

# Rensselaer Central Athletic Department

## Regulations and Policies

The regulations and policies adopted and listed below shall become effective on the 1<sup>st</sup> day of August 2019 and shall remain in effect until revised by action of the Board of Trustees of Rensselaer Central Schools Corporation.

Rensselaer Central High School offers these sports for Boys:

- Cross Country
- Soccer
- Football
- Tennis
- Basketball
- Swimming
- Wrestling
- Track and Field
- Baseball
- Golf

Rensselaer Central High School offers these sports for Girls:

- Cross Country
- Soccer
- Volleyball
- Tennis
- Basketball
- Swimming
- Track and Field
- Softball
- Golf
- Cheerleading

Rensselaer Central Middle School offers these sports for Boys:

- Cross Country
- Football
- Basketball
- Wrestling
- Swimming
- Track and Field

Rensselaer Central Middle School offers these sports for Girls:

- Cross Country
- Volleyball
- Basketball
- Swimming
- Track and Field
- Cheerleading

## ACADEMIC ELIGIBILITY

### Rensselaer Central High School

**IHSAA Requirement** – The student/athlete must meet the minimum IHSAA requirement of passing at least 70% of the maximum number of classes offered. This requires that the student/athlete pass a minimum of 5 classes.

**RCHS Requirement** – At the end of each grading period, a student/athlete, manager or support member must be passing all subjects to be eligible, with one exception. A student/athlete who has received one (1) F and is receiving all A's, B's and C's in all other classes is still eligible. Semester grades will take precedence over nine-weeks grades. Ineligibility will last for a period of ten (10) student school days. The student/athlete may attend practices and contests, but may not participate in contests. The student/athlete may be re-instated at the end of the ten (10) student school days, if he/she has a passing grade in all subjects. If the student/athlete is not passing all subjects at the end of the ten (10) student school days, he/she will be ineligible for the remainder of the grading period. The ten (10) student school days begin the first student day of the school year, or the beginning of each grading period.

### Rensselaer Central Middle School

**RCMS Requirement** – At the end of each grading period, a student/athlete, manager or support member must be passing all subjects to be eligible. Semester grades will take precedence over nine-weeks grades. The student/athlete may attend practices and contests, but may not participate in contests. The student/athlete may be re-instated if he/she is passing all subjects on a progress report.

### Rensselaer Central High School and Middle School

Eligibility requirements carry over from the 4<sup>th</sup> nine-week grading period to the beginning of the next school year. The only exception will be for incoming high school freshman. All freshmen receive initial promotion academic eligibility as per IHSAA rules. This exception only applies to the 4th nine week grade period at the middle school level of an 8<sup>th</sup> grade student/athlete becoming a freshman.

## ATTENDANCE

### Rensselaer Central High School and Middle School

All student/athletes are expected to be at school by the start of the school day. If a student/athlete is not at school by the start of the school day, he/she will not be allowed to practice that day. Further, in the event there is an athletic contest that night, the student/athlete will not be allowed to participate. Field trips, funerals, medical appointments, school events or any other event approved by school administration will be considered approved absences. Any other exception must be approved by the Athletic Director, Assistant Principal or Principal.

Student/athletes serving in-school or out-of-school suspensions will not practice or participate in athletic contests during the entire length of their suspension. Student/athletes who are suspended from school are not to travel with the team or attend games while the suspension is in effect. Both types of suspension shall be considered over at the end of the school day on the final day of the suspension. The student/athlete is then eligible to start practicing and competing in contests the following day. If the suspension ends on a Friday, the student/athlete is eligible to begin on Saturday if there are practices or contests.

## **CONSENT TO PARTICIPATE**

### Rensselaer Central High School and Middle School

All student/athletes must have parental/guardian consent to participate in athletics. This requirement is covered by completing the following documents prior to any participation in each sports contest season. The following documents are required to be completed and turned into the Athletic Directors office:

- Physical Examination completed on IHSAA Form
- Drug Testing Consent Form
- Concussion Acknowledgement/Sudden Cardiac Arrest Form

## **IHSAA**

### Rensselaer Central High School

All student/athletes must meet the IHSAA requirements to compete in a sport. This includes but is not limited to:

- Student/athlete must not have attained the age of twenty (20) prior to or on the scheduled date of the IHSAA State Finals Tournament in a sport.
- Currently attending and passing at least 70% of the maximum courses offered at Rensselaer Central High School.
- Rule C-8-1 requires that a student/athlete's conduct, in and out of school, shall be such as: (1) not to reflect discredit on his or her school or the IHSAA; and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

## **PARTICIPATION IN TWO SPORTS IN ONE SEASON**

### Rensselaer Central High School and Middle School

Rensselaer Central High School and Middle School do not support dual sports participation. Student/athletes are not permitted to participate in an in-season sport and condition in an out-of-season sport at the same time. The only exception to that policy would be for a manager or other support team member. In the event that an exception does apply, both Head Coaches and the Athletic Director must approve the request.

## **CONFLICT BETWEEN ACTIVITIES**

### Rensselaer Central High School and Middle School

From time to time, conflicts may arise between extra-curricular activities and practice. In some cases, the athlete will have to make a decision as to which one to attend; in others, the decision will be made for him/her due to particular sport, class or club requirement. (i.e. Student Council, FFA, musical organizations, etc.) The general rule is that the student can choose, without penalty, to attend the one activity he/she wants for the first conflict, and on the second conflict, the athlete should attend the activity he/she did not choose the first time. Communication between the coaches and sponsors of the conflicting activities is a must.

## **INSURANCE FOR ATHLETES**

### Rensselaer Central High School and Middle School

The Rensselaer Central Schools Corporation does not provide any insurance coverage for student/athletes. As a service to our students, the Rensselaer Central Schools Corporation offers an opportunity to enroll in a student accident insurance plan administered by an outside vendor. Each student/athlete, however, must demonstrate proof of insurance before he/she will be allowed to participate on a school team.

## **TRANSPORTATION**

### Rensselaer Central High School and Middle School

Transportation to all events by bus or minibus is the established policy of the Rensselaer Central School Corporation. The Athletic Director, with the help of the Transportation Secretary, will set up a schedule for departure times and mode of transportation. Athletes traveling to and from athletic contests are expected to ride on the approved mode of transportation. Under no circumstances is a student/athlete to transport himself/herself or teammates to contests. In some cases, a student/athlete may be allowed to be transported by parents to the contest and/or from the contest as long as the "Travel Consent Form" has been approved by Administration for that contest. Coaches are to maintain discipline on the bus or minibus. Coaches are to see that athletes do not leave trash on the bus or other vehicle. When athletes arrive back at the school, coaches will remain until all athletes have left.

## **WEATHER CANCELLATIONS/DELAYS**

### Rensselaer Central High School

In the event of a morning delay to the start of school, all morning practices will be cancelled. In the event school is cancelled, released early, etc. all contests or practices will be canceled unless conditions improve to the satisfaction of the administration. In this case, the Superintendent or his designee may waive the above rules. Away contests will be determined by the administration of the host school.

### Rensselaer Central Middle School

In the event of a morning delay to the start of school, all morning practices will be cancelled. In the event school is cancelled, released early, etc. all contests or practices will be canceled. Away contests will be determined by the administration of the host school.

## **STUDENT/ATHLETE DRUG TESTING**

### Rensselaer Central High School and Middle School

The Board of School Trustees of Rensselaer Central Schools Corporation recognizes the health risks and dangers associated with the use of unlawful, illicit drugs, alcohol and/or tobacco products. All student/athletes, including those trying out for a team will be subject to a mandatory random drug testing program.

Driver education students and those students seeking parking authorization are also included in this mandatory drug testing program.

In addition to those students described above, the school will test any student who volunteers to participate in the program as well as students under the age of eighteen (18) whose parents wish to have them included in the program at the parent's expense.

## **ROSTER SELECTION**

### Rensselaer Central High School and Middle School

The coaching staff is hired for their knowledge and expertise in each particular sport. It is at the discretion of each sport's coaching staff to decide who will be on their team. At times, it will be necessary to release student/athletes trying out for the team. If a student/athlete is cut from a team he/she may join another team or program in that sport season with the approval of the second sport coach. This will not be allowed if the sport that the student/athlete is requesting to join has already held their first contest and/or that sport has administered cuts. A student/athlete cannot quit one sport to join another in season sport unless the sport requesting to join has not already held their first contest and/or that sport has administered cuts. Both the sending and receiving coaches must agree to this. A student/athlete cannot quit a sport to join another out of season sport until their current sport season is over. (Example: a player cannot quit football to go out for basketball until football is over. This includes pre-season training and weight training.) All questions and extenuating circumstances will be handled by the coaches involved and the Athletic Director. All athletes, including suspended athletes, will be released by the coach at the end of the season before they may begin a new season.

## **HOMESCHOOL STUDENTS**

### Rensselaer Central High School and Middle School

**IHSAA Requirement** – IHSAA Rule 12-5 allows homeschoolers to participate at the public member school serving their legal residence. The IHSAA criteria include:

- The student, in conjunction with the school, provides proof to the IHSAA that the spirit of the eligibility rules will not be compromised including passing a physical examination and participating in the required number of practices in a given sport
- The student must have been home schooled for the previous three consecutive years
- The student completes all state-wide examinations as authorized by the Indiana Department of Education
- The student's family must submit grade information to the school to affirm the student is passing all courses
- The student must be enrolled in the school for which the student is participating for a minimum of one class per day.

**RGHS/RCMS Requirement** – Additionally, the Board of School Trustees of Rensselaer Central Schools Corporation has also mandated that each Homeschool student/athlete be enrolled in 50% of the maximum number of classes offered to be eligible to participate in Athletics.

## **DISCIPLINE**

### Rensselaer Central High School and Middle School

**INVESTIGATION** The Athletic Director shall immediately investigate the conduct of any student/athlete when the Athletic Director has reason to believe that a violation of these regulations has occurred. The Athletic Director may interview the student/athlete as well as any other student or person who may have information regarding the alleged misconduct. If, after conducting the investigation, the Athletic Director believes that the student/athlete violated any of these regulations, discipline shall be administered consistent with these regulations.

The following regulations, if violated at any time, will result in disciplinary action as outlined below:

- **ALCOHOL – POSSESSION, USE AND/OR CONSUMPTION.** The student/athlete shall not possess, use, or consume any alcoholic beverage, in any form or quantity.
- **ILLEGAL DRUGS – POSSESSION, USE AND/OR CONSUMPTION.** The student/athlete shall not possess, use, or consume any form of illegal drug including, but not limited to non-prescriptive or counterfeit drugs.
- **NICOTINE AND/OR TOBACCO PRODUCTS – POSSESSION, USE AND/OR CONSUMPTION.** The student/athlete shall not possess, use or consume any type of nicotine, nicotine products, tobacco or tobacco products. This includes but is not limited to tobacco products, lighters, matches, electronic cigarettes, electronic cigarette pods, hookah pens or any smoking/vapor device.
- **THEFT AND/OR VANDALISM.**
  - The student/athlete shall not commit any act of theft or vandalism, wherever it may occur.
  - Payment or replacement of stolen or damaged equipment, facilities, etc., shall be the responsibility of those student/athlete(s) involved.

If any of the above four regulations are violated by a student/athlete or student/athlete candidate, the following disciplinary action shall be taken.

Rensselaer Central Middle School – Violations occurring as a Middle School student/athlete

1<sup>st</sup> offense: Suspension for the interscholastic athletic competition for 25% of the scheduled contests for that sports season. The length of the suspension shall be based upon the number of regularly scheduled interscholastic contests. The number of suspended contests shall be rounded off to the nearest whole number of contests. If the suspension cannot be completed within the current sports season, the suspension shall be carried over to the next sports season in which the student/athlete competes. The student/athlete shall follow all team rules during the period of suspension.

2<sup>nd</sup> offense: Suspension from interscholastic athletic participation and competition for one calendar year, beginning from the day of notification of the violation.

3<sup>rd</sup> offense: A third violation shall result in expulsion from interscholastic participation and competition for the remainder of the athlete's middle school career.

Rensselaer Central High School – Violations occurring as a High School student/athlete

1<sup>st</sup> offense: Suspension for the interscholastic athletic competition for 25% of the scheduled contests for that sports season. The length of the suspension shall be based upon the number of regularly scheduled interscholastic contests. The suspension shall include all completed contests through the State Tournament. The number of suspended contests shall be rounded off to the nearest whole number of contests. If the suspension cannot be completed within the current sports season, the suspension shall be carried over to the next sports season in which the

student/athlete competes. The student/athlete shall follow all team rules during the period of suspension.

2<sup>nd</sup> offense: Suspension from interscholastic athletic participation and competition for one calendar year, beginning from the day of notification of the violation.

3<sup>rd</sup> offense: A third violation shall result in expulsion from interscholastic participation and competition for the remainder of the athlete's high school career.

Since managers are not participants, managing does not fulfill the requirements of serving a suspension.

The student/athlete's coach will determine whether or not the suspended student/athlete must complete the sport's season in which he/she was participating for the purposes of serving the suspension.

To serve a suspension, the student/athlete must be otherwise eligible to participate in athletics according to these regulations.

In the event the student/athlete violates any of the above regulations, that student/athlete may be required to attend counseling. If required, the counseling sessions must be completed to regain eligibility for competition.

Suspended student/athletes will not dress in game attire for contests in which they are suspended.

Possession – Definition. For the purposes of these above regulations, the term possession means that the student/athlete has control over the illegal substance or beverage with the intent to have and exercise control.

The following are considered regulations of the Discipline section outside of the four regulations listed above.

**IHSAA RULE C-8-1** This rule requires that a student/athlete's conduct, in and out of school, shall be such as: (1) not to reflect discredit on his or her school or the IHSAA; and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. A student/athlete that engages in conduct that violates IHSAA Rule C-8-1 is in violation of the Discipline regulations.

**VIOLATION OF THE CRIMINAL CODE.** The Indiana Criminal Code, I.C. 35-1-1-1, et seq., is hereby incorporated by reference into these regulations. If a student/athlete engages in conduct that is a crime under the Indiana Criminal Code, such conduct shall be deemed a violation of these regulations. The student/athlete need not be arrested, charged or convicted of a crime in order for discipline to be administered under these regulations.

**DISCIPLINE COMMITTEE.** Under these regulations, certain violations, namely, possession, use and/or consumption of alcohol, tobacco or illegal drugs, and theft and vandalism, have specified penalties or discipline for each such violation. However, other violations of these regulations do not carry set penalties or discipline. Therefore, if, after investigation, the Athletic Director believes that the athlete may have violated regulations that do not carry set penalties, a discipline committee shall convene to determine whether the student/athlete should be disciplined. The discipline committee shall consist of the Athletic Director, the Principal and the student/athlete's current head coach. If the student/athlete is not currently in a sport, the Athletic Director will appoint a head coach to serve on the committee. Any member of the committee may request the student/athlete to speak to the committee regarding the alleged violation. Further, if the student/athlete requests, the student/athlete shall have the right to address and speak to the committee concerning the alleged violation. After a review of all circumstances surrounding the alleged violation, the committee shall then make a determination as to the discipline to be administered by a majority vote. The range of discipline may range from no action, to a suspension for the student/athlete's entire athletic career at the High School or Middle School level. The discipline may also include a requirement that the student/athlete make restitution if damages are sustained as a result of the misconduct. Further, the discipline may include counseling such as the discipline committee deems necessary. The discipline administered shall be consistent with the seriousness and nature of the alleged misconduct, and the student/athlete's prior disciplinary record.

Each student/athlete should bear in mind that he/she represents himself or herself, his/her family as well as his/her teammates and his/her school more places and in front of more people than the other student/athletes at the High School or Middle School. A Bomber student/athlete's actions and conduct at all times reflect directly on all of the above.

The student/athlete shall also understand that they are a High School or Middle School student/athlete 24 hours a day, 7 days a week and 365 days a year. This commitment to the Rensselaer Central Athletic Department is a complete commitment to a positive lifestyle. Questionable conduct by a student/athlete can ruin the pride and favorable image that student/athletes create for our school and community.

### **COACHES RULES**

#### Rensselaer Central High School and Middle School

Each coach shall have the right to establish written rules for the team they are coaching. These rules shall be subject to the approval of the Athletic Director and shall be distributed to the student/athletes.



## ATHLETIC AWARDS POLICY

### Rensselaer Central High School

A student/athlete must attain 500 points in order to receive his/her honors jacket and 1000 points in order to attain his/her honors blanket. A student/athlete is required to have earned at least three varsity letters and then may receive a combination of 200 points from various other recognitions. Student/athletes may be awarded points by the Athletic Director for additional service or work to the Athletic Department. It is at the discretion of the Athletic Director if this will be permitted on an individual basis.

#### Point Structure:

Varsity Letter	100 points
Junior Varsity Award	65 points
Freshman Award	45 points
Three –Sport Athlete	50 points
Conference Champ	15 points
Team Conference Champ	15 points
Sectional Champ	25 points
Team Sectional Champ	25 points

#### Individual and Team IHSAA Tournament Advancement

Individual		Team	
Regional Qualifier	15 points	Regional Qualifier	15 points
Semi-State Qualifier	30 points	Semi-State Qualifier	30 points
State Qualifier	75 points	State Qualifier	75 points

A student/athlete will receive the point value of the highest level attained. For example, a State Qualifier gets 75 points, not 15 for Regional + 30 for Semi-State + 75 for State.

Each student/athlete will have a cumulative record kept in the Athletic Director's office. The student/athlete may request to see or have a copy of such at any time.

Managers are not considered athletic participants when determining points for a three sport athlete. Managers will receive team conference championship and team advancement points, if the team they are managing advances in the IHSAA tournament series, or wins a team conference championship.

# Athletic Handbook Agreement 2019-20

I hereby give my permission for \_\_\_\_\_

Student

to participate in a Rensselaer Central Schools-sponsored athletic sport(s) program during the 2019-20 school year. I understand that participating on a school-sponsored athletic team is a privilege and not a right that I possess or demand.

I have read the 2019-20 Rensselaer Central Schools Student-Athlete Handbook in its entirety, and I agree to follow the rules, policies, and procedures detailed therein. I hereby understand and agree to fully cooperate with the Student-Athlete Handbook behavioral expectations, Code of Conduct guidelines and Discipline.

I understand that Rensselaer Central Schools and its administration reserve the right to revoke any and all such privileges when an infraction or violation occurs to the school's policy.

Date \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_