

Mynderse Academy Athletic Code of Conduct 2025-2026

The Athletic Code of Conduct is a portion of the Seneca Falls C.S.D. Board of Education Approved Code of Conduct. Athletic rules and regulations are for all High School student-athletes who participate in a varsity or junior varsity interscholastic sport, and for middle school students who participate at the JV or varsity level. Please review these rules with the student-athletes and keep them for your reference.

Mynderse Academy has subscribed to Rschool Activity Scheduler, which is an electronic registration program. The process of registering students for participation in interscholastic athletics, completing health updates, and having the ability to upload student physicals are the basic uses of this program. This program will eliminate most if not all of the paper record keeping as coaches will be able to access the required information and parent contacts.

Before any student is allowed to participate in practice and/or an athletic contest, parents via the Rschool Activity Schedule link must submit the student registration, which acknowledges that they have answered all the required health update questions, reviewed all rules of interscholastic athletics, and that said rules will be adhered to during the sports season(s).

Student-athletes who participate in the Interscholastic Athletic Program have a responsibility to their parents, school, team, coach, and themselves. If a student accepts the responsibility of being a member of an athletic team, he/she must adhere to certain rules and regulations as outlined below:

PHYSICAL EXAMINATION

All students who plan on playing a sport during the 2025-26 school year must have an updated physical, and said physical must be done by ***the student's primary care physician or an urgent care doctor***. A student trying out for an athletic team must have a medical examination performed and a report on file in the school Health Office before the student can try out for and practice for any sport. A physical is good for 1 year and the month it was recorded. If a student had a physical examination on August 3rd, 2024, that physical examination will expire on August 31st, 2025. That student could start and finish the fall season because it was one year, and that month, it was approved. To start winter or spring sports, a new updated physical will be needed.

If a community health care provider/personal physician performs the physical examination, the school physician would have the final authorization for the student to participate in a sport, if the situation warranted. A student who has a physical provided by their family health care provider will not be allowed to participate in any sports season unless he/she has a physical and meet the following criteria:

- The student/parent has submitted TO THE SCHOOL NURSE ONLY, a written statement from the family doctor indicating the athlete has taken and passed a sports physical. The school physician has the absolute authority to determine the physical capacity of a pupil to participate in a sport.
- Coaches are NOT to accept physical exam slips from students. Students are to be instructed to take their physicals to the nurse or have parents upload them in the Rschool Activity portal to get final clearance. Under no conditions will a coach take a verbal statement from a student that he/she has had a physical examination. If the student's name does not appear on the Rschool Activity roster provided by the nurse, the coach cannot allow the student to participate in any interscholastic activity.
- The medical examination and approval of the school physician or family doctor is valid for the school year unless an interruption of participation occurs as a result of injury or illness.

- All pupils shall have their health history updated and electronically signed by the parent on the Rschool Activity account before the start of try-out/practice sessions at the beginning of each season unless the student has received a full medical examination within the immediate preceding 30 days. (30 days prior to the start date of tryouts/practices).

CONCUSSION POLICY

THE SCHOOL PHYSICIAN OR HIS DESIGNEE IS THE ONLY ONE WHO CAN RELEASE A PLAYER THAT HAS BEEN TREATED FOR A CONCUSSION, EVEN IF THE STUDENT-ATHLETE'S PERSONAL PHYSICIAN HAS INDICATED THE STUDENT MAY RETURN WITHOUT RESTRICTIONS.

Concussion Management Procedures

PARENTS/GUARDIANS OF ATHLETES: To protect the students/athletes of Seneca Falls Central School District, the school district, following the Concussion Management Act, has mandated that all student-athletes, parents, and guardians follow the Seneca Falls Central School District Concussion Regulation.

WHAT IS A CONCUSSION? A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Recovery from a concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

What are the signs and symptoms of a concussion?

Amnesia (e.g. decreased or absent memory of events before or immediately after the injury, or difficulty retaining new information); confusion or appearing dazed; headache or head pressure; loss of consciousness; balance difficulty or dizziness, or clumsy movements; double or blurry vision; sensitivity to light and/or sound; nausea, vomiting, and/or loss of appetite; irritability, sadness, or other personality changes; feeling sluggish, foggy, groggy, or lightheaded; concentration or focusing problems; slowed reaction times, drowsiness; fatigue and/or sleep issues (e.g. sleeping more or less than usual). Students who develop any of the following signs or if the above-listed symptoms worsen must be seen and evaluated immediately at the nearest hospital emergency room:

Headaches that worsen; seizures; looks drowsy and/or cannot be awakened; repeated vomiting; slurred speech; unable to recognize people or places; weakness or numbing in the arm or legs, facial drooping; unsteady gait; dilated or pinpoint pupils, or change in pupil size of one eye; significant irritability; any loss of consciousness; suspicion of skull fracture; blood draining from the ear, or clear fluid

What should you do if you think your child has a concussion?

- Seek medical attention right away. A licensed healthcare professional will be able to decide how serious the concussion is.
- Tell your child's coach about any recent concussions. School personnel should be notified if your child has a recent concussion in any sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Concussion Graduated Return to Policy

When a student has been cleared by a medical provider from a concussion, the following graduate's return to play will be followed. This will begin with an assessment completed by the Athletic trainer. Once that is completed, each stage is a minimum 24-hour period. The graduated return to activities will not begin until the student is completely symptom-free. Once a student with a concussion has been symptom-free at rest for at least 24 hours, a private medical provider may choose to clear the student to begin a graduated return to activities. If the district has concerns or questions about the private medical provider's orders, the Board of Education-approved district physician should contact that provider to discuss and clarify. Additionally, if requested by the school district, the Board of Education-approved district physician has the final authority to clear students to participate in or return to extra-class physical activities under the New York State Concussion Management Act.

- Phase 1- Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over 24 24-hour period, proceed to:
- Phase 2- Higher impact, higher exertion, and moderate aerobic activity such as running or jump roping. No resistance training. If tolerated without return of symptoms over 24 24-hour period, proceed to
- Phase 3- Sport-specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over 24 24-hour period, proceed to:
- Phase 4- Sport-specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over 24 24-hour period, proceed to:
- Phase 5- Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24-hour period, proceed to:
- Phase 6- Return to full activities without restrictions

The treatment, management, and return to play determinations will be individualized to each student and dependent on the circumstances of each specific case and injury. A safe return to play is the ultimate goal regardless of age and level of play.

How can you help your child prevent a concussion?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times
- Make sure they properly wear the right protective equipment that is required for their sport (such as helmets, padding, shin guards, eye and mouth guards);
- Learn the signs and symptoms of a concussion.

PRACTICES - GAMES - TEAM AFFAIRS

Players are expected to attend all practices, games, and team affairs unless legally excused by the coach and/or school administration. It is the responsibility of the player to notify the coach in advance if he/she cannot attend practice, game, etc.

Physical Education Attendance: A student-athlete must participate in his/her scheduled physical education class unless excused by the school nurse or the athlete's physician. Participation in athletics does not exempt an athlete from participation in physical education classes. Student-athletes can gain many benefits from the District's Physical Education curriculum that will enhance their everyday lives. Unexcused absences or failure to participate in physical education without a valid excuse could result in loss of practice or participation in an athletic practice/contest/game.

If a player is detained for academic reasons or school-related activities, he/she must bring a signed note from the teacher, stating the time of release for the coach's verification. All students, including student-athletes who are assigned to late detention, must serve the detention on the day the detention(s) have been assigned. The 11th-period detention will run from 3:00 – 4:00 and will be scheduled for two (2) days per week. Any exception to this rule must be approved by the Principal or Assistant Principal only.

Students who are involved in an extracurricular activity must be in class by 7:35 a.m. to be eligible to participate in the activity/practice for that day. The principal, assistant principal, or athletics director are the only one who can allow for exceptions to arrivals after 7:35 AM.

1. Students who sign in after 7:35 AM. Must have a legal, written excuse from a doctor/dentist or counselor for emergency/regularly scheduled appointments. **SIGNED NOTES FROM A PARENT WILL NOT BE ACCEPTED.**
2. Any student who attends a funeral **MUST SUBMIT** a **NOTE TO THE OFFICE**, from a parent, upon return from the funeral.
3. If a student has a court appearance, a note from the **COURT CLERK** must be submitted to the office before the student is allowed to practice or participate in an athletic contest.
4. If a student is attending a college visit, authorization of said visit must go through the Guidance Counselor, for the purpose of obtaining a transcript, which is to be done in advance of the visit. This will then allow the student to participate in the activity when classes are missed.
5. The same written excuses apply to students wishing to sign out of school and who do not return to school if they wish to participate in an athletic contest/practice on that day.
6. Each athlete must make every effort to be in school the day following an athletic event. If a pattern of absence develops following an athletic event, the coach and or administration will take appropriate disciplinary action. That action may range from a warning to suspension from participation for some time.
7. Students who are serving suspension (Out of School or in school) are **NOT** eligible to participate in or attend any Interscholastic athletics during the time they are on suspension.
8. Students who fail to attend 10th or 11th-period detention, without advance permission from an administrator, may be denied the right to practice and/or play in an athletic event for that day. Any student who has a discipline problem that day may be denied the opportunity to practice or participate in an athletic event for that day or as otherwise deemed appropriate by the administrator.

9. If a student-athlete misses a game without previous permission from the current season's Coach and Athletic Director (or High School Principal), that student will be subject to a one-game suspension for each contest missed. This suspension will be served immediately following the student athletes' return to the team. A second violation will result in immediate dismissal from the team.
10. Player Ejection Policy (NYSPHSAA & Section V) – Any player on varsity, junior varsity, or modified team in Section V shall be suspended for the next contest if ejected by an official from a contest for unsportsmanlike behavior. ***The Seneca Falls Central School District adds an additional game to this suspension. The next contest is defined as the next contest in which the disqualified student-athlete is eligible to play, whether it is that sports season, the next sports season, or the next school year.***
11. Fan Ejection Policy (NYSPHSAA & Section V) - The same ejection policy for students applies to fans ejected from any contest in any sport. The fan ejection also requires any ejected fan to watch a sportsmanship video and a meeting with the athletic director before returning to any athletic contests. A second ejection for a fan at any time in the future will result in a longer suspension than 2 contests. The superintendent of the school and athletic director will review the case before deciding on suspension. All fan ejections will be reported to Section V.
12. For safety reasons, all doors to all district buildings are to be closed and locked during practices. Therefore, being on time is essential for safety; students can not prop the doors open.
13. Sectional, regional, or state games, including invitational events, are NOT exempt from this rule. If a disqualified player plays illegally in a contest, that contest is subject to forfeiture, pending a decision from the Section V Sportsmanship Committee.

ATHLETIC TRANSFER OR DROP PROCEDURE

1. Student-athletes who wish to transfer from one sport to another during the season. Student/athlete must meet the following requirements:
 - A student may join another team provided there are no cuts already made on the new team.
 - If cuts were made with the new team and then a student wishes to join that team, he/she will not be allowed to join.
 - If a student is dismissed for reasons of insubordination from one team during a season, he/she is not eligible to join any other team that season.

Steps for the student-athlete to follow for the transferring of a sport if the above requirements have been met:

- Meet with the Athletic Director to discuss their intentions of changing sports.
- Obtain a Sports Transfer Form from the Athletic Director.
- Meet with the current sports head coach for an exit interview, and have the Sports Transfer Form signed.
- Meet with the coach of the sport wishing to enter to be sure the student/athlete would be eligible and have the Sports Transfer Form signed.

- Meet with the Athletic Director a second time to review the Sports Transfer Form and discuss the eligibility requirements of the student/athlete and the new sport wishing to be played.
- 2. If an athlete quits a team after the first scheduled contest and wishes to participate on any other interscholastic team for that season.

Student/athlete must meet the following requirements:

- All equipment issued is returned
- Meet with the coach to discuss the decision
- Appear in front of the athletic review board to discuss the action. The board will render a decision as to the future status of the student/athletes' participation in the athletic program.

TRAVEL

Team members are required to travel to and from any athletic contest on the school bus or transportation provided by the School District. Requests by parents for exceptions to this rule must be discussed with the coach/Athletic Director/Administrator IN ADVANCE. The approved form must be obtained from the coach, completed by the student, and signed by a parent BEFORE the request is approved and signed by an administrator.

EQUIPMENT - FACILITIES - PROPERTY

PLAYERS ARE TO RESPECT MYNDERSE ACADEMY AND THE OPPONENT'S SCHOOL EQUIPMENT, FACILITIES, AND PROPERTY.

- Equipment, uniforms, etc., issued to players are to be used only for scheduled practices, games, or when authorized by the coach.
- After the season, all uniforms must be turned in and should be laundered. Lost or misused equipment will be charged to the player responsible for it, and restitution will be required. No awards or further participation will be granted and will not be forwarded until restitution is made.
- Any player found to be guilty of removing another person's personal effects or damaging athletic equipment from Mynderse Academy or the opponent's school will be subject to suspension from the team, arrest, and/or legal action and restitution.

Student Parking for Practice/Games: Students/Athletes who drive to practice or for home games must park in the student parking lot or, if after school hours, may park on the north side of the building adjacent to the baseball, football, and soccer fields. Students are not allowed to leave their cars in the drop-off loop or the bus loop. Unauthorized cars may be towed at the owner's expense with future driving privileges suspended.

ACADEMIC ELIGIBILITY/PROBATION POLICY

The opportunity to participate in extracurricular activities is a privilege, not a right. A policy has been established that focuses on academic achievement for students. Students who participate in interscholastic athletics must be enrolled in a full academic schedule (5 academic courses + Physical Education). Approval from the Athletic Director and the Principal is required for any & all modifications to this rule. The format of the policy is as follows:

ACADEMIC PROBATION

Students failing (2) or more subjects will be placed on probation. This will begin with the first five (5) weeks of progress reports in the fall. Probation only occurs one time during the school year.

Students may try out and practice while on Probation, only if they attend the academic assistance period (10th period) Monday –Thursday & bring a note from the teacher they stayed for to the coach.

Students will have (2) weeks to raise their grades in those subjects. If, after the (2) weeks, a student is still failing (2) or more subjects, the student will be ineligible to participate in or attend activities at Mynderse Academy for a minimum of two (2) weeks.

ACADEMIC INELIGIBILITY

Students may try out & practice while on the Academic Ineligible list, provided they attend 10th period and bring a pass to their coach/advisor daily. Student-athletes will not be allowed to attend any events or participate in any extracurricular events until they are cleared from the ineligible list.

The teacher must sign off to clear a student for reinstatement, and this information must be submitted to the principal, who will advise the coach/advisor of the student being eligibility for participation. A teacher may wait two (2) weeks to re-evaluate a student's academic standing before having to provide a grade report to the Athletic Director and Principal on behalf of the student. A TEACHER IS NOT COMPELLED TO RE-EVALUATE A STUDENT'S ACADEMIC STATUS UNTIL THE NEXT FIVE (5) WEEK MARKING PERIOD.

TRAINING RULES, SPORTSMANSHIP, CONDUCT

No drugs (except for approved prescription drugs), drinking of alcoholic beverages use of tobacco products, e-cigarettes, vaping tools, or any other illegal or inappropriate use of products designed to produce a "high" is allowed.

A. It is considered a violation of the training rules to:

1. Be caught using or under the influence of any of the above.
2. Be in possession of any of the above.
3. Be present where any of the above is being used by minors (if a legal substance) or by anyone if an illegal substance.

B. When a formal written charge is brought to the Athletic Director against an athlete, the following procedure will be followed:

First offense:

1. If the athlete agrees with the charge, he/she will be suspended for 20% of the season if the incident occurred before the beginning of the season. If the season has begun, the student will be suspended for a minimum of two (2) games. The student/athlete will be permitted to practice during the suspension, provided the coach has agreed to allow them to practice. Students must meet with a Substance Abuse Counselor. Failure to meet with the counselor and provide written documentation indicating the referral process was implemented will result in the student not being able to participate in any further extracurricular activities at Mynderse Academy.

2. If the athlete disagrees with the charge, he/she has (2) days to file an appeal, in writing, to the Athletic Director, and the athlete must abide by the verdict of the Athletic Review Board.

ATHLETIC REVIEW BOARD

To enable the school and the parents of athletes to work cooperatively in solving problems that may arise due to their training rules, the following Athletic Review Board will become part of the total Interscholastic Athletic Program at Mynderse Academy.

Problems dealing with interscholastic athletics will be handled by the Athletic Review Board, which will consist of:

1. High School administrator
2. Director of Athletics
3. Two coaches:
 - a. The varsity coach provided the student involved is not one of his/her varsity players
 - b. A rotating “out of season” coach
1. Faculty member appointed by the Athletic Director
2. A student selected by the Athletic Director

Any decision made by the Athletic Review Board will be final. The vote must be a secret ballot. Any student who is suspended from an athletic team can exercise “due process” rights by appealing as follows:

- a. The student has (2) days to appeal in writing to the coach and Athletic Director.
- b. The Athletic Review Board should rule on the written appeal within (5) school days
- c. If a student is found guilty of any items listed in (A) 1 or 2 above, during the school day, on school property, or at a school function on campus or off, it will result in disciplinary action consisting of:
 - A minimum of a five (5) day suspension out of school.
 - Superintendent Hearing to determine guilt and if further suspension time is merited. If the student is found guilty of the charge of possession of drugs or alcohol, the recommendation for a longer-term suspension of ten weeks will be made. If a guilty verdict of being under the influence, the suspension will be twenty (20) weeks. The sale and distribution of alcohol or drugs are determined, the recommended suspension will be thirty (30) weeks. If the student is guilty of any of the charges, the Hearing Officer’s decision and recommendation to the Superintendent may vary based on the circumstances presented at the Superintendent’s Hearing.
 - Before returning to school, a parent/student conference will be held with the principal.
 - The student will be required to meet with the substance abuse counselor for evaluation and follow-up recommendations. The student will be required to comply with recommendations.
 - The student will be suspended from all co-curricular and interscholastic athletic activities for 120 calendar days.

- Appropriate law enforcement agencies will be notified.

Repeat offenders for possession, under the influence, or sale and distribution will result in out-of-school suspension, superintendent hearing, and if the guilty, students will not be allowed to participate or attend any co-curricular or extracurricular event for the remainder of their tenure @ Mynderse Academy.

d. Possession/Use/Sale/in the Presence of” Drugs or Alcohol off School Grounds – Co-Curricular & Interscholastic Athletic Participation.

Any student who is a member of a co-curricular or interscholastic athletic activity and is reported by the Police as guilty of possession/use/sale/in the presence of drugs or alcohol at a function separate from school, he/she will be subject to suspension from that co-curricular or interscholastic athletic activity during a specific school year as follows (e.g. first offense = 20% of activity, second offense = removal from activity)*** A SECOND offense within a season will result in immediate dismissal from the team.

LATE HOURS

Student-athletes (and their parents) need to be cognizant of the physical and emotional stress athletic practices and competitions put on an athlete. Student-athletes must get plenty of rest to function at a maximum level, both in the classroom and in athletic competition, to minimize illness. It is recommended that students get eight (8) hours of sleep per night. The coach has the final authority to place late-hour restrictions on team members. Said restrictions, if provided in writing at the beginning of the season, will be enforced with whatever disciplinary action the coach deems appropriate.

TEAM DISCIPLINARY ISSUES

Team disciplinary issues are defined as any incident committed by a student-athlete that negatively impacts his/her athletic team and/or violates the district code of conduct. Examples include but are not limited to:

1. Inappropriate social media posts
 2. Insubordination
 3. Harassment or Bullying
 4. Inappropriate taunting or “trash-talking”
 5. Any violation of the code of conduct resulting in a suspension or after-school detention
- A. FIRST OFFENSE – Consequences for a first offense may include but are not limited to: loss of a starting spot, decrease in playing time, formal verbal warning, a meeting with student-athlete, their parent(s) and administration, suspension from game or activity. Suspension cannot take place until after a discussion by the athlete with the respective coach. The person reporting the incident must submit the report, in writing, to the Athletic Director.
- B. SECOND OFFENSE – A second offense could result in suspension from the team for the remainder of the season. Dismissal from the team would mean automatic forfeiture of awards earned during the sports season. Seniors also need to be advised that depending on the infraction, the incident may have to be reported to the respective college/university per their rules for final admission in conjunction with the final transcript.

CRIMINAL MATTERS

Any student-athlete charged with a criminal offense in the criminal system, unrelated to Mynderse Academy and the Seneca Falls School District, will be allowed to practice until the matter has been disposed of in the court system. If the sports season has expired before disposition, the consequence will carry over to the next sports season. If the student is convicted of a criminal offense, the consequences will be the same as are listed in B above, under *Team Disciplinary Issues*

STUDENT PHOTOGRAPHS

At the onset of each athletic season, team and individual photos will be taken at the school for parents to purchase and for school publications and use on the district website. Throughout the school year, photographs or videotapes of students may be taken for use in district-produced publications, on our website, or by the news media. If you DO NOT wish to have photographs or videotapes of your child published, please indicate so in writing to the Athletic Director.

PLEASE NOTE: The district will identify students pictured on its website or in publications unless written consent from the parent/guardian has been obtained stating otherwise.

SPORTS SCHEDULES

For updated schedules, please go to the district

website: <https://www.sectionvny.org/public/genie/783/school/883/>

NOTIFY ME

Parents can register for this on the Rschool website. It allows parents to be made aware of all changes in athletic events that may be postponed, canceled, time changed, or change in location.

NCAA ELIGIBILITY

Any student-athlete who has aspirations to participate in intercollegiate athletics at the Division I or II level is required to register with the NCAA Eligibility Center. Students should register at the beginning of their sophomore year in high school as it is imperative to be on track to graduate on time and meet the NCAA's required initial eligibility standards. For more information, students should contact their guidance counselor or go to the NCAA eligibility website for information.

