



**Athletic Handbook
for
Central High School
Football Student-Athletes**

25-26

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Tuscaloosa City Schools

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**ATHLETIC HANDBOOK
FOR
CENTRAL HIGH SCHOOL FOOTBALL STUDENT-ATHLETES**

TCS ATHLETICS MISSION STATEMENT

Participation in high school athletics is a privilege, which carries with varying degrees of honor, responsibility, and sacrifice. Each athletic director, coach, student- athlete and parent is a representative of the community and Tuscaloosa City School district. Since competition is a privilege and not a right, those who chose to participate shall be expected to follow the policies and procedures established by the AHSAA and Tuscaloosa City School District.

TCS ATHLETICS PHILOSOPHY

The goal of the athletic department at each school is to provide the opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, and character. The purpose is to provide each participant with experiences that will be positive and memorable and that help develop the capacity for commitment to a cause, acceptance of responsibility, and loyalty towards any chosen endeavor.

AHSAA MISSION STATEMENT

The mission of the Alabama High School Athletic Association (AHSAA) is to regulate and coordinate interscholastic athletic competition in an equitable manner while promoting the values of interscholastic athletics as an integral part of a student's educational experience. The AHSAA represents its member schools by recognizing and promoting academics, sportsmanship, participant safety and lifelong values as the foundation of interscholastic athletics.

The Athletic Handbook will in no way supersede or replace policies set forth in the Tuscaloosa City Schools Student Handbook.

SPORTSMANSHIP

A policy statement from the **National Federation of State High School Associations (NFSHA)** expresses the concept of sportsmanship as follows:

"The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity."

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches, and spectators. Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All AHSAA sanctioned events reflect our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Assault of sports officials, coaches, or administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing, and assaulting sports officials, coaches, and administrators. The punishments are harsher than normal for convictions of harassment, menacing, and assault. *For example, a second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, or administrator could result in a sentence of up to 20 years.*

Student- athletes and parents are responsible for paying AHSAA fines. Fines must be paid by no more than seven days after the incident.

ALABAMA HIGH SCHOOL ATHLETIC ELIGIBILITY: Please reference www.ahsaa.com

BEFORE THE FIRST PRACTICE

The following things are required by a student-athlete **before the first practice:**

- Set up a DragonFly account: <http://dragonflymax.com/forms/9HVX95>
- Upload a current physical on proper form dated and signed by a M.D. or D.O. only to DragonFly.
- Upload birth certificate and a copy of current insurance card to DragonFly.
- Upload Sportsmanship Certificate to Dragonfly.
<https://nfhslearn.com/courses/37000/sportsmanship>
- Complete ALL electronic forms on DragonFly including the AHSAA Consent and Release Form, AHSAA Concussion Form, TCS HIPPA Form, and TCS Permission and Insurance Form.

The following things are required by the student-athlete **before the first contest:**

- ALL DragonFly requirements are completed;
- Meet academic eligibility requirements; and,
- Attend parent/athlete team meetings

TUSCALOOSA CITY SCHOOL ATHLETIC ELIGIBILITY

Students must display qualities of good citizenship if they wish to participate in extracurricular activities. Failure to be a good citizen at all times may result in probation and/or suspension from all extracurricular activities. This includes appropriate internet usage, off campus activity, and activities that violate moral turpitude, etc. Playing athletics for Tuscaloosa City Schools is a privilege and should be treated as such.

The Alabama High School Athletic Association Constitution Rule 1, Section 15, AHSAA By-Law states:

- Any pupil who is under temporary suspension or whose character or conduct is such as to reflect discredit upon the school is not eligible.
- A student's attendance, attitude, and classroom effort must be acceptable to the school in which the student is enrolled.

ATTENDANCE ELIGIBILITY

- Students must currently be enrolled at Central High School or in the school's feeder pattern to try out or participate in extracurricular activities.
- Students who are absent from school for an excused or unexcused reason will not be allowed to participate in any football activities the day they are absent unless that absence is approved in advanced by the head football coach.
- Students with 7 or more unexcused classroom period absences during a nine-week quarter will be ineligible to participate in football activities.
- All practices and workouts are required and mandatory.
- Daily attendance at school and practice is expected. Excessive absences and tardies may lead to disciplinary action and/or dismissal from the team.

SCHOOL DISCIPLINE

Attendance at athletic events, whether a participant or a spectator, and at practice is prohibited during any suspension period. If school rules and/or district policies are broken, the student-athlete will be subject to the normal consequences for such behaviors as well as subject to penalties under this athletic handbook. In no case will athletic rules circumvent or take place of school rules and/or district policies. The student-athlete will not be eligible to attend or participate in contests and practices during any suspension period.

DEMERIT/LAP SYSTEM OF CONSEQUENCES

The expectations established to be a part of the Central High School Football Team are that you act responsibility everywhere, maintain a high level of discipline by doing what is right, and fully dedicate yourself to the team. You must conduct yourself in a manner that reflects positively on yourself and team; while remaining in good standing both in the arena of sport and in the classroom.

Unfortunately, when times arise that these expectations are not met, or if you engage in any behavior that casts a negative light upon yourself or team, then in order to re-establish your position on the team demerits or extra laps will be assigned. Demerits/Laps can be assigned by any coach, and a record of the consequence will be kept by the event coach and head coach.

Below is outlined specific behaviors which would result in Demerit/Laps. When an athlete has been assigned a total 20 Demerits/Laps throughout the course of the season then he will be dismissed from the team for the remainder of the season. The list is not exhaustive. Anything not mentioned below will be dealt with on a case-to-case basis.

Any conduct considered detrimental to the team that is not mentioned below will be dealt with by coaches where demerits/laps, suspension or dismissal from the team will be considered.

The Tuscaloosa City Schools Student Code of Conduct will also be enforced as part of the football team policy.

Negative Behavior	Demerits	Laps	Additional Information
Practice/Competition			
Late	1	1	
15+ minutes Late	2	2	
No Show/Unexcused	3	4	3 unexcused absences = Sit out 1 game 4 unexcused absences = Sit out 2 games 5+ = Dismissal from team
Not leaving promptly after practice/games	5	4	
Intolerable Behavior			
Disrespect towards coaches	5	8	
Negativity/Unsupportive of teammates	3	4	
Improper use of Electronics			
Cell phone use during practice or during a game	3	8	
Texting/Social Media Issues	5	8	
Mis./Undefined Issues	2	4	
Academics			
Not attending Study Hall	1	2	
GPA Below 2.5	3	4	
Equipment			
Any equipment left for practice or games	2	4	
Field implements left out after practice or games	2	8	
Improper use of uniform/equipment	4	4	
Issues at School			
Write-ups or issues in class	1	2	
In-School Suspension	1	4	
Out-of-school Suspension	5	5	
Issues outside of School			
Problems with alcohol, drugs, bullying, fighting, etc.			Immediate Suspension and/or Dismissal

AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Student athletes are eligible to earn awards. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. No awards will be issued to an athlete until all equipment is turned in to the coach.

INFORMATION FOR ATHLETES

- **Accidents/Injuries**
 - All accidents or injuries, at home or away, are reported to the athletic trainer and/or coach immediately.
- **Conflicts between activities**
 - Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.
- **Doctor Visits**
 - Medical expenses are the responsibility of the athlete/family. Written verification from the doctor is required when a physician removes an athlete from practices or games. Written verification from the doctor is required to return to athletic competition.
- **Dress**
 - Participation in Falcon athletics is a privilege, not a right. To be successful the participant must be well disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions. Football will have dress codes for practices and game day that must be adhered to by the student athlete.
- **Equipment**
 - Equipment checked out by the athlete is his responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met. Equipment includes any issued supplies from the training room.
- **Insurance**
 - All TCS student-athletes are required to have medical insurance and must upload a copy of their current insurance card(s) to DragonFly before participating in first practice and/or competition.

- **Parent Behavior at Games**
 - Parents should conduct themselves in a positive manner at games. Parents should display good sportsmanship.
- **Parent Participation (Practice or Tryouts)**
 - Parents may attend a practice at the discretion of the head coach. The coach may close practice at any time without notice.
 - Parents are not allowed to video/record any tryout or practice.
- **Participation in two sports in one season**
 - Student athletes may participate in more than one sport during one season with the approval of both coaches. Practice schedules will be worked out between the coaches involved. Consideration should be given to the importance of the sport (ex. Varsity versus non-varsity, playoffs versus regular season, and the games versus practice). If contests conflict, coaches will decide in which contest the student athlete is to complete. The student athlete must realize that extra time for practice is necessary to compete in two sports in one season. The student-athlete must meet the requirements of both sports.
- **Team tryout Policy**
 - It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.
- **Training Room**
 - The training room is available to all athletes. Athletes are offered a wide variety of services to help meet the demands of athletic competition. The following are guidelines to be followed when using the training room.
 - No student is permitted in the training room without the athletic trainer or coach being with him.
 - Only student-athletes needing treatment and/or rehabilitation of an athletic injury are allowed in this area.
 - All taping, bandaging, and treatments will be done by the athletic training staff.
 - Wear appropriate clothing. It is a co-ed facility.
 - Do not use or remove supplies without permission.
- **Transportation**
 - Transportation to athletic events is provided by the football program.
 - Under no circumstances will an athlete transport other athletes.
 - Faculty/staff/non-faculty coaches cannot transport athletes.

SOCIAL MEDIA POLICY

Tuscaloosa City Schools (TCS) and the Central High School Football Program recognizes and supports its student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete must remember that playing and competing in athletics for TCS and CHS is a privilege, not a right. As a student-athlete, you represent TCS and CHS and you are expected to portray yourself, your team, TCS, and CHS in a positive manner at all times. Any online postings must therefore be consistent with Federal and State laws, team rules, the school's Athletic Department, Tuscaloosa City Schools Student Handbook, and the AHSAA By-Laws.

The use of social media networks, such as Facebook, Twitter, Instagram, TikTok, YouTube and other social media platforms, by student-athletes is supported by the football program provided that:

- No offensive or inappropriate pictures are posted;
- No offensive or inappropriate comments are posted;
- No inappropriate or songs with vulgarities and slurs are attached to media;
- Any information placed on the website(s) does not violate TCS policies, football program policies and rules, or the student-athlete codes of conduct;
- Photos and/or comments posted on these sites do not depict team-related, CHS, or TCS identifiable activities (including wearing/using team uniforms or gear inappropriately).

Student-athletes should keep the following in mind when participating on social networking websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online - even if you limit access to your site. A re-tweet of a posting that you thought was private can make it very public.
- Do not post anything that you would not want read by your parents, your coach, a college admissions counselor or a future employer. You should not post any information, photos or other items online that could embarrass you, your family, your team, the athletics department or Tuscaloosa City Schools. This includes information that may be posted by others on your page.
- Never post your home address, local address, phone number(s), birth date or other personal information. You could be a target of predators. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).

Similar to comments made in person, the Central High School Football Program will not tolerate disrespectful comments or behavior online, such as:

- Derogatory or defamatory language;
- Comments that create a danger to the safety of another person or that constitute a credible threat of physical or emotional injury to another person;
- Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the District's Policy on Harassment and Discrimination.
- Any information placed on the website that violates the TCS student code of conduct.

Coaches and administrators may monitor these web sites. Student-athletes could face discipline and even dismissal for violations of team, athletic department, and AHSAA By-Laws.

The Athletic Handbook will in no way supersede or replace policies set forth in the Tuscaloosa City Schools Student Handbook.

TUSCALOOSA CITY SCHOOLS STUDENT CODE OF CONDUCT – SEARCHES

All persons on Board property are subject to search by Board personnel, which includes school resource officers, when Board personnel have a reasonable suspicion that school rules, Board policy, or applicable law is being or has been violated. This includes the right to search not only the person but also lockers, vehicles, backpacks, purses, or any other container or area of the school, and to seize any property or evidence that violates said rules, policy, or law. “Persons” includes students, staff, parents, guardians, visitors, vendors, or anyone else on Board property. These same rights extend to law enforcement and Department of Human Resources personnel, who may enter school grounds unannounced to question or search any person on Board property within the limits of the law applicable to these agencies.

Random searches by Board personnel or law enforcement personnel may also be conducted in accordance with applicable law.

POLICY 6.15: SEARCHES (STUDENTS) – ADOPTED 02/17/2015

- a. Board Property – All school system property, facilities, and grounds may be entered, inspected, and searched for any lawful purpose by Board officials or their designees at any time, without prior notice and to the fullest extent permitted by law. The right to enter, inspect, and search includes and extends to (but is not limited to) Board owned or controlled offices, desks, file cabinets, lockers, computers, files, documents, data, and devices however and wherever kept, stored, or maintained.

Personal Property – Personal property, including but not limited to vehicles, purses, wallets, gym bags, book bags, cell phones, computers, and “personal digital assistant” (PDA) devices may be searched by authorized school officials, including school principals or their designees, when reasonable suspicion exists that the property contains prohibited materials, illegal substances, weapons, or other items that are reasonably deemed to present a risk or threat to the safety or welfare of the school community provided that the nature and extent of such examination shall be reasonably related and limited to the suspected violation.

- b. Personal Searches – Students may be searched whenever reasonable suspicion exists that the student possesses prohibited materials, illegal substances, weapons, or other items that are reasonably deemed to present a risk or threat to the safety and welfare of the school community. Student searches must be conducted by a school administrator in the presence of another certified school employee and may include a private pat down of the student, a search of personal items and clothing, or a more thorough search upon specific approval of the Superintendent. Personal searches will be conducted with due regard for the age and gender of the student. Searches that require physical contact between the school official and the student, removal of clothing, or examination of the student in a way that would implicate privacy concerns must be conducted and witnessed by officials of the same gender as the student and in a way that preserves the dignity of the student to the extent practicable under the

circumstances. Refusal to submit to a search or to cooperate in a search as provided in this policy may be grounds for disciplinary action.

- c. Use of Recovered Items – Property, material, substances, information, or records that are obtained, discovered, or recovered as a result of a search may be retained and used for any lawful purpose.

TUSCALOOSA CITY SCHOOLS STUDENT POLICIES – DRUGS AND ALCOHOL

POLICY 6.23: STUDENT COMPETITIVE EXTRACURRICULAR ACTIVITY SUBSTANCE ABUSE POLICY – ADOPTED 02/17/2015

In order to promote the safety and welfare of students who participate in competitive extracurricular activities, to insure that such participation is neither impaired nor any risk of injury exacerbated, to provide incentives to students to maintain safe and healthful practices, and to promote a school environment that is free of alcohol and illegal drugs or controlled substances, the Board reserves the right to require any student who participates in extracurricular competitive programs or activities to submit to sobriety tests or screening for illegal drugs or controlled substances prior to, during, or following a competitive event, practice, competition, or at any other time while the student is under the supervision of the school system. Such testing or screening may also be performed whenever a school official observes or is made aware of circumstances that provide reasonable suspicion or belief that the student has used alcohol, illegal drugs, or other substances in violation of the Board's substance abuse policies. All such testing or screening will be performed in accordance with local, state and federal laws, and procedures that are developed by the Superintendent for approval by the Board.

TUSCALOOSA CITY SCHOOLS DRUG AND ALCOHOL SCREENING PROGRAM

Regulation 6.23-R(1): Student Competitive Extracurricular Activity Substance Abuse Policy – ADOPTED 05/18/2016

Tuscaloosa City Schools recognizes that students who participate in extracurricular activities are assets to the sports, academic and leadership components of our educational institutions. Further, students that possess campus parking passes are responsible for the safety of themselves and others while operating a motor vehicle. Collectively, these two groups of students will be referred to as "Activity Students." To assist its Activity Students in maximizing their skills and talents and afford them every opportunity to remain drug free in order to help protect themselves, as well as other students with whom they come in contact, the Tuscaloosa City Schools has implemented the following Drug and Alcohol Screening Program. This program is enacted as a preventive measure and as a deterrent to Activity Students who may be thinking of trying alcohol or drugs. Except where specifically prohibited by law the guidelines contained within this document may be changed by the System at any time. Students covered by this

policy and procedures will be informed of changes. This Policy in no way circumvents nor may be used in place of Board Policy and School Rules pertaining to use, possession, distribution, of alcohol or drugs at school or school-sponsored events.

Policy Objectives

1. To create and maintain a safe, drug-free environment for all Activity Students.
2. To encourage any Activity Student with a dependence on, or addiction to alcohol or other drugs, to seek help in overcoming the problem.
3. To reduce the likelihood of incidents of accidental personal injury and/or damage to students or property.
4. To minimize the likelihood that school property will be used for illicit drug activities.
5. To discourage drug and alcohol use by Activity Students, both on and off the school campus and/or while driving on any of our campuses.

Substance abuse can be a serious threat to the school system, its students, visitors and employees. Though the percentage of substance abusing Activity Students may be relatively small, practical experience and research indicate that appropriate precautions are necessary. It is the belief of the System that the benefits derived from the policy objectives outweigh the potential inconvenience to Activity Students. The System earnestly solicits the understanding and cooperation of all students and parents, especially those participating in extracurricular activities, in implementing this policy.

The System requires that all students report to school, extracurricular activities and competitive events without any alcohol or illegal or mind-altering substances in their systems. No Activity Student shall use alcohol or other mood-altering substances while participating in any extracurricular activities or competitive events or while under the care and supervision of the school system. Further, outside conduct of a substance abuse-related nature which affects an Activity Student's athletic, academic or other extracurricular performance.

Activity Students must inform their faculty sponsor, coach, assistant coach or the designated school representative when they are legitimately taking medication which may affect their ability to practice, compete or participate in other extracurricular activity, in order to avoid creating safety problems and violating this policy.

ENFORCEMENT

In order to enforce these rules, the System reserves the right to require all Activity Students to submit, at any time prior to, during or following an extracurricular activity or while under the supervision or care of this school system, to drug and/or alcohol tests to determine the presence of prohibited substances.

Pursuant to System policy and regulations, a student applying to participate in an extracurricular activity, or Activity Student (defined as any student, male or female, who is a member of any School sponsored extracurricular activity program or a student who is provided

the privilege of operating a private motor vehicle on School property for the purpose of parking) may be tested prior to beginning the activity of their choice. All current Activity Students may be required to undergo testing at scheduled physical examinations, and/or where the School has reasonable suspicion to believe an Activity Student has violated its Alcohol and Drug Policy, and/or on a random basis without advance notice. Parents of non-Activity Students may opt their children into the program. For this policy, these students will be titled as Volunteer Students.

This policy will be applied to Activity Students and Volunteer Students at the high school (Grades 9-12) levels.

Violation of these rules, including testing positive, will subject the Activity Student to discipline, including suspension from student athletic or other extracurricular activities and/or forfeiture of parking privileges. Refusal to cooperate with the School in any test investigation will result in discipline, including immediate suspension from participating in extracurricular activities.

ACTIONS FOR FAILED DRUG/ALCOHOL SCREENS

- **FIRST POSITIVE:** The first time an Activity Student tests positive on an alcohol/drug test, the student's parents will be notified and the student must complete 25 hours of community service, approved by the principal, within 60 days of the failed test. The Activity Student must also retake and test negative on another alcohol or drug test within 30 days. The Activity Student will be responsible for the costs of any re-test and must be conducted through the school's drug testing provider. If there is no re-test conducted within 30 days, the Activity Student will be disciplined as if they had tested positive on a second occasion.
- **SECOND POSITIVE:** A second positive test result for an Activity Student will result in an automatic fourteen (14) day suspension from participation in extracurricular activities and a forfeiture of parking privileges for that same period. In order for privileges to be reinstated, the Activity Student must first retake and test negative on another alcohol or drug test. The Activity Student will be responsible for the cost of this re-test and it must be conducted through the school's drug testing provider. If there is no re-test conducted within thirty (30) days, the Activity Student will be disciplined as if they had tested positive on a third occasion. The Student will be referred to Bradford Health Services for drug/alcohol evaluation and treatment. Student will also be required to complete 40 hours of community service, as approved by the principal, within 90 days of the failed test.
- **THIRD POSITIVE:** A third and any subsequent positive test result for an Activity Student will result in a 100 day ban from all extracurricular activities and forfeiture of parking privileges. In order for privileges to be reinstated the activity Student must first retake and test negative on another alcohol or drug test. The Activity Student will be responsible for the cost of this re-test and it must be conducted through the school's

drug testing provider. During the suspension the Activity Student will be required to complete 60 hours of community service and will again be referred to Bradford Health Services for drug/alcohol evaluation and treatment.

After the first positive test an Activity Student will be retested on each occasion that random drug screening is conducted at their then assigned school until exiting the Tuscaloosa City System. The Activity Student will be responsible for the costs of any re-test and must have the re-test conducted through the School's drug testing provider.

No Activity Student testing positive, refusing to test, refusing to cooperate with testing or being in violation of this policy will be penalized academically. Information, including testing positive, will not be released to criminal or juvenile authorities absent compulsion by valid state or federal laws. This policy is developed to be of a non-punitive nature and the School will work with the student and/or his or her parents or guardians when there is any violation of this policy and procedures.

All information, interviews, reports, statements, memoranda and test results, written or otherwise, received by the School through its drug and alcohol testing program are confidential communications and may not be used or received in evidence, obtained in discovery, or disclosed in any public or private proceedings except in the following:

- a) As directed by the specific, written consent of the student authorizing release of the information to an identified person.
- b) To a covered Activity Student decision maker in a lawsuit, grievance, or other proceeding initiated by or on behalf of the individual.

Any questions should be directed to the persons assigned as the School's Designated School Representative (DSR).

ACADEMIC REQUIREMENTS

Alabama High School Athletic Association Eligibility Requirements

Requirements

- Students entering the 10th and 11th and 12th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least six new Carnegie units with a minimum composite numerical average of 70 in those six units.
 - Four core curriculum courses must be included in those units passed and averaged. (English, mathematics, science and social studies are core curriculum courses. Any combination of these courses is accepted.) Two electives must be passed. Only one PE unit can be used for eligibility.
 - Any student that accumulates more than four units of core courses per year may earn less than the required four core courses during the next school year and be eligible as long as the student remains on track for graduation with his/her class.
- Students entering the 8th and 9th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least five new subjects with a minimum composite numerical average of 70 in those five subjects and must have been promoted to the next grade.

Note: A new unit is one that has not been previously passed. A semester is half of a school year as defined by the local school system.

AHSAA ELIGIBILITY DOES NOT GUARANTEE NCAA ELIGIBILITY.

College Athletic Eligibility Requirements

Grade 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org.

Grade 10

Register

- Register with the NCAA Eligibility Center at www.eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

Grade 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT and make sure CHS gets your scores by using code 012690 and make sure that the NCAA Eligibility Center gets your scores by using the code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

Grade 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure CHS gets your scores by using code 012690 and make sure that the NCAA Eligibility Center gets your scores by using the code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

NCAA Eligibility Center

For detailed information please check www.eligibilitycenter.org.

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at eligibilitycenter.org during your sophomore year.

Core Courses

This simple formula will help you meet the Divisions I and II core-course requirement:

4x4=16

4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science courses (one per year)

16 NCAA CORE COURSES

Grade Point Average

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Visit eligibilitycenter.org for a full list of your high school's core courses.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility.

The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible.

Find more information about sliding scales at NCAA.org/playcollegesports.

TEST SCORES

You may take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you take a test. They can accept official scores only from ACT or SAT and they won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score.

ACADEMIC STANDARDS

DIVISION I

To play sports at a Division I school, you must graduate from high school and meet ALL of the following requirements:

1. Complete 16 NCAA Core Courses:
 - 4 years of English
 - 3 years of math (Algebra I or higher)
 - 2 years of natural/physical science (including one year of lab science if your high school offers it)
 - 2 years of social science
 - 1 additional year of English, math, or natural/physical science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 NCAA core courses, including 7 in English, math, or natural/physical science, before your seventh semester.
3. Earn at least a 2.3 GPA in your NCAA core courses.
4. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division I sliding scale.

DIVISION II

To play sports at a Division II school, you must graduate from high school and meet ALL the following requirements:

After August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.2 GPA in your NCAA Core Courses.
3. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division II sliding scale.

Core Courses for Division II

- 3 years of English
- 2 years of math (Algebra I or higher)
- 2 years of natural/physical science (including one year of lab science if your high school offers it)
- 2 years of social science
- 3 additional year of English, math, or natural/physical science
- 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

DIVISION III

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit- or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions standard

Please contact your College and Career Counselor for more information about College Requirements.

ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK & MEDIA RELEASE

By signing below, I acknowledge reading the Athletic Handbook for Central High School Football Student-Athletes and have read the rules concerning eligibility and conduct for Central High School Football student-athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic program and with any other specific rules of my coaches.

We, the undersigned, agree that we have been given the following information and understand it fully.

- I. The football program agrees to provide:
 - a. Supervision
 - b. Academic Assistance
 - c. Proper Equipment (This excludes equipment or uniforms provided by the participant)
 - d. Proper Safety Precautions
- II. The student-athlete agrees to abide by all written rules regarding behavior and safety.
- III. The student-athlete and parent/guardian acknowledge the participating in athletics may cause serious injury or death.
- IV. Policy Consent/Release Form
I have read the above statement of policy and agree to abide by the policies set by Tuscaloosa City School and the Central High School Football Program.

By signing this Acknowledgement of the Athletic Handbook for Central High School Football Student Athletes (select one)

____ I give The Central High School Football Program to use my student athlete's name/photo/video/audio in publications and/or on the website or web broadcasts for publicity/promotion purposes. I waive any right to inspect and/or approve the finished product, release Tuscaloosa City Schools and The Central High School Football Program from any liability by virtue of distortion by processing, and agree that they can be used without reservation or fee.

____ I do not give The Central High School Football Program permission to use my student athlete's name/photo/video/audio in publications and/or on the website or web broadcasts for publicity/promotion purposes.

Signature of Student-Athlete	Date	PRINTED Name of Student-Athlete
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Signature of Parent/Guardian	Date	PRINTED Name of Parent/Guardian
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CENTRAL HIGH SCHOOL

905 15th Street
Tuscaloosa, AL 35401
(205) 759-3720
Dr. Thomas E. Jones, Principal



DeMario Phippen, Head Football Coach
dhippen@tusc.k12.al.us

CHASING GREATNESS.