Norfolk Public Schools

The cornerstone of a proudly diverse community

# Athletic Handbook for Parents & Student-Athletes

*Norfolk Public Schools Athletics*

# 2026-2027

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## Introduction

The purpose of the Norfolk Public Schools' *Athletic Handbook for Parents and Athletes* is to inform parents and athletes of the policies and procedures governing athletics.

## Norfolk Public Schools Athletic Department

The athletics staff of Norfolk Public Schools are dedicated to the development of the total student athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of our students as well as the social implications of being able to work as a member of a team. Dedicated students are given the opportunity to reach their maximum potential through extensive training, excellent equipment, and good coaching.

Participants and responsible adults involved in school board approved extracurricular activities are expected to demonstrate the same level of responsibility and behavior at practice and competitions as is expected in the classroom. The school board further encourages the development and promotion of sportsmanship, ethics and integrity not only for athletes but also for administrators, adult supervisors, parents, fans, spirit groups and support/booster groups.

**Department of Athletics**

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www.npsk12.com/departments/athletics/overview

## Mission & Vision

Our goal is to develop young men and women to be successful citizens in our highly competitive world. Opportunities supported by the Virginia High School League (VHSL) across 32 athletic programs, as well as debate, forensics, theater festival, school publications, and academic competitions, help increase student participation.

## High School Athletics Program: 2026-2027

| VHSL Athletic Program Offerings | |
|---|---|
| **Fall**<br>7/27/26 – 12/12/26 | **Winter**<br>11/9/26 – 3/13/27 |
| • Cheerleading (begins 7/30)<br>• Cross Country (begins 8/3)<br>• Field Hockey* (begins 8/3)<br>• Football* (begins 7/30)<br>• Golf (begins 7/27)<br>• G Volleyball (begins 8/3)<br>• B Volleyball (begins 8/3) | • G. Basketball*<br>• B. Basketball*<br>• Sideline Cheer<br>• Indoor Track & Field<br>• Swim/Dive<br>• Wrestling |
| **Spring**<br>2/22/27 – 6/12/27 | **Activities** |
| • Baseball*<br>• Soccer<br>• Softball*<br>• B. Tennis<br>• G. Tennis<br>• Track & Field | • Scholastic Bowl<br>• One Act Play<br>• Speech |

* indicate varsity & junior varsity programs

| Member Schools | | | |
|---|---|---|---|
| **School** | **Principal** | **Athletic Director** | **Phone Number** |
| Booker T Washington High School | Matthew Mason | Oronde Andrews | 628-3587 |
| Granby High School | Thomas Smigiel | Chris Harris | 451-4121 |
| Lake Taylor High School | Sharon Phillips | Kenneth Brown | 892-3203 |
| Maury High School | Karen Berg | Thomas Staples | 628-3357 |
| Norview High School | Tori Jacobs-Sumbry | Thomas Adams | 852-4503 |

## Middle School Athletic Program: 2026-2027

| League Athletic Offerings | |
|---|---|
| **Fall**<br>8/31/26 – 10/14/26 | **Winter I**<br>10/12/26 – 11/21/26 |
| • Baseball<br>• Competition Cheer (8/31/26 -11/14/26)<br>• Softball<br>• B. Track<br>• G. Track<br>• Wrestling | • G. Basketball<br>• B. Basketball<br>• Sideline Cheer<br>• Scholastic Bowl |
| **Winter II**<br>1/19/27 – 3/3/27 | **Spring**<br>3/1/27 – 5/27/27 |
| • Speech<br>• B. Soccer (begins 1/19)<br>• G. Soccer (begins 1/19)<br>• XC (2/16 – 3/23) | • Field Hockey<br>• Football<br>• Sideline Cheer<br>• B. Volleyball<br>• G. Volleyball |

| Middle School League Member Schools | | | |
|---|---|---|---|
| **School** | **Principal** | **Athletic Director** | **Phone Number** |
| Academy for Discovery at Lakewood | Romanda Hannigan | Tim Maynard | 628-2477 |
| Azalea Gardens Middle School | Tammi Hinton | Michelle Sessoms | 531-3000 |
| Blair Middle School | Shenay Lewis | Kurt Straub | 628-2400 |
| Lake Taylor School | Melanie Patterson | Maceo Harrison | 892-3230 |
| Northside Middle School | Letisha Lawrence | Audra Gardenhire | 531-3150 |
| Norview Middle School | Melissa McFarland-Bryant | OPEN | 852-4600 |
| Ruffner Academy | Kathy Capel | Melissa Castle | 628-3466 |

## Participation in Athletics

All middle school and high school students are encouraged to participate in their schools athletics and activities. Each student-athlete must have a valid physical on file before participating in the Norfolk Public Schools athletics program. The sports physical must be completed by a physician within the past 14 months and clear the student-athlete to participate in athletics. *Once the physical expires (14 months from the date of the physician's signature), the student-athlete will become ineligible and cannot participate in any capacity until a current physical has been turned into the Athletic Director or Athletic Trainer. This includes during the middle of an athletic season.*

**Additionally, all** student athletes and parents **must** review the Preparticipation Forms annually, which include Concussion, Sudden Cardiac Arrest, & Heat-related Illness Education acknowledgement letters. Each student-athlete and parent **must** sign and return the form to the school's athletic director prior to the student athletic practicing or trying out for a team.

For rising ninth grader to be eligible for senior high school athletics, he or she must be enrolled and reside within the schools attendance zone. Once in high school, a senior high student must have passed 5 out of 8 OR 3 out of 4 4x4 scheduled classes during the preceding semester with a minimum 2.0 GPA after the ninth grade.

## Eligibility Requirements Overview

***Virginia High School League:*** All students must meet all eligibility requirements as established by the Virginia High School League (VHSL).

***Norfolk Public Schools:*** Students must meet all eligibility rules set forth by Norfolk Public Schools. In some instances, Norfolk Public Schools rules may be more stringent than the VHSL rules.

***School Board Policies:*** Students must abide by all rules and regulations set forth by the School Board of the City of Norfolk.

***Transfer Rule:*** Students who transfer from one secondary school to another within the city without a change of address and court ordered custody students who transfer from one secondary school to another within the city without a change of address, will be ineligible to participate in any VHSL activity for a period of one (1) year from the day of enrollment at the receiving school. Exceptions to this policy may be granted only by the superintendent or his designee (School Board Policy: JCA, see *Virginia High School League & Eastern District Transfer Rule* for more information).

***Virginia High School League Eligibility Falsification Penalty:*** If a student or his/her parent(s) or guardian(s) gives false information, written or verbal, that affects his/her eligibility upon entering and/or during his/her eight semesters of eligibility, the student shall become ineligible at any VHSL school for a period of one year from the date the information is certified as being false.

**Adopted by VHSL: March 15, 1991**

# Norfolk Public Schools' 2.0 Grade Point Average (GPA) Requirement

## High School

1. All first-time 9th graders are eligible to participate in VHSL athletics and activities during the fall semester of their freshman year. Beginning in the second semester—and for each semester thereafter—student-athletes must pass at least 5 of 8 courses, or 3 of 4 courses on a 4x4 schedule, from the previous semester to remain eligible.
2. GPA will be based on all courses taken for credit
3. GPA will be based on the following:

    - Fall/Winter Student Athletes - year long courses from preceding year.
    - Cumulative GPA
    - Spring Student Athletes – semester 1 GPA or cumulative GPA

4. The grading scale shall be the current scale used by NPS, including weighted classes
5. Summer school shall count two ways:
    - In the event a student must repeat a course, he/she shall be allowed to take the highest grade and average into yearly grades.
    - New classes shall be added to yearly grades.
6. Transfer students shall be eligible until the end of the first grading period (9 weeks), at which time, they shall meet the 2.0 GPA required by NPS If a student is transferring from a school system which has a requirement for participation in place, the student shall meet the NPS requirement from the first day of enrollment and VHSL standards.
7. Students shall have one appeal or probation period during their middle school (8th grade only) and one appeal or probation period during their high school eligibility (10th, 11th or 12th grade only) if they fall below the minimum GPA requirement and meet VHSL standards.
8. Students receiving special education services, as well as others whose eligibility must be determined under applicable federal and state laws, and who fall below a 2.0 GPA, will be evaluated on an individual basis. Waivers shall only be granted by the superintendent or his designee. Special education students, who request a waiver, must be making standard progress in those courses taken as determined by the student's Individual Education Plan (IEP).

## Middle School

1. All first-time 6th graders are eligible to participate in middle school league athletics and activities during the fall semester of their sixth grade year. Beginning in the second semester—and for each semester thereafter—student-athletes must pass at least 5 of 8 courses, or 3 of 4 courses on a 4x4 schedule, from the previous semester to remain eligible.
2. GPA will be based on all courses taken for credit
3. GPA will be based on the following:

    - Fall/Winter Student Athletes - year long courses from preceding year.
    - Cumulative GPA
    - Spring Student Athletes – semester 1 GPA or cumulative GPA

9. The grading scale shall be the current scale used by NPS, including weighted classes
10. Summer school shall count two ways:

- In the event a student must repeat a course, he/she shall be allowed to take the highest grade and average into yearly grades.
- New classes shall be added to yearly grades.

11. Students shall have one appeal or probation period during their middle school (8th grade only) if they fall below the minimum GPA requirement and meet VHSL standards.
12. Students receiving special education services, as well as others whose eligibility must be determined under applicable federal and state laws, and who fall below a 2.0 GPA, will be evaluated on an individual basis. Waivers shall only be granted by the superintendent or his designee. Special education students, who request a waiver, must be making standard progress in those courses taken as determined by the student's Individual Education Plan (IEP).
13. SEMESTER RULE-The student shall not have been enrolled in the last three years of middle school for a period of more than six consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the sixth grade. The six consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

### Change of Semester

1. Eligibility will begin on the first calendar day of the new semester.
2. Students who use a waiver in the first semester for fall sports will be allowed to continue eligibility with winter sports if they fall below a 2.0 but have passed a minimum of 5 out of 8 OR 3 out of 4 4x4 scheduled classes at the change of semester. Those students who continue with winter sports and will try out for a spring sport must meet the 2.0 rule to compete in the spring.
3. Students must have passed 5 out of 8 OR 3 out of 4 4x4 scheduled classes at the change of the semester.

## Code of Conduct

***Substance Abuse:*** Students selected to participate in extracurricular activities may not consume alcohol, tobacco, illegal drugs or banned sports performance enhancing drugs at anytime. Students may not violate the provisions of the Norfolk Public Schools "Participation Pledge." This pledge applies during non-school events as well as in school and during school-sponsored activities.

***Team Activity Rules (i.e. debate, scholastic bowl, speech, and One Act Play):*** Each coach is responsible for establishing team/activity rules. These rules will be distributed and discussed with participants and parents. Students who do not comply with the team/activity rules may forfeit their opportunity to participate.

***School Attendance:*** Students must attend all scheduled classes on the days of activities in order to participate. Coaches may make exceptions to this standard with the approval of the principal or his/her designee.

***In-School Suspension:*** Students assigned to in-school suspension may participate in extracurricular activities if they met all requirements of the in-school suspension. In-school suspensions must be reported to the coach, who may choose to take additional action.

***Out-of-School Suspension:*** Students suspended from school will not be permitted to participate in extracurricular activities or attend any school-sponsored activity during time of suspension. At the discretion of the coach, more severe action, including dismissal, might be administered.

***Court Disciplinary Action:*** School officials will suspend a student from participating in extracurricular activities who has been charged with any felony or a misdemeanor/felony involving alcohol, illegal drugs, weapons, or violence until disposition of the charges. The participants **MUST** report the incident to the coach. The coach will present the facts to the administrator who will determine eligibility.

Any student convicted of a felony or a misdemeanor/felony involving alcohol, drugs, weapons, or violence will be ineligible to participate for one year from time of conviction. **Norfolk Public Schools Bona Fide Student Rule**.

***Alternative Educational Setting:*** Any student who receives a placement in an alternative educational setting because of disciplinary action must complete one semester or its equivalent in his/her home school before becoming eligible for VHSL athletics/activities and middle school activities.

**Middle School Appeal:**

The principal of the home school will contact the middle school principals via email to request a panel review. The parent and student will be required to attend the panel review. The review panel will consist of 3 middle school principals. The panel will hear the request for reinstatement in person, and make an immediate decision at the completion of the panel review. The presenting principal will not cast a vote for the reinstatement. A majority vote is needed to reinstate the student. The three member panel's decision is final, and no other appeal will be reviewed for that individual student during the first semester of their return. The student will also have to qualify for reinstatement under the same academic guidelines as all other student athletes in Norfolk Public Schools.

**High School Appeal:**

The principal of the home school will contact the high school principals via email to request a panel review. The parent and student will be required to attend the panel review. The review panel will consist of 3 high school principals. The panel will hear the request for reinstatement in person, and make an immediate decision at the completion of the panel review. The presenting principal will not cast a vote for the reinstatement. A majority vote is needed to reinstate the student. The three member panel's decision is final, and no other appeal will be reviewed for that individual student during the first semester of their return. The student will also have to qualify for reinstatement under the same academic guidelines as all other student athletes in Norfolk Public Schools.

**Sex Discrimination:** Norfolk Public Schools does not discriminate on the basis of sex in its educational programs and activities. Any complaints of an alleged Title IX violation of the Education Amendments of 1972 will be investigated. Title IX states:

"*No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal Financial Assistance."*

Students, parents, or school employees who believe they have been discriminated against on the basis of sex may file a complaint in accordance with all applicable federal and state laws and Norfolk Public Schools Policies and Regulations § 6-26 and § 9-48

**Procedures For Filing Title IX Complaint:**

***Informal Procedure:*** Discuss your problem/complaint with person against whom the problem/complaint is directed. You may seek advice or the services of other parties within the school in attempting to resolve the problem/complaint informally.

***Formal Procedure:*** Submit your complaint in writing to the principal. He/she should make every effort to resolve the matter as quickly as possible, utilizing all available resources within the school system. Should the complaint involve the principal, you may decide to file your complaint with the Title IX Coordinator (Chief of Operations).

**Appeal Procedure*:*** If the complaint is not resolved according to the formal procedure, you may file an appeal to the Title IX Coordinator. Such appeals must be submitted in writing within five days from the date of the principal's decision.

## Virginia High School League & Eastern District Transfer Rule

As members of the Eastern District and Virginia High School League (VHSL), any student transferring into the Norfolk Public Schools District, or within the Norfolk Public Schools District, must abide by the transfer rules set forth by both the VHSL and Eastern District.

It is important to know that, by default, all students who change from one school to another are ineligible for VHSL athletic and activity participation at the new school. Students will be required to demonstrate that they satisfy the criteria of VHSL Rule 28A-7-1 (Transfer Rule) before they can be declared eligible to participate in any VHSL-sponsored program. General information about the VHSL Transfer rule can be found below.

28A-7 VHSL Transfer Rule Excerpt:

*The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian. The original residence must be abandoned as a residence, that is sold, rented or otherwise disposed of as a residence, and must not be used as a residence by any family members. The entire family must make the change and take with them the*

*household goods and furniture appropriate to the circumstances. The change must be made with the intent that it is permanent. The sending and receiving VHSL school principals are required to complete and file the VHSL Transfer Form, acknowledging that to the best of their knowledge the student has met all aspects of the transfer rule or its exceptions. Home instruction does not constitute enrollment in a public school. Home schooling is a process through which the Virginia Code compulsory education requirements may be met, as is private schooling. Home schooling is the equivalent of school enrollment for Transfer Rule purposes and determining whether the student has met Scholarship Rule requirements of having passed five academic subjects recognized by the Virginia Department of Education in the most recent prior semester. A transfer should be for the welfare of the student and/or school system and not for athletic and/or academic activity purposes.*

Exceptions exist to these rules based on specific circumstances. If you believe that your student-athlete can obtain a waiver, please contact your school's athletic director for more information. You may also reference the VHSL list of exemptions in the VHSL Handbook and Policy Manual.

## Middle School Athletic League Participation

1. Any student in grades 6, 7, or 8 establishes athletic eligibility upon first appearing on a team roster in middle school. Once eligibility is established at a middle school, the student-athlete may not compete for another member school or transfer eligibility without a bona fide change of address.
2. All eligible 8th grade student athletes may participate in sports at the middle school level. 8th grade students that are over aged (August 1, 2010) and have a 2.0 can participate at their home zoned High School at the J. V. level. Additionally, 8th graders may compete in their home zoned High School JV programs in the following sports –

    - Baseball
    - Basketball (following the middle school season)
    - Field Hockey
    - Football
    - Softball
    - Sideline Cheer: Basketball (the middle school season)

    **** Eighth grade students that try out and make the junior varsity team at their home-zoned high school must provide their own transportation to practices. Transportation after practices will be provided by NPS transportation department.***

3. Student's enrolled in specialty schools may participate in athletics at either their designated 'sister' school or home-zoned school. Sister school designations are as follows –
    a. Academy of International Studies at Rosemont
        a. Lake Taylor MS: all 6th-8th graders would participate at Lake Taylor School.
        * Transportation will be provided by Norfolk Public Schools.
    b. Southside STEM Academy
        a. Ruffner MS: all 6th-8th graders would participate at Ruffner Academy.
        * Transportation will be provided by Norfolk Public Schools.

c. Crossroads
   a. Academy for Discovery at Lakewood*
   * Transportation will be provided by Norfolk Public Schools.
d. Ghent Elementary
   a. Blair MS*
   *Transportation will be provided by Norfolk Public Schools.

If a student wishes to participate at their home-zoned school, the parent/guardian must provide their own transportation.

4. NEW VHSL Transfer Rule Exception 28A-7-2(5) – Transition to High School
   A new rule set fourth by the Virginia High School League that goes into effect on July 1, 2026, notes that a student must attend the feeder middle school for 8th grade in order to be eligible as a 9th grade student in the Fall of 2027 if he or she attends a high school outside of the attendance zone where he or she resides. If the 9th grade student does not attend their zoned high school, this is considered a transfer and is subject to the VHSL Transfer Rule 28A-7 referenced above, and the eligibility ruling as outlined below -

   *(a) If a student in 9th, 10th, 11th, or 12th grade transfers before the student was eligible to participate in either (1) at least 50% of the maximum number of regular season contests, or (2) at least 50% of the total number of games on the student's previous team's schedule in that sport, the student is ineligible for participation in the postseason (district championships tournament and thereafter) in that same sport, for the current school year.*

   *(b) If a student in 9th, 10th, 11th or 12th grade transfers after the student was eligible to participate in either (1) at least 50% of the maximum number of regular season contests, or (2) at least 50% of the total number of games on the student's previous team's schedule in that sport, the student will be deemed to have participated in an entire season and, following the transfer, is ineligible for further participation in that sport for the current school year, including post-season for the current school year only.*

## Hazing Policy

Students shall not recklessly or intentionally endanger the health or safety of a student or students or inflict bodily harm on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as condition for continued membership in a team, club, organization, association or student body.

Students should be reminded that the Commonwealth of Virginia has anti-hazing statues that if found guilty may provide punishment related to being guilty of a misdemeanor or felony.

## Travel Guidelines

**Transportation from Practice:** Student-athletes are eligible to ride the late bus home after each day's practice. Usually, these buses depart from the middle schools at 5:05pm and the senior high schools from 5:30 to 7:00 p.m. For more specific details, see your high school's athletic director.

**Team Travel Within the Eastern District:** Norfolk Public Schools Transportation Department will not provide transportation outside the Eastern Region without the permission of the director of transportation.

**Use of Personal Vehicle for Transportation**: When teams need to travel to practices or games, Norfolk Public Schools recommends that a request be made through Norfolk Public Schools Transportation Department. If a team member or volunteer desires to use their personal vehicle for transportation, they must file with the athletic director, the *"Volunteer Driver Information Form"* prior to travel. On next page is a copy of the "*Volunteer Driver Information Form."*

## Athletic Injury Procedures

To help ensure the safety of our student-athletes, the coach, student-athlete and parent/guardian have the responsibility of reporting athletic injuries (or non-athletic related injuries that affect participation) to the athletic trainer at his/her respective school. The school or district based athletic trainer will evaluate injuries and determine a plan of care in coordination with the student-athlete and parent/guardian. When an athlete is injured, the hierarchy of individuals in agreement to determine the playing status will be as follows:

a. Physician
    i. Please note: When a student-athlete sees a physician for an injury/illness/condition, a sport clearance letter must be turned in to the Athletic Trainer prior to returning to participation
b. NPS Athletic trainer
c. Coach

Additionally, all athletic staff must abide by district policies as it pertains to concussion, heat-illness and sudden cardiac arrest.

## Athletic Participation Insurance

Each year millions of youngsters benefit from participation in interscholastic sports nationwide. Norfolk Public Schools is no exception and has developed a proud tradition of offering its students the opportunity to compete in most major sports.

Although extremely infrequent, serious injuries and death can occur, especially in the contact sports. This threat necessitates that the school system provide a reasonable level of accident insurance for all participants. Today, however, no available policy fully covers every contingency. Therefore, it is of the utmost importance that each parent or guardian understand the scope of School Board insurance protection and weigh the risk prior to releasing their youngster to participate.

Coverage under the Norfolk Public Schools program is characterized as "full excess coverage." It is secondary to existing health or accident coverage. R&C noted as coverage refers to Reasonable and Customary.

In the event a major catastrophe was encountered, medical bills beyond the excess coverage levels indicated will be submitted to the excess insurance provider under the Virginia High School League Catastrophic Injury Plan.

**NOTE:** Visit NPS Web Page and click on Student Athletic Insurance for complete details.

**The insurance company reserves the right to modify accident benefits in accordance with School Board Policy without additional notification to parents. Therefore, verification of coverage on any claim remains the sole responsibility of the parent or guardian.**

Parents should contact the school athletic trainer or athletic director if they encounter any problems associated with payment or medical expenses arising out of athletic injuries. Should the school officials be unable to resolve problems arising out of a medical claim of an insured athletic injury, you should call the Norfolk Public Schools Director of Risk Management and Safety at 628-3856.

## Team & Sport Specific Information

Each sport has its unique requirements and risks. To ensure your understanding of these requirements prior to your child's participating in the sport, the school conducts a mandatory parent meeting before the beginning of practice for each sports season.

In addition to meeting the physical and academic requirements and completing the required paperwork, each athlete must follow the specific rules and regulations governing each sport. A clear understanding ensures a cooperative relationship among athletes, parents, and coaches. Each coach discusses the unique aspects of the particular sport he/she coaches.

If you have questions regarding a particular sport, contact your child's school.

## Citizenship Standards/Participation Pledge for Extracurricular Activities

Participation in extracurricular activities is dependent upon compliance with all applicable VHSL rules, school board, district conference, middle school team regulations. These activities are defined as events, which do not fall within the scope of the regular curriculum and are officially recognized and sanctioned by the School Board. Students do not receive academic credit. Performing groups that receive academic credit, i.e. band and chorus are not included within this policy.

### *Purpose*

- To provide a minimum citizenship standard among all Norfolk Public Schools (including middle schools) for participation.
- To encourage the importance of a sense of responsibility to the community.

- To foster good citizenship among participants.
- To recognize those students who have demonstrated the ability to comply with the standards of participation.

### *Sanctions*

Violation of the Citizenship Standards/Participation Pledge by any VHSL team member will result in mandatory disciplinary action by the school's coach or administration.

Consequences for violation of the Citizenship Standards/Participation Pledge are separate and apart from those that may be administered by school officials under Norfolk Public Schools policy, VHSL rules, Eastern District rules, and the "Code of Student Conduct Handbook."

### *Appeal Procedure*

Students and/or parents/guardians may appeal actions taken pursuant to this policy. The coach, in conjunction with the athletic director, may suspend students from activities. After having given them the right to be heard, the suspension may be appealed to the principal.

Decisions rendered under this policy may not be appealed beyond the principal. The principal's decision will be final. The administration will send a written decision to the parent/guardian within two days of the appeal hearing.

### *Participant's Pledge*

A precondition of his/her participation in extracurricular activities, students must sign the "Participation Pledge." The signature on the pledge indicates a commitment to abide by the conditions of _____High School's extracurricular participation policy and to remain free of alcohol, tobacco, and illegal drugs. The parent's signature on the pledge indicates that the parents have read and understood the pledge.

### *Definitions*

***Extracurricular Activities***. Those events that do not fall within the scope of the regular curriculum and are sanctioned by the School Board of the City of Norfolk, students do not receive credit.

***Co-Curricular Activities***. Activities that are outside of the classroom but complement the regular curriculum. Students receive grades for activities, such as band and chorus.

***May***. As used in this policy statement, indicates the act of granting or denying permission.

***Might***. As used in this policy statement, indicates the possibility of action being taken.

## Sportsmanship Pledge

***Student and Parental Statement of Understanding***

As a participant in the extracurricular activities program at_____, I pledge to remain free of alcohol, tobacco, and illegal drugs and to exhibit good citizenship at all times. I understand that violation of the _____ extracurricular participation policy and/or Norfolk Public Schools Code of Student Conduct Regulation, VHSL, or Eastern District Rules might result in my exclusion from the extracurricular activities by decision of the coach (with the right to appeal to the principal).

**Section I:** To be completed by the student.

Name _____Club/Sport_____

Signature _____ Date _____

**Section II:** To be completed by parent/guardian

*My signature indicates that I have read and understand the _____ participation pledge and policies governing scholastic athletics in Norfolk Public Schools through the pre-season meeting, the "Norfolk Public Schools Athletic Handbook for Parents and Athletes," (which can be reviewed online at nps.k12.va.us/athletics) and/or by general explanation. My signature, grants permission for the student's participation.*

_____ _____

*Signature of Parent/Guardian* *Date*

*Address:*_____

_____