Activities Handbook

2026-2027

Macon County R-1 School District

The Macon R-1 School District activities programs are a significant part of the total educational experience available to students. These programs enhance learning in the school and contribute to a positive school climate.

Participation in extracurricular activities is strongly encouraged because students learn teamwork, develop physically and emotionally, develop a sense of belonging and enhance their self-image. Participation in activities is a privilege and differs from a student's right to a general high school education. Rules and regulations governing each of the various athletic programs have been established to ensure fairness to all students and to guarantee that the school image resulting from the students who represent their school is a positive one.

The ultimate purpose of extracurricular activities is to provide a maximum number of students an opportunity to grow as young adults within the structure and framework of organized and disciplined programs. Extracurricular activities offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. The Macon R-1 School District is committed to the belief that participation in interscholastic activities is a PRIVILEGE, not a right.

It is our philosophy to take the best student participants and represent Macon schools to the highest degree. Successful programs are a by-product of commitment, fundamental skills, preparation, training, and strength of character. We will strive for success and to win by developing these traits.

Code of Ethics for Macon R-1

It is the duty of all concerned with school activities:

1. To emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
2. To eliminate all possibilities which tend to destroy the values of the activity.
3. To stress the values derived from participating fairly.
4. To show cordial courtesy to coaches/staff advisors, visitors, and each other.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of staff advisors, judges, and officials.
7. To achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the participants in the activity.
9. To recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
10. To promote good school citizenship standards and use them as a barometer for participation.

HIGH SCHOOL SPORTS			MIDDLE SCHOOL SPORTS		
FALL	WINTER	SPRING	FALL	WINTER	SPRING
FOOTBALL	BASKETBALL	BASEBALL	FOOTBALL	BASKETBALL	TRACK
SOFTBALL	WRESTLING	TRACK	SOFTBALL	Wrestling	
GIRLS GOLF		BOYS GOLF	CROSS COUNTRY		
CROSS COUNTRY					

Activities/Clubs					
Band	Choir	Scholar Bowl	Dance Team	Cheerleading	Musical
Art Club	FCCLA	FFA	NHS	Orange Crush	Spanish Club
Skills USA	Student Council	Science Olympiad	FCA	Student Council	Flags

Sportsmanship

Macon R-1 is a member of the Clarence Cannon Conference and Missouri State High School Activities Association. As members of these groups, we adhere to policies set down for the display of good sportsmanship by athletes, students, fans, parents and patrons. Member schools are to enforce sportsmanship rules for our own school, players and spectators. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are in force for players, coaches, students and fans. All school discipline policies and rules apply to Macon R-1 students at school activities, whether they are held on school property or away from school.

CCC Sportsmanship Statement

The Clarence Cannon Conference, the Missouri State High School Activities Association and Macon R-1 are committed to conducting activities in an environment where good sportsmanship and fair play are expected from coaches, student-athletes, and spectators. Sportsmanship is good citizenship in action. In order for good sportsmanship to prevail (it does not happen by accident), coaches, student-athletes, and parents need to act with dignity, civility, integrity, and demonstrate accountability and individual responsibility for their actions during all athletic activities. Respect for rules, respect for others, and fair play are foundational to an interscholastic athletic program.

CCC Sportsmanship Guidelines

CLARENCE CANNON CONFERENCE

SPORTSMANSHIP EXPECTATIONS

The Clarence Cannon Conference realizes that each individual school's and community's views on fan behavior at athletic contests is different. In lieu of that, the following statements have been adopted to ensure the retention of school spirit and to deter poor sportsmanship during conference play.

EXPECTATIONS OF SPECTATORS:

1. Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student/athletes in their attempt to improve themselves as students, as athletes, and as people.

2. A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.

3. Learn the rules of the game so that you may understand and appreciate why certain situations take place.

4. Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.

5. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.

6. Recognize and show appreciation for an outstanding play by either team.

7. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).

8. Use only those cheers that support and uplift the teams involved.

9. Behavior by fans in the stands at athletic contests shall not detract attention from the contest.

10. Fans should show respect towards all personnel associated with the contest. (Opposing fans, opposing players, officials, coaches, cheerleaders, etc.)

11. Students' behavior at athletic contests shall reflect their expected behavior during the school day.

THE SPECTATORS SHOULD...

1. Know and demonstrate the fundamentals of sportsmanship.

2. Respect, cooperate, and respond enthusiastically to cheerleaders.

3. Censure fellow spectators who display negative behavior.

4. Respect the property of the school and the authority of school officials.

5. Show respect for an injured athlete when he/she is removed from the contest.

6. Do not applaud errors by opponents or penalties inflicted upon a team.

7. Do not heckle, jeer, or distract members of the opposing team.

8. Never criticize the athletes or coaches for the loss of the contest.

9. Respect the judgment and strategy of the coach. Refrain from being a second-guesser.

10. Avoid profane language and obnoxious behavior which are contrary to sportsmanship.

ACCEPTABLE BEHAVIOR…

1. Applause during introduction of players, coaches, and officials.

2. Players shaking hands with opponents who fouled out while both sets of fans recognize player's performance with applause.

3. Accept all decisions of officials.

4. Cheerleaders lead fans in positive yells in a positive manner.

5. Handshakes between participants and coaches at end of contest, regardless of outcome.

6. Treat competition as a game, not a war.

7. Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.

8. Applause at end of contest for performances of all participants.

9. Everyone showing concern for an injured player, regardless of team.

10. Encourage surrounding people to display only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR…

1. Yelling or waving arms during opponent's free throw attempt.

2. Disrespectful or derogatory yells, chants, songs, or gestures.

3. Booing or heckling an official's decision.

4. Criticizing officials in any way; displays of temper with an official's call.

5. Yells that antagonize opponents.

6. Refusing to shake hands or give recognition for good performances.

7. Blaming loss of game on officials, coaches, or participants.

8. Laughing or name-calling to distract an opponent.

9. Use of profanity or displays of anger that draw attention away from the game.

10. Doing own yells instead of following lead of cheerleaders.

11. Continuous standing is prohibited.

12. Negative organized cheering is prohibited.

13. Noisemakers are prohibited.

14. Stomping on the bleachers is prohibited.

Failure to comply with the Clarence Cannon Conference Sportsmanship Standards may result in your removal from the site of competition. Violation of rules can result in the following consequences: written reprimand, probation, suspension, ejection, or permanent removal from events. Consequences are in force for players, coaches, students, and fans. All school discipline policies and rules apply to Macon R-1 students at school activities, whether they are held on school property or away from school.

Maintain and Protect Your Eligibility

The Missouri State High School Activities Association (MSHSAA), of which Macon R-1 is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervision and regulating interscholastic activities and contest.

One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to sustain the privilege of representing their school in interscholastic activities. Eligibility is a PRIVILEGE to be granted by the school to a student. Eligibility is NOT A STUDENT'S RIGHT BY LAW. Precedents setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school.

Listed below is some information to acquaint you with the major rules and regulations you must follow in order to protect your eligibility. (Specifics are defined at www.MSHSAA.org)

1.
    1. <u>Credible Citizen</u>
        You must be a credible school citizen as defined by the Missouri High School Activities Association Handbook.
    2. <u>Academics Grades 9-12</u>
        a. You must be enrolled in, and regularly attending, courses that offer 3 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater.
        b. You must have entered, according to the preceding semester of attendance, a minimum of 3 units of credit, or 80% of the maximum allowable credits which may be earned. Credits earned or completed after the close of the semester will not fulfill this requirement. Summer School courses for academic eligibility may count, provided the course is necessary for graduation or promotion and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility
    3. <u>Academics Grades 7-8</u>
        a. You must be enrolled in a normal course load for your grade at the member school.
        b. You must have been promoted to a higher grade prior to the first day of classes for the new school year. However, even though you may have been promoted, you will be ineligible if you failed more than one course in the previous grading period.

4. Attendance

a. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. The student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes (or has an excused absence(s) from class) without an unexcused absence.

b. This policy/regulation affects any student in grades 9-12. For example, including, but not limited to, students would not be able to participate in sports activities, academic meets, field trips, dances, etc., if they are ineligible.

c. If a student is absent from school, he or she is not eligible to participate in or attend school activities, practices or games that day. To be in attendance, a student must be in school no less than 4 complete periods with the exceptions of doctor or dentist appointments, funerals, or other Principal pre-approved absences.

d. If a student is absent on Friday, he or she will not participate on Saturday unless it was because of a doctor appointment, funeral, or other Principal pre-approved absence.

e. Students must be in school, on time, the day after participation in an activity. Failure to do so will result in the participant not participating in the next game/meet or practice. Exceptions will be made if the parents notify the school before 8 a.m. that day and the absence or tardy is recognized as excused by the administration.

f. Any student athlete having an unexcused absence on a given day may not be eligible to participate in a contest until he/she has attended a full day of classes without an unexcused absence before eligibility is reinstated (MSHSAA BY-LAW 2.2.3.d)

5. Transferring Schools

a. If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days, unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.

b. If you move with your parents to your new school district, you will be eligible at your new school provided you were eligible at your former school.

c. Always check with your principal or athletic administrator before you transfer to determine whether it will affect your eligibility.

6. Participation Limits

a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.

b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the next eight consecutive semesters (four consecutive years).

c. You must enter school within the first 11 days of the semester to be eligible.

d. For students in grades 7-8, you are eligible for only your first two semesters of attendance in the seventh grade and for only your first two semesters in the eighth grade. You are not eligible to compete with or against students enrolled in the ninth grade or above when you are enrolled in either the 7th or 8th grade. A student who is repeating a grade is not eligible.

7. Awards Standards

a. You may accept awards, which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc. for participating in a school athletic program.

b. You may accept awards which are merchandise and such an award shall not exceed $100 in the suggested manufacturer's retail price.

8. Age Limits Grades 9-12

a. If you reach 19 years of age prior to July 1, you will be ineligible for interscholastic competition for the next school year.

b. Over-aged eighth graders may move up to the senior high team to have eight semesters of eligibility.

9. Age Limits Grades 7-8

a. In order to participate on or against teams made up of only seventh graders, you must not have reached 14 years of age prior to July 1, preceding the opening of school.

b. In order to participate on or against teams made up of only eight graders, you must not have reached 15 years of age prior to July 1, preceding the opening of school.

c. In order to participate on or against teams made up of only ninth graders, you must have reached 16 years of age prior to July 1, preceding the opening of school.

10. Non-School Competition

a. You may participate on a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition ON THE SAME DAY that you practice or compete with your school team without approval of the school administration.

b. Before you join any non-school team or enter any non-school competition involving athletics, check with your athletic administrator to make certain these standards are being met.

11. Non-School Tryouts

You may participate in an "audition" or "try-out" for a college team only after you have completed your last season of eligibility in the sport for which you wish to try-out.

12. All Star Contest

You may not compete in all-star games or contests before you complete your eligibility in each high school sport.

13. Sports Camps and Clinics

a. Same Season/Same Sport (refer to MSHSAA Handbook guidelines)

b. Same Season/Different Sport (refer to MSHSAA Handbook guidelines) Refer to the above guidelines or contact the Athletic Director for clarification concerning Sports Camps/Clinics

14. Foreign Student Eligibility

a. You are eligible for varsity competition one year only, provided you are participating in an exchange program listed by CSIET (Council on Standards for International Educational Travel).

b. You must meet the age requirement of not reaching age 19 prior to July 1, proceeding the school year in which you are enrolled.

c. You must possess a current and valid visa.

d. If you meet all standards of eligibility, except a CSIET program, you are eligible only for a sub-varsity competition.

A REMINDER: Any questions pertaining to eligibility that is not answered above should be brought to the attention of your athletic administrator or visited at the MSHSAA website (www.mshsaa.org).

Physician Exams and Insurance Requirements

The Missouri State High School Activities Association handbook states: The school shall require of each student participating in athletics, a physician's certificate stating that he or she is physically able to participate in athletic contests or performance groups. The medical certificate is valid for two years. This certificate must be on file before the student will be allowed to practice with any of Macon R-1 athletic teams.

CITIZENSHIP POLICY

We believe that extracurricular and co-curricular activities supplement the secondary curricular program, and are a vital part of a student's total educational experience. These experiences contribute to the development of each student's intellectual, emotional, and social abilities. They provide the student with the opportunity to maximize their overall educational experience.

Student participation in any of our activities is a privilege which carries with it responsibility to the school, to the activity, to the student body, to the community, and to the students themselves. Students who represent our school in one of our activities must be considered creditable citizens by the administration and the coach/sponsor. Those students, whose character or conduct is such as to reflect discredit upon themselves or their school, are not considered "creditable citizens." The student's conduct in and out of school shall be satisfactory in accord with the standards of good discipline.

Any behavior or action by a student that discredits themselves, their school, or their team/program will affect the student's status as a creditable citizen and the student will face punitive action as determined by the administration or the coach/sponsor. Truancy, tardiness, disrespect, or any other act that places a student in any form of suspension from school will automatically affect a student's eligibility to participate our programs. Felony or misdemeanor charges or acts by the student may justify suspension or dismissal from the program. Violations of established training rules will also result in suspension or dismissal from the program.

This citizenship policy becomes effective immediately upon completion of 6th grade and ends upon high school graduation or the completion of the student's final season. It is in effect 365 days a year, so infractions committed during summer months will affect a student's eligibility status.

GOOD CITIZENSHIP results when a student is in good standing with the school, community, and society. Any student whose conduct reflects discredit on the school, a team, or an organization would not be considered a credible school citizen. Such misconduct could lead to suspension from school as well as a school activity and the individual may not represent the school by competing or performing during the suspension.

This conduct includes but is not limited to:

- Breaking the law other than minor traffic offenses
- The use, distribution, or promotion of illegal and/or illicit activities and behaviors. This includes but is not limited to personal websites, cell phones, and social networking sites (such as My Space, Facebook, and YouTube, etc.)
- "Hazing and other inappropriate initiation practices will not be tolerated as a member of any athletic team or organization.
- Tobacco and alcohol possession/consumption

Students are responsible for following the guidelines of the citizenship policy year round.

PARTICIPANT CODE OF CONDUCT

The following violations and consequences are minimum guidelines only; all coaches/sponsors have the right to impose additional consequences within their respective programs as they see fit.

Incidents that may occur which are not covered by these guidelines, will be reviewed on an individual basis and decisions related to penalties will be made jointly by the school administration, Activities Director, and head coach/sponsor. Final decisions of all incidents will be at the discretion of the administration.

The loss of a student's privilege to participate carries over to the next season in which a student participates if the suspension cannot be completed by the end of the current season. A season is defined as fall, winter, or spring. Therefore, it is possible that suspensions could carry over from one school year to the other.

Violations will not accumulate from year to year. For the purposes of this handbook a year is July 1 to June 30. However, in order to protect the integrity of our programs, if a student participant is in violation of this code with regularity, participation privileges can be revoked at any time by the administration.

Hearsay and/or anonymous sources will not be used to substantiate violations of this code. A violation of this policy can be substantiated either verbally and/or in writing by:

- A law enforcement official.
- A medical official.
- A faculty member.
- A school administrator.
- The parent of that student participant.
- The confession of that student participant.
- A coach or sponsor.

One of the principles to which we aspire for all of our students through program participation is honesty. Therefore, we feel it is important to encourage honesty when a student knows they are in violation of this Code of Conduct. If a student recognizes he/she may have violated this Code and they self report the violation within 48 hours or they admit to the violation when directly asked by the coach/sponsor or administration, it will result in a 50% reduction of their penalty if it is their first offense. However, there must remain at least a one game suspension.

Exception: Due to MSHSAA guidelines, matters that involve legal charges or the likelihood of charges will result in suspension of participation until the matter has been concluded through the court system. This includes any court ordered penalties (excluding probation) such as community service, fines, restitution, jail time, substance abuse counseling, etc.

A. Misconduct While At School

A student is expected to exhibit characteristics of good discipline and self-control during the school day. If it is brought to the attention of the Activities Director, Principal, or the coach/sponsor that a student participant was

involved with a disciplinary problem while at school, penalties may range from a verbal reprimand to permanent restriction of participation depending on the severity of the situation and the attitude of the student.

With regard to detentions and suspensions, the following penalties are required:

1. After school detentions: On the day of an assigned detention, the student may not participate in any after school activities until the detention is served.

2. In-school suspension (ISS): On any day that a student misses class due to ISS, that student may not participate in any extracurricular contests or co-curricular activities. Coaches/sponsors will make decisions regarding practice.

3. Out of school suspension (OSS): On any day that a student misses school due to OSS, that student may not participate in any extracurricular or co-curricular activities (practices and contests). If a student is serving OSS on a Friday or on the last day of school before a vacation he/she will not be allowed to participate until a full day of school is completed

B. Unsportsmanlike Conduct
Any actions that would result in ejection from a contest will cause the student to be restricted from representing the school for at least the next contest. Any student who commits an unsportsmanlike act but is not ejected may still be subject to at least a one game restriction from representing the school. Each case of this type is to be reviewed by the head coach, sponsor, Activities Director, and Principal before a final decision is reached.

D. Possession/Use of Tobacco Products
Student participants are not permitted to possess or use tobacco in any form on or off school property. Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: The student will be held from participation for 10 school days.
Second offense: The student will be held from participation for 20 school days.
Third offense: The student will be held from participation for 365 calendar days.

E. Possession, Use, or Distribution of Alcoholic Beverages
Possession, use, or distribution of alcoholic beverages will not be permitted by student participants. Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: The student will be held from participation for 20 school days.
Second offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

F. Possession, Use, or Distribution of Controlled Substances, Imitation Controlled Substances, Drug Paraphernalia, or Items Represented To Be Such

Possession, use, or distribution of a controlled substance, imitation controlled substances, drug paraphernalia, or items represented to be such will not be permitted by student participants. Therefore, the following penalties will be assessed to students who are in violation of this policy:

First offense: The student will be held from participation for 20 school days.
Second offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

G. Misdemeanor Acts
If a student is charged by law enforcement for committing a misdemeanor other than minor traffic violations, the following penalties will be assessed:

First offense: The student will be held from participation for 10 school days.
Second offense: The student will be held from participation for 20 school days.
Third offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 calendar days.
If a court assigns any sentence other than probation, the student participant will be held from activities until the sentence has been fulfilled.

H. Felonies
If a student is charged by law enforcement for committing a felony, the following penalty will be assessed:

First offense: The student will be held from participation from all extracurricular and co-curricular activities for 365 days.

If a court assigns any sentence other than probation, the student participant will be held from participation from all extracurricular and co-curricular activities for 365 days, or until the sentence has been served, whichever is longer.

I. Hazing
Hazing is defined as harassment, abuse, or humiliation by way of initiation. It can be physical, mental, or emotional. Some people think hazing is an acceptable practice that builds team unity and acceptance. It is, however, an act of violence. It is not a legitimate rite of passage and is intimidation, and, in many states, a crime. Because of the seriousness of our belief that hazing must not take place at the interscholastic level, or any other for that matter, students who commit hazing acts or rituals will be penalized.

First Offense: The student will be held from participation for 25% of scheduled contests. The student will also be mandated to make a public apology to the victim. Depending on the severity of the incident, the administration also reserves the right to suspend participation indefinitely.
Second Offense: The student will be held from participation for 365 days.

J. Inappropriate Physical Contact of a Sexual Nature
All students, including student athletes and those who participate in other extracurricular activities, have the right to be protected against inappropriate physical contact of a sexual nature in connection with school

activities. Therefore, student participants who engage in such conduct will receive consequences under this paragraph separate and independent from, and in addition to, consequences administered under any other provision of the Student Code of Conduct or Participant Code of Conduct that may also be applicable to the conduct. For purposes of this paragraph only, "inappropriate physical contact of a sexual nature" shall mean any "sexual conduct," "sexual contact," "sexual intercourse," or "deviate sexual intercourse," as such terms are defined in Section 566.010 of the Missouri Revised Statutes on the date this paragraph is adopted, or as the statute may later be amended- when such conduct is either (1) unwelcome or (2) otherwise inappropriate for a school activity, as determined by the coach, sponsor, administration and/or Board of Education. The definitions in Section 566.010 are available on-line under the "Missouri Revised Statutes," and are available through the athletic and administrative offices in print.

Consequences: (Nothing in the consequences specified below is intended to limit in any way consequences that may be provided under the Student Code of Conduct, or any other provision of Board Policy or Regulation or state or federal law.)

First Offense: Up to a 365-day suspension from extra-Curricular activities, with referral to law enforcement authorities. The student will also receive consequences specified in the Student Handbook.
Second Offense: Long term suspension or expulsion from school, and permanent expulsion from extra curricular activities, with referral to law enforcement authorities.

K. Due Process
Student participants who are disciplined for violating any of these standards will be afforded due process. The student will be allowed to explain their position to the Coach/Sponsor and/or Activities Director before any penalties are invoked. If the disciplinary action results in the suspension of a participant in an extracurricular or co-curricular program for more than one week, the student participant may appeal to the Activities Director, then to the Building Principal, then to the Superintendent of Schools, and ultimately, to the Macon R-1 School District Board of Education, according to their policies and procedures.

- If a single violation occurs in two or more different categories, the most restrictive category will be used to assess the penalty.
- The accumulation of violations within a given year are category specific.
- Coaches of each program have the right to establish more restrictive consequences for violations.

MSHSAA Citizenship Requirements

By Law 2.2.1 Citizenship Requirements in MSHSAA Official Handbook
Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with the standards of good discipline.

a. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling,

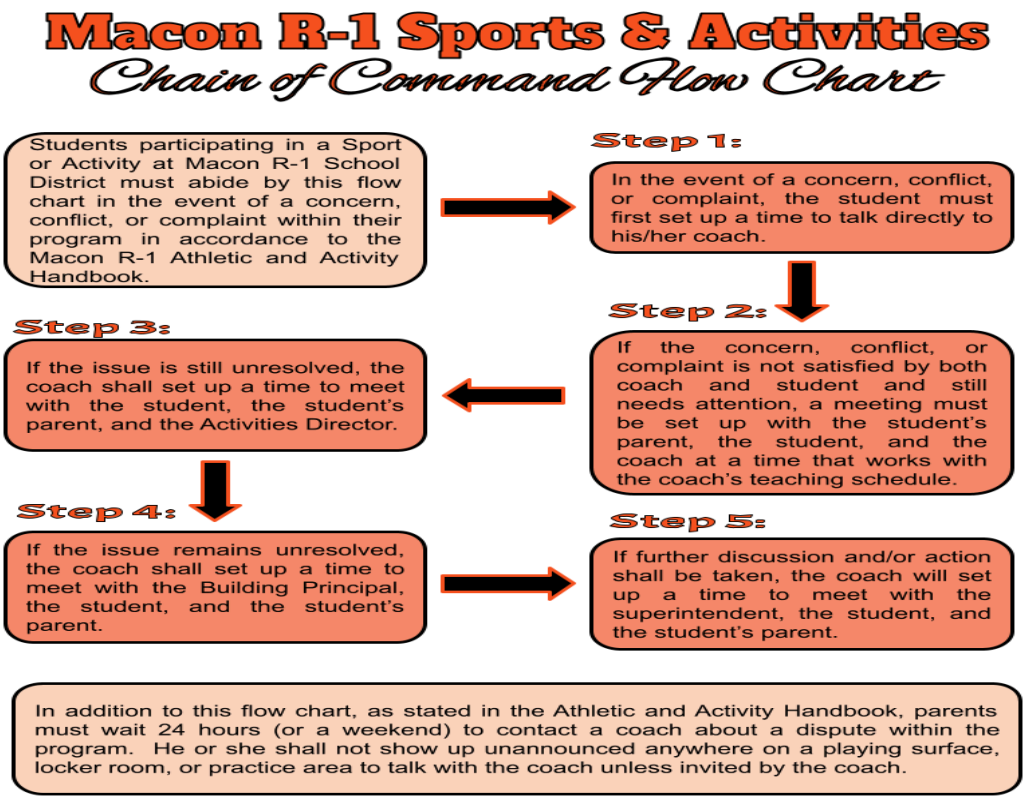
etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

b. Local School:

1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities.
3. A student shall not be considered eligible while serving an out-of school suspension.
4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
5. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards.
6. Each school shall diligently and completely investigate any issue that could affect student eligibility.

c. **Student Responsibility: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.**

Parent/Coach/Staff Advisor Communications



Parent/Coach Relationship –

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As a parent, when your student becomes involved in our program, you have a right to understand what expectations are placed on your student. This begins with clear communication from the coach of your student's program.

Communication Coaches/Staff Advisor Expect From Parents

1. Concerns expressed directly to the coach/staff advisor
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's/staff advisor's philosophy and/or expectations

As your student becomes involved in the programs in the Macon R-1 Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your student wishes. At these times discussion with the coach/staff advisor is encouraged.

Communication You Should Expect From Your Student's Coach/Staff Advisor

1. Philosophy of the coach/staff advisor
2. Expectations the coach has for your student as well as all the players on the squad
3. Location and times of all practices and contests
4. Team requirements, i.e. fees, special equipment, off season conditioning
5. Procedure should your student be injured during participation
6. Discipline that results in the denial of your student's participation

Appropriate Concerns to Discuss With Coaches/Staff Advisors

1. The treatment of your student mentally and physically
2. Ways to help your student improve
3. Concerns about your student's behavior

It is very difficult to accept your student not playing as much as you may hope. Coaches/staff advisors are professionals. They make judgment decisions based on what they believe is best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your student's coach/staff advisor. Other things, such as those listed next, must be left to the discretion of the coach/staff advisor.

Issues not appropriate to discuss with coaches/staff advisors

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes/participants

There are situations that may require a conference between the coach/staff advisor and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call to set up an appointment with the coach/staff advisor
2. Please do not attempt to confront a coach/staff advisor before or after a contest or practice. These can be emotional times for both the parent and the coach/staff advisor. Meetings of this nature usually do not promote resolution.

The Next Step

What Can a Parent Do If the Meeting with the Coach/Staff Advisor Did Not Provide a Satisfactory Resolution?

1. Call and set up an appointment with the Activities Director or Athletic Director to discuss the situation.
2. If there is still no resolution it will then be referred to Principal
3. If there is still no resolution it will then be referred to Superintendent
4. If there is still no resolution it will then be referred to the Board of Education.

Athletic Awards – (MHS) Varsity/Provisional/Participation (MMS) Letter/Participation.

A certificate will be presented to the athlete each time he/she meets the requirements established in that sport and is recommended by the Head Coach to be a recipient of the award.

Athletic Lettering (MHS)

All of Macon R-1 athletic programs offer an athletic letter. Each sport offers objective criteria and qualifications for lettering set by the individual sport coaching staff. The additional factors of good school citizenship and a constructive, positive attitude are integral criteria of the letter process.

Non-Athletic Lettering (MHS)

Several organizations offer a non-athletic letter for their activity. Each activity offers objective qualifications and criteria for lettering set by the organization. The additional factors of good school citizenship and a constructive, positive attitude are integral criteria of the lettering process. For lettering requirements check with individual staff advisors.

Care of Equipment

It is important that basic policies concerning issuing, returning, and proper care of equipment be followed. Your equipment costs money and it is your responsibility to care for it. Your equipment is your protection and safeguard against injury. Take care of your equipment and treat it well.

Issuing Equipment

1. No equipment will be issued until the athlete has met all requirements of the athletic policies.
2. Athletes will not be allowed in the equipment room, except when taken by a coach or equipment manager. Athletes will be issued equipment and if it doesn't fit they will return it and be given another piece for sizing.

3. No replacement will be issued unless the student has checked in the worn-out or repairable article or paid compensation for it.
4. Any faulty or unsafe equipment should be reported immediately.

Returning Equipment

1. All school equipment must be returned and checked off the player's equipment sheet at the end of the season.
2. Any lost equipment must be paid for. Coaches must turn in fines to the activities office for any equipment not turned in or damaged. A copy of the equipment issue sheet must also be turned in as well.
3. Any article that needs repairing should be called to the attention of the coach or manager when checking in equipment.
4. Equipment will be cleaned before returned unless otherwise stated by a coach.

MSHSAA Policy on Use of Drugs, Medicine and Food Supplements in Interscholastic Sports

"School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school or school district.

Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to students-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely performance enhancing purposes."

Macon R-1 Summer Contact Day Guidelines

1.5.2 Definition of the Summertime Dead Period
The period is a "no school activities time", no open gyms, competitions, practices, conditioning, weight training; no activity-related functions or fundraisers, camps or clinics at school facilities or sponsored elsewhere by the school.

3.15 Sport Participation and Contact During the Summer
Summer is defined as the period beginning with the day following the last day of school or the Friday preceding Memorial Day, whichever is earlier, and ending Sunday of Standardized Calendar Week Number Five for all fall-season sports and ending Sunday of Standardized Calendar Week Number Six for all other sports.

3.15.1(c) Definition of Contact Day
A day of contact is defined as any date on which any coaching or instruction in the skills and techniques of any sport take place, regardless of whether activity-specific equipment is used.

Summer Activity Guidelines

Weight Training and Conditioning
Weight training and conditioning may be held on Tuesday, Wednesday, and Thursday. These sessions will last no longer than two (2) hours in duration for each athlete.

Conditioning/strength activities will not count as a contact day, as long as the activity adheres to the provisions outlined in By-Law 3.14.6(a-h).

Noncompetition Contact Days
Contact days during the summer may be held Monday through Thursday and will be no longer than two (2) hours in duration for each athlete, per sport/activity.

Administration approval is required for:

- Friday and Saturday contact days.
- Practices exceeding two (2) hours in duration.

Competition Contact Days, Camps, and Acclimatization Days
Competition contact days, camps, and acclimatization days may be held Monday through Friday.

Administration approval is required for Saturday competition contact days.

Contact Day Limits

3.15.3 Limits on Contact — High School
For High School (Grades 9-12), a limit of twenty (20) contact days is allowed per sport, per gender during the summer.

3.15.4 Limits on Contact — Junior High
A maximum of twenty (20) contact days are allowed per sport, per gender during the summer.

General Requirements

3.15.5(B) Voluntary Participation
All participation of students during the summer shall be voluntary and cannot be required directly or indirectly for team membership.

3.15.5(F) Editor's Note 2
Students participating in any school-sponsored summer activity must be enrolled in the school prior to participation.

Important Notice
Coaches, sponsors, students, and parents are responsible for complying with all applicable MSHSAA bylaws governing summer participation. Any activity involving coaching or instruction in sport-specific skills and techniques may count as a contact day and must be tracked accordingly. Contact day limitations apply

separately to each sport and gender as outlined by MSHSAA regulations. The summer policy is solely for MSHSAA athletics not activities.

Sporting Event Admission Fees

Individual Game Pass		
	Varsity Contest	MS/JV contest
Adult	$4	$3
Student	$3	$2
Child under 5	Free	Free
Senior Adult	$2	$2
Family	$14	$10
Season Pass (good for all year, excludes tournaments and state playoff games)		
Family	$125	
Student	$30	
Adult	$50	
Senior Adult	$30	

General Information

- MSHSAA sponsored events take precedence over Non-MSHSAA sponsored events.
- Any extracurricular activities beyond the state level of competition will not be funded by the school district.
- All posters and bulletins must be cleared with the administration before being posted.
- All school activities and/or organizations must be sponsored by a faculty member and its membership limited to Macon R-1 students. The scheduling of all events must be approved by the director of activities.
- Organizations involving students of Macon R-1, but not recognized by the Macon R-1 system shall be prohibited from holding initiation exercises or other activities on school property (subject to district policy on usage).
- If school is dismissed during the school day because of inclement weather, practices and meetings may only be scheduled upon approval of the Superintendent. If school is called off in the morning and the weather conditions improve, activities may be scheduled only upon approval of the Superintendent.
- No practices are to be scheduled on holidays or Sundays without administrative approval and should only happen on rare occasions. Practices on Sundays must begin after 1:00 p.m. If a participant notifies the coach/sponsor in advance that he/she cannot make a Sunday or holiday practice for any reason, it will be excused.
- Scheduled contests on Wednesdays will be avoided when possible. However, in situations when there is a contest scheduled on a Wednesday, a student will

be excused from attending in order to attend church activities provided the head coach is made aware in advance.

- During the winter months, when inclement weather forces school cancellation, all practices and contests will be canceled unless the Superintendent approves for practices and contests to be held when the conditions improve.
- On days that school is dismissed early due to the weather, practices and contests will be canceled unless approved by the Superintendent.
- Deposits made to the activities director, high school, or middle school offices should include a deposit form and copies of all checks. Copies of middle school and high school activity deposits are sent to the activity/athletic director..
- Student activity participants must ride to and from an activity on a bus or other approved means of transportation unless prior permission from the principal or the activity director has been granted to a student to travel to or from the activity with his/her parent or legal guardian. All Macon Public School Bus Regulations shall apply.
- All academic standards of the Missouri State High School Activities Association must be maintained by each student who desires to participate in interscholastic competition. Be sure to check with the activities director regarding eligibility standards. A student is required to have earned a minimum of 3 units of credit the preceding semester and be enrolled and regularly attending courses that offer a minimum of 3 units of credit each semester.
- Athletes wishing to participate in more than one sport during the same season should conference with the athletic director. A dual participation form must be filled out by the student and signed by the coaches involved, declaring their primary and secondary sports.
- Students wishing to bring a guest to a school dance must register their guest with the Principal. Macon Middle School students are not allowed to attend high school dances and Macon High School students are not allowed to attend Middle School dances.
- a. Coaches/sponsors should work together as a team to promote each other's activities and to support one another. When conflicts arise in scheduling activities all parties will come up with possible solutions that will benefit the student and the activities they are involved in.
    - When conflict does arise, it will be the student's choice as to which to attend, as long as, the activities are of the same level.
    - If activities are not of the same level:
    - Performance takes precedence over practice.
    - District/State level competition takes precedence over a regular season competition.
    - Regular Season/Activity will take precedence over practice

When a scheduling conflict of the same level arises between two activities the sponsors/coaches should meet with the students involved as soon as the conflict is known. The sponsors/coaches should explain the options the students have and parents should be notified. The students will be given 24 hours to decide on which they will attend, once that decision is reached it may not be changed (unless there are extenuating circumstances).

Use of District Facilities

Student Initiated Group Use of District Facilities Pursuant to the Equal Access Act, secondary schools of the district will provide an opportunity for student-initiated non-curricular groups to conduct meetings or activities on district property to the same extent that the district allows other non-curricular student groups to meet on school premises during non-instructional time. Student-initiated non-curricular groups will not be denied access on the basis of religious, political, philosophical or other content of speech at such meetings or activities. The superintendent or designee may create administrative procedures to govern the use of district facilities by student-initiated non-curricular groups. Community use of district facilities is governed by board policy

PARENT / GUARDIAN CODE OF CONDUCT AGREEMENT

Middle School and High School sports are supposed to be fun – for the athletes. Actions by parents, fans and coaches, whether verbal or nonverbal, can have a lasting emotional effect on the athletes. Too many of today's youth are leaving sports activities because the fun is unfairly taken away by adults. Macon R-1 strongly believes the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring and Good Citizenship. As a parent or guardian of an athlete, your actions reflect not only on you, but your child, his/her team, and the district.

As a parent, you agree to abide by and follow the rules and guidelines below:

- I understand that all Macon R-1 sports practices are closed, unless the coach specifies otherwise, and therefore will not be allowed in or on the facilities being used for those practices during the allotted time.
- I will adhere to the coach's policies regarding dismissal of my athlete whether it be riding the bus home or ensuring they are signed out by a guardian prior to leaving an event.
- I will adhere to the Macon R-1 Zero Tolerance Policy. I will never be under the influence of or in possession of drugs, alcohol, tobacco products or weapons of any kind at games, on trips or during any other events.
- I understand that the use of foul or offensive language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. These acts shall be considered harassment and will result in the immediate removal from the game or event.
- I will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official, or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the team or activity.. Furthermore, if I see anything of concern from or about an official, a coach or player on a social media site, I will immediately contact my child's coach, athletic director, or administration. As a parent, I understand that I am accountable for the actions of my child on social media sites. I will stress to my child the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my child.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting or using profane language or gestures. I will maintain self control at all events.

· I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for all players, coaches, officials and spectators at every event.

· I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.

· I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will demand that my child treat all players, coaches, officials and spectators with respect.

· I will not complain or become confrontational about penalties or calls made by the officials and I will respect the referees and their decisions at all times.

· I will support the coaches and allow them to do their job by not coaching my child or other players during events. I will not openly question or confront coaches before, during or after games or practices. I will take the time to speak with coaches about any concerns calmly, privately and at an agreed upon time and place.

· I will promote the emotional and physical well being of the athletes ahead of any personal desire I have for my child or his/her team to win.

· I will inform the coach of any physical disability, illness or injury that may affect the safety of my child or the safety of others.

I realize that if I violate this Code of Conduct I may be subject to disciplinary action that could include one or more, but not limited to the following:

-Verbal warning by Head Coach and/or Athletic Director and Administration

-Written Warning

-Parental Game suspension with written documentation of incident kept on file by the athletic department

-Parental Season suspension

-Parental Suspension from all future games(Home or Away) and Events

By signing below, the Parent/Guardian agrees to abide by and be subject to this Code of Conduct. Failure to sign this agreement will result in the forfeit of your child's privilege of participation in sports and activities. Both parents or guardians are required to sign the form.

Parent/Guardian Name (printed):_____ Parent/Guardian

Signature:_____Date:_____

Parent/Guardian Name (printed):_____ Parent/Guardian

Signature:_____Date:_____

Macon Senior High School/Macon Middle School

EXTRACURRICULAR PARTICIPANT'S CONTRACT

I have been properly advised, cautioned, and warned by administrative and coaching personnel of the Macon R-1 that I am exposing myself to the risk of injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage, which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. **Having been so cautioned and warned, it is still my desire to participate in Activities/Athletics and to do so with full knowledge and understanding the risk of injury and with full consent of my parent/legal guardian**.

By signing this form, I hereby waive and release the District-the term "District" defined as including the District as an entity and its employees, Board, members, agents representatives and volunteers, in their respective official and individual capacities-from all claims, demands, and/or liability for any injury, harm, loss and/or damage arising in any manner from my participation in Activities/Athletics. I agree to hold the District harmless against all claims and/or other demands arising as a result of my participation in Activities/Athletics. I know that by signing this waiver and release, I am immunizing the District (as defined above) from all liability. I will not bring any legal action or assert any claims of any kind against the District (as defined above) for any injury, harm, loss, or damage arising out of my participation in Activities/Athletics. I sign this waiver and release voluntarily and with a full and complete understanding of its contents.

By signing this form, I give permission for the Certified Athletic Trainers,, to evaluate any and all athletic injuries I incur during practices or games. If a student athlete or guardian would prefer to make other choices, the Athletic Trainer shall make an effort to locate resources for follow-up care in accordance with the student athlete or guardian.

I _____, have read and understand the Macon R-1 extracurricular activities manual. I will abide by those guidelines established in this manual and by those set down by the Missouri State High School Activities Association. I recognize that by violating these guidelines, I will seriously endanger my eligibility as a representative of Macon R-1. It is a privilege to represent my school and I will behave and abide accordingly.
This contract must be signed by the parties indicated and returned to the head coach or activity sponsor before a student will be allowed to participate in any interscholastic event.

Any student, who believes that he/she has been treated unfairly, may go through the right of appeal process.

_____ _____

Signature of Parent or Guardian Date

_____ _____

Signature of Student Date

The Macon R-1 Board of Education requires adherence to the MSHSAA by-laws and district's extracurricular participation policy. Failure to follow these guidelines can result in the withdrawal of a student's eligibility to participate in MSHSAA interscholastic competition whether this contract is signed, lost, etc., or otherwise unavailable. The current Athletic & Activity Student/Parent Handbook is available on line by going to: https://highschool.macon.k12.mo.us/activities 5 If you would like to request a hard copy of this handbook please contact the Athletic Office at 660-385-5748 and one will be provided to you.

Macon R-1 School Board Adoption—

Subject to MSHSAA 26-27 Official Handbook Revisions

**Return to Head Coach, Activities Director, MHS Office, or MMS Office

MACON ATHLETIC DEPARTMENT

DUAL SPORT PARTICIPATION AGREEMENT

Student:_____ **Date:**_____

As a student at Macon R-1 High School, it is my request to be an active participant in the sports of_____&_____.

I understand that this has been agreed upon by my coaches and my parents/guardians. It has also been approved by the Macon R-1 Athletic Director.

The following is a list of criteria included in this option.

1. In situations where there is a game/meet/practice in both sports scheduled on the same day, I have decided that I will participate in_____.
   (Primary Sport)
2. I understand that scheduling will result in conflicts between events in both sports.
3. The order of priority for scheduling purposes
   a. Post season and conference games/meets
   b. Regular season game/meet
   c. Practice

   ***__example 1__: Suzie's primary sport is softball and she has a non-conference golf meet and a regular season softball game the same day. **Softball will take priority**

   ***__example 2__: Billy's primary sport is baseball, he has a state sectional golf meet and a conference baseball game on the same day. **Baseball will take priority**. *If he can attend golf and still make it to baseball that would be allowed.*
4. I agree not to switch the primary sport during the course of the season. If one sport becomes a better situation for the team or for me personally, I will still adhere to my decision as stated in #1 above.
5. Academics are the first priority. This request will only be considered if the applicant is in good academic standing at the time.
6. This decision is mine and has been agreed to by all of the respective parties.

Additional Note: Issues could arise that may not be addressed in the above statements. Either coach involved has the right to call a meeting to present and resolve issues.

Student:_____ **Date:**_____
Parent/Guardian:_____ **Date:**_____
Parent/Guardian:_____ **Date:**_____
Primary Coach:_____ **Date:**_____
Secondary Coach:_____ **Date:**_____
Athletic Director:_____ **Date:**_____

Reminder: *A dual sport participant is expected to practice under the supervision of the coaches involved in the sports.*