

**AMITY SCHOOL DISTRICT  
ATHLETIC & ACTIVITY HANDBOOK  
2025-2026**



**MISSION OF AMITY WARRIORS ATHLETICS & ACTIVITIES**

*“Amity School District will offer a well-rounded, safe, educational, and competitive athletic experience for students that will help prepare them for life-long endeavors following high school.”*

Revised 6/23/2025

The Oregon School Activities Association (OSAA) shall administer interscholastic athletic/activity programs in grades nine through twelve. The Amity School District 4J, however, maintains final authority regarding the implementation of its athletic/activity programs including those at Amity Middle School. The purpose of athletic/activity programs is to promote, direct and conduct athletics and activities to further friendly relations with other schools, to uphold the rules and regulations set forth by the District and by the OSAA, to encourage participation by all students, and to teach good sportsmanship and fair play.

The Amity School District is proud of its athletic programs. Our student athletes learn the value of teamwork, dedication, cooperation, hard work, and having fun. Students participating in athletic/activity programs provide a source of pride at school and in our community. Involvement in these programs can also lead to improved student academic performance. The Mission of our athletic/activity programs is to offer a positive, well-rounded, safe, competitive and educational experience that will help prepare them for life-long endeavors. Our coaches, administrators, teachers, students and community expect participants to consistently follow the program guidelines, to have good attendance records, to be neat and clean in appearance and to behave in an appropriate manner at all times. The guidelines set forth in these rules have been established as a minimum code for all high school and middle school athletes and approved club members. The coach and/or advisor in conjunction with the building administration will administer these rules. These rules do not supersede the district's student discipline policy and administrative rules.

The following guidelines have been established for student and parent agreement before any student can represent the Amity School District in activities and/or athletics. For the purposes of brevity, the term "student, athlete, participant" will refer to all athletes and approved AHS and AMS activity participants.

#### **Length of Agreement**

This District rule is in effect from the first day a student begins participation in a high school or middle school sport or activity and throughout the remainder of the student's attendance in the Amity School District. It is in effect 24 hours a day, seven days a week.

#### **Review Board**

In the event of disciplinary action against a participant, he/she may ask for a hearing before the Review Board. The purpose of the Review Board is to hear appeals concerning the discipline of student participants. Any decision made by the review board may be appealed to the Superintendent. The members of the Review Board may include the school counselor (or similar position), Athletic Director, Activities Director or Dean of Students.

#### **Ejections**

All ejected players must go before the school board at its next scheduled meeting and discuss their behavior with the board. All players will pay \$50.00 to the high school for their first ejection. A player's second ejection will result in the player paying the entire fine imposed by the OSAA. Fines will be paid before the individual will be allowed to participate in the next contest. Failure to pay will result in removal from that sport and any following sport until the fine is paid.

#### **Medical Guidelines for students participating in athletics**

1. A physical on a certified OSAA form is required for each participant every two years, beginning the first year of sports participation.
  - [Physical Examination Form \(r2023\)](#), [Spanish](#)
2. After a major injury or significant illness requiring a doctor's treatment a participant will be required to submit a physician's clearance form with the approval signature from the physician.

### **Academic Eligibility Requirements**

In order to participate in AHS or AMS activities or athletic programs, students must be passing all of their classes.

**Amity High School:** Students with an “F” or “N” at any 3-week check will be placed on academic probation. These students will miss one week of competition while progress is being monitored. Athletes who are placed on Academic Probation will not be allowed to travel with the team to away games however shall have practice with the team. Coaches have the ability to require any athlete to miss practice in order to address academic concerns. At a **home** competition, the athlete will be allowed to sit on the bench with their team in their street clothes. Grades for students who are on academic probation will be reviewed each week to determine the students’ eligibility for the next seven-day period.

**Amity Middle School:** Students with an “F” or “N” at any weekly grade check will be placed on academic probation. These students will miss one week of competition while progress is being monitored. Grades for students who are on academic probation will be reviewed each week to determine the students’ eligibility for the next seven-day period. Athletes who are on Academic Probation will continue to practice during the probation period, but will not be allowed to participate in any competitions, either home or away. Athletes will be required to be on the bench in street clothes during home competitions, however, the head coach can waive this requirement. Athletes will not be allowed to travel to any away competitions while they are on Academic Probation.

### **Semester Ineligibility**

Students must have a cumulative 2.0 GPA to participate in a sport. Cumulative GPA will be checked at the end of each semester and students with a cumulative GPA below a 2.0 will be removed from the sport they are currently in. At the end of spring semester, if an athlete has less than a cumulative 2.0 GPA, they will not be able to participate in a fall sport the subsequent school year. This includes middle school students who are promoting to high school.

### **OSAA Eligibility Requirements (Rule 8.1.1)**

OSAA Rule: An eligible student must be enrolled full time and making satisfactory progress as defined in this rule. Full-Time Enrollment. For purposes of this rule, a full-time student is one who is enrolled in high school, attending regularly, and passing in courses offered by a high school, college, work experience or other school-approved educational activities (including summer school or night school) equivalent to at least the quantity listed on the appropriate line of the chart below. In addition, a full-time student shall have been enrolled in school, attended regularly, and passed subjects equivalent to at least the quantity listed on the appropriate line of the chart below during the immediately preceding transcribed grading period.

Number of Classes Offered	Minimum Number Passed	Minimum Credits Earned
4	3	1.5
5	4	2.0
6	5	2.5
7	5	2.5
8	5	2.5

NOTE: In this example, two units equals one credit of work, and one-half credit is granted each transcribed grading period.

EXCEPTION: The requirement for immediately preceding transcribed grading period credit is inapplicable to a student who has not previously enrolled in any high school offering the 10th, 11th, or 12th grades.

### **Satisfactory Progress toward Graduation**

In addition to the specific credit requirement identified in Rule 8.1.1., to be scholastically eligible, a student must be making satisfactory progress towards the school's graduation requirements by earning a minimum of the quantity of credits indicated on the chart below prior to the start of the specified year.

<b>Credits to Graduate</b>	<b>Prior to Year 2</b>	<b>Prior to Year 3</b>	<b>Prior to Year 4</b>
24	4.5	10.0	17.0

OSAA rules allow for a student to make up course work during the summer. If a student did not pass 5 classes spring semester (OSAA rules state that a student must pass 5 classes the preceding semester in order to be eligible for participation), he/she can (should) make up the deficits during the summer. Should a student/athlete fall into this category (of not passing 5 classes the preceding spring), they should make every effort at making up those credits. (Chemeketa, on-line courses, summer school, credit recovery)

### **Athletic & Academic Suspension/Probation**

During suspension periods, the participant will be required to practice and to sit on the team bench in street clothes at all home games. The Head Coach may waive this requirement. All athletes who are suspended at the end of their sport season or late in the season and are unable to complete their suspension time in that sport will continue their suspension time at the beginning of the next sport season in which they compete. Athletes who choose to drop the sport rather than complete the assigned suspension period will serve the suspension at the beginning of the next sport season in which they compete. (Preseason practice time does not count toward suspension time.)

### **Facilities and Equipment Use**

1. Participants are expected to report needed equipment repair immediately to the coach or advisor.
2. Equipment or clothing lost or damaged will be billed to the athlete at replacement cost.
3. All participants are expected to help keep the locker rooms and playing fields clean at home and on trips.
4. Participants will take their books and homework to the dressing room before 4:00 PM. After practice, athletes will leave promptly while supervised.
5. Participants will limit physical activity in the dressing room in order to avoid injuries.
6. Participants are asked not to bring valuables to the locker room. The participant assumes responsibility for all lost or stolen articles.
7. Equipment will be used in a safe manner as intended by the manufacturer.
8. Equipment broken from negligent use may be charged to participants.

### **Lettering and Awards**

1. An athlete at Amity High School will receive a letter if they have participated in at least half of the scheduled varsity contests or served on the varsity team in some capacity (i.e. manager, statistician, etc.) In regards to wrestling, a wrestler will letter if they fulfill the above-mentioned requirement or qualify for the state-wrestling tournament.
2. Only one letter (block "A") will be awarded to each qualified varsity participant and manager. Emblems will be awarded for each varsity letter in each sport. Certificates will be awarded to all junior varsity participants, scorekeepers, and statisticians as designated by the coach/advisor.
3. If the principal determines that an athlete is not in good standing regarding his/her behavior, attendance, and/or academics an athletic letter will not be given.
4. Exceptions may be made by the coach with Athletic Director and Principal approval.

### **Practice Sessions**

1. Practice sessions will comply with OSAA guidelines.
2. Practices will be conducted outside of school hours and run no later than 9:30 PM on school nights.
3. Practices may be held on weekends at the discretion of the coach.
4. Injured participants who are unable to take part in practice sessions are expected to attend practice unless excused by the coach.
5. If school is not held due to weather conditions or other emergency situations, no practices or contests will be played, unless approved by the principal and superintendent.

### **Student Managers, Scorekeepers and Statisticians**

1. Will be appointed by the coach/advisor and approved by the athletic director.
2. Will care for all equipment and perform duties as assigned by the coach/advisor.
3. Will be treated courteously by all teams' members.
4. Will complete and sign an Athletic/Activities Code of Conduct and Participation Agreement.

### **Transportation**

The Athletic Director or Activities Director will work with the District Service Secretary to arrange transportation. Participants will ride to and from practices and contests in school approved transportation. Coaches / Advisors may grant permission for students to leave an event given the following conditions:

- A request in writing has been filed with the Athletic Director/Activities Director and the Principal prior to the event or
- A written request from a parent or guardian is given to the Coach / Advisor the day of the event or
- Student is signed out by an authorized parent or guardian with Coach / Advisor at the conclusion of the event.
- A phone call is not a reasonable means of request.
- A student that has been removed from the bus during the day will not be allowed to ride the bus for sporting events or school activities.

### **Dual Participation**

Participants will only be allowed to participate in one school sponsored sport or activity during the same season unless a mutual written agreement has been made by affected coaches, the athlete, parents, and administration.

### **Participation Turnout Deadlines**

The turnout deadlines are set by athletic administration to encourage student athletes to decide to participate in a timely manner. This will allow coaches to obtain an accurate number of participants for their sports program. An exception will be made for students that come into the district after a deadline has passed and meet OSAA eligibility requirements.

### **Attendance**

Any partial or full day unexcused absence on the day of an activity will result in ineligibility for that activity. A pattern of irregular attendance will be reviewed by the administration at any time and may result in short-term activity ineligibility as determined by the administrative review. Students must also be in attendance for at least a half-day even with an excused absence to become eligible to participate in that afternoon or evening activities. *(Only exceptions approved by the Principal in advance will be accepted.)*

### **Out of School Suspension**

Students cannot participate in practices, activities or competitive events for the duration of an out-of-school suspension. Out of school suspension for an athlete or club member will also result in inability to participate in the next scheduled event following the suspension. The accumulation of two (2) out of school suspensions during a sport season will result in dismissal from the squad for the duration of the sport season. ASB and class officers who acquire (2) out of school suspensions will be dismissed for the remainder of the year.

### **In-School Suspension**

Any in-school suspension shall result in denial of participation in competition events and practice for the assigned day.

### **Criminal Behavior**

The admission of facts which constitute a criminal offense, or conviction of a criminal offense, either felony or misdemeanor, (excluding minor traffic violations) may result in suspension from participation for a maximum of six (6) weeks from the date of admission or conviction, or the beginning of the competition season. A second offense will result in suspension from all athletic and activity programs for one calendar year.

### **Behavior**

Participants are expected to model exemplary behavior. Students in violation of a severe disciplinary infraction or who establish a pattern of noncompliance as defined by the Student Code of Conduct or the Athletic and Activity Handbook will have the incident(s) reviewed by the administration. The administrative review may result in discipline up to and including being declared ineligible to participate in district activities for a length of time to be determined by the administration. Student athletes or officers who use threats or threatening actions against others; who use profane or obscene language directed at school employees, coaches, fans, other players, team members or officials; who use any actions or words considered insubordinate to coaches, advisors, or who use actions or words

that bring discredit to the team or ASD, may be suspended from the team, activity, or office held at the discretion of the Coach, Activities Director, Athletic Director and/or Principal.

### **Flagrant Fouls and/or Unsportsmanlike Penalties**

Athletes who receive a Flagrant Foul or an Unsportsmanlike Penalty must be removed from the game at the time of the violation. The coach will discuss the incident with the athlete. The athlete may return to competition when the coach feels that he/she has regained emotional control. ***Multiple Flagrant Fouls and/or Unsportsmanlike Penalties may result in removal from his/her team.***

### **In the Presence of Illegal Substances**

Any athlete, club member, or officer who finds himself/herself in the company of persons who illegally use, possess, transmit or are under the influence of alcohol, controlled substances, inhalants or performance enhancing drugs, (i.e. frequenting places, areas, or sites where drugs and/or alcohol are present) is expected to leave immediately. Failure to leave immediately will result in the violation of this administrative rule. The consequences will then be considered to be the same as those for possession, use or transmission of controlled substances as stated in the Amity School District handbooks.

### **Possession of Illegal Substances**

No student involved in an interscholastic athletic/activity program shall knowingly possess, use, transmit or be under the influence of alcohol, a tobacco product, performance enhancing drugs, inhalants, look-alike drugs, or controlled substances of any kind (except as prescribed by a medical professional). See Student Handbook.

No district employee shall knowingly sell, market or distribute steroid or performance enhancing substances to kindergarten through 12th grade students with whom the employee has contact as part of the employee's district duties; or knowingly endorse or suggest the use of such drugs.

### **Substance Abuse Disciplinary Action Plan**

The possession, use or transmittal of alcohol, a tobacco product, performance enhancing drugs, inhalants or controlled substances, a determination by a school official that a student-athlete used either alcohol, tobacco, performance enhancing drugs, or controlled substances, or a determination that an athlete did not immediately leave the company of those who were using, will subject the student-athlete to the following consequences in addition to school disciplinary procedure:

#### ***FIRST OFFENSE: THREE WEEKS SUSPENSION***

Suspension will be from activities and participation in athletic competition from the date the possession, use or transmission became known to a school official. Students may still practice and have limited involvement per athletic director/principal discretion. Pre-season practice time will not be considered as part of the suspension time.

#### ***SECOND OFFENSE: ONE CALENDAR YEAR SUSPENSION***

Suspension will be from activities and participation in athletic competition and practices will be for ONE CALENDAR YEAR from the date the possession, use, transmission, or being under the influence became known to a school official.

#### ***THIRD OFFENSE & SUBSEQUENT OFFENSES***

Full suspension from all programs for an additional calendar year for each offense.

### **Voluntary Assistance Request (V.A.R.)**

There may be no disciplinary consequences under this agreement if, prior to investigation or apprehension for an offense involving the use of alcohol, a tobacco product, a performance enhancing drug, inhalant or a controlled substance, a student voluntarily requests assistance from school officials. The intent of V.A.R. is to assist the student who truly has a long-term drug/alcohol problem. A student may use this self-referral process once in his/her high school career. Should a student face a second offense, he or she would face the consequences listed in the Disciplinary Action Plan.

### **Extra-Curricular Participant Drug Testing**

This policy is intended to create a safe school environment by:

1. Providing for the health and safety of all students involved in extracurricular activities;
2. Undermining the effects of peer pressure by providing a legitimate reason for extra-curricular activity participants to refuse illegal drugs; and
3. Encouraging students who use drugs to participate in treatment programs.

### **Definitions**

**“Drug”**: Any substance considered illegal under Oregon laws or which is controlled by the Food and Drug Administration; and alcohol.

**“Extra-Curricular participant”**: Any Amity School student participating as a member in approved activities by Amity School District 4J’s Board of Education

**“Season”**: Fall, winter and spring seasons begin the first day of practice and end the day prior to the next season as determined by the Oregon School Activities Association.

**“Positive test”**: The presence of any level of illegal drugs other than prescription medications specifically prescribed for the student.

### **Procedures**

#### **Consent**

Each student who participates in athletics and/or extra-curricular activities, and their parent/guardian, will be required to sign a Student Code of Conduct (Athletic Activity Participation Agreement) which gives consent for participation and for drug testing.

#### **Non-punitive nature of Policy**

Students will not be penalized academically for testing positive for illegal drugs under this policy nor will drug tests be documented in any student’s academic records. The information gathered under this policy will only be disclosed to criminal or juvenile authorities in order to comply with lawful court orders or subpoenas. In the event of such legal compulsion, Amity School District 4J will notify parents/guardians at least 72 hours prior to releasing information.

#### **Testing Rules**

1. All extra-curricular participants may be tested at the beginning of any season at the discretion of the superintendent (or designee). Students joining a program after the season starts will be tested if the rest of the team was tested earlier.
2. Random testing of extra-curricular participants may occur at any time as determined by the superintendent (or designee).

#### **Procedures for Testing**

1. Selection for testing will be random from a pool of all participants. The superintendent will take due precautions to ensure the integrity and confidentiality of the selection process. No individual involved in the selection process will be able to identify students or determine the selection of a particular student for testing.
2. Students who refuse to be tested who provide an altered sample will be considered to have tested positive and will be subjected to the “Positive Results” procedures below.
3. Samples will be collected at or by an outside professional organization and split and sealed at the time of collection. One (the original) will be tested at Oregon Medical Laboratory. The other is to be used for confirmation of all positive results at a second laboratory. Original positive samples will be sealed and maintained for one year at the Oregon Medical Laboratory.

#### **Scope of Tests and Confidentiality of Results**

The laboratory will be instructed to test for one or more drugs and this will be determined prior to the student selection process. Samples will not be screened for the presence of any substances other than drugs or for the existence of conditions other than those related to drug use.

## Test Results

- If the original test is negative, the student will be notified and no further action will be taken.
- If the sample test is positive, a parent/guardian will be notified and a meeting will be scheduled with the superintendent (or designee), the student, the parent/guardian and the principal. The purpose of this meeting shall be to implement the procedures noted as follows.

### First Positive Result

For the first positive test, the student will be given the option of participation in a drug assistance program and submission to random drug testing (at the parent/student expense) for eight weeks (regardless of whether or not the season ends prior to the eight weeks), or suspension from the extra-curricular program for the remainder of the current season and the next season. If the student elects random testing, positive results after four weeks or inadequate progress in the intervention program after two weeks will be considered failing and the student will be immediately suspended from the extra-curricular program and considered ineligible for the next season.

### Second Positive Result

For the second positive result, the student will be suspended from the extra-curricular program for one calendar year.

### Third Positive Result

For the third positive result and any subsequent positive result, the student will be suspended from all extra-curricular programs for one calendar year. \*Students wanting to return to participation following a suspension from extra-curricular activities will be required to pass a drug test, at the parent/student expense.

### Concussion Overview/Protocol

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. All concussions are brain injuries. A concussion can be caused by a blow to the head or even a blow to the body alone. The force moves or twists the brain in the skull. It is important to know that loss of consciousness is not required to have a concussion.

These are some **SIGNS** of a concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

These are some of the more common **SYMPTOMS** of concussion (what an injured athlete feels):

- Headache
- Nausea
- Dizzy or unsteady
- Sensitive to light or noise
- Feeling mentally foggy
- Problems with concentration and memory
- Confused
- Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. “When in doubt, sit them out.”

Amity High School and Amity Middle School will follow and align with OSAA concussion management as outlined below:

### **CONCUSSION MANAGEMENT**

1) Suspected or Diagnosed Concussion. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer licensed by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms, or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with a Qualified Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

2) Return to Participation. Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a **medical release form signed by a Qualified Healthcare Professional is obtained**, the athlete shall not be permitted to return to athletic activity. As of July 1, 2020, ORS 336.490 requires athletes be cleared by one of these Oregon Qualified Healthcare Professionals: Medical Doctor (MD), Osteopathic Doctor (DO), Chiropractic Doctor (DC), Naturopathic Doctor (ND), Nurse Practitioner (NP), Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT) or Psychologist who is licensed or registered under the laws of Oregon. Before signing any RTP forms, except for MD and DO signers, course completion certificates from the Oregon Concussion Return-To-Play Education must be obtained by all DC, ND, PT and OT and, after July 1, 2021, by all NP, PA, and Psychologists.

### **Participation Requirements**

All athletes must have their Code of Conduct and physicals complete prior to the first practice. Sports fees must be paid (unless arrangements made) prior to the first date of competition. If the athlete has NOT completed these requirements, they will not be able to compete until all the requirements have been fulfilled.

*Amity High School/Amity Middle School: Participation fees/costs for all activities and athletics have been waived for the 2025-2026 school year, with the exception of fees/costs that correlate with Trap, OHSET, Dance, and Cheer. Fees and/or costs outside of the participation fees/costs will be the responsibility of the participant.*

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**AMITY PUBLIC SCHOOL DISTRICT 4J  
Athletic & Activity Participation Agreement  
Code of Conduct**

**PERMISSION FORM**

I want my son/daughter to have the privilege of participating in athletics/activities. He/she has my permission to compete in those sports/activities, which are approved by the Board of Education for School District #4J, and to go with the coach/advisor on any regularly scheduled trips. While I expect school authorities to exercise reasonable precautions to avoid injury, I understand that they assume no financial obligation for any injury that may occur.

**DISCLAIMER**

As a student participant in athletics/activities, I have read and I agree to abide by the rules and consequences as detailed in the Athletic and Activity Handbook and the Athletic/Activity Participation Agreement (Code of Conduct). As a parent/guardian, I understand that sports and/or activity participation involves some risks, and I accept the possibility that my child may be slightly, seriously or even fatally injured depending on the nature of the sport in which he/she is participating.

**CONSENT**

Your signature below indicates that you have given your permission for a coach, advisor, teacher or other school personnel to transport or arrange for transportation for your son/daughter to a medical facility for treatment when they deem it to be necessary. You are also giving your permission to have your son/daughter receive diagnostic, therapeutic, and operative procedures as deemed necessary by professional medically trained individuals so that no unnecessary delays will occur with treatment. In the event that a student-athlete is of age to use tobacco products they are agreeing not to use tobacco by signing this agreement.

**ATHLETE / GUARDIAN GUIDELINES**

- As a guardian to an Amity Warrior Athlete I understand that my role is to support my child and help better the programs and experiences of everyone involved in Amity School District programs.
- I can and should expect our coaches to communicate expectations for the entire team, locations and times of practices, standard operating procedures in emergency situations, and team requirements.
- Coaches can and should expect that I will express any questions directly to them, notify them directly of any scheduling conflicts or changes and any child specific safety concerns.
- Issues regarding other athletes will not be discussed. Coaches will also not be expected to discuss playing time, strategy and/or play calling.
- By signing this document, I am agreeing to promote a positive environment at all Amity High School and Amity Middle School Athletics/Activities. I understand that promoting unsafe or negative environments could result in my removal from contests/activities.

**AMITY SCHOOL DISTRICT 4J EXTRACURRICULAR DRUG TESTING CONSENT**

**EXHIBIT A ~ General Authorization Form**

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Amity School District Board of Education and the sponsors for the activity in which I participate.

I also authorize the Amity School District to conduct a test on a urine specimen, which I provide, to test for drugs and/or alcohol use. I also authorize the release of information concerning the results of such a test to the Amity School District and to the parents and/or guardians of the student. This shall be deemed consent pursuant to the Family Education Right to Privacy Act for the release of above information to the parties named below.

