# *South Washington County Middle School Athletics*

# 2025-26 Athletic Eligibility Information

## District 833
## Community Education

*Cottage Grove Middle School*
*Lake Middle School*
*Oltman Middle School*
*Woodbury Middle School*

## Middle School Athletics

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| ° *Students:* | Your participation in middle and senior high school activities is dependant on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) the summary of Minnesota State High School League rules which govern your participation. |
| ° *Parents/ Guardians:* | REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overestimated. |

SoWashCo
COMMUNITY EDUCATION

***INFORMED CONSENT***

INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

**2025-26 ATHLETIC INFORMATION**
**STUDENTS, PARENTS/GUARDIANS:**
This flyer has been prepared to help the students and parent/ guardian to become familiar with the policies, regulations and rules of the Middle School Athletic Program. Review the following information with your son or daughter, sign the back page and return it to the Community Education office or coach. **(No student will be permitted to participate in the Middle School Athletic program until this form is on file).**

## GENERAL RULES

**1. PARTICIPATION**

A. Attendance
An acceptable absence from an athletic event for any of the following reasons which is recognized as legitimate.
a. parent/doctor verified illness
b. family emergency
c. scheduled appointment approved by parent
d. religious holiday
e. medical/dental appointment
f. school directed activity
g. prearranged family vacation
h. any type of suspension

B. Dismissal of a Player
A coach may dismiss a player from an activity for the season only after consulting with the Middle School Sports Coordinator and Building Supervisor.

**2. POLICY ON STUDENT INSURANCE**

A. Parents/Guardians are responsible for any coverage of insurance for their child participating in interscholastic athletics.
B. Parents shall be required to sign a statement indicating this coverage and/ or their assumption of liability.

**3. POLICY ON PHYSICAL EXAMINATIONS**

Middle School Athletic Sport Physical Policy: Any student who intends to participate in middle school interscholastic athletics should have on file at our Community Education office a record of a sports physical examination performed within the previous three (3) years. All 7th grade students should have a current physical examination form on file at our Community Education office. (Forms are available online at commed.sowashco.org).

**4. EMERGENCY PROCEDURES**

A. Emergency Form
1. Each student has received an emergency form (included on last page of this form) to be completed and returned to Community Education. It is most important that we have this information on file in the event of illness or emergency.
2. If parents/guardians plan to be out of town for more than a day, please inform the community education office where you may be reached and who is responsible for your child in your absence. The above information is necessary for the welfare of your child. Please keep the information current.

**5. ATHLETIC EQUIPMENT RULES REGULATIONS AND EXPECTATIONS**

A. Care and use of athletic equipment: Community Education is very proud of its athletic equipment. We can show our appreciation to the taxpayers of our school district for the many advantages we have by showing respect in the care and use of athletic equipment.
B. Students will be charged for damage done due to negligence or failure to return equipment.

**6. STUDENT DISCIPLINE**

A. STUDENT CONDUCT
1. Students will have a clear understanding of the authority and rules of the Middle School Athletic Program. A letter containing the coaches rules, regulations and philosophy must be distributed to ALL students at the first meeting.
2. Disciplinary action shall be taken against a student for any behavior which is disruptive or which violates the rights of others.

B. INAPPROPRIATE STUDENT BEHAVIOR
(i.e., failure to follow directions, forged notes, disrespect for fellow students, swearing/ obscene language or gestures, verbal abuse, improper care of equipment, number of absences.)
Procedure to follow:

1. Coaches will complete a behavior report and copies will be sent to the Parents/ Guardians and Sports Coordinator.
2. Three disruptive behavior reports will result in dismissal from the program. No refunds will be issued.

C. SEVERE DISCIPLINE PROBLEMS
(i.e.., fighting, assault, theft, vandalism and other illegal or dangerous actions, etc.)
each of the above will require a police report
Procedure to follow:

1. Suspend student from practice/game. If a student is at a practice/game allow him/her to stay until the activity bus comes or the parent/guardian arrives.
2. Call the parent/guardian and explain what transpired and caused the suspension. Inform the parent/guardian that a committee meeting will be held to determine a course of action, and that the suspension is in effect until a committee decision is reached.
3. Names of student(s) should be given to the Principal and Sports Coordinator.
4. The Principal, coach(es) and Sports Coordinator and parent/guardian will meet, discuss the issue and determine a course of action. The player will NOT be able to participate until this course of action has been completed.

**7. STUDENT HANDBOOK**

A. Students participating in the Middle School Athletic Program must also comply with the policies of behavior as stated in the Middle School Student Handbook, page 11.

***Student Code of Responsibilities***

*As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:*

1. *I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
2. *I will be fully responsible for my own actions and the consequences of my actions.*
3. *I will respect the property of others*
4. *I will respect and obey the rules of my school and the laws of my community, state and country.*
5. *I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.*

A student ejected from a contest shall be ineligible for the next regularly scheduled game/meet at that level of competition. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games/meets.

**8. MINNESOTA STATE HIGH SCHOOL LEAGUE: ATHLETIC ELIGIBILITY INFORMATION, DISTRICT 833**

**MOOD-ALTERING CHEMICALS**

**A. Philosophy and Purpose:** The Minnesota State high School League recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affect extracurricular participation and development of related skills. Others are affected by the misuse and abuse of family, team members or other significant persons in their lives.

**B. Bylaw: During the calendar year, regardless of the quantity, a student shall not: (1) use a beverage containing alcohol; (2) use tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance.**

1. The by-law applies to the 12-month calendar year.
2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the students own use by his/her doctor.

**C. Penalty:**

1. First violation: After confirmation of the first violation, the student shall lose eligibility for the next two consecutive interscholastic contests or two weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

2. Second violation: After confirmation of the second violation, the student shall lose eligibility for the next six consecutive interscholastic contests in which the student is a participant or three weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.

3. Third and subsequent violations: After confirmation of the third or subsequent violation, the student shall lose eligibility for the next twelve consecutive interscholastic contests in which the student is a participant or four weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on his/her own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in activities after a minimum period of six weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.

4. Accumulative penalties: penalties shall be accumulative beginning with the student's first participation in a league activity and continuing through the student's high school career.

5. Denial disqualification: A student shall be disqualified from all interscholastic athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

## 9. MINNESOTA STATE HIGH SCHOOL LEAGUE: ATHLETIC ELIGIBILITY INFORMATION, DISTRICT 833

### RACIAL/RELIGIOUS/SEXUAL HARASSMENT /VIOLENCE

**A. Definitions**

1. Racial Harassment consists of physical or verbal conduct relating to an individual's race when the conduct:
   a. has the purpose or affect of creating an intimidating, hostile or offensive working or academic environment; or
   b. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
   c. otherwise adversely affects an individual's employment or academic opportunities.
2. Racial Violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, race.
3. Religious Harassment consists of physical or verbal conduct relating to an individual's religion when the conduct:
   a. has the purpose or affect of creating an intimidating, hostile or offensive working or academic environment; or
   b. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
   c. otherwise adversely affects an individual's employment or academic opportunities.
4. Religious violence is a physical act of aggression or assault upon another because of, or in a manner reasonably related to, religion.
5. Assault is:
   a. An act done with intent to cause fear in another of immediate bodily harm or death; or
   b. the intentional inflectional of or attempt to inflict bodily harm upon another; or
   c. the threat to do bodily harm to another with present ability to carry out the threat.
6. Sexual Harassment is a form of sex discrimination that violates Section 703 of Title VII of the Civil Rights Act of 1964, as amended, 42 U.S.C. 2000e, et seq., and Minnesota Statues Sections 363.01-.14, the Minnesota Human

   a. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature.
   b. Sexual harassment may include but is not limited to;
      1) verbal, written/graphic harassment or abuse;
      2) subtle pressure for sexual activity;
      3) inappropriate patting or pinching;
      4) intentional brushing against the individual's body
      5) demanding sexual favors accom panied by implied or overt threats concerning an individual's employment or educational status;
      6) demanding sexual favors accompa nied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status;
      7) any unwelcome touching of a sexual nature.

7. Sexual Violence is a physical act of aggression that involves the touching of another's intimate parts, either above or underneath the other person's clothes, or forcing another person to touch one's intimate parts, either above or underneath one's clothes. Intimate parts as defined in Minnesota Statues 1990, section 609.341, include the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity.
    a. Sexual violence may include, but is not limited to:
        1) touching, patting, grabbing, or pinching another person's intimate parts, either same sex or opposite sex;
        2) coercing or forcing sexual touching on another;
        3) coercing or forcing sexual inter course on another;
        4) threatening to force sexual touching or intercourse on another.

**B. Bylaw:** During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence bylaws of the Minnesota State high School League.

*Interpretation: The bylaw applies to the entire school year and any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.*

**C. Category of Activities:**

1. Category I Activities: Those Activities in which a member school has a schedule of interscholastic contests including athletic activities.

**D. Penalties for Category I Activities;**

1. Racial/Religious/Sexual Harassment Violations
    a. First Violation: After determination of the violation, a student shall lose eligibility for the next two consecutive interscholastic contests or two weeks of a season in which the student is a participant, whichever is greater.

    Recommendations:

    1) It is recommended that the school develop a local education program through which the student would receive information about racial/religious/sexual harassment and racial/religious/sexual violence.

    2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.

    b. Second violation: After confirmation of the second violation, the student shall lose eligibility for the next six consecutive interscholastic contests in which the student is a participant or three weeks, whichever is greater. It is recommended that before being readmitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.

    c. Third violation: After confirmation of the third or subsequent violation, the student shall lose eligibility for the next twelve consecutive interscholastic contests in which the student is a participant or four weeks, whichever is greater.

    d. Accumulative penalties: penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

2. Racial/Religious/Sexual Violence Violations: After determination of the violation of the racial/religious/sexual violence rules, the student shall lose eligibility for the next year, i.e., twelve calendar months.

## 10. COMMUNITY EDUCATION MIDDLE SCHOOL ACADEMIC ELIGIBILITY POLICY

Middle school students participating in a Community Education or MSHSL sponsored athletics must be passing all classes at the end of the current grading period in which the student is participating in athletics. Any student not passing a class at the end of a grading period will be placed on probation. All 7th graders will have initial eligibility for fall activities.

## *South Washington County Middle School Athletics Parents Permit, Consent, and Health Form*

This form must be completed, signed, and returned to the coach before the student will be permitted to practice or play.

Name of Student _____

Date of Birth _____

School Name _____ Grade 6 7 8

### STUDENT CODE OF RESPONSIBILITIES

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of the community, state, and country.
- I will show respect to those who are responsible for enforcing the rules.

A student whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the coach, Athletic Building Supervisor, and Athletic Sports Coordinator.

**Informed Consent:** By its nature, participation in athletics includes risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN COMMUNITY EDUCATION MIDDLE SCHOOL ATHLETICS WITHOUT THE STUDENT AND PARENTS/GUARDIAN SIGNATURE.**

**Health / Emergency Consent:** I hereby request that _____ be permitted to participate in all middle school athletics for the 2025-26 school year. In case of accident or serious illness, I give permission for the coach to have him/her sent to his/her family doctor. If it is impossible to contact this doctor, the coach may make whatever arrangements seen necessary. (The usual arrangements under these circumstances would be to transport the athlete to a hospital). I have my own insurance and/or will be responsible for all services rendered by a doctor or hospital.

I have read, understood, and acknowledge receiving the 2024-25 Athletic Eligibility Information which contains a summary of the eligibility rules. By signing this we acknowledge that we have read the above information. The student/parent authorizes the release of documents and other pertinent information by the school in order to determine eligibility.

_____ _____

**Student Signature** **Date**

_____ _____

**Parent/Guardian Signature** **Date**

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## EMERGENCY INFORMATION

School _____ Sport _____

Child's name _____ Home phone _____

Parent/Guardian name _____ Work # (___) _____ Cell# _____

Parent/Guardian name _____ Work # (___) _____ Cell# _____

Other emergency contact _____ Phone number (___) _____

Doctor's Name _____ Phone number (___) _____

Hospital Name _____