of this nature the Athletic Director may act as an arbitrator, taking into consideration the impact of the student's participation or nonparticipation in the two conflicting events. When considering the impact of participation such factors as the level of competition, make-up of the squad or activity, travel arrangements and other factors will be considered. Participation typically ranges from normal practices/rehearsals to state level competition, and will be prioritized accordingly.
4. If two sports are played in the same season, the athlete shall declare a "Major and Minor" Sport. The Major sport takes precedence when/if conflicts arise. The form below will be completed and submitted to each coach.
5. If a student, or his/her parents, chooses to attend a practice or performance contrary to these guidelines, the offended activity advisor/coach may apply an appropriate consequence to the student. Exceptions to the norm may be made by the school's administration.

Declaration of Major and Minor Sport

Name: _____

Date: _____

I declare that the below sports/activities will be my Major and Minor Sports for the

(Circle One): Fall / Winter / Spring Sports Season.

Major Sport/Activity: _____

Minor Sport/Activity: _____

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Major Sport Coach/Advisor Signature: _____ Date: _____

Minor Sport Coach/Advisor Signature: _____ Date: _____

Northridge Athletic Department

Student Athlete and Parent

Interscholastic Sports Offered by the Northridge Athletic Department

Northridge Athletics offers a wide range of competitive athletic opportunities. Sports offerings include open sports and try out sports. Northridge High School is a member of the Licking County League and is a sanctioned Ohio High School Athletic Association organization.

Fall:

HIGH SCHOOL

Cross Country (B&G)
Football
Golf
Soccer (B&G)
Volleyball
Cheerleading

MIDDLE SCHOOL

Cross Country(B&G)
Football

Volleyball
Cheerleading

Winter:

Basketball (B&G)
Wrestling
Swimming (B&G)
Cheerleading
Bowling

Basketball (B&G)
Wrestling
Swimming (B&G)
Cheerleading

Spring:

Baseball
Softball
Track & Field (B&G)

Softball
Track & Field (B&G)

'Let the players play, the coaches coach, the officials officiate and the spectators be positive!'

Ohio High School Athletic Association

Northridge Middle School/High School Athletic Code of Conduct, Policies and guidelines

The Northridge Athletic Department and School Administration strongly believes that our student-athletes should be held to the highest standards of conduct. The Viking Student-Athlete is a person who is a leader both in the community and among our student body. Student-athletes are often emulated and therefore we believe that the student athlete has the responsibility for showing good wholesome leadership to those with whom he or she comes in contact. The Code of Conduct and Policies and Guidelines have been established to support this belief.

Prerequisites for Participation in Athletics

1. The student must meet all OHSAA and Northridge Local School policies, bylaws and regulations.
2. All Athletic Forms must be submitted by the start date of the sport. All forms are valid for one calendar year. Forms should be submitted on the electronic system Final Forms (<https://northridge-oh.finalforms.com>) The Physical Examination Form is the only hard copy form that needs to be submitted.
 - a. Physical Examination Form (PPE)
 - b. EMA- Emergency Medical Form.
 - c. Concussion Acknowledgement Form
 - d. Sudden Cardiac Arrest Acknowledgement Form
 - e. Athletic Code of Conduct Sign Off
3. Students and parents must attend a mandatory OHSAA pre-season meeting. Attendance is required for student-athletes to be eligible to participate. If a student-athlete participates in multiple sports they need only to attend the first meeting of the first sport they participate in for the school year.
4. Student athletes that have outstanding fees from previous seasons may be withheld from participation in the proceeding season and future athletic teams until the balance is paid. Unpaid fees for seniors will also result in the graduating diploma being withheld until fees are paid.

Academic Eligibility Requirements

1. Students in grades 9-12 must successfully have passed **five (5), 1-credit classes or the equivalent of** each grading period. The five 1 credit classes must be maintained during the entire grading period. Students in grades 7-8 must have successfully passed a minimum of four (4) of all subjects carried during the immediately preceding grading period in which the student was enrolled.
 - a. The OHSAA 5 credit requirement is determined at the end of each grading period.
 - b. The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period at which time the immediately preceding grading period grades become applicable.
 - c. According to OHSAA bylaws, Summer school or other academic programs cannot be used to replace failing marks at the end of the semester in order to meet eligibility requirements.
2. Students in grades 9, 10, 11 and 12 must be enrolled and receive passing marks in courses amounting to 5.0 units of credit **and must maintain a weekly minimum of 70% cumulative average during the current grading period. This is above and beyond the minimum OHSAA requirements. The local guideline is above and beyond the quarterly minimum OHSAA requirement.**
 - a. The weekly eligibility check will begin the third week of each grading period.
 - b. When a student does not meet the weekly standard, he/she will receive a warning the first time the standard is not met. The student will meet with the Athletic Director and determine a plan of action to meet with teachers and improve grade marks. The warning period will be one week. During the warning period, the student is eligible to practice and participate in their sport.
 - c. When a student fails to meet the weekly eligibility the second time, the student will be denied participation (Contests or Performances – Athlete may still practice with the team per parent/coach/administration agreement) until the student meets the weekly standard. Any denial of participation is on a weekly basis. Once ineligible, a student can become eligible when the standard is met for the following week.
3. To be eligible for participation in interscholastic contests a student shall be enrolled in school by the fifteenth calendar day of the grading period. Enrollment shall be continuous after a student has officially enrolled in a school until the student is officially withdrawn.
4. Students must also comply with state law that permits home educated and non-public students to participate at the public schools in the district residence of the parents.
5. Any newly enrolled student either transfer, home school, non-public or alternative learning center that resides within the District boundaries or is under Open Enrollment status must make an appointment with the Athletic Director prior to the start of athletic participation.

Code of Conduct

1. 12 Month Rule

- a. Students participating in an Interscholastic Sport offered by Northridge Athletic Department as listed on page 6 should be defined as an athlete.
- b. All athletes shall abide by the code of conduct that represents Northridge Local Schools and its Athletic Department.
- c. Extra-curricular activities are a privilege to participate in. High levels of conduct are expected.
- d. This code shall be in effect for 12 months a year for those participating on any team.

2. Code of Conduct Rules #1-3

- 1. Use and/or Possession or sale of drugs.** Including but not limited to, marijuana, narcotics, hallucinogens, amphetamines, barbiturates, look-alike, or intoxicants of any kind.
- 2. Use and/or Possession or sale of alcohol and tobacco.** Including but not limited to beverages with any level of alcohol content, all forms of tobacco-snuff, cigarettes, e-cigarettes, “juuls,” cigars, pipe tobacco, and chewing tobacco.
- 3. Stealing or Destruction of Property.** Including but not limited to an athlete found stealing or willfully destroying school or personal property.

3. Consequences for Code of Conduct Rules #1-3:

- a. The first offense will be denial of participation for the first 20% of the regular season and/or post-season competition in their sport at the time of the infraction. If the infraction occurs during the sport season, the student athlete will be denied participation for the remainder of that sports season, plus 20% denial of participation for the next sports season if the 20% is not met.
- b. If a second infraction occurs there will be denial of participation for 50% of the regular season. If the infraction occurs during the sport season, the student athlete will be denied participation for the remainder of that sports season, plus 50% denial of participation for the next sports season. The student will also seek an assessment by a certified professional agency and follow the assessment recommendations.
- c. A third violation will result in the student-athlete being denied participation for the remainder of his/her high school or middle school career.
- d. Restitution will be met by the student athlete in violation of Code of Conduct #3 as determined by the Athletic Director and/or Building Principal.

Code of Conduct - Due Process and Appeal

Northridge Athletic Department

1. A student may be removed from participation in any athletic activity for violations of the rules and regulations governing their participation.
 - a. A student may be denied participation from an activity under the consequences from Code of Conduct Policies #1-3.
 - b. A student may also be denied participation from an activity for a period of at least one (1) but not more than ten (10) school days for other athletic policies or guideline infractions.
 - c. Depending on the severity of the infraction, a student may be removed from an activity for the season or school year determined by the Athletic Director/Principal.
 - d. The following procedure shall be enacted for denied participation and/or removal from a team:
 - i. Only the athletic director, or principal may deny participation and/or remove a student from an activity for disciplinary reasons. A coach may recommend denial of participation and/or removal from a team but must be approved by the Athletic Director or Principal.
 - ii. The student shall be informed in person and/or in writing of the intended removal and the reason for the action. The athlete may appeal this action within twenty-four (24) hours to the administration.
 - iii. A hearing with the Athletic Director shall be scheduled within two (2) school days upon receipt of the request unless the time for the hearing is extended by mutual agreement.
 - iv. The student shall be provided an opportunity for an informal hearing to challenge the intended removal and/or explain his/her actions.
 - v. The coach may be present at the hearing with the student and the administration. The Athletic Director shall reside as the hearing officer.
 - vi. Any student who is removed from an athletic team for the remainder of the season for disciplinary reasons will forfeit any award he or she may have received for participation on that team.
 - vii. The athlete will also not be entitled to any reduction or refund of pay-to-participate fees if denial of participation is reached.

Appeal Process

The student and his/her parent or guardian may request an appeal of the denial. The appeal must be made within twenty-four (24) hours of the denial of participation notification and/or time of the hearing with the Athletic Director.

Policies and guidelines

Attendance – Day of Contest/Practice

Northridge Athletic Department

A student who is absent from school for more than one period for reasons other than school related activities or another acceptable excuse as approved by school administration may not attend or participate in any school activity or practice on that day unless approved by the building administration. Examples of acceptable excuses are doctor's excuse, funeral, court appearance, or principal's prerogative. "Senior Skip Day" is not a Northridge Local Schools approved activity. Attendance policies are in effect for athletic contests and practices.

Disrespect Towards Others

Disrespect towards teammates, coaches, members of the opposition's team, or game officials will not be tolerated. This type of behavior may result in disciplinary action.

Hazing and Bullying

Hazing and Bullying will not be tolerated and will result in disciplinary action.

Hazing is defined as any act coercing another, including the victim, to do any act of initiation to any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person.

Bullying is an intentional written, verbal, electronic or physical act that a student has exhibited more than once toward a student or students. The behavior causes mental or physical harm to the other student creating an intimidating, threatening or abusive educational environment.

Suspension or In-School Restriction

Suspension from school and In-School Restriction may result in disciplinary action. Multiple suspensions may result in dismissal from the team.

Out of School Suspension: Any athlete serving an out of school suspension will be denied participation and practice while serving their suspension. While serving an out of school suspension, the athlete may not be on school property or attend Northridge functions anywhere else.

In School Restriction: Any athlete under disciplinary in-school restriction will not be allowed to participate in a contest or practice during the restriction.

Involvement in an Altercation In-Season and Out-of-Season

Student athletes who leave the bench or stand during an altercation on the playing surface will be denied participation in 10% of the season's contest. If an incident occurs at the end of the season or involves an athlete out of season, the denial would carry over into the next season that the athlete competes. A second violation in a season would result in dismissal from that team.

Ejection of Players from Athletic Contest: Disqualification for unsporting conduct or flagrant violation

All ejections, disqualifications or flagrant violations will be enforced under OHSAA regulation and recommendations. Further disciplinary action may occur if necessary determined by the Principal and Athletic Director.

Quits the Team

We believe that commitment is a meaningful characteristic in the student athlete's overall development. Therefore, if a student quits a team he/she will be denied participation in any/other sport related activities until that season ends (including tournament play). This includes such things as preseason workouts, lifting, and open gym. Quitting the team does not entitle the student to any reduction or refund of pay-to-participate fees.

Equipment

Northridge Athletic Department

Accurate records will be kept on all school equipment issued to an athlete. The athlete will replace any equipment lost or stolen. It is highly recommended that locks be used on lockers.

Transportation

All policies of conduct and behavior set by the Northridge Athletic Department and Transportation Services are expected to be followed, both to and from all athletic events. Transportation is an expenditure for the athletic department. All students should ride provided transportation to and from athletic events. If in emergency or urgent situations, a student needs to ride with their parent/guardian, a Transportation Release Form must be completed. Athletes may ride home with their parents/guardians if a form is submitted to the Athletic Department 24 hours prior to the contest. Students are to only be transported by their legal parent/guardian.

Medications

Athletes should follow NLSD Board Policy when prescribed medication by a healthcare provider.

Supplement Use

The Northridge Athletic Department prohibits the possession and/or use of legal over-the-counter performance enhancing supplements by any Northridge athlete. The Athletic Department discourages the use of these supplements, except multivitamins, at all times.

Head Coach and Training Rules

The Head Coach in each sport ~~will~~ may set additional training rules for their specific sport with the Athletic Director's approval. Training rules will meet all OHSAA Sport By-laws and NFHS Recommendations.

Vacation Policy Several of our sports seasons occur during Northridge Local Schools breaks, including winter or spring break. If a vacation is imminent:

- a. Contact the coach as soon as possible.
- b. If an athlete misses a scheduled event (practice/scrimmage/or game) during a break, the student must make up the equivalent number of missed events (practice/scrimmage/or game) before game participation. This will also include vacations or missed days not during a school break as well.
- c. Student athletes may return to practice, but will be withheld from games until the equivalent days are made up.

Locker Room, Weight Room & Training Room Rules

No cleats are to be worn anywhere in the building, No bare feet in the weight room.

No horseplay that may result in injury, Keep the music tolerable and non-offensive.

No food in the training room or weight room, No profanity. No spitting.

Do not enter the training room without permission and/or supervision of your coach.

Place the weights back to their correct location and off the floor when done, follow sanitary procedures mandated by the Health Department.

Open Gyms, Fields, Courts, etc.

Northridge Athletic Department

- a. All open gyms/fields/courts, etc. must follow the guidelines of the OHSAA.
- b. Multi-sport athletes must complete their current season before any participation is permitted in another school sport.

Participation on Independent Teams

- a. Participation by an athlete in a non-interscholastic program (tryouts, practice, contest) while he/she is a member of the school squad in the same sport during the same season is prohibited. Penalty for violations is ineligibility for the remainder of that season. For cheerleading purposes, this is defined as competition cheerleading on a school team vs. outside team. Participation outside of the school season is prohibited following the listed guidelines.
- b. The number of players from the same school squad (roster) is limited, as follows:
 - i. soccer-5;
 - ii. baseball/softball-4;
 - iii. volleyball-3;
 - iv. basketball-2.
 - v. Football squad members are prohibited from non-interscholastic participation.
- c. This rule is not in effect from June 1- July 31.
- d. An athlete may have contact with the school coaching staff in an interscholastic program for 10 days from June 1-July 31. In addition, interscholastic coaches in the team sports of baseball, basketball, cross country, field hockey, football, ice hockey, soccer, softball, track & field, volleyball, and wrestling may provide individual instruction as defined as no more than four individuals present at one time in all combined facilities where the instruction is taking place.
- e. Penalty for violation of out-of-season regulations (except a senior) is ineligibility for the remainder of the season or the ensuing season. For a senior, the penalty is ineligibility for all sports for the remainder of the school year.

Semester Rule

- a. High school students (9-12) may only participate in 8 semesters of athletic participation
- b. Middle high school students (7-8) may only participate in 4 semesters of athletic participation

Requirement for Letters by Sport

Baseball

In order to earn a Varsity Letter, a team member must: Participate in at least 50% of the total of all games played in the regular season.

Basketball

In order to earn a Varsity Letter, a team member must: Participate in at least 60% of the quarters of all games played in the regular season.

Bowling

In order to earn a Varsity Letter, a team member must: Participate in at least 50% of the total number of varsity matches played in the regular season.

Cheerleading

In order to earn a Varsity Letter, a team member must: Participate in 50% of a season's contests.

Cross Country

In order to earn a Varsity Letter, a team member must:

- Be a Top 7 finisher in 50% of the regular season.
- Participate as a varsity team member at the conference, district, regional, or state level competitions.
- Run a Varsity Standard Performance
- In addition to these criteria, the athlete shall not have more than 2 unexcused absences

Varsity Performance Standard

	Girls	Boys
5k Time	22:00	18:20

Football

In order to earn a Varsity Letter, a team member must: Participate in 100 total plays in a season or be a year-long starter on special teams.

Golf

In order to earn a Varsity Letter, a team member must: Participate in at least 50% of the number of events permitted by the OHSAA or are one of the top 5 varsity golfers representing NHS in the Sectional Tournament.

Soccer

In order to earn a Varsity Letter, a team member must: Participate in 60% of the total number of varsity regular season halves played.

Softball

In order to earn a Varsity Letter, a team member must: Participate in at least 50% of the total of all games played in the regular season.

Swimming

In order to earn a Varsity Letter, a team member must: Accumulate 100 points from the following system:

Point System is as follows: 100 POINTS REQUIRED

90% Attendance (no more than 8 misses) – 50 points

Completes the 500 Freestyle – 20 points

Participation in Team Dinner – 10 points

Achieve a B-Time – 5 points per (No more than 20)

Competes in the 200 IM – 20 points

Parent Volunteers at Home Meet – 10 points

Volunteer 5 Days at the Viking Exchange – 15 points

Girls

32.09

1:09.59

2:29.89

6:40.69

1:15.39

1:26.89

1:15.39

2:48.19

50 FREE

100 FREE

200 FREE

500 FREE

100 BACK

100 BREAST

100 FLY

200 IM

Boys

28.89

1:02.89

2:17.29

6:12.59

1:08.39

1:17.59

1:08.29

2:32.69

Submit a letter stating why the athlete has earned a Varsity letter for swimming.

Track & Field

In order to earn a Varsity Letter, a team member must: Meet one of the following criteria:

- Top 2 in your event, or a member of an A relay, for 50% of the regular season
- Earn 20 points or more throughout the season.
- Participate in the LCL, District, Regional and/or State Championships
- Meet a Varsity Performance Standard.

- In addition to these requirements, the athlete shall not have more than 2 unexcused absences

Varsity Performance Standards

Event	Boys	Girls		Event	Boys	Girls
100M	11.5	13.25		300H	44.5	49.0
200M	23.5	28.0		Shot Put	43-3	31-1
400M	52.0	1:02		Discus	124-6	93-10
800M	2:04	2:28		HJ	5-8	4-8
1600M	4:40	5:50		PV	10-6	8-0
3200	10:15	12:45		LJ	19-10	15-2
110/100H	17.0	17.2				

Volleyball

In order to earn a Varsity Letter, a team member must: Participate in 11 matches per year to earn a varsity letter.

Wrestling

In order to earn a Varsity Letter, a team member must: Compete as a starter in at least half of the season events (10 points worth of events). Coaching staff has the final decision if the wrestler has not met the criteria above.

Northridge Athletic Award Criteria

CERTIFICATES: ALL FRESHMAN AND NON-LETTERING SOPHOMORES, JUNIORS AND SENIORS.

LETTER “N” AND PIN: FIRST YEAR VARSITY AWARD

PLAQUE AND PIN: SECOND YEAR VARSITY AWARD

PLAQUE AND PIN: THIRD YEAR VARSITY AWARD

PLAQUE AND PIN: FOURTH YEAR VARSITY AWARD

- a. Athletes must complete and be in good standing with the school and coach to receive their awards.
- b. Graduation Numbers will be awarded to athletes for JV or freshmen participation along with the certificate.
- c. Letter “N” will only be awarded for the first varsity letter earned by a specific athlete.
- d. Each athlete earning a varsity award will also be awarded that sport’s pin for each varsity letter earned in that sport.
- e. A student who becomes injured may receive the award with the approval of the Head Coach and Athletic Director.
- f. A Senior may receive a First-year award even though the requirements may not have been met. This will be done at the discretion of the Head Coach.
- g. End of the season awards, approved by the coaches, will be financed by the Athletic Department. End of the season awards include:
 - a. Certificates
 - b. Letters
 - c. Plaques
 - d. Pins
 - e. Special Awards
 - i. One (1) Viking Award – Given to the student athlete that best represents their athletic team academically, athletically and socially.
 - ii. Three (3) Coaches Choice Award – Selected by coaches of each team. Only plaques will be given at the Varsity level. Certificates will be given at the lower levels.
- h. All Middle School awards will be the same for each sport and level. Certificates will be awarded for special awards.
- i. A varsity letter may also be awarded for any activity that results in District recognition or above, at the discretion of the Athletic Director and High School Principal.