Lake Stevens School District Athletic Code

Revised: 6/2019
Revised: 5/2024
Revised: 7/2025

The opportunity to participate in the activity program is a privilege for students. Participants in this voluntary program are expected to conform to the specific conduct standards as outlined in the Activity Code. Students who choose to participate, as well as their parents, should recognize that being involved in athletics or other activities means spending additional time and effort, as well as possible sacrifices. Participants should be reminded that they will be representing not only themselves, but also their family, their team, their school, and their community. Participants should understand that high standards of academic performance, citizenship, and conduct are expected because they have chosen to represent their school and community.

As participants in athletic or activities programs, students are faced with choices. If a student's choices interfere, impede, hinder their personal or group/team performance, or render the individual as unfit to serve as a representative(s) of the district's schools, they forfeit the privilege to participate. Whether such interference, impeding, or hindrance occurs is up to the sole discretion and judgment of school administration.

A student who is found to be in violation of any athletic code rule and or relevant school district discipline related policies which can be found in the 5000 series, is subject to discipline/exclusion from the team:

- Each violation, including basic conduct, is listed separately and each consequence is listed under each violation. Please be aware that any combination of said violations will result in a second offense and will result in a year's suspension from the athletic program.
- Any Athletic Code violation prior to the last scheduled day of school of 8th grade shall be considered a Middle School violation. All violations occurring after the last scheduled day of school 8th grade shall be considered a High School violation. Regardless, all violations will carry the appropriate consequence from 7th-12th grade. A Middle School violation consequence will be enforced at the High School (9-12) level the following year if necessary, determined by administration.

The sanctions imposed for rule violations will be of a progressive nature, with repeated violations calling for more severe sanctions. However, violations of the code, which cause a serious health or safety problem or substantially disrupt the activity, may result in immediate exclusion from the activity for the duration of time determined to be appropriate for the actions that occurred. A grievance hearing procedure for students is set forth in WAC 180-40-240, incorporated by this reference in this code. In summary, the WAC provides for a review by the Principal, then Superintendent or designee, and

finally the School Board. During the grievance or appeal of any discipline imposed, the discipline shall continue unless the Principal postpones such action.

PHILOSOPHY

The purpose of the Lake Stevens School District Athletic Program is to help develop student athletes, both physically and mentally. A student who chooses to become an athlete does so knowing that extra effort, time, and sacrifice are required for success. With this choice comes the privilege of participating in a well-organized program, which is of special interest to the student, and for which the school provides coaches, equipment, facilities, and transportation.

GOALS OF EXTRACURRICULAR ATHLETICS

TO DEVELOP PHYSICAL EXCELLENCE AND UNDERSTANDING OF THE VALUE OF COMPETITION AND TEAMWORK IN OUR SOCIETY

- Through recognition of outstanding performance.
- By emphasizing the educational value of competition and teamwork. By experiencing adversity and being able to persevere through adversity.

TO PROMOTE THE DEVELOPMENT OF GOOD CITIZENSHIP

- Through an athletic program that is committed to principles of justice, fair play, team building, and good sportsmanship.
- By providing the opportunity to develop individual goals in a manner that supports and complement team, school and program goals.

TO SUPPORT AND CONTRIBUTE TO THE GOALS OF THE TOTAL EDUCATIONAL PROGRAM

- Through the development of physical fitness and awareness that a healthy body increases the probability of effective learning.
- By providing a strong program that attracts student interest and motivates a positive learning atmosphere.
- By assuring student involvement in program planning and development.

TO PROMOTE COMMUNITY INTEREST AND INVOLVEMENT IN SCHOOL ATHLETICS

- By providing enjoyable experiences for participants and spectators.
- By establishing rules and standards for athletics that reflect ethical and moral conduct.
- Provide positive role models through our athletic participants for a future generation of Lake Stevens School District Student Athletes.

GENERAL STUDENT ATHLETE EXPECTATIONS

Basic Conduct

As leaders, you have the responsibility to portray your team, your school, and

yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Acts that could reflect negatively include, but are not limited to, academic fraud or cheating, plagiarism, criminal activity, hazing, hate speech, and any act or acts that rises to the level of harassment, intimidation, or bullying. Such acts may include school or non-school activities performed either on or off-campus.

- I (*The Athlete*) will conduct myself in a way that promotes a positive image of the school, the community, and myself.
- If I act in a way that reflects negatively upon the school, the community, or myself, I (*The Athlete*) will be subject to extracurricular athletic discipline, which could include suspension or permanent removal from the sport. *See sanctions section for further detail.*
- I (*The Athlete*) understand that participation in the athletic program of Lake Stevens School District is a privilege. Because students involved in athletics perform and represent their schools in public, they are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of their sport, team, school, and community.
- I (*The Athlete*) will be held accountable academically and behaviorally throughout the entire calendar year.
- I (*The Athlete*) understand that this athletic code covers standards of behavior for both in and out-of-season and shall remain in effect the entire calendar year and from the start of one season until the start of the same season the following year.
- I (*The Athlete*) am presumed an athlete until the start of the following season and have decided not to participate.

Game/Contest Conduct

- Use appropriate language. Eliminate swearing, obscene language, hate speech, and related gestures and innuendos. Be positive toward your teammates and opponents; treat them with respect and dignity.
- Respect administrators, teachers, students, and spectators. If they cannot support you as an individual, they will not support you as a team.
- Be part of a team. Everyone associated with the team is of equal importance, i.e., players, managers, statisticians, trainers, etc. I understand it is important to treat everyone with respect.
- Play, have fun, and enjoy the game. The game is for you!
- Demonstrate sportsmanship toward your opponents and treat them with respect.
- Exercise self-control at all times, accepting and abiding by decisions of coaches and those in charge of the activity.
- Respect the judgment of the officials and their interpretations of the rules.
    - Should you need a ruling clarified, communicate with the officials through your captain. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

In Season Expectations

- I (*The Athlete*) must ride district transportation to and from contests when provided. Special circumstances: if arrangements, by a written note approved by the Athletic Director and on file in the Athletic Office, have been made in advance. A parent/guardian may transport his/her child after a contest provided a written note is given to the coach and personal contact is made with the coach prior to leaving the event.
- I (*The Athlete*) am responsible for equipment issued to me. Loss or damage to this equipment will result in a fine to fix or replace such equipment. Equipment issued to one athlete is not to be used by any other athlete unless approved by the coach.
- I (*The Athlete*) am to attend all scheduled practices, team meetings, and games, whether school is in session or not. If an athlete finds it necessary to miss practice(s), meetings(s), or event(s), arrangements must be made with the coach in advance, if possible.
- I (*The Athlete*) understand that regular attendance at school is a must. If I am denied credit from a class for nonattendance (as per Lake Stevens School District Policy), I may face immediate suspension from the athletic program.
- I (*The Athlete*) must be in attendance for at least three (3) periods of a school day in order to participate in an event and/or practice, unless permission is granted from administration due to extraordinary circumstances.
- I (*The Athlete*) understand that if I am issued Out of School Suspension (OSS), I will be suspended from practices, team functions, and games during the suspension, and I may also be suspended from my first competition after returning from the suspension.
- To resume participation following an illness or injury requiring a physician's care, I (*The Athlete*) must have the physician's written release to return to the activity. Following any concussion symptoms, I must be cleared in writing by a medical professional to resume practice and/or contests.

ELIGIBILITY

(Note: Option for appeal on items 1–4 is available through the District 1 Board of the WIAA)

Washington Interscholastic Athletic Association (WIAA) Student Standards for Athletic Eligibility:

Age: A high school athlete shall be under twenty (20) years of age on September 1 for the fall sports season, December 1 for the winter sports season, and March 1 for the spring sports season. Middle school students shall not have reached their 16th birthday prior to June 1 of the previous school year. (WIAA Rule 18.5.0)

In order to be eligible to participate and/or represent a member school in an interscholastic contest, I must be enrolled and/or residing within the boundaries of that school district and designated attendance area of the school. (WIAA Rule 18.11.0)

Unless otherwise provided, a student shall be eligible while attending a school in the school district and provided that the student has been continuously attending that member school, or feeder school of that member school, for a period of one (1) year.

- A student who cannot meet the Residence Rule requirements would be eligible for all interscholastic competition below varsity level.
- I must be enrolled and regularly attending school within the first fifteen (15) school days in a semester in order to participate.
- A student must have a current physical (within the last 24 months) and it must be on file with the school.
    - Physicals will be good for 2 years; however the online eligibility packet (FinalForms) must be completed each year to update information.
    - The current physical expires during a sports season; the student may not be permitted to attend practices or contests for that sport, until an updated physical is completed and on file in the Athletic Office/Final Forms.
- An athlete who has been removed from play or practice, due to a concussion, may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions. Written clearance from the health care provider will be required and must be on file in the Athletics Office.

Lake Stevens Eligibility Standards
In addition to the WIAA eligibility standards.

Athletic Code - My parent/guardian and I must sign a consent form that indicates we have read the LSSD Athletic Code and rules established by the school district and individual coaches as approved by the Principal and Athletic Director. This Athletic Code is available on the specific school's website and in the specific school's Athletic Office.

Insurance Coverage - I must provide proof of Insurance coverage, either obtained through the school or by my family, indicating sufficient medical coverage.

ASB Card - In order to participate in ASB sponsored athletics, I must purchase an ASB card. The price of the card will be determined by the school's ASB. Accommodations may be made if I am a student who qualifies for free or reduced lunch and cannot afford an ASB card. This shall apply to homeschool, running start students, and alternative education students as well. A portion of the ASB card sales supports athletics.

ACADEMICS

We strive to maintain very high academic standards at LSSD for the student athletes. Grades are monitored every 6 weeks, or more frequently when needed.

The following are the classifications for LSSD Athletes:

- **LEVEL I**: Athletes who carried a grade point average of at least 2.0 and who had no "F" grades during the most recent grading period will be academically eligible for practices and contests. These athletes will have their grades checked only at the normal six (6) week grading periods. (Normal grading periods fall at the six, twelve, and eighteen week marks of each semester.)
- **LEVEL II**: Athletes who carried a grade point average of less than 2.0 and higher than 1.74 or had one (1) "F" in the preceding grading period will remain eligible for practice and contests provided they complete a weekly grade check (for 6 weeks) and their grades are higher than 1.74 and have no more than 1 F.
- **LEVEL III**: Athletes who carried a grade point average of 1.74 or below in the preceding grading period are eligible to practice, but may not participate in competition until the Athletic Steering Committee does a review of the athlete's academic status, by reviewing a weekly grade check. Grade checks must be done for 6 weeks. At a point where an athlete becomes eligible (only 1 "F" and grade point average of at least 1.75) he/she may compete.
- **LEVEL IV**: Athletes with two (2) "F's" are not eligible by (WIAA Scholastic rule 18.8.0) these athletes may practice but not compete in contests. They must complete at least five weeks of school and then have a grade check completed (9-12 grade), for (7-8 grade) the suspension period is 3 weeks, which demonstrates academic success and be reinstated by the Athletic Director.

All incoming fall student athletes' eligibility is determined by their final grades from the previous spring semester.

An athlete who continues to have grade problems; i.e., a grade point average of 1.74 and below or two (2) "F's", will be suspended from the athletic program unless an assessment with teacher(s), parents, coach and Athletic Director establishes that there exists extraordinary circumstances that justify the athlete's future eligibility and participation in the athletic program.

Students <u>may</u> be allowed to participate if academic progress is being made and <u>all</u> other requirements are met. All decisions will be made by the Athletic Director.

<u>USE OF ILLEGAL (HARMFUL) SUBSTANCES</u>

The Athletic Program at LSSD is an extracurricular program that is a privilege for student athletes to be a part of and therefore has disciplinary codes that exceed those of the general student body. These Codes of Conduct are an important part of our philosophy and require that those involved in the Athletic Program to be held to a higher standard of conduct. Violations of this Code of Conduct will result in disciplinary actions separate from those imposed by the school, courts or other disciplinary boards. All students participating in WIAA activities are able to be part of our voluntary random drug testing (Grades 9th-12th only). All policies can be found on

the Lake Stevens School District website.

lIllicit Drugs & Alcohol Use or Possession (Includes solicitation)

I shall refrain from the sale, delivery, solicitation and use of substances that act as a stimulant, depressant, hallucinogenic, or body enhancement unless prescribed to me by medical professionals. These substances include, but are not limited to, legend drugs (drugs prescribed by a physician), controlled substances (prescribed and non-prescribed drugs) marijuana, THC infused edibles, inhalants, steroids, alcohol, and tobacco and/or nicotine products and any paraphernalia. If the athlete violates district rules and uses, posses, distributes, solicits drugs (including legend drugs, controlled substances and/or steroids), inhalants, alcohol, or tobacco, the following athletic sanctions may take place:

First Violation: The first time a student athlete are found to be using or in possession of drugs/alcohol/paraphernalia during his/her Middle School/High School career, he/she will be given the following choices and associated consequences:

- Agree to enter an alcohol/drug assessment program and complete recommendation(s) of assessment.
    - Consequence: Student may return to practice and team events after eight (8) days, but do not compete in inter-scholastic contests for twenty-three (23) activity days. 7th and 8th graders do not compete in inter-scholastic contests up to twenty-three (23) activity days. (Days left over at the end of the current sports season will carry into the next sports season in which the student participates.)
- Choose not to enter an alcohol/drug assessment and/or not complete the recommendation(s) of assessment.
    - Consequence: Student will be suspended from all athletic participation for forty-five (45) activity days. (This carries into the next sports season in which the student participates.)

Second and Subsequent Violations: The second time a student is found to be using or in possession of drugs/alcohol during his/her Middle School/High School career, he/she will be excluded from all athletic participation for a period of one calendar year of his/her career. The student then may appeal for reinstatement to the athletic program through the appeal process at the end of the one-year period of time.

Tobacco and Nicotine Products and Delivery Devices Use or Possession (Includes solicitation)

Tobacco and Nicotine products and delivery devices include, but are not limited to, cigarettes, cigars, snuff, smoking tobacco, smokeless tobacco, nicotine, liquid nicotine, electronic smoking/vapor devices, "vapor pens," non-prescribed inhalers, nicotine delivery devices or chemicals that are not FDA-approved to help people quit using tobacco, devices that produce the same flavor or physical effect of nicotine substances and any other smoking equipment, device, material, or innovation.

- The first time student athletes are found to be using or in possession of tobacco

and/or nicotine products and/or deliver devices during his/her career, he/she will be given the following choices and associated sanctions:

- Agree to attend a class/3rd Millennium class on non-use of tobacco/nicotine.
  - Consequences: Student is suspended from athletic activities for a period of five (5) activity days.
- Choose not to attend a class/3rd Millennium on non-use of tobacco/nicotine.
  - Consequences: Student is suspended from all athletic activities for a period of ten (10 activity days).

- The second time a student is found to be using or in possession of tobacco and/or nicotine products and delivery devices, he/she will be excluded from all athletic participation for a period of one calendar year of his/her career. The student then may appeal for reinstatement to the athletic program through the appeal process.

Attendance, but not use, at functions where minors are using drugs, alcohol, or Tobacco and Nicotine Products and Delivery Devices

If I am at a function where illegal or code-violating activities are taking place, I will remove myself from the situation immediately and report to the Head Coach or Administrator within 24 hours. If I do not remove myself, I may be found in violation of the Athletic Code whether or not I directly took part in the violating activities.

First Violation - If I attend a function where minors are using drugs, alcohol, or Tobacco and Nicotine Products and Delivery Devices, but I do not use and I do not leave as soon as possible, I shall be immediately ineligible for a minimum of one contest if I self-report (Self- Report only to head coach or administrator). Failure to self-report may result in additional sanctions which can be up to the same as the use of drugs or alcohol under first offense.

Second and Subsequent Violations - If I violate this policy a second time in my career, I shall be suspended for the remainder of the season or 23 activity days, whichever is longer. 7th and 8th graders do not compete in inter-scholastic contests for up to 23 activity days.

*Violations for the use of drugs, alcohol, and/or tobacco and attendance but not use at a function shall be cumulative in grades 7-8 then again in grades 9-12.

<u>CRIMINAL LAW</u>

Any misdemeanor or felony committed by a student shall result in disciplinary action unless, following a conference with the head coach, the athlete, and the athlete's parent/legal guardian, and the school administration, the head coach and school administration believe that extraordinary circumstances exist. Disciplinary action could vary from a short term (1–8 days) to a long term (9–45 days) suspension or expulsion from the athletic program.

HATE SPEECH

Lake Stevens School District upholds the dignity of all of our student athletes, honoring our students' physical and mental well-being. Throughout the year, if found to have participated in words and/or actions that have the impact of targeting (dehumanizing, insulting, villainizing, or humiliating) someone based on their real or perceived belonging in a protected class, as defined by OSPI, the WIAA, and LSSD District Policy: race, ethnicity, religion, gender, sexual orientation, disability, and religion:

- The athlete may not be allowed to participate in practices and/or games until administrators have fully investigated the allegations.
- If allegations are found to be true, consequences could include the following:
    - *First offense*: the athlete will be excluded for a minimum of one game, up to and including exclusion for the rest of the season.
    - *Second offense*: the athlete will be excluded for the remainder of the season.
    - *Third offense*: the athlete will be excluded for a calendar year.
- Violations for the use of hate speech shall be cumulative in grades 7-8 then again in grades 9-12. Retaliation or retaliatory actions will not be tolerated.

SOCIAL MEDIA/DIGITAL CITIZENSHIP

Playing and competing for the LSSD is a privilege. Student-athletes are held in the highest regard and are seen as role models in the community. As leaders, you have the responsibility to portray your team, your school, and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Texting, Facebook, Twitter, Instagram, Snapchat, Tik-Tok, and other social media sites have increased in popularity globally, and are used by many student-athletes in LSSD in one form or another.

Student-athletes should be aware that third parties - - including the media, faculty, future employers, colleges, and WIAA officials - - could easily access your profiles and view all personal information. This includes all pictures, videos, comments, likes/dislikes, repostings, and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the team and the school. This can also be detrimental to a student-athlete's future employment options, whether in sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include, but are not limited to, depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs, and tobacco e.g., holding cups, bottles, cans, shot glasses, etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that could constitute a violation of team, school and/or league rules (examples: negatively commenting publicly about a coach, teammate, opponent, official, staff member, and/or school employees.)

Incidents involving concerning social media posts will be investigated and disciplinary action(s), which may include a suspension or removal from the team, may be taken.

For your own safety, please keep the following recommendations in mind as you participate on social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people may be looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all social media applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as that of LSSD and your team. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family or the school. If you aren't sure if something is inappropriate to post, ask your coach before posting it.

A Student athlete returning from any discipline suspension will have to obtain approval for reinstatement on the team from the Athletic Eligibility Board. The Board will consist of the Principal (or Designee), Athletic Administrator, and if possible a representative staff member. The coach of the team where the violation occurred will also be present at that meeting.

APPEAL PROCESS FOR SPORTS SEASON LONG SUSPENSION

Any time a student and/or parent/guardian believes that there are extenuating circumstances which would allow a modification of the prescribed disciplinary action,

may access the following appeal procedure.

If the Head Coach imposes a season long suspension:

- Upon the imposition of a penalty for infraction(s) of said rules or regulations, any aggrieved student or parent/guardian of said student shall have the right to an informal conference with the building athletic director, and coaches (Building Hearing Committee) to stay the decision of the coach or ask the coach to reconsider. Request for such conference must be in writing and received within three (3) school days of the action grieved, or the student or parent/guardian will have waived their right to the conference and appeal procedure.
- The informal conference is to be held within three (3) school days of receipt of request.
- If the parties are unable to agree at the informal conference, by written request within three (3) days of decision of the informal conference, the aggrieved party may appeal to the building principal. The building principal shall hear the case in detail and shall render a decision to stay, modify, or uphold the decision within three (3) school days of hearing the request.
- The aggrieved party may appeal the decision of the building eligibility committee in writing to the Superintendent of Schools or his/her designee, within three (3) school days of receipt of the hearing decision. The Superintendent of Schools shall schedule a hearing for a time during the next five school days of receipt of written request and shall render a decision on the case within ten (10) school days of the hearing. The finding of the appeal of the Superintendent or his/her designee hearing shall be final.

If the Athletic Director imposes a season long suspension:

- Any aggrieved student or parent/guardian of said student shall have the right to an appeal, by written request within three (3) days of decision of the informal conference; the aggrieved party may appeal to the building principal. The building principal shall hear the case in detail and shall render a decision to stay, modify, or uphold the decision within three (3) school days of hearing the request.
- The aggrieved party may appeal the decision of the building principal in writing to the Superintendent of Schools or his/her designee, within three (3) school days of receipt of the Principals decision. The Superintendent of Schools shall schedule a hearing for a time during the next five (5) school days of receipt of written request and shall render a decision on the case within ten (10) school days of the hearing. The finding of the appeal of the Superintendent or his/her designee hearing shall be final.

During the appeal process or suspension from competition, the aggrieved student shall remain a team member, but shall not attend practice or team activities, shall not compete in any interscholastic competition, travel with the team, sit on the bench, or be on the sidelines during competitions.