

Introduction

Welcome to the Interscholastic Athletic program of the Saugerties Central School. This is a handbook to establish a clear communication of expectations for the conduct of the Saugerties student-athlete as he/she competes in the program of athletics offered by the school district. In schools across the nation, it is the student-athlete who is the positive role model for physical fitness, leadership, self-discipline, loyalty, cooperation, self-motivation, social behavior and positive behaviors for others. Athletics allow individuals to develop self-esteem, a sense of fair play and develop friendships. The Saugerties Athletic program is dedicated to the development of well-rounded individuals and the enjoyment of individual and team sports. Rules and regulations are complementary to the district policies and state athletic codes.

All the rules and regulations governing high school sports can be found in the New York State Public High School Athletic Associations handbook at www.NYSPHSAA.org. Please be aware that the rules and regulations are subject to change as the NYSPHSAA meets and approves modifications during the year.

New York State Public High School Athletic Association

Section IX Unsportsmanlike Conduct Rule

(As of 5/13/22)

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public-school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport, until after the next previously scheduled contest at the same level with a member school or in NYSPHSAA tournament play. (July 2020) In individual sports, a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
 - a. In the sport of football, a player who is disqualified for “targeting” (by a certified official) may not participate in the next two halves. (May 2022)
 2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
 3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play,) the Section Athletic Council will assess the penalty carrying over into the next season of participation.
 4. The Section Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intend to annoy, harass or intimidate an official shall be expelled from the game immediately

and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes player, manager, score keepers, timers, and statisticians.

3. Misidentified Player: Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty. (Dec. 2010)

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. *To emphasize* the proper ideals of sportsmanship, ethical conduct and fair play.
2. *To eliminate* all possibilities which tend to destroy the best values of the game.
3. *To stress* the values derived from playing the game fairly.
4. *To show* cordial courtesy to visiting teams and officials.
5. *To establish* a happy relationship between visitors and hosts.
6. *To respect* the integrity and judgment of the sports officials.
7. *To achieve* a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. *To encourage* leadership, use of incentive, and good judgment by the players on the team.
9. *To recognize* that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. the differences that all individuals bring to a team and competition.
10. *To remember* that an athletic contest is only a game.....
not a matter of life or death for player, coach, school, official, fan, family and friends, student, community, state or nation.

SAUGERTIES HIGH SCHOOL
INTERSCHOLASTIC SPORTS ACADEMIC ELIGIBILITY

Under the Regulations of the Commissioner of Education, a contestant must be a bona fide student of the high school and must be taking at least four subjects including Physical Education.

Eligibility applies to all interscholastic sports. Participation in these activities should be an incentive for a student-athlete to fulfill his/her academic responsibilities.

1. Every five (5) weeks, an eligibility check will be made. Teachers will submit warning letter for all student-athletes for that five (5) week period to the guidance office.
2. A student-athlete receiving three (3) or more failures or failing warning letters will be declared ineligible for a (2) week period (No practice or Games/Competitions). The student-athlete must be passing all of his/her classes at the end of the period. If the student-athlete fails to do this, they will be removed for the rest of the season. If they are able to pass all of their classes, they will have to fill out a weekly progress report that will be handed into the coach every Friday.
3. A student-athlete receiving two (2) failures or failing or failing warning letters may continue to participate in practice but will not be allowed to play in games for (2) weeks. They will be placed on a weekly progress report and must stay 9th period Monday thru Thursday with a teacher they are failing with or need extra help with. This must be done prior to participating in his/her interscholastic sport activity. The athlete is requires to present the coach with a written indication that a remedial session was attended. This process continues for the rest of the season.
4. A student-athlete receiving one (1) Failure or failing warning letter may continue to participate in practice and games but will be placed on a progress report. The progress report will be handed in every Friday to the coach. This will continue for the remainder of the season. (Progress reports will be handed out by the coach after Thursday's practice or the student-athlete can get one from the Athletic Director's office.)

5. A student-athlete's grade will carry over from the spring for the fall. The exception is when the student-athlete is not considered ineligible, but instead placed automatically on a progress report no matter how many failures they had. The student is considered an at risk student.

6. An academic Eligibility Review Board will be formed at the start of each school year. This Board will consist of four (4) secondary teachers, a Guidance Counselor, a secondary administrator and the Athletic Director. The Board will review and determine the eligibility status of a student-athlete upon request by the student-athlete and his/her parent(s)/guardian(s). A majority vote by the Board will determine the eligibility status of a student-athlete. The Athletic Director will be the chairperson of the Academic Eligibility Review Board and will be responsible for establishing meetings, keeping minutes and informing all concerned parties of the Board's decisions.

AWARENESS OF RISK

Participation by a student-athlete in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it a contact or non-contact sport. Further, many injuries are truly accidental in nature and involve no negligence by anyone, including a student-athlete. By volunteering to participate in a school-sponsored athletic activity, a student-athlete and his/her parent/guardian(s) assume the risks for injuries to occur.

POLICIES AND PROCEDURES FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

1. ELIGIBILITY

- 1.1 Each student-athlete will participate under the eligibility requirements, rules and regulations of the NYS Commissioner of Education and the NYS Public High School Athletic Association, as well as the Saugerties Central School District Board of Education.
- 1.2 Equal opportunity to participate in interscholastic competition, either on separate teams or in a mixed competition on the same team, shall be provided to all students, except as outlined in the Commissioner's Regulations and regulations of NYSPHSAA.
- 1.3 For each team of which a student is a candidate, a student-athlete must return the athletic participation form and the medical form signed by the parent/guardian by the specified date. The student-athlete will not be permitted to participate in the initial practice session until this requirement is completed. In addition, the consent for athletic treatment form shall be signed by the student and the parent/guardian of the student.
- 1.4 A student-athlete shall be eligible for interscholastic competition in grades 9, 10, 11 & 12 until his/her nineteenth birthday. If the age of nineteen is reached on or after July 1, the student-athlete may continue to participate during that school year in all sports.

2 HEALTH AND MEDICAL

- 2.1 Once each school year, every student-athlete must pass a sports physical examination prior to practice or participation in any interscholastic sport. The student-athlete is responsible to report for the physical examination by the school doctor before they can participate or tryout. If desired, a student-athlete may submit a report of physical examination from their personal physician. Physicals from personal physicians must be signed off on by the school physician or designee.
- 2.2 The student-athlete must report all injuries, no matter how minor, to the coach.
- 2.3 Any time a student-athlete is injured; a Medical Claim form and a Student Incident report must be completed by the coach and filed with the AD no later than the day following the incident. The parent/guardian will receive a copy of the Medical Claim form from the Business Office.
- 2.4 If a student-athlete has a physician-attended injury, or is absent from attendance in school or at practice sessions, due to illness, for five or more consecutive school days, he/she must have the approval of the attending physician before participating in a practice, scrimmage or game.
- 2.5 Medical Insurance is provided to all student-athletes through the district's insurance carrier under the following provisions:
 - 2.5.1 The bills for medical expenses must be submitted to the family's medical reimbursement plans(s) first.
 - 2.5.2 Expenses not covered under the family's reimbursement plans(s) may then be submitted for payment under the Pupil Benefit's Plan, Inc. Student-athlete Accident Insurance.

3 CONDUCT

- 3.1 Student-athletes are expected to exemplify good citizenship in both school and the community at large. Violations of the Code of Conduct may result in a loss of the opportunity to compete for and to represent the District in interscholastic sports.
- 3.2 Student-athletes must display good behavior both in practices and games.
- 3.3 Student-athletes will allow officials to deal with abusive opponents during game play. Under no circumstances will a student-athlete provoke or otherwise engage in verbal or physical confrontations outside the rules of the game.
- 3.4 All student-athletes will be aware of and adhere to the sportsmanship policy outlined by the NYSPHSAA and Section IX. See page 2 of this handbook.

4 ATTENDANCE

- 4.1 A student-athlete is expected to be in attendance in homeroom and all classes from the beginning of the school day (7:45am) or the time designated by an administrator (i.e. late entry) in order to participate in a practice or a contest on that day.
- 4.2 If a student-athlete is late because it was necessary to see a doctor or dentist, this appointment must be verified in writing by the office of the health professional upon the student-athlete's arrival to school and is subject to verification by the administration.
- 4.3 In the event of extenuating circumstances, the student-athlete must be in school by the beginning of 5th period (11:04 am) if he/she is to participate in practice or a game.
- 4.4 A student-athlete should provide prior notification (as early as possible) to his/her coach concerning an anticipated absence from a practice or game. Any such absences should be for legal reasons as designated in the student-athlete guidelines.

5 RULES OF CONDUCT WHILE ON A TEAM

- 5.1 If a student-athlete serves ISS or OSS, the student-athlete will not be allowed to practice or complete in any contest for the duration of the assignment to ISS or OSS (including weekends and holidays).
- 5.2 Student-athletes are allowed to accompany parents, guardians on vacation(s) during official school recesses. However, upon return, the individual shall return to play at such time as determined by the team rules.
- 5.3 Rules of conduct, as stated in the Student Handbook, will be followed on all school-sponsored trips. Special attention will be given to the following:
 1. Student-athletes must not get on or off the bus using the emergency doors except in the case of an emergency.
 2. There will be no eating or drinking on the bus.
 3. Phones may be brought on the bus but must be used with earphones. The school is not responsible for lost or stolen items.
 4. Language should meet acceptable school standards.
 5. There will be no yelling or throwing objects from bus windows.
 6. Student-athletes should find a seat and remain seated until the trip is completed.
 7. Litter should be picked up and the bus left as clean at the end of the trip as when the team entered the bus at the beginning of the trip.

Coaches and advisors will be in charge of student-athletes and will be responsible for their behavior. If student-athlete actions should endanger property, safety or the ability of the bus driver to drive safely, such actions will be brought to the attention of the person in charge of the student-athletes. Drivers, according to the law, have final responsibility for property, safety and adherence to laws and regulations and therefore cannot ignore conduct that affects their responsibilities.

5.4 HAZING IS ILLEGAL AND WILL NOT BE TOLERATED. ALL COACHES WILL MONITOR LOCKERROOMS PRIOR TO AND AFTER ALL PRACTICES AND EVENTS. STUDENT-ATHLETES ARE ENCOURAGED TO KEEP ALL LINES OF COMMUNICATION OPEN AND REPORT ANY INCIDENT TO THE COACH IMMEDIATELY. IF A PARENT SUSPECTS AN INCIDENT, PLEASE CALL THE ATHLETIC OFFICE IMMEDIATELY.

5.5 No student-athlete may wear cleats or spikes in any building.

5.6 All student-athletes are to keep our locker rooms neat, clean and undamaged. Failure to do so will result in suspension of locker room privileges. At away contests, the same behavior is expected.

The locker rooms will be checked by coaches at the conclusion of the contest whenever possible.

6 TRANSPORTATION POLICIES

6.1 All members of our interscholastic athletic teams and cheerleaders will ride on the school bus to and from their scheduled athletic events – games and scrimmages. Members of our athletic teams and cheerleaders may ride home with their parents, only if a parent/guardian signs a release form after each contest for their child only. No exceptions will be made.

6.2 All parents are expected to pick up their student-athlete after practice or games in a timely manner. Each coach is required to bring a cell phone to away events in case of emergencies. It is suggested that a team phone chain be set up to inform everyone of the approximate arrival time of the team bus after away events.

7 CARE OF UNIFORMS AND EQUIPMENT

7.1 Athletic uniforms and equipment must be used only at scheduled practices and contests. The student-athlete is responsible for all equipment issued to them and must return all of it at the coach's request.

7.2 The student-athlete will be required to reimburse the district for the replacement cost of lost equipment and for equipment damages through misuse. Failure to do so will result in ineligibility for any athletic awards or participation in any other sport/sport season.

7.3 Post-season locker clean out is mandatory!

8 COMMITMENT

8.1 Once a commitment to a school team has been made, a student-athlete must follow through with this commitment. It is unfair to teammates and coaches to leave a team before the end of the season.

8.2 Failure to attend practice will be interpreted as a lack of commitment.

9 COMMUNICATION

Communication with student-athletes, parents/guardians, administration, AD and coaches is vital to the success of all athletic programs.

During the course of the season, concerns may arise. It is expected that parents/guardians will not attempt to confront a coach before or after a contest (or a practice unless a meeting has been pre-arranged). This can be an emotional time for both the parent and the coach. The following communication process should be followed:

1. Student-athlete arranges a meeting with the coach.
2. Parent/Guardian arranges a meeting with the coach.
3. Parent/Guardian arranges a meeting with the AD.
4. Parent/Guardian arranges and meeting with the AD and Principal.

student-athlete

TRAINING RULES FOR THE INTERSCHOLASTIC ATHLETIC PROGRAM

The training rules apply to in-school and off-school violations that occur during each sport season. This means that the training rules are in effect seven days a week, twenty-four hours a day. Failure to live and abide by these rules indicates a total lack of respect for the well-being of the team and offenders will be disciplined accordingly.

The training rules, as set forth below, have been established for the benefit of our student-athletes and our interscholastic athletic program. They have been established to ensure the physical well-being, mental alertness and the moral characteristics that are so necessary for the participation in athletics. They have also been established to insure and safeguard the high esteem in which each of our student-athletes is held by the coaching staff, his/her teammates, fellow student-athletes and adults everywhere. It is the obligation of each student-athlete, therefore, to live and abide by these training rules.

Since participation in our athletic program is a privilege, living by the training rules is a responsibility that each student-athlete accepts when he/she becomes a member of an interscholastic athletic team.

These regulations are intended as the minimal expectation of all student-athletes. **Individual coaches may insist on higher standards.** The training rules are as follows:

1. A student-athlete shall be subject to disciplinary action for possession or use of tobacco products, such as e-cigarettes, vapes, cigarettes, snuff and chew.
2. A student-athlete shall be subject to disciplinary action for possession, consumption or being under the influence of an alcoholic beverage. Alcoholic beverages shall mean and include alcohol, spirits, liquor, wine, beer, cider, iced-tea and lemonade having alcoholic content.
3. A student-athlete shall not use, be in possession of, sell or make a gift of any drug or controlled substance, including marijuana, or any instruments for the use of such drugs, such as a pipe, syringe, vaping device or other paraphernalia. Excepted is any drug taken in accordance with a current prescription signed by a physician or with the approval of the school physician that is to be taken by that particular student-athlete at the time in question.
4. A student-athlete who participates in or is a willing bystander to hazing behavior.
5. Each student-athlete will conduct him/herself as a good school and community citizen. Discipline problems in and out of school may result in disciplinary action, up to and including removal from athletic participation during an athletes career in the District by the coach and/or Athletic Director.

Information regarding noncompliance with the training rules may be brought forth by any of the following:

1. All members of the coaching staff.
2. All members of the faculty and administration.
3. Any adult willing to come forth to provide proof of violation of the training rule. This adult will meet with a committee consisting of the principal, A.D., and the coach involved.
4. Admission by the individual involved, if confronted by his/her coach.
5. The Athletic Council.

It will be the responsibility of the coach involved to notify the parents/guardian(s) when a student-athlete is in violation of the training rules and of the appropriate actions to be taken. This notification to the parents should take place as soon as possible. The Athletic Council will meet and review any charges, make a recommendation to the Principal, who will then make a determination on the disciplinary course of action.

The individual accused of violation the training rules will have the right to face his/her accuser in a meeting with the coach involved. This meeting will be arranged at the request of the accused and should be done as soon as possible. The accused student-athlete will be allowed to practice with their team until it has been determined that they are in violation of the training rules.

Any request for a parent/guardian to have a conference regarding the training rules should be made through the Athletic Director.

CONSEQUENCES OF TRAINING RULE VIOLATIONS

All violations will be dealt with in accordance with the Saugerties Jr./Sr. High school Code of Conduct with the following additions:

1. Individual team rules must be adhered to in addition to the Code of Conduct.
2. Student-athletes possessing tobacco will be suspended for one contest. A second offense will result in the student-athlete being referred to the Athletic Council for disciplinary action.
3. Student-athletes possessing, consuming or being under the influence of alcohol or drugs shall be dismissed from the team in addition to any other consequences.
4. Student-athletes attending parties where alcohol or drugs are being used may be suspended for a minimum of one contest, depending upon the Athletic Council's recommendation.
5. Student-athletes participating in hazing behavior and being willing bystander to a hazing incident shall be excluded from athletics in addition to any other consequences. A team may forfeit the remainder of its season as a result of such behavior.

ATHLETIC PLACEMENT PROGRAM

The Athletic Placement Program is a process for screening students to determine their readiness to complete in interscholastic athletic competitions by evaluating their physical maturity, fitness and skill. The intent of this program is to provide for students in grades 7 through 12 to safely participate at the appropriate level of competition based upon readiness rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of developmental differences between students of the same age. This program has been designed to assess a student's physical maturation, physical fitness and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

CHEERLEADING CLUB

Be advised that the District offers a cheerleading club and not competitive cheer. NYSPHSAA only recognizes competitive cheer and not cheerleading as a sport; therefore it is considered a club and students must be in grades 9 thru 12 to participate. Members of the cheerleading club will still be subject to the policies & provisions set forth in the Athletic Handbook.

SOCIAL NETWORKS AND ATHLETICS

Upon fulfilling the requirements to be an athlete of any of our interscholastic sports programs student-athletes are required to use extreme caution when utilizing any and all social networking websites. Student-athletes are NOT to “post” any comments, pictures or links that may be offensive with regards to our school, sports, coaches, teammates, opponents, or officials. Further, if such comments, pictures or links are found to be posted by a student-athlete that results in any disruptions/conflicts on school grounds or at other competitive venues, or they are perceived to be offensive in nature and in violation of the District’s Harassment, Intimidation or Bullying Policy, the student-athlete’s actions may be considered insubordinate and may be subject to disciplinary consequences.

**SAUGERTIES CENTRAL SCHOOLS
STUDENT-ATHLETE AND PARENT CONSENT FORM**

I, _____, being a student-athlete at Saugerties High School, and wishing to participate in interscholastic athletics, and I/We _____, being the parent(s)/guardian(s) of this student-athlete, acknowledge that we have read and do understand the general rules of eligibility as well as the particular local rules, awareness of risk and the training rules for the interscholastic athletic program on the previous pages.

I give my consent for my son/daughter to participate in the sport of: _____, subject to the approval of the School Physician/Medical Director.

The student-athlete, parent/guardian is responsible for notifying the coach at the time of an injury. The insurance currently being carried by the school is an "excess" coverage policy. The first coverage is the insurance of the student-athlete's parent/guardians; the school's insurance will pay the difference according to the limits set by the policy.

Signature of Student-athlete

Signature of Parent/Guardian

Date

Date

Reviewed by _____
Athletic Director

CONSENT TO TREATMENT

The District employs a Certified Athletic Trainer to manage athletic injuries. The Athletic Trainer performs their duties under the Orders of the District's School Physician/Medical Director.

The Athletic Trainer performs, but is not limited to, the following duties:

- Maintains current Emergency Cardiac Care Training (AED use);
- Prevention of athletic injuries, including assessment of a student-athlete's physical readiness to participate;
- Management of athletic injuries;
- Reconditioning to minimize the risk of re-injury and to return the student-athlete to participate;
- Immediate care of athletic injury and physical conditions, including treatment and reconditioning of athletic injuries;
- Immediate injury assessment which may include treatment, referral to doctor, and/or to contact 9-1-1;
- Concussion care, including to provide:
 - Initial evaluation of for signs and symptoms of a concussion;
 - Determine if signs and symptoms of a concussion warrant emergency transport to an emergency facility;
 - Communicate with parents/guardians to refer possible concussion to a physician for evaluation;
 - Monitor the student's return to activity and progress with each step in conjunction with parent/guardian, medical director, school nurse and appropriate district staff;
 - Post-concussion observations;
 - Oversee taking validated computerized tests if credentialed and trained in their use;
 - Provide parents/guardians with oral and/or written instructions on observing students for concussive complications that warrant immediate emergency care;
 - Assist in implementation of the private healthcare provider's or other specialists' request for accommodations;
 - Monitor student's return to school activities, evaluate student's progress with each step, and communicate with the private healthcare provider or other specialist, medical director, school nurse, parent/guardian and appropriate district staff;
 - Communicate with school personnel on a student's return to activity progress;
 - Review private physician's written statement to clear a student for return to activities (if the district's medical director has written a policy delegating this to the certified athletic trainer; and
 - Educate student and staff in concussion management and prevention.

We understand that there is an inherent risk in training for, practicing for, and participating in competitive athletics.

We are required to inform the coach of any injury, no matter how minor, for insurance purposes.

We understand that the Athletic Trainer is available to assess and monitor athletic injuries, however, is not a replacement for the student’s personal physician and/or extensive physical therapy.

We understand that the Athletic Trainer may perform the following modalities, including but not limited to: taping, heat, icing, muscle stim (TENS machine), stretching, massage, crutches, and/or braces.

By signing below we are consenting to the Athletic Trainer evaluating and performing under their Standing Orders from the District’s School Physician/Medical Director immediate medical care. We understand that the Athletic Trainer will contact us as soon as possible regarding the injury and that 9-1-1 may be called when necessary.

By signing below we are consenting to the Athletic Trainer monitoring and reconditioning athletic injuries as necessary.

Signature of Student-Athlete

Date

Signature of Parent/Guardian

Date

Reviewed by _____
Athletic Trainer

Date

Reviewed by _____
Athletic Director

Date