

Instruction

Athletic Competition

A. Nondiscrimination and Equivalent Opportunities in the Athletic Program

No student shall be excluded from participation in, be denied the benefits of, be denied equivalent opportunity in, or otherwise be discriminated against in interscholastic, intramural, or club athletics on the basis of any actual or perceived characteristic specified in law and BP 0410 - Nondiscrimination in District Programs and Activities. (Education Code 220, 221.5, 230; 5 CCR 4920; 34 CFR 106.41)

The Superintendent or designee may provide single-sex teams when selection for the teams is based on competitive skills. (5 CCR 4921; 34 CFR 106.41)

Each student shall be allowed to participate in any single-sex athletic program or activity consistent with his/her gender identity and for which he/she is otherwise eligible to participate, irrespective of the gender listed on the student's records. (Education Code 221.5)

When a school provides only one team in a particular sport for members of one sex, but provides no team in the same sport for members of the other sex, and athletic opportunities in the total program for that sex have been previously limited, members of the excluded sex shall be allowed to try out and compete with the team. The same standards for eligibility shall be applied to every student trying out for the team, regardless of sex, sexual orientation, gender, gender identity, gender expression, or other protected group status. (5 CCR 4921; 34 CFR 106.41)

The Superintendent or designee shall ensure that equivalent opportunities are available to both sexes in athletic programs by considering, among other factors: (5 CCR 4922; 34 CFR 106.41)

1. Whether the offered selection of sports and levels of competition effectively accommodate the interests and abilities of both sexes.

The athletic program may be found to effectively accommodate the interests and abilities of both sexes using any one of the following tests: (Education Code 230)

- a. Whether the interscholastic-level participation opportunities for male and female students are provided in numbers substantially proportionate to their respective enrollments.
- b. Where the members of one sex have been and are underrepresented among

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interscholastic athletes, whether the District can show a history and a continuing practice of program expansion that is demonstrably responsive to the developing interests and abilities of the members of that sex.

- c. Where the members of one sex are underrepresented among interscholastic athletes and the District cannot show a history and continuing practice of program expansion as required in item #1b above, whether the District can demonstrate that the interests and abilities of the members of that sex have been fully and effectively accommodated by the present program.
2. The provision and maintenance of equipment and supplies.
3. Scheduling of games and practice times, selection of the season for a sport, and location of the games and practices.
4. Travel and per diem allowances.
5. Opportunities to receive coaching and academic tutoring.
6. Assignment and compensation of coaches and tutors.
7. Provision of locker rooms, practice facilities, and competitive facilities.
8. Provision of medical and training facilities and services.
9. Provision of housing and dining facilities and services.
10. Publicity.
11. Provision of necessary funds.

Each school that offers competitive athletics shall, at the end of the school year, post on its school web site, or on the District web site if the school does not have a web site, the following information: (Education Code 221.9)

1. The total enrollment of the school, classified by gender.
2. The number of students enrolled at the school who participate in competitive athletics, classified by gender.

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3. The number of boys' and girls' teams, classified by sport and by competition level.

The data reported for items #1-3 above shall reflect the total number of players on a team roster on the official first day of competition. The materials used to compile this information shall be retained by the school for at least three years after the information is posted on the web site. (Education Code 221.9)

B. Concussions and Head Injuries

The Superintendent or designee shall annually distribute to student athletes and their parents/guardians an information sheet on concussions and head injuries. The student and parent/guardian shall sign and return the information sheet before the student initiates practice or competition. (Education Code 49475)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding concussion symptoms, prevention, and appropriate response. (Education Code 35179.1, 49032)

If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, he/she shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. If the health care provider determines that the athlete sustained a concussion or a head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider. (Education Code 49475)

A middle school or high school football team shall not hold a full-contact practice during the off-season and shall not conduct more than two full-contact practices per week during the preseason and regular season (from 30 days before the commencement of the regular season until the completion of the final interscholastic football game of that season). In addition, the full-contact portion of a practice shall not exceed 90 minutes in any single day. For these purposes, full-contact practice means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. (Education Code 35179.5)

C. Heat Illness

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The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the signs and symptoms of, and the appropriate response to, heat illness, including heat cramps, heat syncope, heat exhaustion, and exertional heat stroke. (Education Code 35179.1, 49032)

To assist in the prevention of heat illness, coaches and/or athletic trainers shall gradually increase the intensity and duration of exercise to acclimate student athletes to practice in the heat, provide adequate rest breaks, make water available during all athletic activities, and alter practice plans in extreme environmental conditions.

D. Sudden Cardiac Arrest

The Superintendent or designee shall distribute the California Interscholastic Federation (CIF) information sheet on sudden cardiac arrest to all student athletes who will be participating in a CIF-governed athletic activity and to their parents/guardians. The student and parent/guardian shall sign and return the information sheet prior to the student's participation in the athletic activity. If an athletic activity is not covered by CIF, the student and his/her parent/guardian shall, prior to the student's participation in the athletic activity, sign and return an acknowledgement that they have received and reviewed the sudden cardiac arrest information posted on the California Department of Education's web site. (Education Code 33479.2, 33479.3)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the nature and warning signs of sudden cardiac arrest. (Education Code 33479.6, 33479.7, 35179.1, 49032)

If a student athlete passes out or faints, or is known to have passed out or fainted, while participating in or immediately following his/her participation in an athletic activity, the student shall be removed from participation at that time. If a student exhibits any other symptoms of sudden cardiac arrest, including seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue, he/she may be removed from participation by a coach or other employee who observes these symptoms. If any such symptoms are observed, notification shall be given to the student's parent/guardian so that the parent/guardian can determine the treatment, if any, the student should seek. A student who has been removed from participation shall not be permitted to return until he/she is evaluated and given written clearance to return to participation by a health care provider. (Education Code 33479.2, 33479.5)

E. Automated External Defibrillators

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The Superintendent or designee shall acquire at least one automated external defibrillator (AED) for each District school and shall make the AED(s) available to coaches, athletic trainers, and/or other authorized persons at athletic activities or events for the purpose of providing emergency care or treatment to students, spectators, and other individuals in attendance at athletic activities and events. (Education Code 35179.6)

The District shall comply with all requirements of Health and Safety Code 1797.196 pertaining to any AED acquired by the District, including, but not limited to, regular maintenance and testing of the AED and the provision and posting of information regarding the proper use of the AED. (Education Code 35179.6; Health and Safety Code 1797.196)

F. Additional Parental Notifications

Before a student participates in interscholastic athletic activities, the Superintendent or designee shall, in addition to providing his/her parents/guardians with information on the signs and symptoms of concussions and sudden cardiac arrest as described above, send a notice to the student's parents/guardians which:

1. Contains information about the procedures for filing a discrimination complaint that arises out of an interscholastic athletic activity, including the name of the District's Title IX Coordinator.
2. Includes a copy of students' Title IX rights pursuant to Education Code 221.8.
3. Explains that there is an element of risk associated with all athletic competitions and that the District cannot guarantee that students will not be injured, despite a commitment to every participant's health and welfare.
4. Provides information about insurance protection pursuant to Education Code 32221.5.
5. Requests parental permission for the student to participate in the program and, if appropriate, be transported by the District to and from competitions.
6. States the District's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship.

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7. Includes a copy of the local CIF league rules.
8. Includes information about the CIF bylaw and District policy requiring any student athlete and his/her parent/guardian to sign a statement that the student will not use steroids, unless prescribed by a licensed health care practitioner, or prohibited dietary supplements that include substances banned by the U.S. Anti-Doping Agency.
9. Includes the opioid fact sheet published by the Centers for Disease Control and Prevention in accordance with Education Code 49476. The District shall provide this fact sheet annually to each student athlete and shall require the student and the student's parent/guardian to sign a document acknowledging receipt of the fact sheet.

G. Athletic Participation Agreement

Student athletes, as representatives of our schools, must maintain a high standard of conduct. It is important that students and their parents be informed of the rules of conduct and the consequences of violating such standards. The following Athletic Participation Agreement, to be signed by student athletes and their parents or guardians, will be used in each senior high school for the purposes mentioned above.

ATHLETIC PARTICIPATION AGREEMENT

I, _____, a student/athlete in the Glendale Unified School District, agree to uphold and abide by the rules and regulations of my school and the Glendale Unified School District. I realize that participation in the interscholastic athletic program in the District is voluntary and available to all students. In choosing to participate in the District Athletic Program, I agree to abide by all aspects of this athletic code:

A. Rules of the School

1. It is my responsibility as a student/athlete to know and abide by the rules of my school.

B. School Grades: "C" Grade Average

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1. As a student athlete, I must earn a 2.0 grade point average at each quarterly grading period to remain athletically eligible.
2. California Interscholastic Federation (CIF) rules state that I must be passing four or more subjects in order to be eligible for athletics.

C. Attendance

1. I am expected to attend all of my regularly scheduled classes.
2. Truancies: A truancy is defined as missing one or more periods in a given day without a legitimate excuse.
 - a. Truancies and poor attendance will jeopardize my eligibility and will affect my participation on an athletic team.
 - b. Excessive absences/truancies will warrant suspension from the sport in which I am participating.

D. Termination From the Team

1. If I quit or am dropped from the athletic team, the coach will notify my counselor, and I will be withdrawn from my athletic class and enrolled in another regular physical education class for the remainder of the semester unless the student has sufficient physical education credits.

E. Completion of Sport Season

1. When my season of sport is completed, I am still required to report to my physical education class at its designated period.
2. I am aware that I may receive an "F" grade for not reporting to my regularly assigned physical education period at the conclusion of the season.

F. Substance Abuse: Alcohol, Drugs, Tobacco, or Electronic Cigarettes/Vapes

1. I will not have in my possession nor will I drink alcohol, smoke, chew tobacco, or use any illegal or controlled substance without a prescription, including the possession or use of e-cigarettes or vapes. If I am in violation of any of the above,

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it will result in a conference with my coach, a telephone call to my parents and/or guardian, and my suspension from competition or the team for a five-week eligibility period that would cross seasons or school years, and probable suspension from school.

2. I am aware that a second violation of item F.1 will result in probable suspension from school, a conference with my coach, a telephone call to my parents and/or guardian, and my suspension from my school's interscholastic athletic program for one (1) year from the date of the violation.
3. I am aware that a third violation of item F.1 will result in probable suspension from school, a conference with my coach, a telephone call to my parents and/or guardian, and my permanent suspension from my school's interscholastic athletic program.
4. I am aware that a second or third violation of Item F.1 could result in further disciplinary action such as expulsion from the school District.

G. Hazing, Sexual Harassment, and Verbal Abuse

1. I will not participate nor be a part of any type of verbal and/or non-verbal hazing, intimidation, or taunting directed at another student or teammate.
2. I am aware of the GUSD Board Policy 5145.7 strictly prohibiting sexual harassment towards any student as defined by this policy.
3. If I am in violation of any of the above, I will be suspended from the team and probable suspension from school.

H. District Appeal Process for Above Procedures

1. A student may appeal a decision concerning this agreement to the school principal who shall render a decision within three (3) days after the receipt of the appeal. In the event the student is not satisfied with the decision of the principal, the student shall have an opportunity to appeal to the Superintendent, who shall, within three (3) days, render a final decision. Any appeals of the 2.0 grade point average requirement will be made to the principal and considered by a review committee as prescribed under Board Policy 6145.

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- a. A student receiving less than a 2.0 grade point average may appeal no more than one time in a school year and two times in a high school career.
 - b. Once a student has been granted an appeal, a ten-week probation period will be in place with grade checks being completed at the end of the ten-week period.
- I. California Interscholastic Federation (CIF) Appeal Process for Individual or Team Forfeit of Contests
- 1. In the event it is necessary to forfeit a contest or be denied playoff entry because of a State and/or Section rule violation, there is a level of appeal to the Section Office, followed by an appeal to the State CIF Office.
 - 2. I understand I have been informed by the above statement and agree to contact the CIF Southern Section Office should I wish to appeal.

CIF Southern Section
11011 East Artesia Boulevard
Cerritos, CA 90703
(562) 860-2414
FAX (562) 860-1692

State CIF Office
664 Las Gallinas Avenue
San Rafael, CA 94903
(415) 492-5911
FAX (415) 492-5919

Signatures:

Student

Address

City, State, Zip

Telephone Number (____) _____

Date _____

Parent or Guardian

Address

City, State, Zip

Telephone Number (____) _____

Date _____

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H. Code of Conduct for Interscholastic Student-Athletes

Student-Athletes will be further held to the District's Code of Conduct for Interscholastic sports. The Code of Conduct is as follows:

GLENDALE UNIFIED SCHOOLS
Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I will act in accord with the following:

TRUSTWORTHINESS

1. **Trustworthiness** - be worthy of trust in all I do.
 - a. Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
 - b. Honesty - live and compete honorably; don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
 - c. Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.
 - d. Loyalty - be loyal to my school and team; put the team above personal glory.

RESPECT

2. **Respect** - treat all people with respect all the time and require the same of other student-athletes.
3. **Dignity** - live and play with dignity; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

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4. **Disrespectful Conduct** - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. **Role-Modeling** - remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. *Suspension or termination of the participation privilege is within the sole discretion of the school administration.*
8. **Self-Control** - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. **Healthy Lifestyle** - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, and drugs. Do not use anabolic or androgenic steroids. Refrain from using other substances designed to enhance physical development or performance which are not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
10. **Integrity of the Game** - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. **Be Fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

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CARING

12. **Concern for Others** - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. **Teammates** - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. **Play by the Rules** - maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. **Spirit of Rules** - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code, and I understand that there may be sanctions or penalties if I do not.

Student-Athlete Signature

Date

Rules Approved: 08/16/1988

Rules Revised: 08/20/1991; 05/21/1996; 06/06/2000; 08/14/2001; 10/01/2002; 03/18/2003;
01/08/2021

(Formerly AR 5351)