

2023-2024
Custer/Hysham
Rebels

Training Rules
and
Sports Participation Information

PREFACE

Participation in athletics is a privilege not afforded to everyone so it should not be taken lightly. Playing time in games is not a guarantee that comes with participation.

ELIGIBILITY

1. If a student is not in school, due to an unexcused absence, by 9:00 A.M., he/she will not practice that night or participate in any of the games that day, evening, or the following weekend if it is the last day of the school week. If a bus route does not run due to weather or other emergency situations, the athlete must still be in school by 11:00 A.M. in order to practice that night or participate in any of the games that day, evening, or the following weekend if it is the last day of the school week, and the parent or guardian must notify the school by 9:00 A.M. Extenuating circumstances will be considered.
2. To be eligible to participate in extra-curricular activities, a student at Hysham and Custer (grades 4 – 12) must:
 - a) Have at least a 67% in any class. If any grades are below a 67%, the students will not be eligible to play for that week. Melstone will maintain their current grading scale.
 - b) End of the Quarter grades will be used for the following two weeks eligibility list.
 - c) If a student has an F at the end of the semester as a grade on their report card, the student cannot play until the midterm of the next quarter.
 - d) If a student is ineligible, they are encouraged to spend at least 1 hour per week with the teacher they are ineligible for during the week in order to get off the list the following week if his/her grades are at least a 67%. Melstone will maintain their current grading scale.
3. Grades will be checked every Tuesday afternoon at 1:00 P.M. Grades for eligibility will be cumulative during a grading period. A list of students with grades below a 67% will be made available to staff members by Wednesday afternoon. Eligibility will run from Wednesday morning @ 8:00 A.M. until the next Wednesday morning @ 8:00 A.M. Melstone will maintain their current grading scale.
4. A warning list of students with grades below 73% or below, or an "I" will also be made available to staff members by Wednesday afternoon. Students on the warning list will also be encouraged to spend at least 1 hour with the teacher of the subject for which they are being warned.
5. A student who is listed as ineligible for 3 weeks will be dismissed from participation the remainder of the season. **Counting starts with the first eligibility check after the first practice.**
6. A student who is ineligible may practice, but may not travel with the team to games.
7. The student's teacher will inform the parent/guardian of the student's eligibility status if the student is on the warning or ineligibility list, and document it.
8. Each participant must adhere to the dress code of the participating schools for practices, games, and travelling, with discretion by the coaches.

ATHLETIC PHYSICALS

The Montana High School Association requires any student in Grades 8 – 12 who plan to participate in athletics **must pass** a physical examination in order to be considered eligible for participation in a MHSA contest. The certificate of physical examination, approved by the MHSA, must be completed and on file in the office **prior** to the participant's first practice. This examination must be certified by a physician, a physician assistant (PA), or a nurse practitioner (NA). This certification is valid for a period of one school year. A physical examination conducted before May 1st is not valid for participation the following school year.

The Sports Cooperatives requires any student in Grades 4 – 12 who plans to participate in school sponsored athletics to have a physical examination on file in the main office prior to the participant's first practice. The school districts will not pay any cost incurred by the participant for the physical examination.

PARTICIPATION FEE

Students in Grades 4 – 12 who participate in a school sponsored athletic event will pay a fee that will be used to help pay the costs. This fee will be paid by all students involved in the activity (i.e. players, cheerleaders, etc.)

The fees will be as follows:

Grades K-8	\$25.00 per school year
Grades 9-12	\$35.00 per school year

Melstone has their own fee schedule. The football fee agreement is how the money will be routed between the Custer Hysham Sports Coop and the Custer Hysham Melstone Football Coop.

The participation fee will include an activity ticket which will allow the holder entry into any home regular season game. An activity ticket is not good for tournament or play-off games held in Custer or Hysham.

Students will be charged this fee when they go out for a sport. Participants who quit or are removed from the team for academic or rule violations are not entitled to a refund. Refunds will not be given to students who move during the school year.

Any student unable to pay the participation fee due to financial constraints is encouraged to contact the Activities Director to make arrangements for an alternative method of payment of fees (e.g. installment payment).

Sports Training Rules

1. Athletes must adhere to the following basic training rules:
 - A. No use of alcohol, drugs, and/or tobacco products. Tobacco includes but is not limited to cigarettes, cigars, snuff, smoking tobacco, smokeless tobacco, vapor product, alternative nicotine product or any other tobacco or nicotine delivery innovation.
 - B. Must act with respect and class at all times
 - Respect authority
 - Model proper sportsmanship
 - Adhere to the rules of the schools as stated in the handbooks
 - C. Training Curfew hours will be 10:00 p.m. on Sunday through Thursday, or the night before a game. Friday and Saturday night will be 12:30 a.m. For students coming from a school sponsored event, Training Curfew rules will begin ½ hour following the conclusion of the event. Exceptions for special circumstances will be worked out with the coach.
 - D. Participants must practice every practice session unless previous arrangements have been made with the coaching staff.
 - E. An unexcused absence from a practice or a game will result in loss of participation for the next scheduled game. Students will not be allowed to travel with the team to the away game.
 - F. Students that are too sick to come to school for an entire day will not be allowed to practice, play in an athletic contest, or participate in an extra-curricular activity. To be able to participate in athletics and extra-curricular activities with a doctor's note, a student must be back in by noon. Exceptions may be made for afternoon medical appointments providing the student was present for school during the morning class periods.
 - G. Athletes are responsible for uniforms assigned to them. If they damage the uniform, they will be responsible for monetary reimbursement to the schools.
 - H. All students are required to ride the bus to all scheduled practices and games. If a student is not riding the bus home, the parents or legal guardian must be present to grant written permission for their son or daughter to ride with another person. (Special circumstances may apply with prior approval by the school superintendent.)
 - I. Athletes with a change in health status or using prescription or non-prescription drugs should notify coaches immediately for safety purposes.
2. Penalties will follow this format.
 - A. First offense for "A" will result in no participation in the next four scheduled volleyball or basketball games, or next two scheduled football games or track meets. Athletes must practice.
 - B. First offense for "B", "C", and/or "D" will result in exclusion from the scheduled game.
 - C. Second offense for "A" will result in the dismissal from the team.
 - D. Next offense for "B", "C", and/or "D" will result in exclusion from the next two scheduled games or termination from the team. (Coach's discretion)
 - E. A third offense is automatic dismissal from the team.

STUDENT MISCONDUCT AT A SCHOOL SPONSORED ACTIVITY

A student misbehaving or destroying property at a school sponsored event may lead to detention, suspension (either in school or out of school) or expulsion, depending on the degree of the misconduct. Destroying of property will require the student(s) to pay reimbursement for property destroyed.

STEALING

No stealing. If stealing occurs at a school sponsored activity, at an away or overnight trip, the participant will be immediately dismissed from the team. The participant will be suspended from school for 3 days starting the first school day after the incident.

ADDITIONAL REGULATIONS

Individual coaches, sponsors, or advisors may assign additional rules pertaining to practices or curfew which may be more specific to their activity. These rules and failure to follow these rules' consequences will be handed out to the participants at their initial meeting. These rules should also be sent to the participants' parents and/or guardians.

VARSIY LETTERING CRITERIA

FOOTBALL

Athletes participating in football must meet the following criteria to be eligible for an athletic letter:

- * Must have played in a minimum of one quarter per varsity game in a minimum of 5 games.
- * Play an average of one quarter per varsity game prior to a football injury.
- * Under special circumstances, a letter may be awarded to a player as determined by the head coach and athletic directors.

VOLLEYBALL

Athletes participating in volleyball must meet the following criteria to be eligible for an athletic letter:

- * Must have played in a minimum of one game per varsity match in a minimum of 10 games or be chosen to be a member of the tournament team.
- * Play an average of one game per varsity match prior to a volleyball injury.
- * Under special circumstances, a letter may be awarded to a player as determined by the head coach and athletic directors.

BASKETBALL

Athletes participating in girls' or boys' basketball must meet the following criteria to be eligible for an athletic letter:

- * Must have played in a minimum of one quarter per varsity game in a minimum of 10 games or be chosen to be a member of the tournament team.
- * Play an average of one quarter per varsity game prior to a basketball injury.
- * Under special circumstances, a letter may be awarded to a player as determined by the head coach and athletic directors.

TRACK

Athletes participating in track must meet the following criteria to be eligible for an athletic letter:

- * Must accumulate a minimum of 10 varsity points during the track season or place in the top 6 at the District Track Meet.
- * Under special circumstances, a letter may be awarded to a player as determined by the head coach and athletic directors.

WRESTLING

Athletes participating in wrestling must meet three of the following criteria to be eligible for an athletic letter:

- * Must have wrestled in 20 varsity dual/tournament matches.
- * Has placed in any varsity tournament.
- * Has accumulated a total of 12 points – 2 points for a victory, 1 point for a loss.
- * Been a part of the team for the whole season.
- * Must be in good athletic and academic standing and have not been ineligible at any time during the season.
- * Wrestled in half of the teams scheduled events
- * Under special circumstances, a letter may be awarded to a wrestler as determined by the head coach and athletic directors.

MANAGERS

Managers are eligible to letter and will receive a manager pin and a certificate.

** The athletes from each school will receive the letters of their respective school.

Custer Hysham Sports Cooperative

SPORTS COOPERATIVE ATHLETICS INFORMED CONSENT
AND INSURANCE VERIFICATION FORM

Extracurricular activities may include physical contact and physical exertion. There is an inherent risk of injury in the activity. By signing this agreement, I acknowledge that the School District staff try to prevent accidents. I agree to accept responsibility for my student's participation in the school activities. The activity is strictly voluntary.

I, the undersigned, hereby acknowledge and understand that, regardless of all feasible safety measures that may be taken by the School District, participation in this event entails certain inherent risks. I certify that my student is physically fit and medically able to participate or have noted an applicable physical or medical diagnosis at the bottom of this form. I further certify that my student will honor all instructions of district staff and failure to honor instructions may result on dismissal from the activity. I have been informed of these risks, understand them, and feel that the benefits of participation outweigh the risks involved. My signature below gives my child permission to participate in a Sports Cooperative Activity.

I authorize qualified emergency medical professionals to examine and in the event of injury or serious illness, administer emergency care to my student. I understand every effort will be made to contact the family or contact person noted below to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for the district staff in charge to obtain emergency care for my student, I understand that neither the district employee in charge of the activity nor the school district assumes financial liability for expenses incurred because of an accident, injury, illness and/or unforeseen circumstances.

The School Districts DO NOT provide medical insurance benefits for students who choose to participate in activities programs. Parents or guardians may request information from the school district regarding medical insurance for students. If parents or guardians have their own insurance coverage during the student's participation, that coverage information is provided below. Or parents may notify the School District that they do not have medical insurance.

___ I have personal medical insurance to cover the student's participation:

INSURANCE (Company Name) _____

Policy # _____

___ I do not have personal medical insurance to cover the student's participation and understand that the School District does not provide medical insurance to cover the students. I understand I will be responsible for any medical costs associated with the student's participation.

Signature Required Regardless of Insurance Coverage:

Student Athlete _____
(Please Print)

Parent/Guardian _____ Date: _____
(Signature)

**STUDENT/PARENT CONFIRMATION
ELIGIBILITY/TRAINING RULES**

STUDENTS

Please sign below and return to the coach/AD. Your signature indicates that you have read the Hysham/Custer All Sports Co-operative Eligibility and Training Rules; lettering requirements and Dress Code, and that you understand the rules and regulations as approved by the Hysham/Custer All Sports Co-operative Board.

Signature of Student

Date

PARENT/GUARDIAN

As an informed parent, your signature below indicates that you have read the Hysham/Custer All Sports Co-operative Eligibility and Training Rules. This does not imply approval or disapproval.

Please sign below indicating that you have read the rules and regulations.

Signature of Parent/Guardian

Date

CO-OP. Custer/Hysham Medical Release Form

Date: _____

Permission is given to all Custer/Hysham Co-op personnel to seek medical attention for:

(Students' names)

Permission is given to any attending physician to perform any and all emergency treatment for:

(Students' names)

Permission Is also given for admission to the hospital should the attending physician deem It necessary.

Allergies: _____

Medical Problems: _____

Birth Date: _____

Insurance: _____

Doctor Preferred: _____

Hospital Preferred: _____

This consent form is valid for the period of the 2023-2024 school year.

Parent Signature: _____

Relationship: _____