

**Rocky Point
Union Free School District**



**Interscholastic
Athletic Handbook**

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Athletic Director's Welcome

Dear Parents/Guardians and Student-Athletes,

Welcome to the Rocky Point Eagles Athletic Program. This handbook is a reference for our student-athletes and their parents/guardians to navigate the rules, regulations, responsibilities for participation of our athletic program. The Rocky Point Athletic Program is governed by the regulations of the New York State Commissioner of Education's basic code for athletic activities. Rocky Point is also a member of the New York State Public High School Athletic Association (NYSPHSAA.), competing in Section XI (Suffolk County). Specific guidelines are established for Middle School (Grades 7-8) students as part of the NYSPHSAA. Modified Interscholastic Sports Program.

Participation in interscholastic athletics teaches a variety of life lessons. Student-athletes are afforded a range of opportunities to display academic excellence, responsibility, commitment, cooperation, accountability, empathy for others, respect for authority and others, tolerance, and a host of other attributes that enable them to become well-rounded individuals. While some tend to view the final record as the gauge of the season, more importantly we need to retain those lessons learned and athletic growth displayed throughout the season; for those are the memories and feelings that will last a lifetime. Allowing student-athletes the opportunity to fulfill their potential with positive experiences, is the main goal of our athletic program. Our teams will experience success and experience setbacks, but in the end our student-athletes will have the unique opportunity to compete, grow and mature in a competitive, athletic setting.

In addition, our athletic program is dedicated to academic achievement and athletic excellence, and to offering diverse and competitive experiences to our student-athletes and community. We will continue to create an athletic environment steeped in tradition, character, hard work, resilience and high achievement.

We look forward to your participation and unwavering support of the Rocky Point Eagles Athletic Program throughout your middle school and high school years.

Best Regards,



Jonathon P. Rufa
Director of Health, P.E.
Athletics & Intramurals
(631) 849-7

Rocky Point Eagles Athletics Teams

Season Start Dates can be found on the [RPUFSD Athletics & Intramurals homepage](#)

Fall Season	(Grades 11-12)	(Grades 9-10)	(Grades 7-8)	
Cheerleading	Varsity (Gameday)	J.V. (Competitive)	Modified (Competitive)	
Cross Country (Boys)	Varsity		Modified	
Cross Country (Girls)	Varsity		Modified	
Field Hockey	Varsity	J.V.	Modified	
Football	Varsity	J.V.	Modified	
Golf (Boys)	Varsity			
Gymnastics (Combined with William Floyd HS)	Varsity			
Soccer (Boys)	Varsity	J.V.	Modified	
Soccer (Girls)	Varsity	J.V.	Modified	
Swimming (Girls-Independent)	Varsity			
Tennis (Girls)	Varsity	J.V.	Modified	
Volleyball (Girls)	Varsity	J.V.		
Winter Season	(Grades 11-12)	(Grades 9-10)	(Grades 7-8)	
			Early Winter	Late Winter
Basketball (Boys)	Varsity	J.V.	Modified	
Basketball (Girls)	Varsity	J.V.		Modified
Bowling	Varsity			
Cheerleading	Varsity (Competitive)	J.V. (Competitive)	Modified	
Fencing (Boys) (Combined with Port Jefferson & Ward Melville High Schools)	Varsity			
Fencing (Girls) (Combined with Port Jefferson & Ward Melville High Schools)	Varsity			
Swimming (Boys-Independent)	Varsity			
Volleyball (Girls)			Modified	
Winter Track (Boys)	Varsity			
Winter Track (Girls)	Varsity			
Wrestling	Varsity	J.V.		Modified
Spring Season	(Grades 11-12)	(Grades 9-10)	(Grades 7-8)	
Baseball	Varsity	J.V.	Modified	
Golf (Girls)	Varsity			
Lacrosse (Boys)	Varsity	J.V.	Modified	
Lacrosse (Girls)	Varsity	J.V.	Modified	
Softball	Varsity	J.V.	Modified	
Tennis (Boys)	Varsity	J.V.	Modified	
Track (Boys)	Varsity		Modified	
Track (Girls)	Varsity		Modified	

Schedule Information & Directions

A monthly schedule will be provided by the coach outlining games, practices and all team activities. In addition, schedules for all interscholastic athletic contests are posted on the [Section XI website](#) by selecting, Schedules and selecting the School, Sport and Level information and then select Submit. The Section XI website also provides directions to each school in the section by finding a schedule, then clicking on the hyperlink in the contest location portion of the schedule. Links to the Section XI website can also be found on the [RPUFSD Athletics & Intramurals homepage](#) and in your child's [Family ID](#) account.

Sportsmanship & Fair Play

Sportsmanship is an essential element and a highly emphasized quality in the Rocky Point Athletic Program. In all varsity, J.V. and modified sports, coaches rate their opponents' sportsmanship at every contest. The Sportsmanship rating reflects the sportsmanship of the opposing coach, opposing team and spectators. Season team averages will determine winners in each league, conference or division. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Officials are given a rating by each coach for every league and non-league contest.

Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams. Conversely, spectators, student-athletes, and coaches who exhibit unacceptable and disrespectful unsportsmanlike behavior (including profane and abusive language) toward officials, players or coaches can be ejected from the contest and must sit out the next scheduled contest.

Spectators play an important role at contests and their rating is a major contributor in team sportsmanship awards. Always be positive and respectful to all athletes, coaches and officials.

Section XI Spectator Code of Conduct

- Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
- Spectators shall at all times respect officials, coaches and players and extend courtesies to them.
- Wholesome cheering is encouraged.
- Stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior are not acceptable. A violation during a free throw attempt will be penalized by repeating the free throw, if missed. The official will make this decision.
- Faculty supervised pep bands are permitted "dead ball time". However, spectator noise makers or sound devices are prohibited.
- Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, use of lavatory facilities and parking of cars.
- New York State Law prohibits alcoholic beverages of any kind on school property; the law further prohibits any person under the influence of alcohol to be on school property.
- Spectators shall respect and obey all school officials, supervisors, and security at all athletic contests.
- Violators of the Section XI Spectator Code of Conduct are subject to removal from the game.

NYSPHSAA/Section XI Misconduct Rule

- Any member of a squad removed from a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next scheduled contest or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
- Any member of the squad who strikes, shoves, kicks, or makes other physical contact with intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. Note: Members of the squad include coaches, players, managers, scorekeepers, timers and statisticians.
- A player or coach who has been suspended from play may not be present on the school grounds where the contest is played. There is no appeal to the NYSPHSAA. - Section XI Misconduct Rule. The official's ruling is final.
- The Rocky Point UFSD reserves the right to impose an additional consequence, which may result in school disciplinary action, an extended period of suspension from practice and contests, and/or dismissal from the team.

Section XI Guidelines and Recommendations for Athletes Code of Behavior

The Athlete is expected to:

- Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
- Conduct themselves as ladies and gentlemen at all times.
- Demonstrate self-control and mutual respect at all times. Uncontrolled emotions can be self-defeating.
- Not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
- Accept victory with grace and defeat with dignity. Poor winners and losers do a disservice to themselves.
- Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
- Be well-groomed, both on and off the field, as a representative of the school. Improper behavior while in uniform reflects badly upon yourself, your school and your community.
- Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
- Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
- Remember that participation in athletics is a privilege that should not be abused.
- Refrain from shouting disapproval of calls made by officials. Shouting disapproval of calls made by officials may result in misconduct.

Athletic Program Philosophy

Modified Level (Grades 7 – 8)

Modified athletic teams are for those students in grades 7 & 8 who wish to participate in a sport activity. The various sports that are offered are determined by the existence of leagues, student interest and the relationship to the high school program. It is at this level where the program has its focus on learning athletic skills and forming the basic fundamentals needed to provide a safe environment for healthy competition.

While we would like to provide an opportunity for every athlete who expresses interest in a program, this is not always possible. We try to avoid cuts at the middle school level. However, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in specific programs. If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities and a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital and attendance at these practices is expected. The [NYSPHSAA](#) and [Section XI](#) have established sport-specific practice guidelines, which govern the number of practices that each individual and team must have in order to be eligible. Occasionally, a practice or contest will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Junior Varsity Level (Grades 9 – 10)

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of the roster positions. In certain situations, juniors may play on the junior varsity level and freshman/sophomores may play at the varsity level.

Team size at the junior varsity level is limited in some sports. Therefore, some teams conduct try-outs at the start of the season. At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to the social/emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity program and player. For all team members, meaningful contest participation will exist over the course of a season, providing the athlete meets program expectations. **A specified amount of playing time, however, is never guaranteed.** Athletes are expected to compete for a position, and earn their position in the starting line-up.

Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. Contests and practices are normally not held on Sundays and holidays, however, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

Varsity Level (Grades 11-12)

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate social-emotional development is demonstrated. It is possible on rare occasions to have a junior high student included on a varsity roster.

Squad size at the varsity level is limited in some sports. Therefore, some teams conduct try-outs at the start of the season. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and be informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of **playing time at the varsity level is never guaranteed.**

A positive and resilient attitude, and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports seasons. Contests and practices are normally not held on Sundays or holidays, however, the dedication and commitment needed to conduct successful varsity programs should be taken seriously. There may be conflicts with other scheduled events.

It is expected at the varsity level that the team and the commitment to the team take precedent. The expectations are the same for the starting player as it is for the limited role player, as every athlete involved on the team has a role in preparing the team for a demanding competitive schedule. The achievement of individual and team goals requires a full commitment on the part of every athlete on the roster

Sports Physicals & Required Medical Clearance

The Commissioner's Regulations mandate that all athletes must be given a physical examination prior to participation in interscholastic athletics. Although the district does allow this physical examination to be completed by a primary care physician, **our chief medical officer, in compliance with state regulations, must review the results of this examination and give final approval for participation in our interscholastic athletic program.**

The school nurse will arrange for physical examinations to be given, free of charge, by a school physician. Exams are given in May/June. Student-athletes are advised of this examination, in advance of the season, through public address announcements, posted signs and announcements in physical education classes, district newsletters and the district website. Coaches also hold preseason meetings, where student-athletes are notified of scheduled physical examinations. Students should take advantage of the district's physical examination, as it is free of charge, and administered in the school setting.

Furthermore, when the athlete is examined at school by the district physician in May/June for the upcoming seasons, the medical clearance process is simplified and timely. In order for an athlete to be scheduled for a school physical exam, appropriate forms must be picked up, in advance, from the school nurse, and returned to the health office before deadline dates. Please contact your child's health office for additional information.

If the athlete misses the scheduled exam dates, there are only two ways to gain the required clearance:

- The athlete will have to schedule an appointment at the school physician's office and pay the physician directly for his service.
- The athlete can schedule an appointment with their own physician to have the required physical exam.

The district assumes no responsibility for payment of these services and no physicals will be accepted unless district forms are completed by your physicians.

Students will not be allowed to participate in any tryout, practice or contest unless the coach has the appropriate medical clearance from the school nurse. Unfortunately, there will be no exceptions to this policy! NYSED mandates require that the date of the actual physical examination must be current for the full upcoming school calendar year. Therefore, all examinations given in the spring for the fall sport season in the next calendar year must be dated after May 1. **An athlete with a sports physical exam dated BEFORE May 1 will not be permitted to try out for a sport in the Fall Season.**

Note: During the summer months, sport physical forms will only be available from the school nurse during specific posted hours. Upon completion of the exam, the district forms must be uploaded to your child's Family ID account where the school physician will review and approve them. This process requires time and the athlete may miss tryouts when the medical clearance process is not completed in a timely manner.

If an athlete wants to ensure participation in tryouts, all sport physical information must be submitted to Family ID and cleared by the school physician before the tryout period begins.

***There will be no exception to this state mandated policy,
NO exceptions will be made for students that do not meet the deadline for tryout dates. ***

Updated Interval Health History Form

An athlete is required to have one physical exam for athletic participation in the school calendar year. If the date of the physical exam is not within thirty (30) days of the start of a given sport season, the State requires that an updated Interval Health History Form be completed. Beginning in the 23-24 school year all athletes will complete their Updated Health Interval History Form electronically in their [Family ID](#) account. Paper copies will no longer be available and athletes will NOT be cleared for tryouts until they have completed their Updated Interval Health History Form in Family ID.

Note: An answer of "yes" to any question on the Interval Health History form does not mean automatic disqualification from an interscholastic athletic activity. However, it will require a review and approval by the school physician before the student can report to practice and tryouts.

Mandates for Private Physician Clearance

- The private physician must use only district issued forms for the examination process. Available on the [RPUFSD Athletics & Intramurals homepage](#), [Family ID](#) and in the Health Offices.
- The private physician must conduct the examination and evaluate the athlete according to the criteria as indicated on the Rocky Point district sport physical exam form.
- The parent /guardian must answer each and every question on the Updated Interval Health History Form found in Family ID and explain all "yes" answers. The physician must address all items listed on the exam and initial findings.
- The private physician must sign and stamp the Sport Physical form.
- Beginning July 2023 all physical forms must be uploaded electronically to the athlete's Family ID account. The school nurse will access the form through Family ID, review the forms, and if complete, notify the chief medical officer that the account is ready for final review and approval.
- For assistance with Family ID, please contact the Health Office or Athletic Office.

Parent Support

The Rocky Point Athletic Program encourages family members to share in our athlete's education by attending games and showing positive, constructive support, and respect for all athletes, coaches, opponents and fellow spectators. If a parent should have any questions, the athletic staff always welcomes the opportunity to talk to discuss potential issues. Importantly, these discussions on the field are often not conducive to resolving any potential issues and are usually distracting and unproductive. If the conversation involves an individual's

performance, it certainly deserves both the privacy and time an athlete deserves. Please contact the coach and arrange a mutually convenient time to discuss your concerns.

It is the responsibility of the parent/spectator to:

- Keep cheering positive and supportive.

- Avoid actions, language and gestures which offend visiting teams, coaches, individual players and other spectators.
- Show appreciation of great play by both teams.
- Learn the rules of the game in order to be a better-informed spectator.
- Treat all visiting teams in a manner in which you would expect you and your child to be treated when they visit other schools.
- Accept the judgment of coaches and officials.
- Encourage other spectators to participate in the spirit of ethical and sporting behavior.
- Support abstinence from the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.
- Recognize and help reinforce that this is interscholastic athletics and NOT professional sports. The goals of each are very different and should be remembered as such.
- MOST IMPORTANT: As an adult, you are being relied upon as a positive role model on our sidelines and in the bleachers. Your children as well as others are always watching, looking to emulate your behavior. We are all involved in the education process of our children and athletes. Your support is always greatly appreciated and necessary for successful athletic seasons.

Chain of Communication

Throughout the course of your athletic career in the Rocky Point Athletic Program, parents and student-athletes may have questions and concerns that need to be addressed. The team coach is the best and primary source of information. The student should first address their concerns directly with their coach. If after speaking with the coach, a child is not satisfied, the next step is for the parent to speak directly with the coach. If a parent is dissatisfied with the coach's response, please do not hesitate to contact the athletic office to arrange an appointment with the athletic director. Only after all of these steps are followed, will an appointment be made with the athletic director.

Communication Guidelines

Communication Coaches expect from Parents

- Concerns expressed directly to the coach only after the student-athlete has talked with the coach
- Notification of any conflicts, well in advance including missing any team activities (practices, games, team activities)
- Specific concern in regard to a coach's philosophy and/or expectations.
- Steps an athlete can take in practice to increase their playing time opportunities

As your child becomes more involved in the Rocky Point Athletic Program, they will experience some of the most rewarding experiences and memories of their lives. It is important to understand that there also may be moments where parent, athletes and coach expectations are not aligned. At these times, healthy, productive discussion with the team coach is necessary to resolve issues and align expectations.

Risk Factor in Athletic Activity

The athletic program is conducted, with safety as its primary objective. The Rocky Point UFSD advises students and their parents/guardians that by the nature of athletic activity, participation in an interscholastic sports or related activities may place a student at risk for injury. Such physical injury can occur in any type of sports activity and may vary in nature.

Accident or Injury

It is the student-athlete's responsibility to immediately report any injury to the coach or the Athletic Trainer. An accident report will then be completed. If a student-athlete has been removed from a practice or a contest because of any injury requiring medical attention, the student-athlete may not return to practice or competition without a physician's release.

Medical expenses resulting from any athletic injury must first be submitted to the family's insurance carrier. Any remaining balance may then be submitted to the district's insurance carrier, supplementing the family's coverage in limited ways. For students to be covered under the district's insurance, **a claim form must be submitted to the school nurse within 90 days from the date of the injury.**

Concussion Management Plan

The Rocky Point School District Concussion Management Plan has been prepared to achieve the highest possible responsible management of this type of injury. It must be noted that any policy is only as good as the degree to which all parties succeed in meeting their related responsibilities. Specifically, student-athletes must accurately report an injury that occurs either in school or away from school and related symptoms to parents, teachers, coaches, school nurse and the athletic trainer. Parents must appropriately report injuries to the school nurse, and supervise post-traumatic recovery. Coaches must follow appropriate guidelines that are outlined as part of the district policy, and report all head related injuries to the school nurse.

Concussion has been defined by the Committee of Head Injury Nomenclature of the Congress of Neurological Surgeons as "a clinical syndrome characterized by immediate and transient post-traumatic impairment of neural functions, such as alteration of consciousness, disturbance of vision, equilibrium, etc., due to brain stem involvement."

Signs, Symptoms, and Behaviors of a Possible Head Trauma

Problems in Brain Function:

- Confused State – Dazed look, vacant stare, confusion about what happened or is happening.
- Memory Problems – Can't remember assignment on play, opponent, score of game or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- Symptoms reported by athlete – Headache, nausea or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in the ears, feeling foggy or groggy.
- Lack of sustained attention – Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.

Speed of Brain Function: Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.

Unusual Behaviors: Behaving in a combative, aggressive or very silly manner or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or finding a comfortable position. These can be manifestations of post-head trauma difficulties.

Problems with Balance and Coordination: Dizzy, slow, clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

National Federation of High Schools (NFHS) Concussion Rule: "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional".

New York State Education Department's (NYSED.) Clearance Policy: "Cleared by an appropriate health-care professional"

- New York State only permits the school medical officer to clear an athlete to return to play after removal from a game for exhibiting the signs/symptoms of a concussion.
- If the school medical officer is not available on the sideline to allow a safe return to play, the athlete must remain out of the game until cleared by the school medical officer to return to play.

Based on the recommendations of the NFHS, NYSPHSAA, and NYSED: if a Rocky Point UFSD Athlete suffers a head trauma, is removed from a contest, and/or diagnosed with a possible concussion, the following steps must be taken:

- The athlete will be taken for a medical evaluation.
- The coach/trainer will follow-up with the school nurse and fill out an accident report.
- Paperwork from the medical evaluation should be provided to the nurse.
- The nurse will forward this paperwork to the "Chief School Medical Officer" for evaluation.
- The athlete should remain asymptomatic for seven (7) days.
- If the Chief School Medical Officer feels that they need to observe the athlete for clearance, the athlete will have to visit the office for evaluation. **THIS IS THE ONLY PATH FOR RETURN TO PLAY CLEARANCE.**
- If the Chief Medical Officer determines the athlete should not return to the athletic activity, the athlete must remain sidelined until they receive a reevaluation.

Post- Concussion Syndrome

Post-concussive syndrome may follow a concussion and last up to six (6) months. It is associated with headache (particularly with exertion), dizziness, fatigue, irritability, and impaired memory and concentration. The persistence of symptoms usually correlates with the period of post-traumatic amnesia. If post-concussion syndrome occurs, the athlete should not be allowed to participate in athletics, physical education, or recess (middle school) until all symptoms have resolved. The Chief Medical Officer physician must also approve in writing the athlete to return to athletic participation.

The guidelines presented above serve as minimum time period before an athlete is allowed to return to athletic, physical education participation or recess (middle school) following a head injury. Certain positions of each sport or the sport itself (such as heavy contact sports) may dictate longer delays in returning to competition.

A student cannot return to participation without the approval of the Chief School Medical Officer.

Academic, Citizenship & Extracurricular Eligibility Policy

In the Rocky Point Union Free School District, student success is the main priority. The extracurricular activity programs are valuable and enriching extensions of the academic (regular school day) program. Rocky Point recognizes that a great deal of learning takes place outside the formal classroom and after school hours. The primary objective of any academic institution is to help students grow and develop into mature, responsible young adults, who are productive and upstanding citizens. Rocky Point UFSD encourages students to participate and become involved in a variety of extracurricular activities with the hope that our students will demonstrate a sense of purpose, develop a stronger connection to the school and develop more fully as young adults.

Participation in extracurricular activities is a privilege earned by students who are in good academic standing and demonstrate good school citizenship. Students involved in these activities are expected to maintain satisfactory academic and social success, Students having difficulty in their course work are expected to seek additional assistance and examine their level of participation in extracurricular activities. An objective of this policy is to help ensure that student participation in an extracurricular activity will not detract from any concentration on academic achievement. This policy and the following procedures are necessary to promote the school goal of success, academically and as citizens. This policy applies to all members of any district extracurricular activity.

Academic Eligibility

A student's status academically will be determined after the review of the latest report marking period. The student will be placed on academic probation when the student has failed two (2) subjects (all subjects included). If the student has failed three (3) subjects, the student is ineligible for participation. The fourth (4th) quarter grades from the previous school year will determine the academic probation status for the beginning of the school year in September. Successful summer school completion for any school year failures will remove any failing grade.

When a student is placed on the academic probation list, the student will be required to attend three (3) **mandatory** academic study halls after school per week. (For the weeks when there may be less than three (3) days of school, they will be required to attend the mandatory after-school academic study hall for each day there are classes in session)

In the High School, mandatory study hall will start at 1:43 p.m. and end at 2:08 pm. If a student is not productive and/or is being disruptive in the study hall, disciplinary action may occur. Once the student has been placed in the mandatory academic study hall, there will be a review and evaluation of all subjects to determine if there has been any improvement. The next progress report or report card will be reviewed to evaluate if a student has improved. If at this time the student is passing all subjects, the mandatory study hall will be optional. If the student shows no improvement, the student will be ineligible for participation in the extracurricular activity.

If at any time the student does not attend the mandatory academic study hall the required number of days, then the student is immediately placed on the restricted list and must make up the study halls that the student has missed, plus all new hours. In addition, the student would only be eligible to practice with the team/club/activity during that week and not be eligible to practice in any games, contests, trips, recitals, performances, etc. during that week. If the student is placed on the restricted list for a second time, the student will be ineligible for the remainder of the activity. If the student does not make up the required mandatory study halls while on the restricted list, the student will be removed from that extracurricular activity.

For full year programs/clubs/activities, a student who has been removed from an activity may be reinstated only if the next report card shows no failures in all subjects, and with approval of the activity advisor/moderator.

Citizenship

If a student exhibits inappropriate behavior, they will receive one of three following disciplinary actions:

- Detention
- In school suspension
- Out of school suspension

If the inappropriate behavior and subsequent disciplinary action occurs out of the student's extracurricular time frame, the restriction will be enforced for an entire year (i.e.: winter to winter) Therefore, your actions will impact future participation. Any of the above disciplinary actions result in some form of ineligibility, and that is defined as no participation on any level (practice, game, management, rehearsal, trip, performance, etc.)

Incidents that occur during practices, games, plays, field trips, etc. should be brought to the attention of the school administration. This should be done within 24 hours, accompanied by a written referral. Individuals who behave inappropriately during extracurricular activities will be treated in accordance with the school's code of conduct: discipline policy, not by the individual coach or advisor.

- Detention: the advisor or coach will handle discipline on a team or club level. A recurring detention problem will be addressed by the appropriate administrator and could possibly result in ALP/OSS.
- In school suspension (ISS): students who receive an in school suspension are not eligible to attend the athletic activity on the day(s) of the in school suspension and one day following the in school suspension.
- Out of school suspension (OSS): when the student returns from OSS, the student cannot participate in any activity for 5 days (attendance in OSS is not considered in the 5 days). He/she may return earlier if during the 5 days he/she has missed a game/contest/recital. After that event, he/she may return to that activity.
- Removal from the activity: two OSS or three ISS during activity or season
- Removal from activities for the year: three OSS or five ISS
- Drug possession and any illegal activities (including weapons) will result in a Superintendent's Hearing.

Hazing

Hazing is a form of bullying and harassment, whether it is physical or verbal. This type of behavior is not to be condoned or tolerated by a victim, a coach, staff, family, school administrator, fellow student and especially team members. The district is committed to providing an educational environment that promotes respect, dignity and equality and that is free from all forms of hazing and bullying.

If a student is found to have committed an act of harassment against any student, including team members, the student(s) will face disciplinary action which may include suspension from the team and from school. Team members are expected to notify a coach or other school official if any such behavior is observed. Below is a list, though not complete, of some terms which are identified with hazing, bullying, and/or harassment.

Hazing is defined as committing an act against another individual, or coercing a student into committing an act that creates a risk of emotional, physical, or psychological harm to a person, in order to be initiated or affiliated with an organization, or for any other purpose. Some examples are, but not limited to:

- Verbal Infractions – coercion, threats (verbal, written or electronic), mocking, name calling, taunting, negatively teasing.
- Physical Infractions – Use of violence or threats, humiliating acts, pushing, shoving, kicking, hitting, spitting, extortion, stalking, restraining.
- Social Alienation and Shunning – Gossiping, rumor spreading, ridicule, slurs (ethnic, racial, sexual or religious), social rejection, grudge carrying, threatening looks, public humiliation, and exclusion.

Attendance

Attendance and lateness are always a consideration for extracurricular participation.

The following daily attendance policy applies to students involved in interscholastic sports:

- All athletes (Varsity, J.V. and MS) must be in school by 8:00 a.m. or return with a note from a physician
- Any early dismissal from school must be recorded as excused (defined as an absence due to personal illness, illness or death in the family, religious observance, require court appearances, approved college visits, or approved cooperative work programs). All other early dismissals will be considered unexcused and an athlete may not participate in any practice, scrimmage, or game on that day.
- Each athlete is expected to accept responsibility for their school appearance at all times.

Physical Education Participation

A student-athlete excused from Physical Education class for medical reasons may NOT participate in a practice, scrimmage, or contest on that same day. Note that the Commissioner's Regulations dictate that a student-athlete is ineligible if they are medically excused from participation in a Physical Education class. **Any contest that an ineligible athlete participates in is deemed a forfeit.**

In addition, if a student-athlete did not participate in Physical Education (including wearing sneakers) on a day of a practice or a contest, that student is not allowed to participate in athletics that day. Exceptions to this could be, but not limited to, state assessments, field trips, and assemblies.

Team Eligibility

The Rocky Point Athletic Program is governed by regulations established by the [New York State Public High School Athletic Association](#) (NYSPHSAA.) and [Section XI](#) (Suffolk County). Each individual team is governed by its established regulations concerning daily attendance at practices and the minimum number of practices necessary before being eligible for competition. The coach will inform the athlete of these regulations.

Switching Teams In-Season

A student who goes through the try-out process for a sport and makes the team has made a commitment to that program. They have taken a spot on the roster where other student-athletes did not. Therefore, if an athlete vacates a team to join another sport in that same season, a committee will review the change and make a ruling.

Commitment to the Team

Athletes are expected to attend every practice and contest (including Saturday/Sunday) unless excused by their coach. If an athlete is in school attendance, they are expected at practice. Excused absences are permitted for extra help (lateness only), family illness, death in the family, family emergencies, medical reasons, and religious observances. Timely communication between the coach, parent and/or athlete in this situation is essential. An athlete should notify the coach if they are going to be absent from a team activity.

Competing on Non-School Teams In-Season

Opportunities exist for Rocky Point student-athletes to participate on non-school sponsored teams while participating on a school sponsored team. When these conflicts occur, sound communication between the student-athlete, parent/guardian, coaches and athletic administrator is mandatory. As discussed prior, membership on a team requires a considerable time commitment. The district monitors the wellness and safety of our student-athletes. Keeping this in mind, each situation involving outside competition must be carefully evaluated on a case by case basis. Rocky Point student-athletes' first commitment must always be to the Rocky Point Athletic Program.

Family Vacations

When parents and student-athletes choose to take their family vacations during an athletic season, it must be understood that the time missed by the student-athlete may affect team chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position and playing time adjusted. Coaches shall make every effort to inform parents and student-athletes of the season's schedule as far in advance as possible. The school and Section XI websites are excellent resources to review for season starting dates. Please be mindful that post season play at the varsity level may take place during school vacation periods as well.

Parents/Guardians who ask for the exception to our practice policy present the coach with an uncomfortable dilemma. Coaches create the same standards of expectations for all participants and apply them uniformly. Requesting exceptions is unfair and may be unproductive for the team. Furthermore, making such exceptions, without consequence, creates a tone and precedent for others in the future. Commitment is a critical component for individual and team success.

Section XI Religious Holiday Policy

No contest on interschool scrimmage may be scheduled in Section XI by a member school on the following Religious Holidays:

Rosh Hashanah

Yom Kippur

Christmas Eve

Christmas Day

Good Friday

Easter

First Day of Passover

Note: Individual schools may compete on these dates outside of Section XI (Suffolk County). For example, track athletes may participate in the Penn Relays on Holy Thursday if the district approves such participation.

When teams practice on the eve of a religious holiday or the days mentioned above with special permission,

coaches and team members are expected to respect the religious all commitments and personal obligations of the family. Athletes and parents in these circumstances will be informed that the practice is optional, with no implication of any penalty for missing the practice.

Field Trips & School Activities

There are numerous educational opportunities for our students to participate in throughout the school year. The Rocky Point Athletic Department supports school-sanctioned programs and trips, but also realizes that student-athletes who choose to participate in school trips or other school activities which result in missing substantial amounts of practice time, affects personal athletic goals and team goals. As stated in the Family Vacations section, student-athletes who miss practice or competitions for any reason can expect to have their playing time or playing role adjusted. The same can be said for the planning of college visitations. Please keep your coach updated of all missing athletic activities and the reason for the absence.

Zero-Tolerance Substance Abuse Policy

The district recognizes that interscholastic athletics involves physical, psychological and ethical preparation so that the athlete can meet the demands of competition and personal growth in a holistic manner. In addition, the athlete is often seen as a role model by fellow students and the larger society. To this end, the district will strongly enforce its zero-tolerance substance abuse policy.

This policy recognizes the need for athletes, coaches and parents to all work together so that the athlete makes healthy choices and decisions. In addition, the following sanctions will apply for students found using, suspected of using, possessing, distributing or selling alcohol, electronic smoking devices and/or other substances, including steroids/human growth hormones, on school grounds or during a school related activity. Throughout this policy, an attempt has been made to discourage the abuse of all substances by athletes, yet offer assessment and other interventions to help them develop in both a physically and psychological healthy manner

- Five days of ISS/OSS.
- Possible Superintendent's Hearing adding additional suspension time.
- Suspension of activities (proms, banquets, elective field trips, etc.) for a period of one calendar year from the date of the infraction.
- Suspension from interscholastic athletics, theatre groups, clubs, co-curricular, etc. for a period of ninety (90) school calendar days from the date of the infraction.
- Parent/guardian conference.
- Referral to the Suffolk County Police.
- Referral to the Student Assistance Counselor and/or the appropriate mandatory counseling.

Athletic Placement Process

The Athletic Placement Process (APP) is for an "Elite" athlete in 7th or 8th grade. In order to be considered for this process, an athlete must be recommended by a Rocky Point Varsity Coach. This individual must show exceptional athletic ability, be physically and socially mature, be in good academic standing, demonstrate satisfactory school citizenship and successfully complete several sport specific physical performance tests.

After all of the necessary paperwork is filed and the tests are administered, a committee meets to discuss the athlete's readiness to try-out for the specific sport. **Note: Passing of all the preliminary tests does NOT guarantee that the athlete will be moved up to a higher level, it only guarantees a try out for the team.**

Weight Certification-Wrestling Only

All students participating in the sport of Wrestling at the high school level must be certified at a minimum weight at the beginning of the wrestling season. The NYSPHSAA. Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols. Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days from the first day of the season in Section XI.

Assessments must be performed at the centralized assessment sites for all wrestlers

- The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. NFHS Rule 4-4-3
- The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with Track Wrestling a minimum weight will be established for each wrestler. At no time may they participate at a weight class lower than their approved minimum weight.
- A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. NFHS Rule 4-4-2
- A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- Situations where a wrestler cannot pass the hydration test (ex; due to being on a prescribed medicine) will be handled on a case by case basis. Sectional Chairmen should contact Todd Nelson-Assistant Director if a wrestler in their Section cannot pass hydration.
- A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director (May 2008).
- All NYSPHSAA Approved Assessors must enter certification results into the In-Body machine (which will sync with the Track Wrestling database) where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the Track Wrestling database prior to competition.

Off Season Conditioning

The obvious benefit of a conditioned athlete is the potential for the team or individual to compete at the highest levels. A well-conditioned team is typically a successful team. However, the real benefits of condition are long term. Simply, we want our student-athletes to understand lifelong fitness and exercise throughout their adulthood.

The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength and endurance and flexibility is an

important goal for all teams in the Rocky Point Athletic Program.

Participating in interscholastic athletics can be extremely taxing on the body. Proper conditioning throughout the year is beneficial not only during the season, but during one's lifetime. It is recommended that student-athletes stay in shape with proper diet and exercise. In addition, many programs offer intramurals and open gyms prior to the start of the scheduled season to prepare our student-athletes. These programs are NOT mandatory. However, they will help the individual who is not involved in physical activity prior to the beginning of their season.

Locker Room Use

Student-athletes are issued a locker for their personal use located in the physical education locker rooms. Students should NOT give their lock combination to anyone, as the sharing of a combination compromises the security of their belongings. All locker rooms are used by a number of students throughout the course of the afternoon as teams dismiss their athletes at various times. Therefore, it is essential that personal belongings be secured in their locker while at practice or competition. If athletes leave their personal possessions and belongings in an unlocked locker or out on the bench in the locker room, THEY ARE INVITING THEFT! Athletes are strongly discouraged from bringing valuable personal items to school that need to be left in the locker room facility. Excess cash, expensive jewelry, cell phones and electronics should be left at home or secured.

Uniforms & Equipment

Rocky Point UFSD provides uniforms and equipment at the start of each athletic season. The student is responsible for the proper care of these belongings as well as the return of all equipment and uniforms which have been issued. If any item is missing, the student may be held fiscally responsible for the cost to replace this item. Additionally, a student who has not turned in a uniform or met their financial responsibility for the uniform may not be issued equipment and/or uniform for the next season until this obligation has been met.

Transportation

Student-athletes are transported to and from athletic events by bus. Athletic trips are part of the experience as a team and the learning process as coaches use this opportunity to plan for and evaluate athletic contests. While students MUST travel with the team to a contest, it is STRONGLY recommended that students return with the team unless there is an extenuating circumstance. In the event a student is unable to travel home with the team, an Athletic Travel Release Form (found on the [RPUFSD Athletics & Intramurals homepage](#) and [Family ID](#)) must be completed and signed by a parent/guardian. The completed form should be submitted to the Athletic Office for approval prior to the scheduled contest. A copy will then be provided to the coach.

Late Bus

Most athletes are afforded the opportunity to take the late bus home after practices. Typically, J.V. and Middle School athletes will have their practices end before the last late bus departs. However, many times the varsity practices will run longer and therefore an athlete will have to find their own transportation home. All athletes will not be able to take the late bus home on the days of contests and scrimmages. The late buses leave the high school parking lot at 4:00pm & 5:00pm, daily.



Athlete's Contract

Participation in the Rocky Point Athletic Program is a distinct privilege. Students wishing to take advantage of the various athletics opportunities offered must display a commitment and dedication to the athletic program and to their team. All student-athletes will adhere to all team rules, all athletic department rules, all district attendance requirements and the Student Code of Conduct. **Failure to comply with the policies set for in this contract will result in disciplinary action and/or dismissal from the team.**

Eligibility

- All athletic candidates must be enrolled in the Rocky Point Union Free School District.
- A student shall be eligible for interscholastic competition in grade 7,8, 9, 10, 11 and 12 until their nineteenth birthday.
- All athletes will adhere to all NYSPHSAA. rules and regulations
- All athletic candidates must have completed a sports physical prior to participation. All physicals must be taken during May/June to be valid for the ensuing school year, beginning in August/September.
- Any student in grades 7 or 8 who is selected to tryout at the Varsity or Junior Varsity level must complete the Athletic Placement Process before the tryout begins

Substance Abuse

Smoking, vaping, being in possession of or drinking alcohol, or becoming involved with narcotics or controlled substance of any kind, at any time or any place, will result in disciplinary action that may include suspension from the team for a period of two weeks (14 days); the suspension from the team for the remainder of the season; or the suspension from all athletic teams for the remainder of the school year. In addition, the athlete may be subject to the disciplinary provisions of Education Law 3214.

Hazing

"A person is guilty of hazing...when, in the course of another student's entry into or affiliation with any team or club, s/he intentionally or recklessly engages in conduct which creates a risk of physical injury, emotional harm or a feeling of intimidation toward another student or students." This includes, but is not limited to physical harm, threatened harm, harassment, ridicule, criticism and causing the victim to damage public or private property. Any type of "initiation or hazing" is prohibited. Athletes who violate the "hazing" rules will be subject to severe discipline and may be subjected to criminal action.

Academics

It is recognized that the primary function of the school is to provide each student with a basic education. Therefore, Rocky Point Schools maintains an academic eligibility policy below.

Academic Eligibility

The school year is divided into four marking periods with online gradebook updates. The marking period will be used to identify students having academic difficulty. The purpose of this academic eligibility policy is to ensure that any student's involvement in any athletic activity does not detract from the main objective of academic achievement. It is also essential that any participant in athletic activities maintain a minimum academic level of performance.

Students who fail two subjects (all subjects included) within a marking period will be placed on academic probation. Students who fail three or more subjects within a marking period of a report card will be ineligible for participation. Ineligible students have the right to appeal their eligibility to the appeals committee.

Students on academic probation are required to attend two mandatory academic extra-help sessions per week in courses where the student is demonstrating difficulty. Students must also submit a weekly progress report to the designated administrator.

Transportation

All players will ride to and from games on the team bus, under the supervision of a coaching staff member. Proper conduct is expected at all times while riding on school transportation. There may be times when it becomes necessary for a parent to pick up an athlete after a game. A parent must complete an Athletic Travel Release Form found on the RPUFSD Athletics & Intramurals homepage and in your child's Family ID account. The form must be submitted to the Athletic Office or coach prior to the beginning of the contest.

Attendance

- If any athlete is absent from school, they may not participate in any practice, scrimmage, or game on that day.
- High school athletes (Varsity & J.V. athletes) must be in school by 8:00 a.m. or return with a note from a physician
- Middle School athletes must be in school by 8:00 a.m. or return with a note from a physician.
- Any early dismissal from school must be recorded as excused (defined as an absence due to personal illness, illness or death in the family, religious observance, require court appearances, approved college visits, or approved cooperative work programs). All other early dismissals will be considered unexcused and an athlete may not participate in any practice, scrimmage, or game on that day.

Student Responsibility

Students earn the privilege of participating in athletics based on good school citizenship, accepting responsibility and maintaining appropriate behavior in school and at school events. The Board of Education, faculty, staff and administration of the Rocky Point Union Free School District strongly believe that all students should be accountable for their actions. Those students who exhibit a failure to abide by the Code of Conduct may be excluded from all extracurricular activities. Athletes are responsible to review the Student Handbook: Code of Conduct and student Citizenship Sections and be aware of its content.

Students who receive an:

In School Suspension (ISS) are not eligible to attend the activity on the day(s) of ISS and one day following ISS.

Out of School Suspension (OSS) are not eligible to attend the activity for the duration of OSS plus five additional days of the school activity. If an athletic contest occurs within the five additional days, the student may return to the team the day following the contest.

Equipment

The care of team equipment is each athlete's responsibility. Each piece of equipment issued to an athlete must be returned. Any athlete who has not returned their equipment at the end of the season or payment for an item of missing equipment, may not participate on any athletic team until the equipment is returned or restitution is made.

Injuries

All injuries should be immediately reported to the coach so treatment may be initiated. In addition, timely reporting of injuries ensure all insurance regulations are managed quickly. Injured students may return to practice and contests once cleared by a doctor (concussions must be cleared by the chief medial officer).

Conduct of an Athlete

Student/Athlete conduct is a direct reflection on our educational institution. The conduct of an athlete is closely observed in many areas of life. It is important that behavior be above reproach in all of the following areas:

On the Field – In the area of athletic competition, an athlete will not use profanity or illegal tactics, understand that losing is part of the game, and is gracious in defeat and modest in victory. The student-athlete is always courteous, and respectful, does not make excuses, and congratulates the opponent on a well-played game.

In the Classroom – In the academic area, an athlete strives to become a high achieving student. If athletes are not productive and responsible in class, they will likely reflect the same behaviors on the practice field and never reach their full potential. As an athlete, effective time management is essential and athletes should provide themselves with sufficient time to focus on your studies. In addition to maintaining good scholarship, an athlete will give their full attention to classroom activities and always show respect for other students and faculty members. An athlete will demonstrate a good attendance record, not cut class and always attend school.

Assumption of Risk

Injury, including paralysis or death, is a risk that must be assumed when engaging in sports; accordingly, it is acknowledged that the athlete assumes the risk of such injury or death and in consideration of the District permitting participation in interscholastic athletics, the student-athlete and their parents/guardian agree not to hold the District liable for any such injury, including death.

I have read, fully understand and agree to fully abide by the terms of the Athlete’s Contract:

_____	_____	_____
Date	Student Signature	Print Name
_____	_____	
Date	Parent/Guardian Signature	