# Hampden Academy Athletics

# Student-Athlete & Parent Handbook




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# Athletic Philosophy

The athletic programs at Hampden Academy are an important part of the total educational program offered. They are extra-curricular only in the sense that they are assigned time outside of the student's academic class schedule. Competitive, educationally-based athletics foster pride in achievement; appreciation of team effort, hard work, and fair play; and respect for rules, the game, abilities of others, and how to win and lose gracefully. Learning in these areas broadens a student's base of experience.

The interscholastic program at Hampden Academy will give all students an opportunity to try out for positions on teams. Students must maintain high academic standards and demonstrate behavior expected of a model school citizen. Thus, an athlete gains respect for self and others and an appreciation of diligence, achievement, and excellence.

The school and community should cooperate in promoting wholesome athletic programs which foster a sense of fair play and demonstrate a concern for the student's emotional well-being as well as the development of life skills.

It is the view of the Athletic Department that a crucial factor in developing the well-rounded individual is the cooperative effort of the administration, athletic department, and parents to guide students in recognizing their responsibilities to understand and to meet the rules governing competitive sports and the obligations involved in being a team member. To participate in athletics at Hampden Academy is a privilege; a student's privilege to participate is dependent upon recognition and fulfillment of his/her responsibilities.

# The High School Student-Athlete will:

1. Use one's influence in a positive manner both on and off the field and always work towards promoting good citizenship and sportsmanship.
2. Treat officials, teammates, and opponents with respect and keep sportsmanship as a priority.
3. Accept victory modestly and defeat gracefully.
4. Control his or her emotions at all times.
5. Accept team decisions and abide by them.
6. Never swear, cheat, or "showboat".
7. Keep physically and mentally fit and observe proper training rules.

# Program Goals

Principle goals at all levels are teaching the meaning of team concept, practicing fair play, demonstrating good sportsmanship, education the athlete to become a total person and playing all contests within the bounds of the rules.

***Varsity Level:*** The major goal at this level is to develop highly competitive athletes and teams. The varsity athlete's role is determined by the nature of the sport, the situation, and the coach's judgment. Every team member cannot expect to play in every contest.

***Sub-Varsity Level:*** The major goal at this level is to develop competitive teams while providing a training ground for individual skill development. Coaches work to grow the student-athlete in many areas and help them navigate

the expectations and demands of a varsity athlete. Although coaches strive to play everyone, it must be recognized that situations may prevent every team member from participating in every contest.

## CHAIN OF COMMAND

In dealing with concerns at any level (student, parent, peers, or coaches), it is necessary to follow proper procedure to alleviate conflicts. When there is a concern, the goal is to have it resolved by the coaching staff. If this step does not solve the problem, bring the Athletic Director into the process. This procedure will continue up the chain of command as necessary.

**A. RSU22 Board of Directors**

The Board of Directors sets policy, presents the budget, and hires personnel based on the recommendation of administrators.

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**B. Superintendent of Schools**

The Superintendent oversees day-to-day operations of the district.

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**C. High School Principal**

The Principal oversees the day-to-day operation of the school, including the Athletic Department.

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**D. Athletic Administrator**

The Athletic Director oversees the day-to-day operation of the Athletic Department.

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**E. Head Coaches**

All Head Coaches are responsible for the overall development of their program, to the Athletic Administrator for the total operation of their normal duties required of interscholastic competition, the duties described in the coaches' job description, and/or any duties assigned by the Athletic Administrator.

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**F. Assistant (Junior Varsity, Freshman) / Volunteer Coaches**

All assistant coaches are responsible to the Athletic Administrator and Head Coach for the operation of their normal duties of interscholastic competition, the duties described in the coaches' job description, and/or any duties assigned by the Athletic Administrator and/or Head Coach.

## SENIOR RECOGNITION

Our goal is to recognize the devotion and commitment the senior student-athlete and the family has shown as they complete their final season of competition for Hampden Academy. The form of the recognition will vary from sport to sport and from coach to coach. For instance, those sports that have a formal "home and away" schedule, we expect the senior recognition to allow for announcing the seniors to the crowd in attendance, and a presentation of a flower (provided by the school) to the parents. We hope that the seniors will get some playing time, but the team concept and the notion of earned playing time will factor into the amount of time. We do not wish to create a hierarchy of playing time but do wish to honor the overall commitment a senior has made. Ultimately, playing time is the decision of the coach. In sports that do not compete in an environment conducive to announcing the seniors to the crowd, recognition will be given at the team's end of season gathering. Decorations for these events are allowed if they are not on the **playing surface** or **bench area** and are removed immediately after the game. **Balloons are not allowed in the Dining Commons or Gymnasium at Hampden Academy.**

## PARENT / COACH COMMUNICATION

Involvement requires commitment from students, parents, coaches, and advisors. To be successful, communication must happen.

> *"It is natural for a parent to attempt to steer their child through the rough spots in life in order to enhance the child's enjoyment of the athletic experience. But athletics offers an excellent opportunity for students to solve their own problems"* ***(from Sports Done Right, page 28)***.

To that end we have our guidelines of communication that will assist the parents and the student-athlete as they develop the confidence to self-advocate and reap the educational benefit of learning how to help themselves or the team.

### *What Communication Should You Expect From Your Student's Coach?*

1. When and where are practices and contests.
2. What is the coach's philosophy.
3. What are the expectations of the coach for all the players on the squad, as well as your student.
4. What is required to be part of the team, i.e., fees, special equipment, off season conditioning.
5. Notification when your student is injured during participation (unless notified by our Athletic Trainer).
6. Any disciplinary action of your student that results in removal from participation.

### *What Are Appropriate Concerns To Discuss With Coaches?*

1. The treatment of your child, mentally, and physically.
2. Skill improvement and development.
3. Concerns about your child's behavior.
4. School related conflicts.

***What Things ARE NOT Appropriate To Discuss With Coaches?***

1. Playing time.
2. Team strategy.
3. Play calling.
4. Captain selection.
5. Other students or athletes.

***If You Have A Concern To Discuss With A Coach, What Procedure Should Be Followed?***

1. The Student-Athlete should meet and discuss the issue with the Coach or Coaching Staff.
2. The Parent(s) make an appointment with the Coach. If the Coach cannot be reached, call the Athletic Director to arrange the meeting with the Coach.
3. Please **DO NOT** attempt to confront a coach before, during, or following a contest or practice. These tend to be emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

***What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution?***

1. Call and set up an appointment with the Athletic Director.
2. If a resolution to the situation is not reached with the Athletic Director, an appointment should be made with the Hampden Academy Principal.
3. If the situation is still unresolved, the matter should be brought to the Superintendent of Schools.
4. If all prior avenues have been pursued without resolution, the final attempt at resolution would be to contact the RSU22 Board of Directors.

***How Do I Stay Informed?***

1. **Hampden Academy Athletics Website**

   - **ha.rsu22.us/athletics**
   - **Main Page:** Daily Announcements & Cancellations
   - **Links to:** Sports Locations, Summer Programs, Fall/Winter/Spring Sports Info & Registration, Forms, History of HA, Boosters Club, League Links, Family ID, Game and Practice Schedule, HA Hall of Fame Info, Staff Directory, and School Spirit Wear.

3. **Social Media**

   - Facebook: **Hampden Academy Athletics**

# MPA Code Of Ethics

The Code Of Ethics pertaining to high school athletics is to be regarded not as recommendations, but as rules governing the conduct of schools, coaches, officials, athletic directors, and the public.

***Section 1 (The School Should):***

1. Conduct itself in a sportsmanship manner.

***Section 2 (The Coach Should):***

1. Have a fair, unprejudiced relationship to players.
2. Teach athletes to win through legitimate means only; striving to win at any cost is unethical.
3. Give opponents full credit when they win.
4. Control temper at all times.
5. Discourage profanity and obscene language at all times.
6. Recommend the use of competent officials and support their decisions. Should not criticize the actions or decision of the school concerned.
7. Counteract unfounded rumors of questionable practices by opponents. To establish the truth or falsity of these rumors he/she should refer them directly to the authorities of the school concerned.
8. Not solicit players from other schools.

***Section 3 (The Athletic Director Should):***

1. Arrange only schedules which are educationally and physically sound for the athlete.
2. Have a definite and mutual understanding with other athletic directors regarding officials.
3. Treat visiting teams and officials as guests.
4. The athletic director and the community should cooperate in promoting wholesome athletic programs.

***Section 4 (The Principal Should):***

1. Be honest in certification of players, refusing certification of any player where a lack of thoroughly reliable information makes possible ineligibility.
2. Endeavor to foresee possible misunderstandings with other schools and, as far as possible, settle them before they materialize.
3. Pass on to another school support of its teams, but never at the expense of friendly relations.

***Section 5 (The Public Should):***

1. Realize that gambling, drinking and vulgar language in connection with athletic contests is not in the best interests of athletes and the standards which the MPA is endeavoring to foster.
2. Fan behavior shall always reflect the highest ideals of sportsmanship. Cheering for the Broncos while recognizing the efforts of our opponents is an expectation of our fans.

***"Show class, have pride, and display character. If you do, winning takes care of itself."***

**- Paul "Bear" Bryant**

# ATHLETIC ELIGIBILITY

1. Initial Athletic eligibility at Hampden Academy is determined on the previous ranking period (9 – 10 weeks) to begin a sports season. Once the season has begun, eligibility will be checked on a bi-weekly basis. Grades will be checked every other Monday, thorough each season, not including vacation weeks.

2. An eligible student must have carried successfully for the preceding ranking period at least six (6) full-time academic subjects and successfully passed six (6) full-time subjects. Successfully means with a grade of 70 of above. If a student is on an alternative educational plan approved by the Principal and is carrying less than six (6) classes, the student must pass all the classes that they are taking.

3. All incompletes will be treated as failures. Reinstatement for athletes with an incomplete will be determined by review by the Principal and Athletic Director on an individual basis.

4. Students who are ineligible at the end of the ranking period will be able to participate in a sport during the next ranking period under the following conditions:

**Note:** Condition "B" starts at the beginning of the next ranking period regardless of when the sport starts.

   A. Will be required to miss 10% of his/her regular and/or post-season games. The athlete will be permitted to practice with the team during this time. On a case-by-case basis, the student may be placed in a guided study hall. This decision will be determined by the Athletic Director along with the Guidance Department.

   B. Two (2) weeks after the grades are posted from the previous grading period, or at the start of the new sports season the Athletic Director will review the athlete's grades. If the sport season has started the athlete will be permitted to practice during this time. At this time if the athlete is passing the required six (6) full-time courses he/she will be permitted to stay on the team. If, on the other hand he/she is not passing six (6) full-time courses he/she will be removed from the team for the remainder of the season.

   C. For students (in B above), two weeks after the eligibility check, the Athletic Director will again review the athlete's grades via our PowerSchool program. If the athlete is passing the required six (6) full-time courses he/she will be permitted to stay on the team. If he/she is not passing six (6) full-time courses, he/she will be removed from the team for the remainder of the season.

5. Initial eligibility for each season will be based on the previous quarter's grades. After the season begins, grades will be checked by the Athletic Director on Monday, on a bi-weekly basis. If a student began the season in good standing but is not passing six (6) at a bi-weekly check, then the student will be placed on "Academic Warning". The student/parents will receive a warning letter from the Athletic Director and will have two (2) weeks to be passing six (6) classes. The athlete will be permitted to practice with the team during this time. If at the end of the two (2) weeks they are, they will return to full athletic eligibility with no penalty. If they are not passing six (6) at the end of two (2) weeks, they will be placed on "Academic Probation". The student will be required to miss 10% of his/her

regular and/or post-season games. The athlete will be permitted to practice with the team during this time. At the conclusion of the two (2) weeks following the "Probation", grades will be checked again and if they are not passing six (6) they will be removed from the team for the remainder of the season.

6. Summer school credit or a diploma course through an approved Adult Ed. Program (Student Handbook pg. 5) for subjects failed during the regular school year may be used to meet eligibility requirements. The athlete will also be required to miss 10% of his/her regular season games. He/she will be permitted to practice with the team during this time.

7. Exclusion or Suspension from school for disciplinary reasons shall constitute automatic ineligibility for the Exclusion or Suspension period.

8. Students are eligible for eight (8) consecutive semesters from the date which they entered grade 9.

9. Students are eligible until age twenty (20). Students are ineligible as of their 20th birthday.

10. Students are ineligible is they have competed under an assumed name.

11. The athletic season starts with the first practice or tryout and ends with the team banquet (or the State Championship game in the given sport, whichever comes first).



***"I follow three rules: Do the right thing, do the best you can, and always show people you care."***
**- Lou Holtz**

# ATTENDANCE POLICY

Student-Athletes are to be in school by **8:20a and remain in school all day** in order to participate in a practice or game on that day.

***Exceptions to the policy:***

1. Medical Appointment – written note required from the doctor upon return
2. College Visitation – signed documentation from the institution upon return
3. School related function/field trip

If a student-athlete is not in school on a Friday and do not practice on that day prior to a Saturday competition, it is at the discretion of the Coach (authorized by the Athletic Director) to determine if the student-athlete will compete in Saturday's contest.

In the event of an emergency, authorized by the Athletic Director or Principal.

# SICKNESS POLICY

Student-Athletes absent from school that has required a doctor's care due to illness must have written permission from the doctor and a parent/guardian stating that they are fit to participate in practice or contests and must meet with our Athletic Trainer.

# INJURY POLICY

If a student-athlete has been out due to an injury that has required a doctor's care, the student-athlete must have a release from the doctor and parent/guardian and meet with our Athletic Trainer before he/she can resume playing.

# INJURY PROTOCOL

All student-athletes are expected to notify their coach if they are injured. The student-athlete should be seen first by the Hampden Academy Athletic Trainer for an evaluation. After being evaluated by the trainer, an appropriate rehabilitation plan will be made. The Hampden Academy Athletic Trainer should be notified of any medical treatment needed or rendered by an outside medical professional to coordinate treatment.

# HAZING

***The Common Sense Hazing Test***

1. Is the activity one in which all members gain a benefit, and it helps make the team better?
2. Will current members refuse to participate with the new members?

3. Does the activity risk emotional or physical abuse?
4. Is there risk of injury or a question of safety?
5. Would you have any reservations describing the activity to your parents, to a teacher, or to a school official?
6. Would you object to the activity being photographed for the school newspaper or local TV news?

***How To Prevent Hazing***

1. Be true to yourself. Take individual responsibility.
2. Get commitment of team or group leaders.
3. Expect resistance.
4. Document your commitment to a hazing-free environment and communicate that commitment to potential new group members.
5. Develop alternative activities to foster unity and to instill a sense of membership.
6. Utilize available school resources.

***Reporting Hazing***

1. If you have concerns or questions about team activities that may be hazing you should contact one of the following: Head Coach, Athletic Director, Principal, or School Counselor.

## ATHLETIC DEPARTMENT RULES

All students who participate in Interscholastic Athletics at Hampden Academy must adhere to the Athletic Code. Parents or guardians must also acknowledge receipt of and knowledge of this Code (through FamilyID Registration). **Participation in Interscholastic Athletics at Hampden Academy is a privilege and not a right.**

1. A team member may compete on an outside team provided it does not interfere with the school sponsored athletic activity. In the event that it does, the student-athlete and parent/guardian will need to fill out and submit the **MPA Bona Fide Team Rule Waiver Form** and receive permission from the Principal and Athletic Director. The student-athlete must notify the coach at the start of the sport season that he/she is on an outside team. Note: It is strongly recommended that an athlete compete on only one team during a sport season. Below is the **MPA Bona Fide Team Rule**:

> *A member of a school team is a student-athlete who is regularly present for and actively participates in team practices and competitions. Bona Fide members of a school team are prevented from missing high school practices or competition to compete or practice elsewhere.*
>
> - *Two (2) waivers per student-athlete per sport season may be granted by the administrator on a case-by-case basis for extraordinary circumstances. (e.g. if a student-athlete were invited to participate in a nationally recognized Tournament over a school vacation than that waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted because it violates the spirit and intent of the rule.)*

- *This policy is not intended to restrict dual sport participation in schools that allow dual participation.*

- *Penalty for violation of this policy:*

  *1st Violation – Suspension from play for one (1) game/contest*
  *2nd Violation – Removal from team for remainder of the season*

2. Attendance at all practices or games is mandatory. Interscholastic Athletics at the High School level utilize Saturdays, Holidays, and School Vacation days for practices and competition. In the event a student will miss games and or practices, the PLAYER must meet with the coach prior to the dates missed. Before the player may return to competition, there may be a time frame established by the coach whereby the student-athlete must practice first before competing in a contest. Failure to obtain the coach's permission to miss a game or practice will result in disciplinary action including possible suspension or dismissal from the team.

3. Athletes suspended from school are not allowed to practice or participate in contests while on suspension and must be in school prior to participation.

4. A student may not participate in two school sponsored sports (dual sport participation) during the same season. A student may change sports during the season only when both coaches and the Athletic Director consent.

5. Before a student may try out, practice, or participate in athletics, he/she must have the following completed: Current Interscholastic Sports Physical on file (due every two years), Registration by a parent/guardian on FamilyID (found on our Athletic website).

6. Because the school does not provide accident insurance, a student must be covered by insurance before he/she will be allowed to try out for a team or participate in practice. This requirement may be fulfilled through the student insurance program available through the school office or through parents' insurance. The required insurance must remain in force during the students' participation in any interscholastic sport.

7. All team members, managers, and cheerleaders must ride to away games with the team in authorized vehicles (usually school buses). A team member may return home with his/her parents provided the parents have spoken with the coach following the game and visually verify that the student-athlete is now leaving with the parent. The athlete should notify the coach the day before that he/she will be riding home with his/her parents. Students wishing to drive themselves or to be driven by an adult (other than their parent or legal guardian) must have a signed note from the parent. Notes must be approved by the Athletic Director 24 hours in advance and notes will be given to the coach. No student will be allowed to ride with another student. Failure to follow this rule will result in suspension or dismissal from the team.

8. All athletes are expected to be neatly dressed when traveling to out-of-town contests. Since the athletes are representing the school, their parents and the community, appearance on trips is important.

9. All equipment issued must be returned or the student-athlete must pay for it. No athletic

award will be given to an athlete who has not returned equipment issued, nor will he/she be allowed to participate in another sport.

10. Players' conduct on the field, floor, or bench is the direct responsibility of the coach.

11. Any violation that justifies dismissal from an interscholastic school sport will be the responsibility of the coach of that sport and the Athletic Director.

12. Administrative or teacher issued detention must be served within the required time. This takes priority over a practice or game.

13. A student must go out for a team when the first call is issued for preseason or tryouts. Any exception to this must be approved by the coach and Athletic Director.

14. Sports with limited participation (Cut Sports) – students who are cut or drop out during tryouts for a team are eligible for participation in another sport. However, if the first call for preseason or tryouts in the new sport has been issued, the student must obtain permission from both coaches (the Athletic Director or Principal will determine the outcome if the coaches disagree).

15. Sports with unlimited participation (Non-Cut Sports) – students who drop out during the preseason practice for a team are eligible for participation in another sport. However, if the first call for preseason or tryouts in the new sport has been issued, the student must obtain permission from both coaches (the Athletic Director or Principal will determine the outcome if the coaches disagree).

16. Sports with limited participation (Cut Sports) – after becoming a team member, a student who quits the squad without first consulting the head coach and securing permission, forfeits the privilege to participate in interscholastic sports until the squad has completed its season, or five weeks whichever is longer.

17. Athletes who are dismissed from a squad for disciplinary reasons cannot participate in interscholastic sports until members of that original squad have completed their season, or five weeks whichever is longer.

18. The theft or willful destruction of school equipment or facilities or the theft of the personal property of another person, will result in suspension or dismissal from the team.

19. Vulgar language will not be tolerated and is just cause for a reprimand, suspension, or dismissal.

20. No gambling shall be permitted while the student is under school supervision. This applies to the locker room, field or court, travel, or in a hotel/motel room.

21. An athlete whose behavior outside of school reflects poorly on the school or community, or who violates the law, will be subject to suspension or dismissal from a team.

22. Individual coaches shall have the right to take disciplinary action pertaining to any problem which may rise that is not covered by specific rules in this Code. However, any major disciplinary action will require approval by the Athletic Director.

23. Each *team* has the right to establish curfew training hours at the teams' discretion. The coach has the discretion to discipline a player who violates the established curfew.

24. The terms of this agreement are for the entire time the student is enrolled at Hampden Academy.

# ATHLETIC RULES - TEAM FUNCTIONS

### *Team Dinners and Team Function Expectations*

All team events other than practices conducted by the coach and games are optional attendance for all players.

**Hosting a Team:**

**Parents – Helpful Hints:**

1. If you are generous enough to host one of our teams in your home, please be aware of the following:

    a. Check with the Head Coach to be certain the timing of the event is appropriate.
    b. Be certain that all players have been invited.
    c. Be present throughout the event.
    d. Set a time frame (usually 1 – 2 hours) and insist that team members stay under your supervision and not come and go from the place of the team function during the event.
    e. Realize that all school rules are in effect during the event.

**Coaches:**

1. All non-game/practice activities are optional for all players. Nonetheless, off field activities can bolster team cohesion and enhance the team experience.

    a. If the Head Coach has organized the event, the coach shall be present throughout.
    b. Always be mindful of the academic and family commitments of your team members.

***"I am a member of the team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."***

**- Mia Hamm**

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# Tobacco Products, Drug and Alcohol Use By Students
# REGULATIONS

In order to ensure the highest possible standards of learning, as well as the safety, health, and well-being of students, visitors, and staff, the Board endorses a substance abuse policy which will:

- aid students to abstain from prohibited conduct and substances by providing prevention education,
- provide intervention when use is detected,
- give corrective and progressive discipline, and
- provide aftercare support as appropriate.

Compliance with the District's policy and regulations related to tobacco products, drugs, and alcohol is mandatory and the administration will be provided with the tools necessary to investigate any allegations or information concerning violations of this policy. Failure of parents/guardians to work in partnership with the school in addressing violations may result in a referral to the Department of Health and Human Services.

## Covered Activities

These regulations shall apply to all students on school property, who are in attendance at school or at any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school.

Additionally, these regulations are built on the recognition that participation in school extracurricular activities, holding leadership positions in school activities and school government, and receiving school recognitions are privileges, not rights. In each case, students are held out by the school or perceived by the public to represent RSU #22. Accordingly, these regulations shall apply to:

- All students involved in student government and leadership positions.
- All students involved in interscholastic competitions of any sort including, but not limited to athletics, Mock Trials, Chess Club, Math Team, etc.
- All students involved in extra-curricular activities involving public performances, including but not limited to Voices Unlimited, drama, and jazz band.
- Each year the administration shall list in the student handbook those activities, in addition to athletics, to which these regulations apply based on the activities available to students during that given year.

## Prohibited Conduct and Substances

No student will manufacture, distribute, dispense, possess, use or be under the influence of any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, or performance enhancing substances.
No student will use, sell, furnish, or be in possession of any product containing tobacco.
No student will manufacture, sell, furnish, possess, use, or be under the influence of any narcotic drug, amphetamine, barbiturate, marijuana, anabolic steroid, inhalant, any other controlled substance defined in federal/state laws/regulations, any look-alike substance, or any substance that is represented to be a controlled substance.
No student will manufacture, sell, furnish, possess, use, or be under the influence of any prescription or non-prescription drug unless the student has a lawful prescription for that drug, is using it in the manner prescribed or directed by the manufacturer, and is consistent with RSU #22 medication policy.
No student will be in possession of any paraphernalia verified to be associated with the use of such substances.

**Prevention Education**

The District will provide students with appropriate information and activities focused on educating students about tobacco, drugs, and alcohol and preventing their use, possession, furnishing and trafficking. Programs shall teach students that the use of tobacco, drugs, and alcohol can be harmful. Students will be taught how to resist peer pressure, and the legal, social, and health consequences of tobacco, drug, and alcohol abuse.
The District will collaborate regularly with local law enforcement to improve understanding of tobacco, drug, and alcohol laws and in partnership provide educational opportunities within the school and the communities.
As part of the prevention education program policies and regulations will be disseminated to coaches and advisors with the expectation that the policies and regulations will be reviewed with the students/athletes. Coaches and advisors will review the policies and regulations as outlined through a handbook and/or protocol.
In order to participate in interscholastic activities, public performance events, and student government and leadership positions students must review and discuss the policy and regulations and sign a card. Their parents/guardians must also review the policies and regulations and sign the card. This card acknowledges parent and student awareness of an agreement to abide by the tobacco products, drug, and alcohol policy and regulations.
Parents/guardians of athletes must attend, at a minimum, one preseason meeting a year with the coach and review the policies and regulations. If parents/guardians are unable to attend a preseason meeting, the Principal may waive the attendance requirement, however parents/guardians will still need to review the policies and regulations and sign the card.

The effectiveness of the RSU #22 prevention/education program will be reviewed as per the District's curriculum evaluation cycle.

**Intervention**

Regardless of whether a student has violated school rules, the District will provide assistance, using a team approach, to students who are using tobacco products, drugs, and/or alcohol. The Student Assistance Team of each building, in conjunction with administration, will periodically review data associated with this policy and work to set up systemic intervention responses.

1. Upon being notified of a violation of this regulation or receiving a referral from another source the Principal shall appoint individuals to an individual student team: typically, a guidance counselor, the school nurse, and another educator.
2. The student must first meet with the substance abuse counselor within 10 days of the referral for an evaluation.
3. After the required student meeting with the substance abuse counselor the student team will meet with the student, substance abuse counselor, and parents/guardians to develop a plan.
4. If the substance abuse counselor recommends interventions that are not available at the school level

referral information will be provided to students and parents/guardians to aid them in connecting to community agencies for access to treatment programs. Student records concerning such interventions shall be kept confidential as required by state and federal laws.

5. The school team will meet with the student (with parents/guardians being invited) a minimum of two times to review progress on the plan.

**Corrective and Progressive Discipline**

**K – 8 Administrative Procedure**

The following outline represents what may normally be the appropriate progression of action. However, the administrator may deviate from the sequence as is appropriate for each case, for example an elementary administrator will take into account developmental issues when developing a plan of a second grader compared to a fifth grader.

**Possession/Use Violations (including tobacco offense)**

1. The administrator meets with student and verifies the violation.
2. The administrator notifies parents/guardians and superintendent.
3. The administrator notifies law enforcement agencies, if appropriate.
4. The student and parents/guardians meet with administrator or designee to develop a plan.
5. The administrator take disciplinary action, as appropriate.
6. The parents/guardians are encouraged to attend educational session(s) with a community agency.
7. Multiple violations of possession/use at the middle school level can be used in determining if a student will participate in extra-/co-curricular activities upon entry into high school.

**Providing Substances to Others (excluding tobacco offenses)**

1. The administrator meets with student and verifies the violation.
2. The administrator confiscates the substance.
3. The administrator notifies parents/guardians and superintendent.
4. The administrator notifies law enforcement agencies, if appropriate.
5. The administrator takes disciplinary action. K-3 students' consequences will be based on administrator's judgement, students in grades 4 – 8 will be suspended for a period of time.
6. The student and parents/guardians will meet with administrator within a timely manner to develop a plan which includes a recommendation for a clinical evaluation.
7. The parents/guardians and student meet with superintendent before returning to school.
8. Documentation of any offense in this category carries forward into the high school.

**High School Administrative Procedure**

The following outline represents what may normally be the appropriate progression of action. However, the administrator may deviate from the sequence as is appropriate for each case, for example the high school administrator may take into consideration offenses at the middle school or may take into consideration student self-referral.

**Possession/Use Violations (including tobacco offense)**

First Offense

1. The administrator meets with student and verifies the violation.
2. The administrator notifies parents/guardians and superintendent.
3. The administrator notifies law enforcement agencies, if appropriate.
4. The student is suspended from school.
5. Upon return to school the student must meet with the substance abuse counselor.
6. The student must follow recommendations of substance abuse counselor, failure to follow the

recommendations of the counselor may result in further disciplinary action.
7. Parents/guardians will be encouraged to attend and educational program on substance abuse/use.

In the case that a student also participates in interscholastic activities, public performance events, and/or student government or leadership positions there will be a 10-day restriction (Saturdays with competitions count towards the 10 days) from all school activities, including games and competitions. Ability to practice will be at coaches'/advisors' discretion with the approval of the administration.

Second Offense

1. The administrator meets with student and verifies the violation.
2. The administrator notifies parents/guardians and superintendent.
3. The administrator notifies law enforcement agencies, if appropriate.
4. The student is suspended from school.
5. The student and parents/guardians must meet with the superintendent.
6. The superintendent may bring the student to the school board for their consideration regarding continued attendance a Hampden Academy.
7. Upon return to school the student will meet with substance abuse counselor.
8. The student must follow the recommendations of substance abuse counselor; failure to follow the recommendations of the counselor may result in further disciplinary action.
9. The parents/guardians will be encouraged to attend educational program on substance abuse/use. In the case that a student also participates in interscholastic activities, public performance events, and/or student government or leadership positions there will be an 8-week restriction from all school activities, including games and competitions. Ability to continue with practices will be at the coaches'/advisors' discretion with approval of the administration. This will carry into the next school year if there are not 8 weeks left in the current school year.

Third Offense

1. The administrator meets with student and verifies the violation.
2. The administrator notifies parents/guardians and superintendent.
3. The administrator notifies law enforcement agencies, if appropriate.
4. The student is suspended from school.
5. The student and parents/guardians must meet with the superintendent.
6. The superintendent may bring the student to the school board for their consideration regarding continued attendance a Hampden Academy.
7. Upon return to school the student will meet with substance abuse counselor.
8. The parents/guardians must meet with the administrator and the substance abuse counselor to develop a contract and determine a follow-up plan which may include clinical evaluation and an educational program for the student and parents/guardians.
9. The student must follow recommendations of substance abuse counselor; failure to follow the recommendations of the counselor may result in further disciplinary action. In the case that a student also participates in interscholastic activities, public performance events, and/or student government or leadership positions there will be a 1 calendar year (365 days) restriction from all school activities, including practices, games, and competitions for the date of the offense.

**Providing Substances to Others (excluding tobacco offenses)**

First Offense

1. The administrator meets with student and verifies the violation.
2. The administrator confiscates the substance.

3. The student and parents/guardians must meet with the superintendent.
4. The administrator notifies law enforcement agencies.
5. The student is suspended from school.
6. The student and parents/guardians must meet with superintendent before the student is allowed to return to school. In the case that a student also participates in interscholastic activities, public performance events, and/or student government or leadership positions there will be an 8-week restriction from all school activities, including games and competitions. Ability to continue with practices will be at the coaches'/advisors' discretion with approval of the administration. This will carry into the next school year if there are not 8 weeks left in the current school year.

Second Offense

1. The administrator meets with student and verifies the violation.
2. The administrator confiscates the substance.
3. The student and parents/guardians must meet with the superintendent.
4. The administrator notifies law enforcement agencies.
5. The student and parents/guardians must meet with superintendent and will meet with the Board of Directors.
6. The Board of Directors will consider long-term suspension or expulsion. In the case that a student also participates in interscholastic activities, public performance events, and/or student government or leadership positions there will be a 1 calendar year (365 days) restriction from all school activities, including practices, games, and competitions for the date of the offense.

**Detecting Substance Use**

1. Students who are suspected of being under the influence of some substance will be evaluated by a trained individual. The evaluation may include field sobriety tests, breathalyzer, and drug tests.
2. Students who refuse the evaluation will be subject to discipline in keeping with the suspected violation.
3. Students attending dances or participating in overnight school sponsored trips may be subject to a random breathalyzer test and random searches of their personal belongings.
4. School administration will consult with the superintendent prior to conducting random searches carried out with the assistance of law enforcement officials.

# Sport Season Dates

Fall 2022 – Spring 2026

| | First Possible Practice Date | Opening Date | Closing Date | Number of Weeks |
|---|---|---|---|---|
| **2026-27** | | | | |
| Fall | August 17 | September 3 | November 7 | 9 |
| Winter | November 16 | December 3 | February 20 | 11 |
| Spring | March 29 | April 15 | June 12 | 8 |
| **2027-28** | | | | |
| Fall | August 16 | September 2 | November 6 | 9 |
| Winter | November 22 | December 9 | February 26 | 11 |
| Spring | March 27 | April 13 | June 10 | 8 |
| **2028-29** | | | | |
| Fall | August 14 | August 31 | November 4 | 9 |
| Winter | November 20 | December 7 | February 24 | 11 |
| Spring | March 26 | April 12 | June 9 | 8 |
| **2029 -30** | | | | |
| Fall | August 13 | August 30 | November 3 | 9 |
| Winter | November 19 | December 6 | February 23 | 11 |
| Spring | March 25 | April 11 | June 8 | 8 |

# FREQUENTLY ASKED QUESTIONS

Many of the following questions were generated by MPA member schools. Please consult the school Athletic Director on a regular basis to assist in understanding MPA Guidelines and Policies.

## Student Eligibility

**Q. What is the penalty for an athlete or coach being ejected from a game, meet, or match?**

A. In all team and individual sports (varsity or sub-varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player, shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, sub-varsity, or other competition. A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site before, during, or after the game/meet. An ejected player may attend the next game but should not be in uniform. Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. He/she may participate in preseason scrimmages and exhibition contests.

*Please Note: This is a minimum penalty; schools may impose a stricter penalty; student-athletes may be on the bench while securing their suspensions; and any coach ejected from a contest must complete the NFHS *"Teaching and Modeling Behavior"* video prior to returning to coach. Ice Hockey and Lacrosse have stricter ejection policy. Please refer to the sport bulletins for the ejection policy.

**Q. What occurs if a team member assaults an official?**

A. Any member of the team who intentionally strikes, kicks, or makes other physical contact with an official before, during, or after an interscholastic contest shall be disqualified immediately and shall be ineligible to participate in all sports for one (1) full year. **NOTE:** Member of the team includes player, manager, scorekeepers, timers, and statisticians.

**Q. At any point during the season may a middle school team observe the practice of the local high school team?**

A. A middle school team may observe the practice of their local high school team. Middle school teams, where student-athletes have school choice, may not attend any practices for the purpose of recruiting them to attend the school.

**Q. At the conclusion of the 8th grade or junior high season, may 8th grade students practice with the Freshman, JV, or Varsity teams?**

A. No, this may not occur and may result in the 8th grader losing a year of eligibility.

**Q. May team members assist the high school coach with middle school programs after the conclusion of the sport season?**

A. Yes, the administration may establish a three-week period of mentoring following the season when this may occur.

**Q. May a student attend private lessons, missing scheduled team practices, and compete only in game or matches?**

A. No, this would be a violation of the Bona Fide Team Rule that requires team members to attend all team practices and games unless granted a waiver by the school administration.

**Q. May a student miss a game or a practice to attend an elite showcase during the season?**

A. Yes, if the school administration has granted a waiver to the Bona Fide Team Rule.

**Q. May an athlete miss two weeks of the season to compete in national chess tournament?**

A. This would be a local decision not governed by the Bona Fide Team Rule because chess is not an activity sponsored by the MPA.

**Q. May a female athlete play on the baseball team? On the ice hockey team?**

A. Yes, girls may play on a baseball team. Baseball and Softball have been deemed to be different sports. Girls may play on the boys' ice hockey team only if the school does not sponsor a girls' ice hockey team. If there is a girls' team available, then the girls must play on that team.

**Q. May a homeschool student participate on a school's athletic team?**

A. Yes, homeschool students are eligible if their equivalent instruction program has been approved. They must meet all local eligibility rules and may only participate for the local public school in the community in which they reside.

**Q. May a student who missed almost an entire year of school because of illness participate during his/her 5th year of high school?**

A. No, unless a waiver of eligibility has been granted. Please refer to Article II, Section 6 of the MPA Handbook for more information regarding student waivers.

**Q. May a student that attends a charter school participate on a school's athletic team?**

A. Yes, charter school students may access programs at their local public high school provided that the public school has the capacity to accept them.

**Q. May a student who attends a state approved or state recognized private school participate in a sport at an MPA member school?**

A. Yes, a student that attends a state recognized private school or a state approved private school, where the enrollment is 60 or fewer students, and the private school does not offer the activity, then the student may participate at the local public school, provided that they have the capacity to allow those students to participate, may allow those students to participate.

**Q. May a student whose school does not offer a sport play that sport at a neighboring high school?**

A. No, a student may not attend one school and represent another school in a sport without the formation of a cooperative team. An individual student may participate in on the following sports under a cooperative individual agreement with a neighboring school: Cross Country, Golf, Ski, Swim, Indoor Track, Wrestling, Outdoor Track, and Tennis. In this case, they would practice with and compete with the neighboring school team but would represent their own school at all competitions.

## Coaches' Eligibility

**Q. Must a coach be certified prior to the first practice or contest?**

A. Coaches have a 12-month period after their date of hire or appointment to satisfy the coaching principles, sport first aid, CPR/AED. All other requirements must be met prior to the coach working with student-athletes.

**Q. Does a school have to submit proof of certification for all its coaches?**

A. No, the school must maintain a portfolio for each coach. Should a challenge occur, the school may be asked to provide a copy of the coach's portfolio. The school will verify that all coaches meet all requirements prior to the season.

**Q. Are volunteer coaches bound by the same MPA policies and regulations as stipend coaches?**

A. Yes, anyone who works with the athletes on a regular basis must meet the coaches' eligibility standards regardless of their compensation.

**Q. If a school coach resigns from his/her position, may he/she work with underclass athletes following the season?**

A. No, a coach is considered the coach of his/her team until a replacement has been appointed.

**Q. If a "volunteer" coach resigns from their position, may they work with athletes outside of the sports season?**

A. A volunteer coach that "resigns" their position to work with athletes from the school is not eligible to coach at the school for a period of 365 days.

**Q. Must an instructor that attends only a limited number of practices meet the coaches' eligibility requirements?**

A. If an instructor attends more than a few (2 or 3) practices, they should be included on the coaches' eligibility form and meet all coaches' eligibility requirements.

**Q. Can a Cross Country coach serve as a volunteer coach on the Indoor or Outdoor Track coaching staff?**

A. Yes, if he/she has been appointed by the Superintendent or School Board and meets all other coaches' eligibility standards.

**Q. If a swim team does not have a diving board at their pool may a diver practice on their own at a local club and then compete at the regular season meets?**

A. No, a diver that is a member of a school team must attend practices held by the school.

**Q. May a school that allows cooperative individuals to practice and compete with their team include that athlete on their player eligibility form?**

A. No, it is the responsibility of the school that the individual attends to submit the player eligibility form.

**Q. If three schools form a cooperative team, may one of the schools submit all the necessary MPA paperwork?**

A. No, one school (the "Host" school) may submit the schedules, the playoff information, and the sportsmanship forms, but all schools must submit player eligibility rosters and all schools must include

the coaches on their eligibility rosters.

**Q. May more than on school employ the same coach?**

A. Yes, a coach may work for more than one school, but must be listed on each school's coaches' eligibility roster.

**Q. May a coach that has a child in AAU Basketball serve as a coach on the team?**

A. A coach, that is also a parent, may serve as a coach for an outside team provided that their child is the only student from their school participating on the team.

## Transfer Rule

**Q. If an athlete attends a preseason practice and then transfers to another school, may that student participate on the team at the school to which he/she transferred?**

A. Yes, if the transfer was prior to the scheduled opening date (first countable game) of the regular season and all other aspects of the transfer rule are met.

**Q. If a student transfers to a new school <u>after</u> the first countable game date of the season, is he/she eligible to play on a varsity team during that season?**

A. No, at that point he/she may only play at the sub-varsity level during that season.

**Q. If a family is split by divorce or separation and each parent lives in a different community, may an athlete move between schools as sports seasons change? (i.e. an athlete plays football in one community and moves to another community to participate in Indoor Track)**

A. No, when a student's parents' divorce or separate, he/she has four weeks to decide with which parent he/she will reside. After this period, a Transfer Waiver Form must be submitted.

**Q. If a family resides in a community that offers school choice, may the student transfer from one school to another and be able to participate?**

A. Once the family chooses one school to attend any transfer without a corresponding change of address would require a transfer waiver.

**Q. If a student is granted a Superintendent's Agreement (or a Commissioner's Waiver) may that student participate in co-curricular activities at the school that they transfer to?**

A. No, unless a Transfer Waiver Form stating that the transfer was not for athletic purposes has been submitted.

## Recruitment

**Q. May a coach attend a meeting where potential students are being recruited? Example: Town pays tuition to an outside district.**

A. No, coaches should not attend academic meetings, nor should 8th graders with school choice be invited to a practice, games, or activities at any high school, whether freshman, JV, or Varsity.

**Q. May a school show a highlight film of the school's athletic teams to prospective 8th grade students?**

A. No, any solicitation of prospective students for athletic purposes is prohibited.

**Q. If a student is enrolled in High School A and in High School B for the next school year, when may a coach from High School B contact the potential new athlete?**

A. When he/she has enrolled in High School B and no longer attends High School A (following the end of the school year).

**Q. May 8th graders or high school athletes observe coaches and/or practices with the idea of enrolling in or transferring to that school?**

A. No, these students should not be allowed to observe school practices at any time for any reason.

## Sports Season

**Q. What constitutes a school's involvement outside a designated sport season?**

A. Use of school equipment and facilities, use of school transportation, use of school name, and contact with school coaches/advisors.

**Q. What is an "Open Gym" or "Activities Period"?**

A. An Open Activities Period includes activities approved by the school administration, announced to all students, and scheduled for a school gym, pool, or other facility for which all students or age groups are invited to participate. Adults involved in such activities must be supervised and must not be coaching or giving instruction. The emphasis must be on recreation not practice, participation not instruction, and must not be a captain's practice which is a sports season violation on or off school property. Similarly, a training program must be pre-announced and open to all students whether attending for the purpose of preparing for a high school sport or not.

**Q. What is acceptable for an off-season conditioning program?**

A. A school's off-season conditioning program may include such activities as muscular strength and endurance exercises, cardiovascular fitness activities, agility, speed, power, balance, coordination, and flexibility training. The program must be voluntary, open to all students, and should not include sport-specific skill development or coaching. If the only participants are members of one team then a coach may not be involved.

**Q. Can a coach be used to supervise an "Open Gym" or "Open Pool" in a sport/activity he/she coaches?**

A. Yes, if the gym, pool or weight room is open to all students in the school and if the predominant number of participants are not his/her players, a coach may supervise providing there is no instruction involved.

**Q. May a school's Booster Club sponsor a camp during the two-week hands-off period?**

A. No, a school's fields, gymnasium, and classrooms may not be used during the hands-off period. The only exception would be that athletes may continue their off-season conditioning program. Coaches may not "start" a conditioning program during this time period and athletes may not participate in any sport specific skills during the hands-off period.

**Q. Can a school schedule a faculty/student exhibition game following the sport season?**

A. Yes, this would be an allowable exception to the Sport Season Policy.

**Q. May volunteer coaches work with high school athletes outside of a sport season?**

A. No, volunteer coaches are held to the same standards as paid coaches.

**Q. May the school Principal coach a premier soccer team after the conclusion of the fall season.**

A. No, school administrators are not allowed to work with athletes outside of the sports season.

**Q. Can Middle School coaches work with high school athletes before or after the sport season?**

A. No, Middle School coaches are considered part of a coaching staff and are held to the Sport Season Policy.

**Q. Can a Girls' JV coach work with a Boys' Varsity team in the off season?**

A. Coaches may not work with athletes, even of the opposite gender, from that school, outside of the designated sport season. Any coach may work with athletes during the summer.

**Q. Can a league sponsor a tournament or all-star game after the last regular season game?**

A. Yes, if it occurs before the last countable date of the sport season and it does not exceed the five maximum non-countable dates.

**Q. If a team is eliminated from MPA-sponsored postseason play prior to the end of the sport season, can the team continue to practice until the close of the sport season?**

A. Yes, provided it is over prior to the last day of the sport season.

**Q. May a coach work with <u>Senior</u> athletes following the season's conclusion?**

A. Yes, in all sports after the close of the sport season except for fall Cheering, Cross Country, and Indoor Track. Underclassmen my not be present.

**Q. May a high school coach work with (coach) students in grades K-8 following the sports season's conclusion?**

A. Yes, there are no rules that prohibit members of the coaching staff from working with non-high school students at any time during the year.

**Q. May a player wear his/her uniform to a tryout for a college coach outside of the sport season?**

A. No, this would be a violation of the Sport Season Policy because of the use of school equipment.

**Q. Can a school's underclassmen participate in an undergraduate tournament using the school name, equipment, if practice is in the Middle School gym?**

A. No, unless it falls within the sport season or during the summer.

**Q. May a team's Booster Club hold and advertise a fundraiser out of the sport season?**

A. Yes, however, team members may not take part in the fundraiser unless it occurs during the summer. Coaches may participate in a fundraiser any time during the year.

**Q. When can an athlete work with a Booster Club to raise funds for the team?**

A. Only during their current season or during the summer and prior to the start of the "hands-off" period.

**Q. A school's administration can approve using underclassman to assist with middle level programs for three weeks following a season. May fundraising take place during the same period following the season?**

A. No, the school administrator may allow grade 9-11 athletes three weeks to assist the coach with middle

level athletic programs but not for fundraising activities. Senior athletes, except for Fall Cheering, Cross Country, and Indoor Track, may work with middle school athletes at any time.

**Q. May a school select a cheering team in the fall with the expectation that they will continue through the winter?**

A. No, there must be a clear separation between the two teams, including tryouts, fundraising, and the routine.

**Q. May a coach practice with his/her athletes in the summer?**

A. Yes, from the end of the spring sport season to the start of the hands-off period.

**Q. Can a school provide players with equipment, transportation, or facilities for summer sports activities?**

A. Yes, however, liability issues should be considered.

**Q. What type of activities may a coach and his/her athletes be involved with during the summer?**

A. The MPA Sport Season Policy places no restriction on schools or coaches during the summer recess. A school may restrict summer activities.

**Q. May a coach have one organizational team meeting prior to the season during the hands-off period?**

A. Yes, if he/she did not meet with the team prior to the close of the spring season. This meeting may take place during the hands-off period.

**Q. May the coach issue equipment during the one approved preseason meeting during the hands-off period?**

A. Yes.

**Q. If an athlete attends a camp during the hands-off period, may the coach work at the camp?**

A. Yes, if the coach has not applied pressure for the athlete to attend and they are not working directly with the athlete.

**Q. Does the hands-off period during the two weeks prior to the season apply to all sports or just fall sports?**

A. <u>All coaches, regardless of the season in which they coach</u>, must cease to work with high school athletes the two weeks prior to the start of the fall season.

**Q. The Recreation Department sponsors a camp for K-8 students during the summer. The high school coaches run the camp with the help of their athletes during the two weeks prior to the season. Is this a violation?**

A. Yes, this would be a violation. During this period coaches must find a way to be separate from their athletes.

**Q. May a team's captains supervise a high school "Captain's Practice"?**

A. No, captains are not allowed to lead any type of practice prior to the start of the defined sport season.

**Q. Is it a violation if students get together to run a road race during the two weeks prior to the start**

**of the fall season?**

A. No, if it is not organized by the coaches, parents, boosters, or captains. The students must do it on their own.

**Q. May winter athletes participate in a Booster sponsored golf tournament held in the fall?**

A. Yes, if there is not pressure to participate by the coaches or boosters. The students may choose to do it on their own.

## Countable Competitions

**Q. If a school is not able to complete its season for any reason, will that school be able to field a team in that sport during the next season?**

A. No, any member school that does not complete that season's schedule will be prohibited from participating in varsity competition in that sport for the two years following that season. This may be appealed to the Interscholastic Management Committee should there be extenuating circumstances.

**Q. May a school schedule a countable game against a non-member school?**

A. No, all countable games must be played against MPA member schools. All contests against non-member schools would be considered exhibition. A school may want to consider liability issues when scheduling non-member schools.

**Q. How many preseason exhibition games may a team play?**

A. Each MPA sanctioned sport, except for wrestling, is permitted five non-countable dates of competition. This includes scrimmages, exhibition games, and tournaments. It applies to preseason, regular season, and postseason. The only exception is that a sixth date will be permitted when a team qualifies for postseason play. Conference Championship games do count as an exhibition date. Wrestling is allowed three preseason meets.

**Q. May two teams practice together at one facility and not have it count as one of the five countable exhibition dates?**

A. No, two teams practicing together would be considered a scrimmage and would count as one of the five allowable dates. If teams are sharing a facility (i.e. ice hockey, swimming) for cost saving measures, please contact the MPA office to request a waiver.

**Q. May a team forfeit a game at any point in the season?**

A. No, forfeitures of MPA sanctioned events are generally not allowed and would constitute non-completion of the season.

**Q. How many teams qualify for a tournament?**

A. Two-thirds of the teams, rounded to the next whole number, in each classification region qualify for the post-season tournament.

**Q. A baseball game is called in the sixth inning with the score tied, may the two schools call the game "suspended" and finish it later?**

A. No, any regular season baseball game that is tied, after becoming a complete game, shall be recorded as a tie. The game in tournament competition must be replayed in its entirety.

**Q. Does the league championship game count as one of the countable exhibition dates?**

A. Yes, all league championship games would count as an exhibition date.

## Cooperative Teams / Cooperative Individuals

**Q. May more than two schools come together to form a cooperative team?**

A. Yes, provided they meet all the requirements for establishing a cooperative team as outlined in Article VI of the MPA Handbook.

## Protest

**Q. May a school protest the outcome of a game if they disagree with an official's call?**

A. No, protests must be dealt with in the manner prescribed by the individual sport rulebook. In the absence of a statement, the results shall be final when the contest has been concluded by the officials.

## Sunday Activities

**Q. May a school reschedule a game to a Sunday if both teams agree to play?**

A. No, the MPA does not recognize contests played on Sunday.

**Q. May a team practice on Sunday?**

A. This is a decision made by local school authorities.

**Q. May two schools schedule a JV game or an exhibition game on a Sunday?**

A. This is a decision made by local school authorities.

## Sanctioning

**Q. If a team is invited to participate in an out-of-state tournament, must they complete an MPA and NFHS Sanctioning Form?**

A. Many out of state events do require sanctions. Below are events that require sanctioning:

* Any interstate event involving two or more schools which is cosponsored by or titled in the name of an organization outside of the high school community (i.e. a university, a theme park, an athletic shoe/apparel company).
* Non-bordering events if five or more states are involved.
* Non-bordering events if eight or more schools are involved.
* Any event involving two or more teams from a foreign country. The host school should complete the Sanction Form (Canada and Mexico are considered "bordering states").
* New Hampshire (NHIAAA) requires a sanction form for all events, including Maine teams.

Competitions involving bordering states shall be sanctioned by each state's own procedures. It is not necessary to request sanctions for contests involving only Maine schools.

## Foreign Exchange / Foreign Students

**Q. What is the difference between a foreign exchange student and international (foreign) student?**

A. A foreign exchange student does not pay tuition, must have a J1 visa limited to one academic year, and should be placed by a CSIET approved foreign exchange program. International (foreign) students pay tuition and must have an F1 visa.

**Q. If a foreign exchange / international (foreign) student arrives after the start of a semester, is he/she eligible to participate in varsity sports?**

A. Any student, including international (foreign) and foreign exchange students, who transfers from one school to another after the start of a season may not play at the varsity level. If the student is a foreign exchange student and the placement occurs after the start of the sport season, please contact the MPA office.

**Q. Must foreign exchange / international (foreign) students meet the same eligibility standards as other students?**

A. Yes, both foreign exchange and international (foreign) students must meet all MPA eligibility requirements. A transfer waiver form must be filed for all foreign exchange and international (foreign) students.

**Q. If a foreign exchange / international (foreign) student has graduated from high school, or his/her country's equivalent of high school, may that student participate in varsity sports?**

A. No, schools must ensure that a student has not graduated from the home country's equivalent of high school. Schools should also pay close attention to age requirements, the Eight-Semester Rule, and the Four Seasons of Competition Rule.

**Q. A student is going away to participate in a foreign exchange program two to three weeks into the second semester, may he/she continue playing on a varsity team until his/her departure?**

A. Yes, if it is a program approved by the Principal, he/she may compete in the winter program until departure.

## Others

**Q. May a coach videotape an upcoming opponent's contest as part of a scouting report?**

A. While many of today's contests are videotaped and/or live-streamed and available to view it is considered unethical to attend an opponent's game and videotape the contest.

**Q. Who may be on the team bench during MPA tournaments and/or take part in MPA warm-ups or award ceremonies?**

A. Athletes listed on the eligibility roster, managers, student statisticians, athletic trainers, and adults that have met the eligibility standards and are listed on the Coaches' Eligibility Roster are the only personnel that are allowed on the bench. Legal limitation does not allow anyone below the 9th grade to be on the bench. Exception: Article II, Section 2-B-3.

**Q. May a pitching instructor, who is not coaching at the high school level, use or rent the high school gym to give baseball, softball, or pitching instructions?**

A. Yes, but only if none of the students from the high school attend the clinic.

**Q. If a school has less than sixty boys or sixty girls, may they use an 8th grade athlete?**

A. Yes, the policy is in place to allow small schools to field a team in the team sports (field hockey, football, soccer, volleyball, basketball, cheering, ice hockey, baseball, softball, and lacrosse). Eighth grade students may not participate in individual sports (cross country, golf, swim, skiing, wrestling, indoor track, tennis, and outdoor track).

**Q. If two schools have a combined enrollment of less than sixty boys or sixty girls, may 8th grade athletes compete under the Cooperative Team Policy?**

A. Yes, provided there are not enough athletes from the two schools to field a team. This policy is not to permit 8th grade students an opportunity to gain a fifth year of competition.

**Q. May a school apply to play in a higher or lower classification?**

A. Yes, a school may apply to compete in a higher classification and will be placed in the higher class for the two-year classification cycle. A school that applies to compete in a lower classification will not be eligible to in post-season play. The exception to this is in the sport of Football, teams that are granted the application to play in a lower class will be eligible for post-season play.

**Q. Does the MPA require that a student-athlete have a physical exam every two years?**

A. The MPA Sports Medicine Committee recommends that an examination take place every other year once a student enters a competitive sports program, usually in the 6th or 7th grade, but each district is responsible for developing their own policy. A sample Pre-Participation Physical Exam Form may be found at http://www.mpa.cc/pdf/physicalforms.pdf.

# LEAGUE AFFILIATIONS

## KENNEBEC VALLEY ATHLETIC CONFERENCE

Hampden Academy belongs to the Kennebec Valley Athletic Conference (KVAC) as one of the twenty-eight member participating schools. The schedules that are mostly derived from within the conference (some regional and rivalry games are included) and each school is provided its desired number of games as long as it does not exceed the number of countable contests as allowed by the Maine Principals' Association. The primary criterion for deriving schedules is that of classification which is followed by competition and geographical location. Due to ever changing demographics in the state of Maine and MPA classification there are some master schedules that provide crossover contests with schools from other local leagues and/or different classifications.

The Kennebec Valley Athletic Conference (KVAC) does schedule official games/meets/matches during vacation periods. It is important that student-athletes and parents are made aware of this. Two schools desiring to move one of their scheduled contests out of a vacation period may do so by mutual agreement.

The sports that are governed and provided within the Kennebec Valley Athletic Conference (KVAC) in which Hampden Academy participates are: baseball, basketball, cheerleading, cross country, football, field hockey, alpine ski, soccer, softball, tennis, and volleyball.

## PENOBSCOT VALLEY CONFERENCE

Hampden Academy belongs to the Penobscot Valley Conference (PVC) as one of the thirty-four member participating schools. The schedules that are mostly derived from within the conference (some regional and rivalry games are included) and each school is provided its desired number of games as long as it does not exceed the number of countable contests as allowed by the Maine Principals' Association. The primary criterion for deriving schedules is that of classification which is followed by competition and geographical location. Due to ever changing demographics in the state of Maine and MPA classification there are some master schedules that provide crossover contests with schools from other local leagues and/or different classifications.

The Penobscot Valley Conference (PVC) does schedule official games/meets/matches during vacation periods. It is important that student-athletes and parents are made aware of this. Two schools desiring to move one of their scheduled contests out of a vacation period may do so by mutual agreement.

The sports that are governed and provided within the Penobscot Valley Conference (PVC) in which Hampden Academy participates are: golf, indoor track, swimming, and outdoor track.

## BIG11 FOOTBALL CONFERENCE

The football team participates in Class C Football in the northern classification. The schedule of opponents each year is generated by the discretion of the MPA football scheduling committee.

## EASTERN MAINE INDOOR TRACK LEAGUE

The indoor track team is a member of the Eastern Maine Indoor Track League. The schedule is generated each year from within that league.

## NORTHERN MAINE ICE HOCKEY

The boys ice hockey team participates in Class B Boys Ice Hockey in the northern classification. The girls co-op ice hockey team participates in Class A Girls Ice Hockey in the northern classification. The schedule of opponents each year is generated by the discretion of the MPA ice hockey scheduling committee.

## CLASSIFICATION- MAINE PRINCIPALS' ASSOCIATION

The Maine Principals' Association sets classification in each sport which dictates where schools participate in the MPA Invitational Tournaments. Hampden Academy is classified in Class A North for all sports, with the exception of Football where it is classified in Class C North, and Boys Ice Hockey where it is classified in Class B North.