



Framingham Athletics
Student-Athlete Handbook
2024-2025

The Framingham Public Schools do not discriminate on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

Welcome to the Framingham High School Athletic Program. The material presented in this handbook has been compiled to better acquaint student-athletes with some of the policies, practices, and regulations that govern the athletic program at Framingham High School and outline the expectations for all student-athletes in the Framingham Athletics Department. Please save this document and refer to it as needed throughout the season. If your questions or concerns are not answered within this booklet, please contact your coaching staff or the Athletic Director's office at school. Do not let your questions or concerns go unanswered or unresolved.

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PHILOSOPHY

The Interscholastic Athletic Program at Framingham High School is committed to the Mission Statement of the Framingham Public Schools – to educate each student to learn and live productively as a critically thinking, responsible citizen in a multicultural, democratic society by providing academically challenging instructional programs taught by a highly qualified and diverse staff and supported by comprehensive services in partnership with our entire community. Athletics provides an opportunity to extend these values outside the classroom and strive towards the development of a well-rounded individual.

The safety and well-being of each student-athlete is the top priority at all times. Framingham Athletics are designed to be enjoyable, educational, and positive. As a member of the Framingham Athletic Program, students are expected to demonstrate proper respect for all coaches, teammates, opponents, officials, spectators, and equipment. Student-athletes are expected to exhibit the highest level of conduct, both on and off the playing field, as they are, at all times, representatives of their team, school, and community.

Tryouts for programs are open to all students providing they meet the standards of academic eligibility, school citizenship and basic physical/health qualifications. Participation in the program, therefore, is a privilege earned by students who meet and maintain these standards. Framingham High School provides nonacademic and extracurricular services and activities in such a manner as is necessary to afford students with disabilities an equal opportunity for participation. Framingham High School is, however, generally permitted to establish and utilize skill-based eligibility criteria for participation in extracurricular programs and activities (e.g., school-sponsored athletics) so long as the criteria are rationally related to the purposes and goals of the specific program or activity. Framingham High School administrators, in their discretion, may deny or limit a student's access to co-curricular activities as a disciplinary sanction.

VISION OF THE FRAMINGHAM PUBLIC SCHOOLS

The vision of the Framingham Public Schools is to strive to:

- Support the whole child academically, socially, and behaviorally;
- Create relationships between students, educators, families, and community;
- Provide educators with meaningful and relevant support and development;
- Implement technology and facilities that allow teaching and learning to occur in environments that are healthy, welcoming and safe.

CORE BELIEFS

- Learning is the central purpose of schools.
- Human differences are to be respected.
- Collegiality and professionalism characterize the school community.
- Individuals are responsible for their behavior.

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PHILOSOPHY OF THE ATHLETIC DEPARTMENT

Interscholastic athletics are an extension of the classroom. Student-athletes are provided special learning opportunities beyond the normal school day and school week. Athletics are an important and integral part of the total school program and are open to participation by all students. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He or she accepts the training rules, regulations, and responsibilities that are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations, as the role demands that the individual make sacrifices that may not be required of other students.

TEN GOALS OF FRAMINGHAM ATHLETICS

1. To offer and support a comprehensive interscholastic program.
2. To promote respectful interpersonal relationships and healthy choices, including no drugs, no alcohol, and no tobacco.
3. To focus on the development of skill at all levels.
4. To encourage student participation at all levels, however, as students progress through the system, it is understood that playing time will need to be earned and participation is not guaranteed.
5. To develop student-athletes who display good sportsmanship at all times. Good sportsmanship consists of developing a competitive, yet respectful, attitude on the playing fields and in the classrooms.
 - o Showing respect for opponents at all times.
 - o Showing respect for officials and their decisions.
 - o Knowing, understanding, and following the rules of the contest.
 - o Maintaining self-control at all times.
 - o Recognizing and appreciating outstanding skill and performance.
6. To encourage individual commitment to personal and team goals.
7. To promote pride in the school and the athletic program.
8. To develop student leadership skills through team interaction.
9. To offer and support inclusive extracurricular athletics to give each student the opportunity to participate.
10. To encourage parent and community participation in the total sports program via team parent groups and Athletic Booster Clubs

STUDENT-ATHLETE EXPECTATIONS

At Framingham High School, student-athletes must exemplify the mission and core beliefs of the Framingham Public Schools both in the classroom and in competition. As a student-athlete they are *students* first. Athletics must never take priority over school responsibilities. Successful athletes are those who are able to balance their priorities as a student and teammate, and understand their role within the school, on the field, and in the community.

Framingham High School student-athletes must be committed to upholding and demonstrating the highest ideals of character, including teamwork, integrity, honesty, fairness, and respect. Student-athletes, in a very public way, represent Framingham High School, Framingham Public Schools, and the Framingham community at-large. They must always play by the rules, honor the sport they play, and dignify the effort of their teammates and opponents. Student-athletes who commit themselves to the development of their team, including allowing themselves to be coached, building a strong, positive culture amongst their teammates, and promoting resilience in times of adversity, will be winners. But being a competitive winner should never equate itself with demeaning an opponent, placing one's individual athletic goals above those of the team, or blaming an official.

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While winning is a laudable goal, it should never be attained at the expense of student-athlete safety. **The safety and well-being of each student-athlete will be the top priority for the Framingham Athletic Department, including coaches, at all times.** We expect each coach will look out for the safety of their student-athletes and we expect each student-athlete to look out for each other and themselves. Student-athletes should feel comfortable advocating for their safety and well-being.

Lastly, athletics should be fun. Enjoy this time with your teammates. We encourage student-athletes to challenge themselves and participate in a variety of sports across different seasons. Athletics is a wonderful way to create lifelong friendships and memories. We wish you the best of luck this season. Go Flyers!

THREE FS FOR FRAMINGHAM STUDENT-ATHLETES

- **FOCUS** – *As a student and an athlete, student-athletes must focus on their responsibilities in the classroom and on the field. There can be many distractions as a teenager, and student-athletes must ignore the noise and focus on their personal and team goals.*
- **FORTITUDE** – *The best athletes are those who are able to be resilient in times of adversity. Whether being knocked down in a game or in life, student-athletes must pick themselves, and their teammates, up and strive to overcome. Be a leader and exemplify courage.*
- **FORMATION** – *This time in life should be about developing yourself as a student, as an athlete, and as a member of our community. Challenge yourself and seek mentors who can help you achieve your goals. And remember we all have a responsibility to each other's formation. Be a good classmate, teammate, and friend.*

HANDBOOKS

All student-athletes are subject to the rules of this handbook, as well as the [Framingham High School handbook](#). All student-athletes are also subject to the rules included in the MIAA handbook. A copy of the complete MIAA handbook can be found online at [MIAA Handbook](#). It is the student-athlete's responsibility to read all applicable handbooks and familiarize themselves with the rules and regulations. If you have any questions, please see the Athletic Director, Principal, or your coach.

SUPERVISION: SAFETY & SECURITY

Responsibilities of Student-Athletes

- Respect the authority of each coach. Coaches are responsible for the well-being of all student-athletes on their team and within their program during the season, and can best achieve this with student-athletes who are considerate and well-behaved.
- Never be in a locker room, weight room, or other school/athletic facility without a coach present. The coach is responsible for ensuring appropriate supervision during team activities.
- Know that coaches are expected to be in the locker room when student-athletes are using the locker room.
- Understand that all coaches and staff will give appropriate consideration to student-athlete privacy. Student-athletes seeking increased privacy when changing clothes/uniforms may utilize individual stalls and/or privacy curtains or screens where available and are encouraged to address any privacy related concerns with the coach or building principal.
- Hazing and bullying will not be tolerated. Any and all instances of bullying will be reported to the Principal or designee. Any and all instances of hazing will be reported to the Principal, DCF, and local law enforcement. Consequences (ranging from playing time, suspension, termination, criminal complaint) will be determined by the severity of the behavior and aligned to the FPS Students Code of Conduct, Character, and Support. The Principal or designee may also suspend or terminate a player from a team as a disciplinary consequence whether or not the infraction was related to the team.
- Know that all coaches are mandated reporters and must immediately notify DCF if they suspect that a child is being abused and/or neglected.
- All student-athletes, including team captains, are responsible for reporting any bullying, hazing, and/or any other safety or well-being concern to the coach or Principal.
- The physical and emotional well-being of student-athletes' is a priority and teammates are expected to look out for each other.
- A strong athletic culture is the best and most preventive antidote against hazing, bullying, and other abusive behaviors. Culture is best communicated by the behavior and modeling of the coaches. All players, especially team captains, are expected to model decency and to take responsibility for the team's culture and reputation.

Expectations for Coaches/Assistant Coaches within Locker Rooms

- Escort their team to the locker room from games and practices.
- Unlock the locker room door so the team may enter and dress for the game or practice.
- Make certain the entire team has exited the locker room before securing the locker room.
- Lock and/or secure the locker room door.
- When the locker room is open, it shall be occupied by a supervising staff member.
- Locker rooms shall be locked at all times when unattended or unsupervised by a staff member.
- Only student-athletes whose teams are currently playing or are in season shall be permitted access and use of the locker rooms after school hours.
- No student-athlete shall be left unattended or unsupervised by a staff member or coach in the locker room for any reason at any time.
- No student-athlete shall be left by a coach or staff member until the athlete is picked up by an authorized person or has left school grounds.

- As a preventative measure, school building administrators will conduct gym and locker room sweeps to ensure that these guidelines are followed.
- Failure to follow these guidelines may result in discipline.

TEAM RULES

Coaches and their assistants are granted the capacity to help set team rules and consequences that go with violation of those team rules. Team rules should be developed to ensure a common experience for each team member within the parameters and scope of the Massachusetts Interscholastic Athletic Association (MIAA), Framingham High School, and the Framingham Athletic Department. Team members, with the guidance and monitoring of the coaching staff, may construct a social contract to be followed for the sports season. This contract allows each team to define how they wish to act and be evaluated. Framingham coaches will work to support team rules that emphasize student-athletes to be both competitors and upstanding members of the community off the field. Matters that affect only the team and its day-to-day operation are generally handled within the team structure under the guidance of the coach. Please keep in mind, irrespective of team rules and team decisions, the Principal may also suspend or terminate a player from a team as a disciplinary consequence.

TRANSPORTATION TO AND FROM CONTESTS

The school provides bus transportation, or a suitable substitute, to most “away” contests. For student-athlete safety reasons, all team members are expected to travel to these contests using the school provided transportation. Exceptions to this policy must be requested in writing, email, or phone to the Director of Athletics, by a student-athletes’ parent, prior to the contest. Reasonable requests will be honored. A coach may allow student-athletes to ride home from a contest with their parents or guardians provided permission has been granted at the game site. A coach should always accompany student-athletes on the bus to and from contests.

ATTENDANCE IN SCHOOL

A student who is absent, suspended in-house, or suspended out-of-school may not participate in a game, practice, event, or meeting held on that day without the house administrator's permission. If this occurs on Friday, the student may not participate in any activity held on Saturday or Sunday without the house administrator's permission. For purposes of attendance, students must be present for at least half of the school day (7:25 am-10:45 am, or 10:45 am - 1:55 pm) to be considered present for that day. Students with extenuating circumstances who will be absent for more than half the day must request prior approval from their Vice Principal to participate on that day. Any exception to this rule can be made only by the administration or based on an individualized determination by the student’s special education team or 504 team.

CONCUSSION POLICY

Head injuries will be assessed through the Impact Program and will follow the Framingham Athletic Department’s Concussion Policy and protocol, which can be found here: <https://www.framingham.k12.ma.us/Page/9967>.

LEVELS OF COMPETITION

The Framingham Public Schools do not discriminate on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

SUB-VARSITY TEAMS

The purpose of the athletic program is to develop student-athletes into their greatest potential and ensure ample participation. Not only is the goal to grow their athletic ability, but to develop good citizens of Framingham High School and the community at-large. The number of program participants must allow the coach to ensure reasonable participation.

Sub-varsity teams are geared towards growth of the fundamental skills needed to succeed at a more competitive level. In order to help all student-athletes develop in our programs, the following guidance will be followed:

- Coaches will attempt to give all student-athletes adequate playing time, but they also take into account commitment, attitude, effort, and game situations.
- At the Junior Varsity/JV 1 level, playing time may not be equal.
- At the Freshmen/JV 2 level, every effort will be made to provide equitable playing time.
- The success of our sub-varsity programs is based on the growth of the student-athletes, not on the wins and losses record.
- Student attendance and effort at practices may affect playing time.
- Student-athlete timeliness is imperative to the success of the team, and it is expected that student-athletes make a commitment to arrive at all practices and games on time.

VARSITY TEAMS

Varsity athletes are competing at the highest level possible at Framingham High School. Highest level is defined not only by athletic ability but also attitude and commitment to the program. Players, coaches, parents, and staff members are committed to the success of our varsity programs on and off the field, court, track, pool, or rink. To reach that goal, teams must compete to win as many contests as possible. In order to do this, there are many instances when the major burden of the contest will be carried by the most competitive and most skilled team members; however, teams cannot be successful without committed substitutes. These student-athletes have to be ready at all times to step forward when needed. They have to practice as hard as they can to help make the teams as competitive as they can be. They also have to constantly strive to move up to a “starting” role. Our varsity student-athletes are chosen to represent Framingham High School, both as athletes, and as high-standing members of the community.

Varsity athletes are expected to:

- Make a full and sincere commitment to the team experience and be in attendance and on time daily.
- Be committed to the team regardless of their playing time and/or assigned position.
- Work towards the common goal of achieving the highest level of competitiveness.
- Support the success and development of all teammates, both on and off the field.
- Set a good example for all other student-athletes and exhibit the highest moral conduct on and off the field.

TRYOUTS

Participation in athletics is a privilege; students try out voluntarily and, for some of our teams, risk being cut. During the tryout period, the coach will provide an explanation of his/her expectations. It is the student’s responsibility to demonstrate to the coach that they can meet them. Students cut from one team may find opportunity with a non-cut sport providing there is space on that team. Students cut from a team may request an explanation from the coach as to the

reasons for the cut. To the degree practicable, coaches will maintain evaluative data from the tryouts that supports their tryout decisions.

All students, including those with disabilities, must be given an equal opportunity to participate in athletics. This includes tryouts. Students must be provided with reasonable modifications and necessary aids and services to ensure their equal opportunity, unless it can be shown that doing so would be a fundamental alteration to the program. And even then, the school must see if another modification is available.

Not all students are guaranteed a spot on the team. Teams are permitted to require a level of skill to participate in a competitive sport. However, it is imperative that coaches provide all students an equal opportunity to participate. See *Participation of Students with Disabilities* for more information.

PLAYING TIME

There are many benefits to be gained by participating in athletics at the high school level. Young people learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being, and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emphasis is put on “playing time” during contests. If a student has questions as to their “playing time” they are encouraged to discuss it with the coach at an appropriate time. See *Communication Between Coaches and Students*. At Framingham High School, being a member of a team does not guarantee an equitable amount of “playing time,” particularly at the varsity level.

TEAM CAPTAINS

It is a coaching decision as to how many team captains are selected. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by-game basis. It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student-athlete responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may affect the team or its members. They are also expected to serve as exemplary community members during the school day. Captains may be asked to meet with the Director of Athletics during the school year to discuss the athletic program. Captains of teams may be relieved of their position for violation of team, athletic department, or school rules.

Expectations of Team Captains

Captains, due to their position as role models for their teammates and visible representatives of our school in the community, are expected to demonstrate behavior, both in school and in the community, which is beyond reproach. If captains receive an out-of-school suspension, or if their behavior is determined to be detrimental to the standard of their position of leadership, the Athletic Director, in conjunction with the appropriate coach, may render a decision to remove the captain from that position.

Specific Eligibility Requirements for Team Captains

The Framingham Public Schools do not discriminate on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

A team captain must be academically eligible during all semesters in his/her Junior and Senior year. Failure to be academically eligible at any time within their Junior or Senior year may result in loss of their captain status and/or prohibit them from being a candidate for a team captain during the next season.

Captains must also not have any MIAA violations for Chemical Health or Bona fide Team Rules anytime within their Junior or Senior Year.

COMMUNICATION WITH PARENTS/GUARDIANS

It is the expectation of the coach to meet with the parents/guardians of student-athletes at the start of the season. These meetings can be organized at the discretion of the coach and can be held, but not limited to, after practice, after a game or in the evening. Coaches should work to create opportunities for all parents/guardians to have access to these meetings and may decide to run these more than once to meet the needs of scheduling constraints on families.

If an issue arises, the student-athlete and parent/guardian should discuss the matter with the coach. If the issue remains unresolved, the student-athlete and parent/guardian may communicate with the athletic director. If the issue remains unresolved, the matter will be resolved with the principal or designee.

COMMUNICATION REGARDING SIGNIFICANT BEHAVIORS

A student may report any significant behavior, conflict, or concerning matter to an Assistant Coach, Head Coach, Athletic Director, Vice Principal, Principal, or any other staff member. The expectation for all student-athletes is that any instance of bullying or hazing be immediately reported to school staff. Failure to report bullying and/or harassment may result in disciplinary sanctions, including suspension from school and/or suspension or dismissal from the team.

ELECTRONIC COMMUNICATION

Coaches are not permitted to electronically communicate (text, email, social media) with any student-athlete one-on-one without parental approval through the registration process. All contact and messages by coaches with team members should be sent to all team members or to team captains, except for messages concerning medical or academic privacy matters, in which case the messages will be copied to the athletic director, school principal or appropriate administrator. Contact should not be to an individual student only.

Coaches will be required to allow the Framingham Public Schools access to any and all electronic communications with students and should expect such sharing of communications to be routine. The use of Team apps (Remind) is permissible. Framingham Public Schools will have access to the content of the app, including all communications with students.

Student-athletes should not initiate one-on-one electronic communication with a coach, unless it is an emergency. Consider copying a parent, an assistant coach, the athletic director, or another appropriate administrator. If a coach inappropriately communicates with a student-athlete, the student-athlete should promptly notify the Athletic Director and building Principal.

Student-athletes should also guard against any bullying that is carried out electronically (team text threads, social media, etc.). Even if the conduct occurs on a personal device and off-school grounds, the conduct may still meet the definition of bullying.

MEDIA

The Framingham Public Schools uses images and/or videos (“media”) of students and student work to showcase educational activities and programs (including athletics), as well as to inform the community of the Framingham Public Schools experience. Photographs, videos, and/or the name of student-athletes may be included in publications (print or digital), news releases, and/or on District websites and/or social media accounts.

The District may also publish the image, weight, and height of members of athletic teams, class, participation in officially recognized activities and sports, degrees, honors and awards, and post-high school plans without the consent of the eligible student or parent.

Parents are permitted to opt their child out of the District using this information or media in any public display or presentation. If a coach is planning on using media to showcase their athletic program, please consult with the Principal prior to any publication to ensure that opted-out student-athletes are not included.

However, such opt-out does not include the ability to opt-out of photographs or video of team events that are open to the public (e.g., a baseball or softball game). Moreover, the Framingham Public Schools does not control the disclosure or use of photographs or videos taken by participants at events that are open to parents, community members, and/or the news media. Student photos and names from athletic events may be published by news media, regardless of whether a parent has opted the student out.

OUT-OF-SEASON SPORTS PARTICIPATION

Participation in out-of-season clinics, leagues, or other related sport activities is strictly up to the discretion of the student-athlete and their parents. While such participation may improve a student’s knowledge and skill, it is the student-athlete’s decision whether they wish to become involved in such activities. Participation in such activities will have no bearing on a student-athlete’s participation on a Framingham High School athletic team. The Athletic Department encourages all students to take full advantage of the activities offered and become involved in more than one sport.

According to MIAA rules, “Neither a coach nor any other representative of the school may require an athlete to participate in a sport or training program outside of the MIAA defined sport season.” School-sponsored voluntary conditioning sessions supervised by coaches, which are open equally to all students in the school, and are entirely devoid of sports-specific activity, may be conducted, provided no candidate is either required to participate or penalized for not doing so. A “candidate” is defined as a varsity or sub-varsity athlete who participated in the high school program at some interscholastic level during part of the previous season, a middle school student “selected” to play in an out-of-season program, or an eighth-grade student in a 9-12 high school or a sixth-grade student in a 7-12 high school.

Coaches are prohibited from communicating with their student-athletes about their attendance or participation in a specific out-of-season activity. Coaches may attend out-of-season sport competitions involving student-athletes on their team. Coaches may also be involved in the out-of-season activity of another sport during the summer. Coaches may offer private lessons, or may coach for another organization, provided candidates are not required to participate, the lessons/organization are available to all candidates, no candidate is given special consideration, school funds are not used, and candidates make up less than 50% of participants (e.g. no more than two basketball candidates can be on the court at

once). Coaches should avoid any out-of-season sport camp that offers enticements. Coaches are prohibited from subsidizing out-of-season activities, this includes providing transportation.

Please see MIAA Rule 40 and Rule 41 for a more comprehensive overview of out-of-season participation.

NON-DISCRIMINATION

The Framingham Public Schools does not tolerate discrimination against students, parents, employees or the general public on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics). The Framingham Public Schools also does not discriminate based on homelessness in compliance with the McKinney-Vento Act. The Framingham Public Schools believes that interscholastic athletic and co-curricular participation are valuable to student's physical, intellectual, social, and/or character development and accordingly, we value inclusion. The Framingham Public Schools is also committed to maintaining a school environment free of harassment based on race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

Massachusetts state law (M.G.L. c. 76, sec. 5), which also protects students from discrimination based on sex, was expanded to protect students based on gender identification. As a result of this law, and consistent with the interpretive guidance offered by the Department of Elementary and Secondary Education, students are entitled to be accepted by their school as the gender with which they identify across all school programs. This means that athletic opportunities must be afforded to students in accordance with their identified gender, not necessarily their birth-assigned gender.

PARTICIPATION OF STUDENTS WITH DISABILITIES

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination on the basis of disability. Accordingly, “[n]o otherwise qualified individual with a disability... shall, solely by reason of her or his disability, be excluded from participation in, be denied the benefit of, or be subjected to discrimination under any program or activity receiving Federal financial assistance...” 29 U.S.C. § 794(a). Title II of the American with Disabilities Act provides similar protections.

As they pertain to extracurricular activities, including athletics (interscholastic, club, and/or intramural), both laws provide that qualified students with disabilities must be afforded an equal opportunity to participate with non-disabled students to the maximum extent appropriate, given their needs. This does not mean that everyone is guaranteed a spot on the team. Schools are permitted to require a level of skill to participate in a competitive program. Even if the school offers separate and different athletic opportunities for students with disabilities (e.g., allied or unified sports), students with disabilities still must be allowed the opportunity to compete for teams that are not separate and different. Schools are required to make reasonable modifications to ensure the opportunity to participate, unless the school can show that it would fundamentally alter the nature of the program, or the modification would create undue financial or administrative burden. Even still, schools are required to consider whether there are other modifications.

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ACADEMIC ELIGIBILITY (Framingham)

Athletics and co-curricular activities are privileges at Framingham High School. Therefore, participants are required to be in good standing with regard to academics, attendance and student wellness. Standards for participation are outlined below. Administration reserves the right to deny participation on an individual basis for failure to meet these standards. For a more complete description of MIAA athletic eligibility, please refer to www.miaa.net.

MIAA ACADEMIC ELIGIBILITY – RULE 58

58.1 A student cannot at any time represent a school unless that student is taking courses equivalent to four traditional year-long ‘major’ English courses.

58.1.1 Academic eligibility of all students shall be considered as official and determined on the published date when the report cards for that ranking marking period are to be issued to the parents of all students within a particular class.

58.1.2 When utilizing a 4 x 4 block schedule, a student must pass at least two of the four required ‘major’ courses (or equivalent) in each academic marking period.

58.2 A transfer student may not gain academic eligibility if the student was not, or would not be, eligible at the sending school, unless transfer was necessitated by a move of parents and then eligibility would be determined by receiving school’s eligibility standards (see Rule 57.7.1).

58.3 FALL – To be eligible for the fall marking period, students are required to have passed and received full credits for the previous academic year, the equivalent of four traditional year-long major English courses. Term grades cannot be used to determine fall eligibility.

58.4 END OF Q1, WINTER & SPRING - A student must secure during the last marking period preceding the contest a passing grade, and full credit, in the equivalent of four traditional year-long ‘major’ English courses. (e.g., second quarter marks and not semester grades determine third quarter eligibility)

58.5 SENIORS - A senior student-athlete academic eligibility following the third-quarter report cards being issued, will carry through to the conclusion of the spring sport season. Fourth quarter grades can’t then render a senior academically eligible.

58.6 Incomplete grades may not be counted toward eligibility until they are made up following school policy.

58.7 A student who repeats work upon which a student has once received credit cannot count that subject a second time for eligibility.

58.8 A student cannot count, for eligibility, any subject taken during the summer, unless that subject was pursued and failed during the immediate preceding academic year.

58.9 All co-operative team athletes must meet the eligibility standards of their own school as well as the host school.

MIAA RULE FOR ALCOHOL, TOBACCO, SMOKING AND ILLEGAL DRUGS (MIAA Rule 62)

Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

From the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor. This MIAA statewide minimum standard is not intended to render “guilt by association” e.g., many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum PENALTIES: (also see Rule 32.8 – Ineligible Students)

First violation: When the Principal or designee confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and attendance at the competition site is determined by the high school principal or designee. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal or their designee confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated (i.e. All fractional part of an event will be dropped when calculating the 60% of the season).

If after the second or subsequent violations the student of own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that the student is attending or issue a certificate of completion. If a student does not complete the program, the penalty reverts back to 60% of the season. All decimal part of an event will be truncated (i.e. All fractional part of an event will be dropped when calculating the 40% of the season).

Penalties shall be cumulative each academic year but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year (e.g. A student plays

only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year). If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close, and the student would face no consequence. Prior to any chemical health violation a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

Tobacco: During practice or competition, a coach shall not use any tobacco product.

Steroids: Anabolic androgenic steroid use and performance enhancing drugs (PED's) are of grave concern. Coaches need to send a clear, unequivocal message that unauthorized steroid use and PED's are not acceptable. This discussion should highlight the fact that the penalties for other substance use apply. Short and long-term health effects can also motivate student-athletes to protect their future. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes. Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most "get-rich-quick" schemes, steroid use has serious short- and long-term consequences. Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids. Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

HAZING

The Framingham Public Schools does not tolerate any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Hazing is a crime. Massachusetts state law sets the minimum requirements for addressing hazing, as set forth below:

M. G. L. c. 269, § 17 – Defining the Crime of Hazing

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any

such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

M. G. L. c. 269, § 18 – Failure to Report Hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

M. G. L. c. 269, § 19 – Duty to Issue a Copy of the Hazing Law to Teams

Each institution of secondary education and each public and private institution of post-secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is known by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen; provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgement stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full-time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post-secondary education shall file, at least annually, a report with the board of higher education and in the case of secondary institutions, the board of education, certifying that such institution has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institution has adopted a disciplinary policy with regard to the organizers and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of higher education and, in the case of secondary institutions, the board of education shall promulgate regulations governing the content and frequency of such reports and shall forthwith report to the attorney general any such institution which fails to make such report.

BULLYING AND CYBERBULLYING

The Framingham Public Schools Bullying Prevention and Intervention Plan may be found on the District website. The plan covers all school-sponsored activities including athletics. It is the policy of the Framingham Public Schools to provide a learning environment that is free from bullying and cyber-bullying (similar policies exist and define discriminatory harassment and hazing).

No student shall be subjected to bullying, or cyberbullying. “Bullying” is the repeated use by one or more students or school staff members of a written, verbal, or electronic expression, or a physical act or gesture, or any combination thereof, directed at a target that: causes physical or emotional harm to the target or damage to the target’s property; places the target in reasonable fear of harm to him/herself, or of damage to their property; creates a hostile environment at school for the target; infringes on the rights of the target at school; or materially and substantially disrupts the education process or the orderly operation of a school. It is a violation of this policy for any student or member of a school staff including, but not limited to, an educator, administrator, school nurse, cafeteria worker, custodian, bus driver, athletic coach, advisor to an extracurricular activity or paraprofessional, to engage in bullying or cyber-bullying, or for an employee of the Framingham Public Schools to condone or fail to report acts of bullying or cyberbullying that they witness or become aware of: (i) on school grounds and property immediately adjacent to school grounds. (ii) at school-sponsored or school-related activities, functions, or programs, whether on or off school grounds (iii) at school bus stops (iv) on school buses or other vehicles owned, leased or used by the school district, or (v) through the use of technology or an electronic device owned, leased or used by the school district. It is also a violation of this policy for any student and/or staff to engage in bullying or cyberbullying at a location, activity, function or program that is not school-related, or through the use of technology or an electronic device that is not owned, leased or used by the school district, if the bullying creates a hostile environment at school for the victim, infringes on the rights of the victim at school, or materially and substantially disrupts the education process or orderly operation of the school, as determined by school administrators.

RETALIATION

The Framingham Public Schools will not tolerate retaliation against a person who reports hazing, bullying or cyber-bullying, provides information during an investigation of bullying or cyberbullying, or witnesses or has reliable information about bullying or cyber-bullying. This includes any retaliation meted out within the context of athletics.

“Retaliation” is any form of intimidation, reprisal or harassment directed against a student or member of school staff who reports bullying, provides information during an investigation of bullying, or witnesses or has reliable information about bullying. If harassment (unwelcome conduct on the basis of race, age, color, national origin, sex, sexual orientation, gender identity, disability or religion) is alleged, the school will utilize the district’s applicable harassment procedures to investigate.

FRAMINGHAM HIGH SCHOOL STUDENT CODE OF CONDUCT

All student-athletes are subject to the Framingham High School Code of Conduct at school and school-sponsored events. For more information on the school rules applicable to all students, please reviewed the Student Handbook available at: https://drive.google.com/file/d/1_BjxDbqijvQUFM95arED13b4o_L53tXx/view

The Framingham Public Schools do not discriminate on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

SIGNATURE PAGE FOR THE FRAMINGHAM PUBLIC SCHOOLS STUDENT-ATHLETE’S HANDBOOK

Name: _____

Sport(s): _____

- 1. I have received a copy (either in print or online) of the Student-Athlete’s Handbook for Framingham High School.**

The Framingham Public Schools do not discriminate on the basis of race, color, national origin, ethnic background, ancestry, age, disability, religion, immigration status, genetic information, veteran status, or sex (including pregnancy or parenting status, sexual orientation, gender identity, and sex characteristics).

Please check your response: Yes _____ No _____

2. I have read the entire contents of the Student-Athlete's Handbook for Framingham High School.

Please check your response: Yes _____ No _____

3. I agree to abide by the provisions of the Student-Athlete's Handbook for Framingham High School.

Please check your response: Yes _____ No _____

4. I understand that violation of these provisions may result in disciplinary action including, but not limited to, suspension.

Please check your response: Yes _____ No _____

Signature of Student: _____ Date: _____

Please detach and return this page to the Framingham High School Athletic Director.