ACTIVITIES
HANDBOOK

LITTLE FALLS COMMUNITY SCHOOLS | 2026-27

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Little Falls Activities

Activities Philosophy

At Little Falls Community Schools, we believe participation in activities is one of the most valuable parts of a student's experience. Activities are where students discover what they're capable of — building confidence, resilience, and lasting friendships along the way.

Our goal is simple: help every student grow — as a learner, a teammate, a performer, a leader, and a citizen. We believe these experiences shape not just better athletes and performers, but better people.

This handbook exists to support that mission. By outlining clear expectations for students, families, and coaches, we aim to keep our activities positive, safe, and educational — so every student has the opportunity to thrive. MSHSL BYLAWS

MSHSL Mission Statement

The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs, and provides leadership and support for member schools.

MSHSL Beliefs - **We believe that:**

- Participation in school activity programs is a privilege and not a right.
- Compliance with school, community, and league rules is essential for all activity participants.
- Student participants who choose to be chemically free must be supported
- Academic priorities must come before participation in athletic or fine arts activities.
- Participation in school-sponsored activities must be inclusive, not exclusive.
- Collaborative relationships with parent(s) or guardian(s) and community enhance a school's opportunity to positively impact student success.
- Students should have an equal opportunity to participate in all activities offered at LFCHS.
- Success of the team is more important than individual honors.
- Ethical behavior, dignity, and respect are non-negotiable.
- Ethical behavior, fairness, and embracing diversity best serve students and school communities.
- Positive role models and an active involvement in a student's life by parent(s) or guardian(s) and others are critical to student success.
- High school activity programs are designed for student participants, and adults must serve in a supportive role.
- Sportsmanship must be a constant presence in all school-based activity programs.
- The following guidelines are intended to provide a uniform body of rules for all athletics and activities at Little Falls Community High School and Middle School.
- Sportsmanship needs to have a constant presence in all school-based activity programs.

The following guidelines are intended to provide a uniform body of rules for all athletics and activities at Little Falls Community High School and Middle School.

Athletic and Fine Arts offered at LFCHS

Little Falls Community Schools is a member of the Minnesota State High School League and Granite Ridge Conference. Compliance with the MSHSL and specific Little Falls Community Schools rules is required for students participating in any activity. To become an official member of the team/activity, a student must complete the LFHS online registration questionnaire, remit payment, and provide a copy of a current MSHSL sports physical.
(Sports physicals must be current within three years).

MSHSL Category I Activities

CATEGORY I		Season	Head Coach
Cross Country	Boys	Fall	Meg Cameron
Cross Country	Girls	Fall	Meg Cameron
Football	Boys	Fall	Joel Leonard
Tennis	Girls	Fall	Deb Yliniemi-Ahlin
Soccer	Boys	Fall	Bobby Loukinen
Soccer	Girls	Fall	Scott Orians
Swim + Dive	Girls	Fall	Kristina VanHove
Volleyball	Girls	Fall	Carmen Johnson
Basketball	Boys	Winter	Collin Eckman
Basketball	Girls	Winter	Aaron Bring
Hockey	Boys	Winter	Austin Fenske
Hockey	Girls	Winter	Tony Couture
Dance Team	Girls	Winter	Co - Amy Wettstein
Dance Team	Girls	Winter	Co - Taylor Witt
Gymnastics	Girls	Winter	Katie Masog
Nordic Ski	Co-Ed	Winter	Mattia Baker
Wrestling	Co-Ed?	Winter	Dwight Ballou
Speech	Boys	Winter	Erin Warren
Baseball	Boys	Spring	Chad Kaddatz
Softball	Girls	Spring	Tony Couture
Golf	Boys	Spring	Joel Youngberg
Golf	Girls	Spring	Jeff Hines
Track + Field	Boys	Spring	Co - Meg Camerson
Track + Field	Girls	Spring	Co - Caitlin Skluzacek

High School Athletics $110 | Middle School Athletics $75

• More Activity Fee and Reduced fee information on page 4.

MSHSL Category II Activities

CATEGORY II	Cost	Advisor
One Act Play	$45	Joey Siemieniak
Robotics	$45	Mike Huck + Andy Ward
Competition Band	TBD	Todd Peterson
Competition Choir	TBD	Camilla Larson

LFCHS has a local policy that these activities will follow the MSHSL Category II Activity rules and penalties. * May incur external league/association fees.

Non-MSHSL Activities

NON- MSHSL	Cost	Advisor
Fall Play	$35	Abigail Schnobrich
Spring Musical	$45	Camilla Larson
Knowledge Bowl	$45	Mike Huck, Andy Ward & Madeline Wright
Robotics	$45	Mike Huck & Andy Ward
FFA	$35	Brent Arndt
DECA	$20	Mike Kaluza and Shannon Larson

LFCHS has a local policy that these activities will follow the MSHSL Category II Activity rules and penalties. * May incur external league/association fees.

Club Activities

CLUB	Cost	Advisor
Olympic Weightlifting	CS	Nick Abbott
Clay Target	CS	Mike Thompson

LFCHS Clubs will follow school policy, rules, and expectations.
To register for the Clubs, please see Community Services.
* May incur external league/association fees.

Financial Assistance

Financial assistance for activities is available for families through the Flyer Foundation Assistance Fund. Forms for the Flyer Foundation Assistance Fund can be found online or in the LFHS Activities Office. School social workers can provide information for assistance on how to apply. Additional assistance for high school athletic activities is provided through donations from our Hall of Fame Committee.

Activity Fees

High School Athletics $110
Middle School Athletics $75
Fine Arts/Fee Based Non-MSHSL Activities $50

Reduced Fees

If your family qualifies for the Free and Reduced-Price Meals Program or financial assistance, please contact the Activities Office. You will receive a discount code for 50% off your activity registration fees. All requests will be handled confidentially.

Donation Option

"Make a Donation" Option. Families will have the option to donate to LFCHS to assist other families with their activity payment fee.

Family / Individual or Multi-sport Maximums

There will be no caps for registrations built into fee structures. Should a family feel they cannot afford an activity they will select one of the reduced fee options.

Activity Refund Policy

- If a student withdraws from activity, they can receive a full refund up to the first event/competition of the season.
- Anyone who withdraws after the first event/competition will not receive a refund nor will the registration fee be prorated unless the circumstance is approved by the Activities Director.
- If a student is removed from a team due to ineligibility or has not followed the guidelines of the MSHSL and/or Little Falls School District, they will not receive a refund.
- Students cut from a team during tryouts will receive a full refund.

Awards

The following is a list of awards provided through the LFHS Activities Office. Award certificates shall be presented at the athletic award banquet for each sport. If the student athlete does not attend the banquet but earned an award, the award may be picked up at the LFCHS Activities Office after the banquet.

Varsity Letter - Letter winners are chosen based on guidelines set by coaches.
Please reference individual sport/activity web sites and handbooks for more detailed lettering criteria.

Spotlight on Scholarship - All students who maintained a GPA of 3.0 during the season on B-Squad levels or higher will receive this award.

Three Sport Athletes - Students who participated in a Fall, Winter, and Spring sport at the C-Squad level or higher will receive this award. This will be presented at the spring activity banquet.

Granite Ridge Scholar - Awarded to seniors only, who maintain a cumulative GPA of a 3.65 or higher and who have earned a varsity letter. This award is provided by the Granite Ridge Conference.

Granite Ridge All-Conference and Honorable Mention - All-Conference and All-Conference Honorable Mention awards are chosen by the Big9 conference. Each sport/activity has a different selection process and criteria to determine this award. This award is provided by the Granite Ridge Conference. Students who are not in good standing at any point during their season will not be considered for All-Conference or Honorable Mention awards.

Definitions

Category I Activity – League sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of league sponsored tournaments.

Category II Activity – League sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of league-sponsored tournaments.

End of Season – The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series. For the purpose of teams and practices, the end of season shall be defined to be the last date of the state tournament in that sport.

Good Standing - The student is in good standing if they are eligible under of all the conditions and eligibility requirements of that school as well as the eligibility requirements of the Minnesota State High School League.

No Contact Period – The week of July 4th. During the no-contact period salaried and non-salaried coaches may not: (1) have an contact with members of their high school program, (2) travel with members of their high school program, (3) supervise members of their high school program in an open gym, strength and conditioning program or any sport specific training session, or (4) schedule any activity including leadership or team building programs.

Summer Period – Summer shall be defined as the period from the Saturday following the fourth Friday in May through Labor Day. Summer for the sport of soccer shall be defined as the day following the fourth Friday in May through the Sunday immediately prior to the official starting date of the MSHSL high school soccer season.

Summer Waiver Period – Member schools have the authority to approve a summer coaching waiver for their salaried and non-salaried coaches. The summer coaching waiver grants permission to high school coaches to coach and instruct members of the high school team during the summer waiver period. The summer waiver period begins on June 1 and concludes on July 31. With the exception of baseball and softball, the summer waiver period also includes a one-week no-contact period.

MSHSL Eligibility - MSHSL Bylaws

Brochure

To participate in high school activities, students must be MSHSL eligible. The MSHSL publishes an eligibility brochure for students and parent(s) or guardian(s) to protect their eligibility. Every student athlete must sign off and agree to the terms of the MSHSL Eligibility Brochure's Eligibility Statement. As part of the online registration process for LFHS activities, students and parent(s) or guardian(s) agree to these terms. The brochure outlines key components to MSHSL regulations including a review of bylaws, athletic rules, and concussion management recommendations.

Handbook

Complete regulations are found in the MSHSL Official Handbook which is available at each member school and available online at www.mshsl.org.

School Policy

The MSHSL requires member schools to adopt all bylaws as outlined in the MSHSL Official Handbook.
The league allows member schools to adopt local policy, provided the prescribed penalties are NOT LESSENED (MSHSL bylaw 404). Little Falls Public Schools apply local penalties (no less than MSHSL expectations).
The table below is a quick reference guide to common violation types. Penalties are outline on pages 9-16.

Violation Type	MSHSL Bylaw	MSHSL Infraction	School Infraction	Legal Infraction
Chemical	205.0	X	X	*X
Academic	108.0/206.0	X	X	
Code of Responsibilities	206.0	X	X	*X
Harassment	209.0	X	X	*X
Assault	202.0/206.0	X	X	*X

*Dependent on scenario

In addition to LFHS Activities Department policies, all student athletes are expected to meet expectations of the Little Falls Community School District and Little Falls Community High School.

- The LFCHS student handbook can be found online at www.lfalls.k12.mn.us
- The Little Falls Community School District School Board Policies can be found online at Little Falls Activities Handbook

Eligibility

Students must meet general eligibility requirements outlined by MSHSL bylaws 101-110 in order to be eligible to participate in MSHSL sponsored activities. These bylaws include specific requirements in age, attendance, credit requirements, enrollment, grade level eligibility, secondary graduates, physical exam, scholastic eligibility, seasons of participation, and semesters enrolled.

A Fair Hearing Procedure and Acknowledgment of Rights are provided for all students who wish to appeal a school's determination of a student's eligibility. For more information on that process, please review MSHSL 300.00 bylaws.

Transfer Students

The MSHSL has a very specific transfer rule outlined by bylaw 111 for athletics (all Category I Activities minus Speech). Within bylaw 111 the MSHSL outlines criteria and scenarios that is acceptable and allows student athletes to remain eligible. For more information on transfer student eligibility please contact the LFHS activities office or read the MSHSL eligibility bylaw 111.

Student athletes that have transferred to LFHS must complete a Student Transfer Document to begin the transfer process for the activities department and MSHSL. Both schools (sending school and new school) and the MSHSL must come to an eligibility conclusion prior to participation. The Student Transfer Documents are housed in the district office or in the activities office.

Good Standing and Student Code of Responsibility

To be eligible, a student must be in good standing with both LFHS and the MSHSL. Further, students must meet the Student Code of Responsibilities outlined by the MSHSL:

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 rights and 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.

For more information on the MSHSL Student Code of Responsibility or Good Standing, please read MSHSL bylaw 206 and the LFHS Student Handbook.

Eligibility

General Requirements for Participation

The School District provides all students with an equal opportunity to participate in athletic programs and other activities. If your child needs a reasonable accommodation in order to have an equal opportunity to participate in a program or activity, please contact Carol Potter, Director of Special Services, at 320-632-2007, for more information. The following are general requirements for student participation in the Little Falls Activities & Athletics' programs:

- A student must be able to safely and meaningfully participate with their teammates in practices, games, activities, and events.
- A student must be able to understand the basic rules and concepts of the sport or activity in which the student participates.
- A student must be able to refrain from hitting, kicking, biting or any other forms of physical aggression towards peers, coaches, or other individuals involved in the athletic program or other activity.

Little Falls Activities & Athletics' coaching staff may dismiss a student from an athletic program or activity if a student is not able to meet any of the above general requirements for student participation.

Athletic Camps and Clinics

Not applicable for One Act Play, Speech, or Music.

A student may attend a camp or clinic specializing in a sport during the school year if they receive approval from the school and the school has made appropriate academic accommodations.

A student may attend a camp or clinic during the summer. Non-school sponsored summer specialized camps or clinics do not require approval. Student athletes must adhere to the following MSHSL guidelines.

1. Camp or clinic participation fees must be provided by the student or the student's parent(s) or guardian(s), unless other arrangements are approved by the Board of Directors.
2. The non-school camp or clinic program shall not include any type of competition with teams from another camp or clinic.

For more camp and clinic information please review MSHSL bylaw 203. Students in violation of this bylaw may be subject to penalty. For more information regarding Camps, Clinics, and Non-School Competition or Training please review MSHSL bylaws 203, 207, and 208. Students in violation of these bylaws may be subject to penalty.

Students who wish to partake in an Elite or National event sponsored by the National Governing Board (including camps or competitions) may need to complete an application with the MSHSL (reference MSHSL bylaw 207). The LFHS activities office can assist with this process. Students who are in violation of this bylaw may be subject to penalty.

Non-School Competition

Not applicable for One Act Play, Speech, or Music.

A student who is a member of a high school team may not participate as an individual competitor or as a member of a non-school team in the same sport during the high school season.

Eligibility

During the High School Season

- During the League high school season, student athletes that are participating in Cross Country, Golf, Swimming, Tennis, Track and Field, and Wrestling may take lessons from professionals and other non-school coaches with out limit as to where, when or who may provide the training. These athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. These athletes may take lessons/train with a non-school team/club during the high school season in the same sport.
- Students who have been eliminated from further participation in a League tournament series **may** participate as an individual or as a member of a non-school team in that sport.
- After the conclusion of the season, teams **may** continue to conduct practice and training for all squad members, including students who have been eliminated from further individual competition in a League sponsored series, until completion of the state tournament conducted by the League in that activity.

During the School Year, Prior to and following the High School Sports Season

- A student may participate as an individual competitor or as a member of a non-school team provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
- Students may not use any type of high school uniform.
- A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.
- A student may receive coaching or training including private lessons from a person who is not a salaried or non- salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Fees and expenses for non-school coaching, training or private lessons must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.
- Students **may** participate in Captains Practice provided that salaried or non-salaried school personnel are not involved in any capacity.
- Students **may** participate in open gym.

Eligibility

Summer Vacation Period

- Students may participate in camps, clinics/non-school teams, provided that these summer activities are voluntary and they are not influenced or directed to participate by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
- A student may not use any type of high school uniform.
- A student may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved summer coaching for that sport.
- Fees and expenses for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors

Team Managers

Team managers are valuable members of Little Falls Activities & Athletics programs. Managers support coaches, athletes, and teams by assisting with organizational and operational responsibilities that help programs run smoothly and efficiently. Managers are expected to represent Little Falls Community Schools with professionalism, responsibility, positive attitude, and school pride at all times.

Manager Responsibilities May Include:

- Assisting with equipment setup and cleanup
- Helping manage uniforms and equipment inventory
- Assisting with practice preparation
- Assisting with hydration, supplies, and team organization

Managers Are NOT Permitted To:

- Participate in practices or contests as players unless officially rostered
- Supervise students without coach/advisor oversight
- Represent themselves as players, coaches or school employees

Managers are expected to follow all school, district, team, and MSHSL rules and may be held to the same behavioral and eligibility standards as student participants.

Participation as a manager is considered a privilege, and placement or continuation in the role is at the discretion of the coach/advisor and Activities Director.

Combined MSHSL and Local Policy

Academic Policy (MSHSL & LOCAL)

In order to be eligible for regular season and League tournament competition a student must be in good standing (MSHSL bylaw 206).

- Students must be full time students according to the Minnesota Department of Education criteria. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7th grade (MSHSL bylaw 103).
- Students must be making satisfactory progress towards the school's requirements for graduation. The school where the student is fully enrolled and regularly attends shall determine satisfactory progress (MSHSL bylaw 108).
- Satisfactory progress at LFHS is determined by the most current quarter grades (final marks). Students must have no failing grades at the conclusion of each quarter. The ineligibility period will begin either (1) when a teacher confirms a student athlete has failed a course or (2) the date the final grade is officially posted, whichever is sooner.

Category I Activity Penalty: Students who fail a quarter class will be ineligible for two weeks or two contests (whichever is longer). Students must demonstrate satisfactory progress by completing an Academic Progress Form showing no failing marks in the current quarter to regain eligibility. The form is found in the LFHS office or online on the LFHS activities web page. The form must be signed by all of the student's teachers to verify the student is passing all current courses. It is to be completed, submitted, and approved by the activities director prior to regaining eligibility.

Category II Activity Penalty: Students who fail a quarter class will be ineligible for the next scheduled event. Students must demonstrate satisfactory progress by completing an Academic Progress Form showing no failing marks in the current quarter to regain eligibility. The form is found in the LFHS office or online on the LFHS activities web page. The form must be signed by all of the student's teachers to verify the student is passing all current courses. It is to be completed, submitted, and approved by the activities director prior to regaining eligibility.

Chemical Violation (MSHSL & LOCAL)

The MSHSL bylaw 205, outlined below, addresses chemical eligibility. Chemical eligibility rules apply over the entire calendar year (including summer). Once notified of a chemical violation, the school will complete an investigation and determine eligibility status within 10 school business days. The student and parent(s) or guardian(s) will be notified in writing of the eligibility determination.

At any time during the calendar year, a student shall not, regardless of the quantity:

1. Use or consume, have in possession a beverage containing alcohol;
2. Use or consume, have in possession tobacco; or,
3. Use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
4. Use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals.
   "Tobacco products" means: any product containing, made, or derived from tobacco that is intended for human, ... consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.
5. Use or consume, have in possession, buy sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.

Denial Disqualification: A student shall be disqualified from all inter-scholastic 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 (in competition) and then is subsequently found guilty of the violation.

A student whose character or conduct violates the Student Code of Responsibilities is not in good standing. A student who is dismissed from school or who violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the school. This would include:

- Cheating
- Plagiarism
- AI misuse
- Academic fraud
- Lying to staff

LFCHS (MSHSL & LOCAL)

Category I Activity Penalty - Per MSHSL guidelines, and in accordance with Big 9 schools, Students must demonstrate satisfactory progress toward graduation in the current semester to regain eligibility. If a student is not on track for graduation they may participate in practices, but are ineligible for games and events until they are on track to graduate.

Category II Activity Penalty - Per MSHSL guidelines, and in accordance with Big 9 schools, Students must demonstrate satisfactory progress toward graduation in the current semester to regain eligibility. If a student is not on track for graduation they may participate in practices, but are ineligible for games and events until they are on track to graduate.

First Violation	Second Violation	Third/Subsequent Violations
The student shall lose eligibility for the **next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater,** of a season in which the student is a participant **(MSHSL Minimum)** * ALL of the following three criteria must also be met: **1**. 1-hour chemical education meeting with LFHS Chemical Counselor within two weeks of the offense **2**. No unexcused absences (school and sport) for remainder of season • Any absences must meet school and activities department accepted reasons and a appropriate communication must be made to coaching staff prior to the absence. • Additional game suspension per unexcused absence	The student shall lose eligibility for **6 consecutive events or 3 weeks (whichever is greater)** in which the student is a participant. * ALL of the following three criteria must also be met: **3**. 1-hour chemical education meeting with LFHS Chemical Counselor within two weeks of the offense **4**. No unexcused absences (school and sport) for remainder of season • Any absences must meet school and activities department accepted reasons and appropriate communication must be made to coaching staff prior to the absence. • Additional game suspension per unexcused absence	The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, (whichever is greater,) in which the student is a participate If the student voluntarily enters and completes a chemical dependency program or treatment program, the student may be reinstated after a minimum period of six weeks after entering treatment if all of the following conditions are met: **a)** The student is assessed as chemically dependent **b)** enters treatment voluntarily, and **c)** the director of the treatment center certifies that the student has successfully completed the treatment program. **Re-entry meeting with parents/ guardians, athlete, coaches must take place and student athlete has met MSHSL re-entry expectations (bylaw 205.C.2).**

Fine Arts/Category II Activity: **Each Violation**: Ineligible for the next officially scheduled public performance.

Other Chemical Violation Policy Penalties:

- Students in both Category I and II activities will serve both penalties as defined.
- Chemical Violations are accumulative throughout a student's high school participation career.

***** Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.***

Attendance (MSHSL & LOCAL)

- Students must be attending school and classes regularly. Students who have been dropped because of irregular attendance, extended absence, or suspension from school are not eligible to participate in League-sponsored activities (MSHSL bylaw 102).
- Student athletes must be in attendance at school all day to participate in their sport. Excused absences can be the exception. Excessive tardiness and unexcused absences may result in loss of participation.
- It is important for parents/guardians to be proactive and clear excused absences ahead of time. Please review the LFHS high school policies regarding attendance to determine what is considered an excused absence. Poor attendance may result in school consequences as well, those will be outlined in the school student handbook.

Captains

- Each activity will outline the selection process for team captains within their sport specific set of rules (posted to each team's web site).
- If a student receives a chemical violation, they cannot serve as a captain for one calendar year from the date of the violation.
- At Little Falls High School we believe that captains play an integral role in a team's success. Captains must be a positive representation of Little Falls High School on and off the playing surface.

Treatment of Officials, Teams, Coaches & Players

Disrespectful conduct and/or criticism towards officials, visiting teams, teammates, coaches, and/or players will not be tolerated. Disrespectful conduct includes, but is not limited to, inappropriate vulgar swearing or nonverbal gestures. These behaviors may result in the removal from the event or an ejection and may include Code of Responsibility penalties.

Sexual/Racial/Religious Harassment/Violence and Hazing

A student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year. At a minimum, penalties outlined by MSHSL bylaw 209 will be followed. Penalties for sexual, racial or religious harassment or sexual, racial, religious violence or hazing are outlined in the tables below. For a complete set of information regarding definitions and detailed penalty descriptions, please review MSHSL bylaw 209 (cross reference MSHSL bylaw 206) and Little Falls Community School Board policy ??? (can be found at LF Board Policies)

LFCHS Penalties (MSHSL)

Athletics/Category I Activity -

Sexual, Racial or Religious Harassment or Hazing	Sexual, Racial, Religious Violence or Hazing
1. First Violation: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. **2. Second Violation**: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant. **3. Third or Subsequent Violations**: The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.	**Each Violation**: The student shall lose eligibility for the next 12 calendar months.

Fine Arts/Category II Activity -

Sexual, Racial or Religious Harassment or Hazing	Sexual, Racial, Religious Violence or Hazing
Little Falls Public School policy states that students may be suspended from school for a violation of this nature. Students who are suspended from school are not in good standing and thus are ineligible for activities.	**Each Violation**: The student shall lose eligibility for the next 12 calendar months.

Communication Expectations

Within interscholastic activities, questions and concerns may arise.

The LFHS Activities Department recommends the following steps to appropriately communicate.

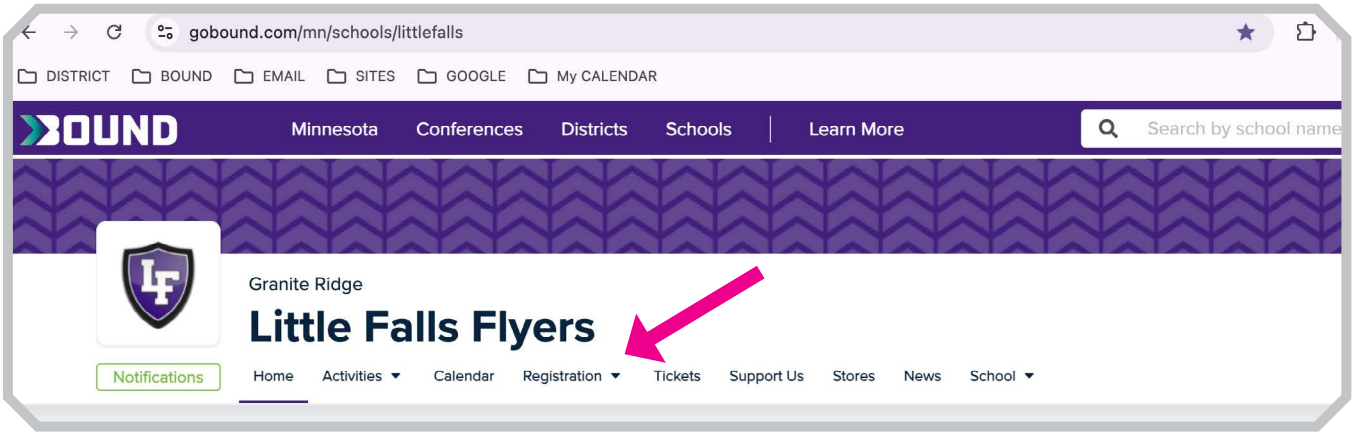
- **Step 1** – Player talks with coach/advisor
- **Step 2** – Student/Parent/Guardian contact coach/advisor*
  * Not on game day or immediately after a game
  * Set up an appointment
- **Step 3** – Coach/Advisor contacts Activities Director
- **Step 4** – Student/Parent/Guardian contacts Activities Director
- **Step 5** – Activities Director contacts Principal/Superintendent

Immediate communication with the Activities Director or building Principal is warranted should the situation be significant or severe in nature.

Activity Registration

BOUND

We use Bound for our activity registration. Please use the link to access our registration page. **Bound Link**



How to Start

1. www.gobound.com/mn/schools/littlefalls

2. Click Registration Activities.

3. Log in or create a Bound account.

4. Create a Family Account (this only happens once).

5. Click Add Child and enter your student's information.

6. Click Register for Activity and follow the prompts to finish registration and payment.

For more information, click here » **Bound Guide**

Sports Physicals

A current (within the last three calendar years) sports qualifying physical is required. To complete a sport qualifying physical, bring a MSHSL Sports Qualifying Physical Examination cover page to your medical provider. The cover page is available from the LFHS Activities Office or on our Registration Software:

Please ask your health care provider for a completed copy of this upon completion of the physical exam.
*** To complete this process, take a photo of your child's physical form and directly upload to our new Bound System.**

If you have any questions or difficulties with the registration process, please contact the LFCHS Activities Office.

FAQ's

The following FAQ's are intended to provide insight to common inquiries. All scenarios are unique and LFCHS administration reserves the right to use discretion to interpret procedures as needed to best serve school policy.

Attendance & Eligibility

Q. What does "GOOD STANDING" mean:

A. Good Standing - To participate in Little Falls Community Schools activities, a student must be in good standing. A student is considered in good standing when they:

- Meet MSHSL eligibility requirements
- Comply with School District policies and the Student Handbook
- Are not currently serving a disciplinary or activity-related suspension

Good standing is required for participation in practices, competitions, and performances. Coaches and advisors, in partnership with school administration, are responsible for monitoring student eligibility throughout the season.

Q. Can my student practice or compete if they arrive halfway through the school day with an unexcused absence?

A. No. Students may not participate in practices, contests, or scheduled activities if they have an unexcused absence during any part of the school day.

Q. Can my student participate if they have an excused medical appointment?

A. Yes. Parents or guardians must communicate with the high school office to excuse the absence. A physician's note or appointment verification may be required.

Q. How do coaches find out about my student's attendance?

A. Coaches and advisors receive attendance updates directly from the school office. Families should communicate absences to the office as early as possible.

Q. Can a student participate on a day they are serving an Out of School Suspension?

A. No. Students serving an out-of-school suspension may not participate in practices, contests, performances, or activities on that day.

Q. What are my responsibilities if my student leaves school early for a game or event?

A. Students are responsible for communicating with teachers ahead of time and making arrangements for missed assignments or assessments.

Q. What grading periods and academic standards are used to determine eligibility?

A. Little Falls High School uses all four grading periods and the most recently posted quarter grades. Students must meet both Little Falls High School and MSHSL academic eligibility standards; those who become academically ineligible may lose competition privileges.

Q. If my student is failing a class, can they still practice?

A. Depending on school and team policy, academically ineligible students may still practice, but they may not compete in contests or performances.

Q. Are students expected to attend study tables or academic support sessions?

A. Yes. Coaches or advisors may require students to attend tutoring, study tables, credit recovery, or academic support sessions if academic concerns arise.

Q. What happens if a student misses practice?
A. Coaches establish attendance expectations for practices and rehearsals. Unexcused absences may result in consequences like reduced playing time or suspension from contests.

Registration & Participation

Q. When do students need to register for activities or athletics?
A. Students should complete all registration requirements before the first official practice date.

Q. Can students participate before all forms are completed?
A. No. Students may not practice or compete until all required forms, physicals, and eligibility requirements are completed and approved.

Q. Are activity fees refundable if my student quits a sport or activity?
A. Refund requests may be considered on a case-by-case basis depending on timing and circumstances.

Q. Can students participate in multiple sports or activities at the same time?
A. Yes. Little Falls encourages students to participate in multiple activities whenever possible.

Q. What happens if two school activities conflict?
A. Students, families, coaches, and advisors should communicate early to develop a fair solution that supports the student.

Q. How does a student become a captain?
A. Each program establishes its own captain selection process and leadership expectations. Coaches and advisors will communicate those expectations directly.

Transportation & Travel

Q. Can my student drive to or from an away event?
A. No. Students may not transport themselves to or from away events. Transportation must be provided by the school or parent/guardian with approved transportation release procedures.

Q. Can I bring my student home after they ride the bus to an event?
A. Yes. Parents or guardians may transport their own student home after completing the required transportation release procedures.

Q. Are students required to ride the team bus home after events?
A. Yes, unless prior approval has been granted through the transportation release process.

Q. Can another parent transport my student home from an event?
A. Generally, only a student's parent or guardian may transport their child unless approved by administration.

Q. What bus goes from Southwest Middle School to the High School after school?
A. Bus routes may change yearly. Families should contact the Activities Office or Transportation Department for updated route information.

Q. What happens if weather delays team travel home?
A. Coaches and school administration will communicate updated travel plans and estimated arrival times as needed.

Conduct, Sportsmanship & Discipline

Q. What happens if my student has a chemical violation during the summer months?

A. Activities and athletics rules are enforced year-round. Violations during the summer may carry the same consequences as during the school year.

Q. Does my student have to attend practice while serving a violation?

A. Yes. Students are generally expected to continue attending practices and meetings while serving consequences unless otherwise directed.

Q. What are the expectations for parent and fan behavior?

A. All spectators are expected to display positive sportsmanship and respectful behavior toward participants, officials, coaches, and other fans.

Q. Can a student be removed from a team for disciplinary reasons?

A. Yes. Violations of school policy, team expectations, or MSHSL rules may result in suspension or removal from activities.

Q. What should parents do if they have concerns about a coach or program?

A. Parents are encouraged to follow the chain of communication by first speaking directly with the coach after a 24-hour cooling-off period.

Weather, Scheduling & Communication

Q. If school is canceled, will practices or games still occur?

A. Typically, practices and contests are canceled when school is canceled. Administration may make exceptions depending on conditions and event schedules.

Q. How will weather-related changes and schedule cancellations be communicated?

A. Families should monitor Bound, email, school communication systems, and coach communication for updates. Coaches, advisors, and the Activities Office will communicate changes through approved communication methods.

Q. Where can families find schedules?

A. Schedules can be found on Bound and the Little Falls Activities webpage.

Q. How are families notified about picture day, parent night, senior night, and banquets?

A. Coaches and advisors are responsible for communicating those event details to participants and families.

Physicals, Injuries & Medical Information

Q. When is the free sports physical day?

A. Free sports physical opportunities are typically offered annually in late spring. Information will be shared when available.

Q. Does the free sports physical happen more than once per year?

A. Usually only one free physical opportunity is provided each year.

Q. What type of physical is required?

A. All 7–12 grade athletes must have a valid MSHSL qualifying physical on file. Physicals are valid for three years.

Q. What happens if my student is injured during practice or competition?

A. Injuries should immediately be reported to coaches or the athletic trainer. Medical clearance may be required before returning to participation.

Q. What is the concussion protocol?

A. Students suspected of having a concussion will be removed from participation immediately and must complete school and MSHSL return-to-play requirements before returning.

Q. Can my student participate while sick or recovering from illness?

A. Students should not participate if they are ill, contagious, or medically restricted.

Equipment, Uniforms & Fees

Q. What should my student do if they need to return uniforms or equipment?

A. Students should coordinate directly with their coach or advisor to arrange equipment return.

Q. What happens if equipment or uniforms are lost or damaged?

A. Families may be financially responsible for lost or damaged school-issued items.

Q. Can students keep practice apparel or gear?

A. Coaches will communicate which items are school property and which items may be kept by students.

Q. How do we know if we have reached the family fee maximum?

A. Families should contact the Activities Office for assistance regarding activity fee questions.

Awards, Recognition & Leadership

Q. What are the requirements to earn a varsity letter?
A. Each program establishes its own lettering criteria and expectations.

Q. What should families do if there is an issue with an award certificate?
A. Families should contact the Activities Office during normal business hours for assistance.

Q. Can a student lose awards or leadership positions for disciplinary reasons?
A. Yes. Leadership roles and awards may be affected by violations of school, team, or MSHSL expectations.

Q. Does the school recognize National Letter of Intent (NLI) signings?
A. Yes. Little Falls High School will recognize students who are signing an NLI or making a collegiate athletic commitment during two designated recognition dates throughout the school year, typically in December and March. This applies to NCAA Division I, II, and III institutions, along with other post-secondary athletic opportunities approved by the Activities Office. Students and families should notify the Activities Office in advance.

Transfers & MSHSL Rules

Q. My student is new to the district. What transfer rules apply?
A. Transfer eligibility rules through the Minnesota State High School League (MSHSL) can be complex. Parent(s)/guardian(s) of newly enrolled students are encouraged to schedule a meeting with the Activities Director to review eligibility requirements and begin the transfer process.

A transfer student may be eligible for varsity competition if:

1. The student is enrolling in 9th grade for the first time;
2. The student transfers into the Little Falls Public School District attendance area due to a verified change in residence and occupancy by the student's parent(s)/guardian(s);
3. The student's residence changes because of a child protection placement, foster care placement, or juvenile court disposition;
4. The student has parents with joint legal custody and moves from one custodial parent to another custodial parent residing within the Little Falls Public School District attendance area;
5. The student's parent(s)/guardian(s) move into Minnesota from another state or country and establish residency within the Little Falls Public School District attendance area at the same time as the student.

If a student does not meet one of the eligibility provisions above, they may be determined ineligible for varsity competition for one calendar year beginning with the first day of attendance at Little Falls High School. Regardless of the situation, the MSHSL requires all transfer students to complete the official transfer eligibility process.

Q. Are home-school or online students eligible to participate?
A. Eligibility for home-school or online students follows MSHSL and district policies.
Q. Can students participate on outside club teams during the school season?
A. Students must follow all MSHSL outside competition rules during their school sport season.

Communication & Support

Q. If my family needs to update contact information, who should we contact?
A. Families should contact the school office or student services department to update information.

Q. Who should families contact with general activities questions?
A. Families may contact the Activities Office or Activities Director for assistance regarding participation, schedules, registration, eligibility, or concerns.

Parent Code of Conduct

As a parent or guardian of a student-athlete participating in Little Falls Area Schools athletics, I understand and agree to adhere to the following code of conduct:

1. **Supportive Behavior**: I will encourage and support my child, the coaches, and officials in a positive manner. I will refrain from engaging in any behavior that may be disruptive, disrespectful, or demeaning to others, including athletes, coaches, officials, and spectators.
2. **Respect for Decisions**: I will respect the decisions made by coaches and officials, understanding that they have the best interests of the team and athletes in mind. I will refrain from questioning or criticizing their decisions during practices, games, or events. This includes the topic of Playing time.
3. **Communication**: I will communicate with coaches in a respectful and appropriate manner. If I have concerns or questions, I will address them privately and at an appropriate time, avoiding confrontations during practices, games, or events.
4. **Sportsmanship**: I will promote good sportsmanship by demonstrating respect for all participants, regardless of the outcome of the game or event. I will encourage my child to exhibit sportsmanlike behavior at all times.
5. **Attendance and Punctuality**: I will ensure that my child attends practices, games, and events on time and prepared. I will notify coaches promptly of any scheduling conflicts or absences.
6. **Team Support**: I will support the team by volunteering when possible, attending team meetings and events, and assisting with fundraising efforts or other team activities as needed.
7. **Respect for Facilities and Equipment**: I will ensure that my child respects school facilities, equipment, and uniforms. Any damage or loss caused by my child will be promptly reported and addressed.
8. **Role Modeling**: I will serve as a positive role model for my child and other spectators by demonstrating respect, integrity, and fairness in all interactions related to Little Falls Area Schools athletics.
9. **Privacy and Confidentiality**: I will respect the privacy and confidentiality of all team members and coaches, refraining from discussing sensitive team matters or personal information with others.
10. **Social Media Use**: I acknowledge that social media can have a significant impact on team dynamics and reputation. I agree not to post or share any inappropriate, disrespectful, or confidential information related to Little Falls Area Schools athletics, coaches, players, or officials on social media platforms. This includes refraining from negative comments, rumors, or criticism that may harm the team's morale or reputation.
11. **Compliance with Policies:** I will familiarize myself with and comply with all policies and procedures outlined in the Little Falls Activities/Athletic Handbook, including those related to eligibility, conduct, and participation.

By signing below, I acknowledge that I have read, understand, and agree to abide by the Parent Code of Conduct. I understand that failure to comply with these guidelines may result in restrictions on my involvement in Little Falls Community Schools athletics events or activities.

_____ _____

Parent / Guardian Signature **Date**

_____ _____

Parent / Guardian Signature **Date**

Little Falls Activities Department Contacts

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