

SOUTH JEFFERSON CENTRAL SCHOOL



PARENT STUDENT INTERSCHOLASTIC ATHLETICS HANDBOOK

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PREFACE

The athletic program is an integral part of the well rounded experience South Jefferson School offers to its students. This Interscholastic Athletic Handbook has been developed for the purpose of providing guiding principles, policies, and regulations for all individuals involved in the administration, supervision, and evaluation of the Interscholastic Athletic Program within the South Jefferson Central School District. Undoubtedly, when there is clarity, consistency and ongoing communication everyone will experience success with our program. To this end, it is hoped that this handbook would be especially useful as a reference for the parents, student athletes, faculty & staff, coaches, and spectators.

The handbook begins with general information for everyone involved in our interscholastic program, especially for parents. This section should be reviewed and shared with athletes and parents at the beginning of each season.

The handbook was developed in cooperation with the coaching staff, School Nurse, Transportation Supervisor, School Administration, parents and community members. It is not intended that statements made here are final and all-conclusive, but may be revised and amended as necessary. Any such revisions or amendments will be made with the advice and consent of the SJCS Athletic Handbook Committee, administration, and the Athletic Coordinator. The handbook will be submitted to the Board of Education for final approval.

Included in this Handbook are regulations, policies, and guidelines, controlled by the Regulations of the Commissioner of Education, New York State Public High School Athletic Association, Section III, the Frontier League, and the South Jefferson Central School District.

Questions pertaining to this Handbook should be directed to the Athletic Coordinator and/or Lead Administrator for Athletics.

Copies of all forms included in this Handbook are available in the Athletic Coordinator's office or on our district's website. This handbook will be reviewed annually.

GENERAL INFORMATION FOR STUDENT ATHLETES, PARENTS, SPECTATORS, & COACHES

MISSION STATEMENT

The South Jefferson Central School Athletic Department is committed to excellence; we strive to provide experiences that enhance our students' personal and team growth.

ATHLETIC PROGRAM PHILOSOPHY STATEMENT

Students deciding to participate in the SJCSJ athletic program must understand that they are accepting the privilege and the benefits of participation and should fully appreciate that they have taken on certain specific obligations and responsibilities. The SJCSJ interscholastic program is an important part of the educational process of our district, serving as an extended opportunity for learning. We strive to have each student enjoy a positive experience while we develop competitive teams.

Interscholastic athletics are provided within the context of the following belief statements. Student athletes will strive to;

- 1). **develop morally** by way of both imitation and initiation,
- 2). **develop the trait of self discipline** in sports that will carry over in other areas of life,
- 3). **develop interpersonal skills** through teamwork and positive interactions and communication,
- 4). **recognize the importance of one's emotional developmental levels** and provide supportive opportunities for growth,
- 5). **enhance their health and physical well being,**
- 6). **demonstrate dedication and commitment** to meet and exceed the obligations of a sport, even through adversity,
- 7). **achieve competitive excellence,**
- 8). **develop leadership qualities,**
- 9). **demonstrate good sportsmanship and fair play** through words and actions regardless of the outcome of the competition,
- 10). **contribute to school spirit** and help motivate others to participate.

SJCSJ Non-Discrimination Policy

The South Jefferson Central School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs, activities, employment, and admissions; and provides equal access to the Boy Scouts and other designated youth groups.

SOUTH JEFFERSON INTERSCHOLASTIC ATHLETIC PROGRAM PHILOSOPHY

Modified Program Philosophy

All students in seventh, eighth, (and sometimes ninth grade, depending on the sport) are welcome to participate in the modified athletic programs at South Jefferson Central School. At the modified level, the focus is on learning sport fundamentals such as game rules, basic skills, and team play. Through practices and competitive play, coaches also promote social and emotional growth, healthy competition, and physiologically appropriate demands on the adolescent body. Individual and team enthusiasm and enjoyment are integral to this level.

The number of teams and size of a squad in any sport will be determined by the availability of qualified coaches, safe and appropriate facilities, and financial resources. South Jefferson Central School practice sessions are vital to the desired development of the adolescent athlete and athletic programs. adheres to the regulations for practice sessions and other requirements which are published by and governed by the New York State Public High School Athletic Association.

Junior Varsity Program Philosophy

At the Junior Varsity level, a high degree of dedication and commitment is expected as Junior Varsity players embrace the goal of potentially competing at the Varsity level. Increased emphasis is placed on physical conditioning, refinement of fundamental game performance skills, elements and strategies of team play, and emotional and social development necessary to compete at a higher level. Enthusiasm and enjoyment still play a critical role. The coaches at the Junior Varsity level work to achieve a balance between individual and team development, and striving for victory. The outcome of the contest is a stronger consideration at this level; therefore, the commitment to practice sessions, physical conditioning, skill development, and playing ability are significant factors for a successful Junior Varsity team.

Varsity Program Philosophy

A committed attitude and advanced level of skill are necessary ingredients for an athlete's participation at the Varsity level. The skill development of the Varsity level is further enhanced with a strong sense of improving already sound elements through more advanced training and self-discipline. While the primary goal continues to emphasize physical conditioning, skill development, and team strategy, winning contests at the Varsity level becomes a high priority and there is no guarantee that all team members will play in contests. Participation on a varsity team during the previous season, or previous year, does not guarantee a specific position or a spot on the team roster. Those athletes demonstrating the best level of skill and attitude will be selected.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and host.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, fan or community.

GENERAL BEHAVIORS AND EXPECTATIONS EXEMPLIFYING SPORTSMANSHIP:

Athlete:

- 1) Plays hard, fair and clean and perseveres in the face of adversity.
- 2) Understands and abides by the rules and regulations of the game.
- 3) Respects opponents, wins with modesty; loses with poise and dignity.
- 4) Respects officials and accepts their decisions.
- 5) Represents his/her school with the highest standard of conduct at all times.
- 6) Displays pride in his/her personal actions at all times.

Coach:

1. Set an example of good sportsmanship and values on and off the playing area.
2. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
3. Approach competition as a healthy and constructive exercise.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
5. Be modest in victory and gracious in defeat and instruct your players accordingly.
6. Be sensitive to the feelings and needs of your players, and use good judgment when addressing them, avoiding offensive or sexist comments.
8. Personal appearance is an indication of self-respect and helps set the tone for the individual or team performance.

GENERAL BEHAVIORS AND EXPECTATIONS EXEMPLIFYING SPORTSMANSHIP (cont'd):

9. Never use, or allow the use by others, of profanity, crude or abusive language.
10. Respect the judgment of the officials. The official's decision must be accepted.
11. Instruct the players to respect the officials at all times. Any questions with officials concerning rules interpretation should be made by the captain or coach.
12. Avoid behavior in game situations that will incite players, opponents or spectators.
13. Instruct players in the elements of good sportsmanship and remove players from competition who demonstrate unsportsmanlike behavior.
16. Discourage the use of cell phones during practices and games as an unnecessary distraction and lead by example.

(Adapted from: NYSPHSAA)

Parent / Spectator:

Fans are expected to support the efforts of their athlete's team and coaches in a positive manner. Harassment of officials, coaches, athletes, and other fans will not be tolerated.

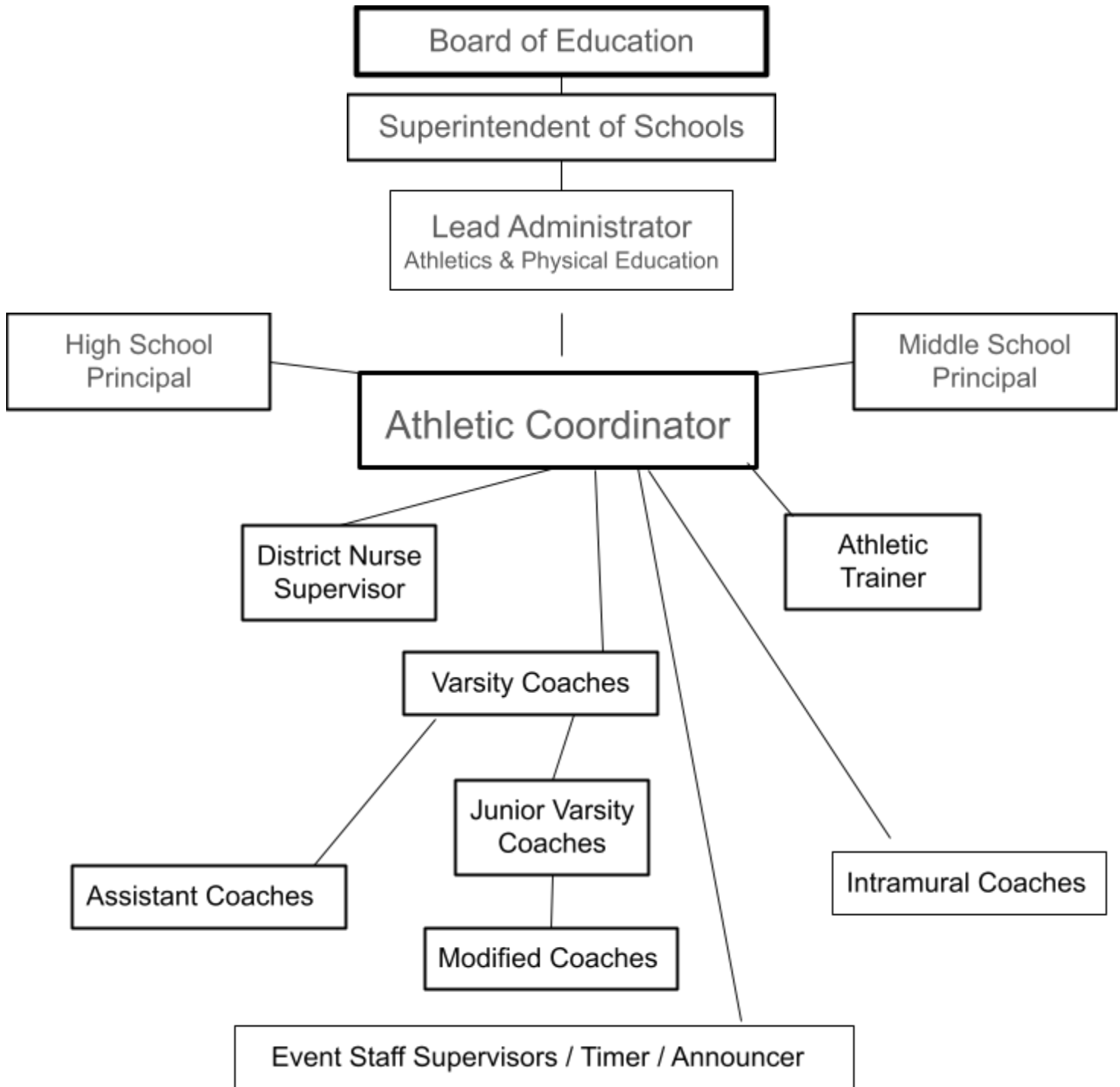
The South Jefferson CSD expects that parents/spectators will:

1. Direct energies toward encouraging your team
2. Refrain from actions which offend teams, individual players or others
3. Show appreciation for good play by both teams
4. Learn the rules of the game to be a more knowledgeable spectator
5. Treat all others, including visitors, in a manner which you would expect to be treated
6. Accept the judgment of coaches and officials
7. Encourage other spectators to participate in the spirit of good sportsmanship
8. Be positive

Fans will be held to the same accountability as our coaches and student athletes as outlined in the NYSPHSAA bylaws. Removal from a contest by a game official, site supervisor, or coach will result in a ban from the next contest in that sport. Repeated disruptive behavior will result in longer suspensions from school events.

We appreciate the strong support we have always received from our community and fans, and thank you in advance for your help in creating a positive, respectful environment at all SJ sporting events.

SJCSD Athletic Program Organizational Chart



Athletic Program Organizational Structure - Essential Roles (cont'd)

Board of Education and Administration - The Board of Education, Superintendent and district administrators will establish and review policy pertaining to the interscholastic athletic program. The Board also appoints coaches annually based upon recommendations of the Superintendent. The Superintendent and designated administrators serve as liaisons between the Board, Athletic Coordinator.

Lead Administrator for Physical Education and Athletics - The Lead Administrator for Physical Education and Athletics is a district wide or building administrator designated by the Superintendent and the Board of Education to supervise and support the Athletic Coordinator in all duties assigned. This administrator serves as a liaison between the Athletic Coordinator, Superintendent, and Board of Education. They also serve as a member of the District's Extracurricular Committee.

Athletic Coordinator - The Athletic Coordinator's role is to oversee the athletic program for the South Jefferson School District. They will work in conjunction with their school's administrative team, specifically responsible to the Administrative Supervisor of Athletics. They will work with administration, coaches, the school nurses, transportation, faculty, parents, and athletes to provide information, resources, training, and support for effective strategies and resources for a quality program for our student athletes.

Interscholastic Athletic Coaches - The general role of an interscholastic athletic coach is to provide opportunities for each participating athlete to achieve a high level of skill and an appreciation for the sport. They provide leadership, supervision, and organization of specific athletic activities. The Varsity Coach is responsible to the Athletic Coordinator and coordinates the development of the sport specific program. Coaches also facilitate communication between all parties involved.

Athletic Trainer- The Athletic Trainer will provide first aid or emergency care; develop and carry out rehabilitation programs for injured athletes; plan and implement comprehensive programs to prevent injury and illness among athletes, and perform administrative tasks, such as keeping records and writing reports on injuries and treatment programs. The Athletic trainer may communicate directly with the Athletic Coordinator, District Nurse Supervisor, and Chief Medical Officer for the district.

District Nurse Supervisor- The Direct Nurse Supervisor will record all reported injuries and facilitate communication between the coach, Athletic Coordinator, Athletic Trainer, student and parent/guardian. She will review and validate all medical paperwork submitted through Family ID.

Intramural Coaches - Intramural coaches work with the Athletic Coordinator and Building Principals. They are responsible for student sign ups, planning, and facilitating the intramural program for a specific sport.

Event Staff Supervisors - Under the direction of the Athletic Coordinator, the event supervisors will assist with the overall operation of the athletic event. Primary responsibilities include; assisting with the set up for tickets sales, welcoming officials and the visiting team, monitoring spectator behavior, and addressing any inappropriate behaviors. These should be reported to the Athletic Coordinator and / or the Building Principal.

SPORTS OFFERED

South Jefferson Interscholastic Athletic Teams

FALL				
Sport / Level	Varsity	JV	*Mod 7 /8	*Modified teams will have separate 7th & 8th gr teams when numbers warrant it and resources are available.
Boys' Soccer	x	x	x	
Girls' Soccer	x	x	x	
Tennis	x			
Football	x	x	x	
Cross Country	x	x	x	
Girls' Swim	x		x	
Cheerleading	x	x ??		When numbers, staffing and facilities warrant this.
WINTER				
Sport / Level	Varsity	JV	*Mod 7 /8	
Boys' Basketball	x	x	x	
Girls' Basketball	x	x	x	
Boys' Swim	x		x	
Volleyball	x	x	x	
Boys' Indoor Track	x			
Girls' Indoor Track	x			
Cheerleading	x	x ??		When numbers, staffing and facilities warrant this.
Wrestling	x	x		
Hockey	x			
SPRING				
Sport / Level	Varsity	JV	*Mod 7 /8	
Boys' Lacrosse	x	x	x	
Girls' Lacrosse	x	x	x	
Softball	x	x	x	
Baseball	x	x	x	
Boys' Outdoor Track/ Field	x		x	
Girls' Outdoor Track/ Field	x		x	
Golf	x			

COMMUNICATION - As with all areas of the educational system, open lines of communication are vital to ensure that our interscholastic sports program runs smoothly. Athletes, parents or any concerned individuals are encouraged to ask any questions that they may have. Often times people are reluctant to question a coach because they feel that doing so would negatively affect an athlete's playing time. This is simply not so. Coaches make hundreds of difficult decisions throughout the season based on the actions that occur during practice and game situations. They do not make them based on who does or does not ask them questions. The coach is the person best qualified to answer questions about an athlete or the individual program and all coaches will gladly do so. Please email or Parent Square message the coach to open the communication.

GUIDELINES:

THINGS YOU SHOULD EXPECT TO HEAR FROM A COACH/ADVISOR

- His or her philosophy of coaching and/or purpose and goals of the club or activity
- Locations and times of all practices, contests, meetings and activities
- Rules and expectations specific to the team/club
- Discipline policies/procedures (Code of Conduct and Eligibility Policy)
- Other expectations for the team/club and individual participants

APPROPRIATE ITEMS TO DISCUSS WITH A COACH/ADVISOR

- Any physical, social or academic concerns for your child
- Concerns regarding your child's behavior
- When a coach/advisor is not following their communicated philosophy and/or expectations
- What can parents do to support team/club

INAPPROPRIATE ITEMS TO DISCUSS WITH A COACH

- Playing time or the election/appointment of the officers/captains
- Team strategy, play calling, line-up, systems, etc.
- Selection of club activities or stated goals
- Other students

CONTACTING THE COACH/ADVISOR

- When a parent feels as if he/she has a legitimate concern regarding an issue that is appropriate to discuss with a coach/advisor, he/she should contact the coach/advisor directly to schedule a meeting. **NO CONTACT** should be made immediately before or after a game/contest/event (24-hour rule) as emotions may interfere with productive communication. ***The exception to this would be when communication about a student injury, health or safety issue needs to occur.***
- Text messaging should not be used to communicate concerns by players, parents or coaches; texting should only be used to communicate pertinent, logistical information (ie:change in practice or game times or locations). Texting or emailing is rarely an effective way to discuss or resolve concerns. Every effort should be made face to face.
- All meetings should be scheduled by mutual agreement between the parent and/or coach/advisor.
- A meeting can be requested by the parent/guardian or the coach. If either party wishes to have the assistance of a meeting facilitator, the Athletic Coordinator or Principal should be contacted.

LADDER OF COMMUNICATION -

The District expects that all concerns will be addressed as follows:

1. The student should talk to the coach/advisor directly about his/her concerns.
2. If concerns persist, the parent should contact the coach/advisor and schedule a meeting. When appropriate, the student is strongly encouraged to be present at this meeting.
3. If concerns persist, the parent should contact the Athletic Coordinator (athletic team concerns).*
4. If concerns still persist or if the concern is regarding an extra-curricular activity, the parent should contact the Building Principal.*
5. If concerns are still unresolved, the parent should contact the Lead Administrator for Athletics.
6. If concerns are not resolved at this level, the parent should contact the Superintendent of Schools.

* When parents discuss concerns with the Athletic Coordinator/Principal, it is generally required that the coach/advisor be present as well so that all information and perspectives can be shared by the parties and the concern is resolved.

GENERAL INFORMATION

Pre- Season Meetings - The Head Varsity and JV coaches will schedule a parent meeting within two weeks prior to the first day of the season. Coaches will prepare an outline of the expectations to be shared. It is strongly recommended parents/guardians and athletes attend these meetings together. **If a parent doesn't attend the meeting, they must contact the coach and acknowledge the expectations for the season prior to their student athlete participating.**

Family ID - Registration - All student athletes must be registered to participate through Family ID, a web-based registration program. **Please sign up as soon as possible as medical clearance is required before a student can participate.**

<https://www.familyid.com/organizations/south-jefferson-central-school-district-athletics>

As the season gets closer, coaches will send out practice information on Parent Square.

A signature is required for both the parent/guardian and the athlete acknowledging review and understanding of the Code of Conduct and eligibility guidelines

Insurance - When a student is participating in South Jefferson Central School District sponsored and supervised activities, intramurals, interscholastic sports, clubs etc. they are covered under the student accident program offered by the school.

The student accident policy is in excess over the parents primary insurance. So in the event of an injury you must first notify the school nurse and /or coach. Then you would send all medical bills to your primary health insurance carrier and then to the School accident carrier; Pupil Benefits. The school will provide the parent /guardian with a student accident claim form and instructions on how to file a claim.

Risk of Participation - All athletes and parents/guardians must realize the risk of serious injury, which may be a result of athletic participation. The South Jefferson School District will use the following safeguards to make every effort to eliminate injury.

- a) Conduct a parent-guardian/athlete meeting at the start of each season to fully explain the athletic policies and to advise, caution and warn parents- guardian/athletes of the potential injury.
- b) Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- c) Instruct all athletes about the dangers of participation in the particular sport.

Transportation -

Students are expected to behave on the bus as they would in a classroom.

- SJCSJ will transport all athletes to away contests.
- Students may not drive themselves.
- Parents must have prior approval to transport their student athlete to an away contest. A waiver needs to be obtained ahead of time from the athletic office.
- Parents need to sign their student athlete out on the designated roster sheet after an away contest. Parents can sign and print their name next to their child's name.
- If an athlete is riding home with a grandparent, a note from their parents needs to be submitted to the athletic office prior to the day of the contest. . The Athletic Coordinator will initial it. A copy will be given to the student athlete and the coach. The grandparent will sign the student athlete out on the sign-out sheet.
- If an athlete is riding home with a teammate's parent(s), a note from both parents (parent driver and parent giving permission) must be submitted to the athletic office prior to the day of the contest. The Athletic Coordinator will initial it. A copy will be given to the student athlete and the coach. The driving parent will sign the student athlete out on the sign-out sheet.
- Phone call, Email and/or text requests for special transportation arrangements will not be accepted.
- The district will provide transportation to student athletes for practices after school at the elementary buildings. Student athletes will be instructed which buses to ride. Upperclassmen with driving privileges may drive to the elementary buildings in a safe and appropriate manner. They may not transport other non-family members.

Schedule - Galaxy Schedule is the most up to date schedule for athletics. Please go through our district's website to access schedules. This is especially helpful during the winter season when weather conditions prompt schedule changes. <https://www.schedulegalaxy.com/schools/94>

SPARTAN BOOSTER CLUB

The activities and programs of the organization shall be developed by means of meetings, conferences, committees, studies, and projects.

The organization shall not seek to direct the administrative or athletic activities of the school district or seek control of its policies. The objective and purpose of the organization is to raise funds for the benefit of the total interscholastic athletic program of the South Jefferson Central School System with a yearly emphasis on providing proper team uniforms. The employment of such funds contributed to the School District shall be in accordance with the policies and procedures adopted by the School District. The organization may offer advice, counsel, suggestions, and assistance whenever it is felt advisable, in furtherance of the objectives and purpose of the organization.

This organization shall not direct personal criticism at any member of the Coaching staff or game officials; nor shall this organization hinder, interfere with, or seek to control any athletic activities.

No individual may represent the organization unless specifically authorized in writing by the Board of Directors.

The Spartan Booster Club is always looking for new members. Any person interested in promoting the interscholastic athletic program of the South Jefferson Central School System and intends to uphold the opinions and policies of this organization and intends to subscribe to its bylaws, may be a member upon payment of dues as hereafter provided.

The dues shall be determined annually by the Board of Directors. The membership year shall be April 1 each year until the end of March of the following year.

An annual enrollment of members shall be conducted. Additional members shall be accepted at any time upon payment of the full annual dues.

FACILITY USE REQUESTS- Quite often community organizations request the use of athletic facilities. School functions will take precedence over all activities by non-school groups. A community member may submit a request through the Spartanpride website - under the District - Community tabs

Group or Organization

1. School and School Groups & Clubs – School activities directly conducted by school authorities, such as musicals, plays, class or club sponsored events, open house, athletics, and intramural athletics. School related activities are defined as activities sponsored by organizations or groups/individuals directly related with the school, including parent groups, Board approved clubs, committees appointed by the Board, continuing education activities, and other educationally related enrichment activities.

*No fees or related costs will be assumed.

2. Community and Non Profit Groups/Organizations – This includes groups sponsored by any governmental or governmental sanctioned organizations for the benefit/recreation of youth. It also includes community sponsored athletic activities (Pop Warner, Little League, etc.) This grouping also includes veterans' organizations as well as adult recreation groups.

*No fees charged, only related expenses apply.

3. For Profit Groups – These groups may be granted use of facilities when available subject to the payment of fees when, in the opinion of appropriate school authorities (the superintendent or his/her designee) these organizations will have an enriching effect on the community and the proposed activities are permissible by law and school policy.

*All fees and related expenses will be charged, unless otherwise approved by the Superintendent.

4. Other Educational Institutions – This includes other school districts, colleges, and the Frontier League.

*All fees and related expenses will be charged, unless otherwise approved by the Superintendent.

The District reserves exclusive and non-reviewable judgment to determine if a requested use would interfere with or disturb the district's educational program. The Superintendent and the Board of Education reserve the right to waive facilities fees if deemed appropriate.

SPORTS STANDARDS - Reference Websites

NYSPHSAA - Webpage: <https://nysphsaa.org/>
Handbook - [https://nysphsaa.org/documents/2022/2/15//NYSPHSAA Handbook 002.pdf](https://nysphsaa.org/documents/2022/2/15//NYSPHSAA%20Handbook%20002.pdf)
Section III - Webpage: <https://section3.org/>
Frontier League - Webpage: <https://www.boces.com/frontier-league>
Sports By-Laws: <https://www.boces.com/o/boces/browse/130831>

South Jefferson Central School Board Policy - Interscholastic Sports / Extracurricular Activities

Policy / Procedures	Link to BOE Policy Book District Policies - 7420 (Sports & the Athletic Program), Page 319 7410 (Extracurricular Activities), Page 317 7450 (Fundraising), Page 323 7522 (Concussion Management) Page 334
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STUDENT ATHLETE INFORMATION

Eligibility Regulations -

In order to participate on an interscholastic athletic team, a student must satisfy the following eligibility rules. These standards are established by the New York State Public High School Athletic Association (NYSPHSAA).

1. Bona Fide Student: An athlete must be a bona fide middle school or senior high school student and must be taking at least four subjects plus physical education. A student attending an alternative education program may represent only his/her home school. Students who have completed graduation requirements are not permitted to participate in an interscholastic athletic program.
2. Age: A student shall be eligible for inter-school competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 years is reached on or after July 1, the student may participate during that school year in all sports.
4. Health Examination: A student who engages in interscholastic competition shall receive an adequate health examination and health history update when required. Students may not practice or participate without the approval of the school medical officer.
5. Duration of Competition: A pupil shall be eligible for senior high athletic competition in each sport for only four consecutive seasons of each sport after entry into the ninth grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the Superintendent of Schools can show that a student's failure to enter competition during one or more seasons of a sport was caused by illness, accident, or other circumstances beyond the control of the student.

Residency / Transfer - A student-athlete who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if the student-athlete participated in that sport during the one (1) year period immediately preceding his/her transfer. Appeals may be made through the Athletic Coordinator's Office.

Foreign Exchange Students - Foreign exchange students need to take appropriate steps to be eligible for participation. The student and Host Parent should contact the Athletic Coordinator regarding eligibility.

Selection Classification (Middle School Students only)

<https://www.p12.nysed.gov/sss/documents/AthleticPlacementProcess12-11-17FINALRevised.pdf>

Commissioner's Regulation Section 135.4(c)(7)(ii)(a)(4)states:

A Board of Education may permit pupils in grades no lower than seventh to compete on any senior high school team, or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness, and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.

These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire both the knowledge and ability to create and maintain a safe and healthy environment.

Students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few, select students who can benefit from such placement because of their level of readiness. The student is suitable for consideration, which includes the likelihood that the student would play in at least 85-90% of the competitive games/situations.

In addition to the above, candidates must have sufficient social and emotional maturity, have shown adequate academic progress, and have a positive behavior record. Administration should assess the student's emotional readiness to socialize with high school-aged students. A student must meet the appropriate standards of physical and emotional maturity, size, fitness, and skill, in order to qualify. If the student is not academically or socially ready, the student should not proceed through the APP.

The South Jefferson CSD Board approves the use of the APP for students in grades no lower than seventh grade to compete on interscholastic athletic teams organized for senior high school students, and for senior high school students to compete on interscholastic athletic teams organized for students in the seventh and eighth grades. The Superintendent will implement procedures for the APP, and will direct the Athletic Coordinator to maintain records of students who have successfully completed the APP.

There are a number of steps in this process beginning with the coach contacting the Athletic Coordinator.

Sequential steps to follow:

1. **Coach discusses possibilities with the Athletic Coordinator, administration, athlete and parents.**
2. Coach submits the name of the athlete and the Sport Skill Evaluation Form to the Athletic Coordinator, **three months prior** to the start date of the season.
3. Paperwork is given to parents and received back in the Athletic Coordinator's Office before starting the age maturity process. The coach communicates the increased expectations and demands of participating at the higher levels.
4. The parents and Lead Administrator for athletics sign off the for the athlete to be evaluated for APP eligibility
5. The Chief Medical Officer conducts a medical examination and maturation evaluation. Medical Clearance: (Must be completed BEFORE the physical fitness portion of the process)****
6. The athlete must successfully meet New York State Physical Fitness Level standards for each level of competition prior to the first practice. This can be administered by the student athlete's physical education instructor or the Athletic Coordinator.
7. The coach administers a skills test to assess developmental skill level in the specific sport
8. The coach will notify the parents of the test results and any pertinent information.
9. The school shall follow any additional guidelines as outlined in Section 135.4 of the Commissioner of Education's regulations.

*** (*Please note: In the past Selection Classification Process, the Tanner scores were required scores, based exclusively on the Tanner staging of sexual development. The requirement meant the students must be at an identical level of development per the chart. This was not realistic as there is generally a range of ages playing at a high school competition level. Additionally, the Tanner scores were identical for both sexes. This did not accurately reflect the earlier age of development of adolescent females versus adolescent males, which made it more likely that a less physically mature female could be approved to play at a higher level against physically mature females, and therefore be at greater risk of injury. Therefore, the APP maturity assessment standards were revised as follows: The medical director is instructed to take into consideration the height, weight, muscle mass, and Tanner rating as compared to the other athletes he/she would compete with. This allows for a Medical Director to use their professional judgment taking into account the totality of the student's overall physical development when determining whether or not the student is of a comparable or similar level of physical maturity in relation to those they wish to compete with. These changes to the Selection Classification Process were made to lessen, but not eliminate, the chances of injury for a younger student competing with older students who tend to be larger and more physically mature.)

Additional Information - 7th and 8th grade Advanced Placement student athletes get a 3 day tryout. They can not go back down to Modified if they practice more than 3 times..

Transgender Guidelines

The NYSPHSAA recognizes the value of participation in interscholastic sports for all student athletes. The NYSPHSAA is committed to providing all students with the opportunity to participate in NYSPHSAA activities in a manner consistent with their gender identity and the New York State Commissioner of Education's Regulations.

The Dignity For All Students Act (DASA) prohibits discrimination and/or harassment of students on school property or at school functions by students or employees. The prohibition against discrimination includes discrimination based on a student's actual or perceived sex and gender. Gender includes a person's actual or perceived sex as well as gender identity and expression.

The student and the parent(s)/guardian shall notify the Superintendent (or Athletic Coordinator) that the student would like the opportunity to participate in interscholastic athletics consistent with the gender he/she identifies as. The Athletic Coordinator will follow the procedures established by NYSPHSAA.

Tryouts And Squad Selection

When facilities warrant the limiting of squad size or when an unusually large number of students try out for a team, coaches must establish a plan for selecting those students who will make the greatest contribution to the team. Such plans should be discussed with the Athletic Coordinator and include:

- Equal opportunity for all eligible candidates
- Appropriate methods of selection taking place over multiple days
- Acceptable procedures for notifying students in a respectful and dignified manner

Each coach shall be responsible to discuss the selection process and demonstrating that tryouts were conducted fairly if and when requested to do so by the Athletic Coordinator.

General Practice Expectations

Prompt and regular attendance at practice sessions is necessary for the safety and conditioning of the student-athletes as well as the benefits to the team as a whole. Team members must notify their coach prior to any practice and/or game that they will be tardy to or miss and explain the reason for the tardiness or absences. If possible, documentation may be presented. Chronic tardiness to practice or unexcused absences will be dealt with by the coach. It is for the safety of the student-athlete that practice be required.

Attendance -

- A student must be in school on time and participate in classes the entire day to practice or play in a contest. Exceptions are as follows... Funeral, approved college visit, Doctor or Dentist appointment (with note provided by the office). If a student leaves school during the day because they are ill, they must secure a medical note to return and be eligible to play.
- Seniors who have "late arrival" must be here by their designated late arrival time. Senior Skip day is NOT a legitimate excuse.

Vacations - Missing games and contests by Varsity and JV levels athletes is strongly discouraged.

The absence of a student athlete can affect a team's dynamics, league competition, and the overall conditioning of the athlete. In the event of an unavoidable absence due to a vacation the athlete must:

- Contact the head coach prior to the vacation (preferably 2 weeks)
- Understand that their status on the team may change due to the extended absence.

Changing Sports - Whenever students enlist in the athletic program by joining or "trying-out" for a specific team, they assume a responsibility and commitment to that team and coach. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. The dropping of a sport and transferring to another sport should occur within the following guidelines:

1. An athlete who is suspended/dismissed from a squad for disciplinary reasons shall not be allowed to participate in another sport for the remainder of that sports season or until the period of suspension expires.
2. An athlete who wishes to leave a team and transfer to another may do so if he/she leaves in good standing and after discussing with the coaches and if necessary the Athletic Coordinator the reason for leaving and after returning all issued uniforms and equipment.
3. The student/athlete presents to both of the coaches involved a doctor's certificate recommending he/she drop the sport for reasons of health and permitting participation in the second sport.
4. Both coaches involved and the athletic coordinator agree that a mid-season change of sport would be beneficial to the student athlete without being unfair to the individual or either team.
5. A JV or Varsity athlete who leaves a team without good reason, will be eligible for the next sport, following a meeting with the parents and the coach of the subsequent sport. The Athletic Coordinator will facilitate this meeting.

Transportation - Students are expected to behave on the bus as they would in a classroom. All students should remain in their seats until the bus has arrived at the destination. There will be no undue noise on the bus. Students will not be permitted to change their clothes on the bus. Depending on the sport in which a student participates, the student should change in the locker room before leaving or in the locker room at the school where they are participating.

The student should check with his/her coach and/or bus driver to find out if food and beverages may be consumed on the bus. Under no circumstances will glass containers be permitted on the bus. Students are responsible for picking up all garbage on the bus upon returning home. Students are expected to ride the bus to and from all away contests. If a parent is interested in transporting his/her own child home from an away contest, they must sign the student athlete out on the roster sheet provided by the coach.

During the season, a coach may require all students to ride the bus home. Whenever possible, the coach should let the students know in advance. All other special transportation requests must be submitted in writing to the Athletic Coordinator at least 24 hours in advance.

ACADEMICS

Academic Eligibility -

Prior to participation in athletics/or extra-curricular activities, students must submit a signed copy of this eligibility policy.

If a student is failing two or more subjects at the end of any five week marking period, he/she will be placed on the ineligible list and the academic and extra/co-curricular procedures outlined below are applied if the student prefers to regain eligibility. If an ineligible student wishes to fully participate in sports or clubs or engage in other extra-curricular functions, the student must complete the Academic Eligibility Contract and meet the terms within this contract each week until he/she is in good academic standing.

Academic Eligibility Procedures

(Applies to All Students, 9-12 and MS students playing on high school sports teams).

If failing one class:

- The student may petition the teacher of the failing class to regain eligibility.
- If the teacher does not approve, the student should follow the plan as outlined below for failing two or more classes.

If failing two or more classes:

- 1) The student will lose privileges for a minimum of two weeks.
 - Students will be assigned to a structured study hall and forfeit other school privileges. These may include dances, athletic events and other school sponsored events on school property.
 - Students participating in athletics or extra-curricular clubs will be allowed to practice but not participate in games, scrimmages or, in the case of clubs, other functions as determined by club advisors if and only if the student immediately demonstrates initiative by completing the Eligibility Contract. Students will be expected to meet the terms and conditions after two weeks to regain full eligibility.
- 2) During the two week academic probationary period, the student is required to attend a minimum of two extra help sessions with an academic focus specific to the course(s) the student is failing. Sessions include help from a teacher, making up a lab or PE class, approved peer tutoring or staying for after school detention.
- 3) Any time after the two week probationary period, a student may turn in a successfully completed Eligibility Contract to regain privileges. We recognize that students may require more than two weeks to achieve passing grades.

Middle school students participating on a junior varsity or varsity team will be subject to the high school extracurricular policy.

Middle School Eligibility-

Middle School Option B scenarios are as follows:

- **Student Successfully Completes Option B:** If a student has met all of the conditions on the Option B contract for *two consecutive weeks* then the student will have all extracurricular privileges restored and will not be required to complete Option B for the remainder of the marking period.
- **Student Activates Option B but Does Not Fulfill Terms of the Contract:** Any student who begins Option B but does not meet the requirements of the contract will remain ineligible to participate in athletic games or contests, however, the student may still practice or attend required club meetings. The student will remain ineligible to participate in other extracurricular activities (ie. dances, etc.). Students may attempt to successfully complete the contract each week during the marking period until all requirements have been met for two consecutive weeks or until the end of the marking period, whichever comes first.
- **Student Does Not Activate Option B:** Academically ineligible students who do not choose Option B *will remain ineligible for all extracurricular activities*, including all athletic and club events, dances, and other special non-academic activities until the student's academic progress is re-evaluated at the end of the next marking period.

CONDUCT-

South Jefferson Central School students are expected to conduct themselves appropriately, model good citizenship and abide by our school's Code of Conduct in both academic programs and when participating in extracurricular activities. Students are to be familiar with and abide by the District's Code of Conduct at all district-sponsored functions. To that end, the following extra/co-curricular procedures have been established.

CODE OF CONDUCT INFORMATION

- There is no separate Code of Conduct for extra/co-curricular participation. There is one Code of Conduct for ALL students There are explicit expectations or emphasis for students who wish to accept the privilege of participating in extracurricular activities, inclusive of the athletic program. The purpose of this athletic code is to reinforce the expectations the South Jefferson Central School District has for the students participating in interscholastic athletics. Our student athletes have voluntarily chosen to make an additional commitment in their educational experience and in doing so have agreed to follow the expectations set forth by the South Jefferson Central School community.
- Each interscholastic participant (inclusive of managers, scorekeepers, etc) will sign the Code of Conduct contract at the beginning of the year. The contract is valid between the student athlete and the school for the entire year - first day of Fall season and last day of Spring season.

PROHIBITED CONDUCT SUBJECT TO AN EXTRA /CO-CURRICULAR HEARING -

Severe Infractions

- Student athletes will refrain from using or possessing any tobacco, e-cigarette, and/or vaping product on or off school grounds.
- Student athletes will refrain from using or possessing alcoholic beverages on or off school grounds.
- Student athletes will refrain from using or possessing any mind or performance altering drugs or substances on or off school grounds.
- Student athletes will refrain from attending and/or remaining in attendance at a function where illegal drugs are present and/or being used or where alcohol is possessed or being used by minors. Remaining in attendance means: the student athlete remaining at the function after becoming aware or after he/she reasonably should have been aware that drugs or alcohol were present, possessed or being used as described above.
- Student athletes are prohibited from engaging in hazing (recklessly endangers the mental health, physical health or safety of a student), harassment (slurs, jokes, or other verbal, graphic, or physical conduct relating to an individual's protected status including, but not limited to, race, color religion ancestry, sex, sexual preference, national origin, age, or disability), illegal gambling, violations of other rules or laws (maintenance of public order on school property, schools functions, or any violations of local, state, federal law).
- Student athletes will refrain from any behavior or Code of Conduct violation that may result in an out-of-school suspension.
- Student athletes will conduct themselves in a manner that avoids being insubordinate or disorderly and/or endangers the health, emotional well-being, safety or morals of others on or off school grounds.

Additional Behavioral Expectations

- Students must attend a full day of school in order to be eligible to participate in extra/co-curricular activities on that day (which includes athletic practices, contests or dances). Prior approval for excused absences will be granted by the building administrator and/or Athletic Coordinator.
- Any student who does not participate in a scheduled physical education class is not eligible to practice and/or participate in an athletic contest on that day.
- Student athletes must return uniforms and equipment at the end of each season. If uniforms and/or equipment are not returned, the student athlete will pay the cost of a replacement uniform and/or equipment.
- Students are expected to dress appropriately for all practice sessions. Protective equipment must be worn as required by each sport. Practice clothing should be appropriate and follow regular school guidelines for appropriate dress. It is not appropriate for students to wear boxers as shorts or sports bras as t-shirts.

Parents and students expected to read and sign off on these eligibility expectations. They are encouraged to contact administrators with questions about extra/co-curricular responsibilities.

DISCIPLINARY PROCEDURES FOR EXTRACURRICULAR CONDUCT VIOLATIONS

The Extra/Co-curricular Review Committee shall consist of five members: three staff members, Athletic Coordinator, and at least one administrator. The staff members will be appointed by the administration and will remain constant for an entire school year. The same Committee will be used at both the middle school and high school.

- A report of any severe violation of the Code of Conduct will be promptly investigated by school administration and/or the Athletic Coordinator. Examples of severe violations are listed above.
- If the initial investigation indicates that a violation of the Code of Conduct may have occurred due to competent and substantial evidence, then the Building Principal, or Athletic Coordinator, or their respective designee(s) will notify the student athlete and his/her parent(s)/guardian(s) of the investigation. (The investigation will be conducted and completed within a reasonable amount of time.)
- Upon verified findings of a Code of Conduct violation, the administrator investigating the situation will convene the Extra/Co-curricular Review Committee* within three instructional days from the time of the verified findings.
- The student athlete will have the opportunity to address the Extra/Co-curricular Review Committee prior to a decision being rendered by the committee.
- The Extra/Co-curricular Review Committee will discuss the violation and determine the disciplinary actions/consequences to be imposed. The Review Committee will be responsible for making the final decision which may include: suspension from the club or team for a specified amount of time and/or specified number of events; removal from a club or team for the remainder of the season; designated community service; meeting with a member of the Pupil Services Team; or any combination thereof. If additional information is requested by the Review Committee, the final decision will be delayed until all the requested information is presented. A temporary recommendation will be made based upon the evidence presented at the initial meeting.
- The administrator directly involved in the investigation will communicate the decision made by the Extra/Co-curricular Review Committee* to the student, parent/guardian and coach/advisor within a twenty-four hour period.

APPEAL

The student and/or parent or guardian may appeal the decision of the Extra/Co-curricular Review Committee in writing to the Superintendent. Any appeal must be within ten (10) school days following receipt of the Extra/Co-curricular Review Committee decision. The Superintendent or designee shall review the decision of the Extra/Co-curricular Review Committee to ensure that the decision was neither arbitrary, capricious, or unreasonable. The Superintendent or designee findings will be submitted in writing to the student, parent or guardian, Extra/Co-curricular Review Committee and the Board of Education. This decision will be final.

OTHER DISCIPLINARY IMPLICATIONS

- A student demonstrating repeated minor infractions and/or incurring disciplinary referrals may be subject to more stringent consequences as determined by the coaches, Athletic Coordinator, and administration.
- A student suspended from school or assigned to in-school suspension is automatically ineligible from participating in any extra/co-curricular activities immediately effective from the start of the suspension period through midnight on the final day of the suspension period.
- Any student disciplinary action taken is subject to the appropriate due process procedures as defined in the Code of Conduct.
- A specific club or organization may be subject to additional requirements and disciplinary procedures through regional, state, or national bylaws beyond this agreement. Coaches or advisors may also require additional expectations and/or guidelines.

CONSEQUENCES FOR VIOLATIONS OF SEVERE INFRACTIONS

The consequences for a violation of the set forth expectations shall be determined by the Extra/Co-curricular Review Committee

1. A first time violation of *severe infractions* may carry a penalty of ineligibility for up to 25 percent of the remaining regular season contests. The student athlete will be allowed to practice. They will also be expected to meet with a counselor a minimum of two sessions prior to being eligible to play. These penalties are intended as a guideline to ensure fairness; however, members of the Extra/Co-curricular Review Committee shall have the authority to consider extenuating or exacerbating circumstances in assigning a consequence and act accordingly.
2. A second time violation of a *severe infraction* in the same sport's season will result in removal from the team.
3. A second time violation of a *severe infraction* in the school year (different sports season) may carry a penalty for up to 50 percent of the remaining regular season contests. The student athlete may practice after meeting with a counselor a minimum of two times.
4. A third time violation of a *severe infraction* in the same school year will result in the removal of the student athlete from all interscholastic activities.
The student athlete will need to petition the Review Committee and administration for consideration for participation in the subsequent year. The sport coach will be consulted in the petition process.
5. A fourth violation of severe infractions may result in total loss of eligibility to participate in interscholastic athletics..

ADMINISTRATION OF THE ATHLETIC CODE OF CONDUCT

- A. Each student-athlete will be given a copy of the Athletic Code of Conduct at the beginning of each season he/she participates. A copy shall be in the student handbook. **Coaches are required to review aloud the athletic code of conduct prior to the first practice and a copy of the written code of conduct will be sent home for the parents/guardians to review and acknowledge through Family ID at the time of registration for the sport.**

By participating in the sport, the student athlete is demonstrating his/her willingness to comply with all the expectations of a student athlete at South Jefferson Central School for the entire calendar year from date of receipt by student signature on the Athletic Code of Conduct through June 30th, regardless of whether participating in a sport at the time or not.

- B. In addition, the Building Principal, or the Athletic Coordinator, or their respective designee will present the set forth expectations contained in the Athletic Code of Conduct as well as, expectations for the behavior of student spectators during interscholastic competitions, to members of the student body during grade level meetings held at the beginning of each school year.

MAINTENANCE OF THE ATHLETIC CODE

- A. The Superintendent shall provide a report annually to the Board of Education (after the last athletic contest) concerning the application of the Athletic Code. The report shall be submitted to the Superintendent by the Athletic Coordinator and shall include statistics related to types of violations and application of consequences. Information identifying individuals shall not be provided in the report.
- B. The Athletic Handbook shall be reviewed/revised every year and otherwise updated as necessary, taking into consideration the effectiveness of code provisions and the fairness and consistency of administration.

ADAPTIVE PHYSICAL EDUCATION AND STUDENTS WITH SPECIAL NEEDS IN SPORTS:

Pursuant to Section 100.2 (k) of the Part 100 Regulations of the Commissioner, students with handicapping conditions may not be discriminated against regarding access to Extracurricular activities. This applies to Adaptive Physical Education as well. If the school Physician makes a determination that a student is fit to participate in sports, a program must be adapted to meet the pupils' needs in whatever sport is chosen.