

May 2019

RIVER BEND EXTRA- **CURRICULAR** **HANDBOOK**

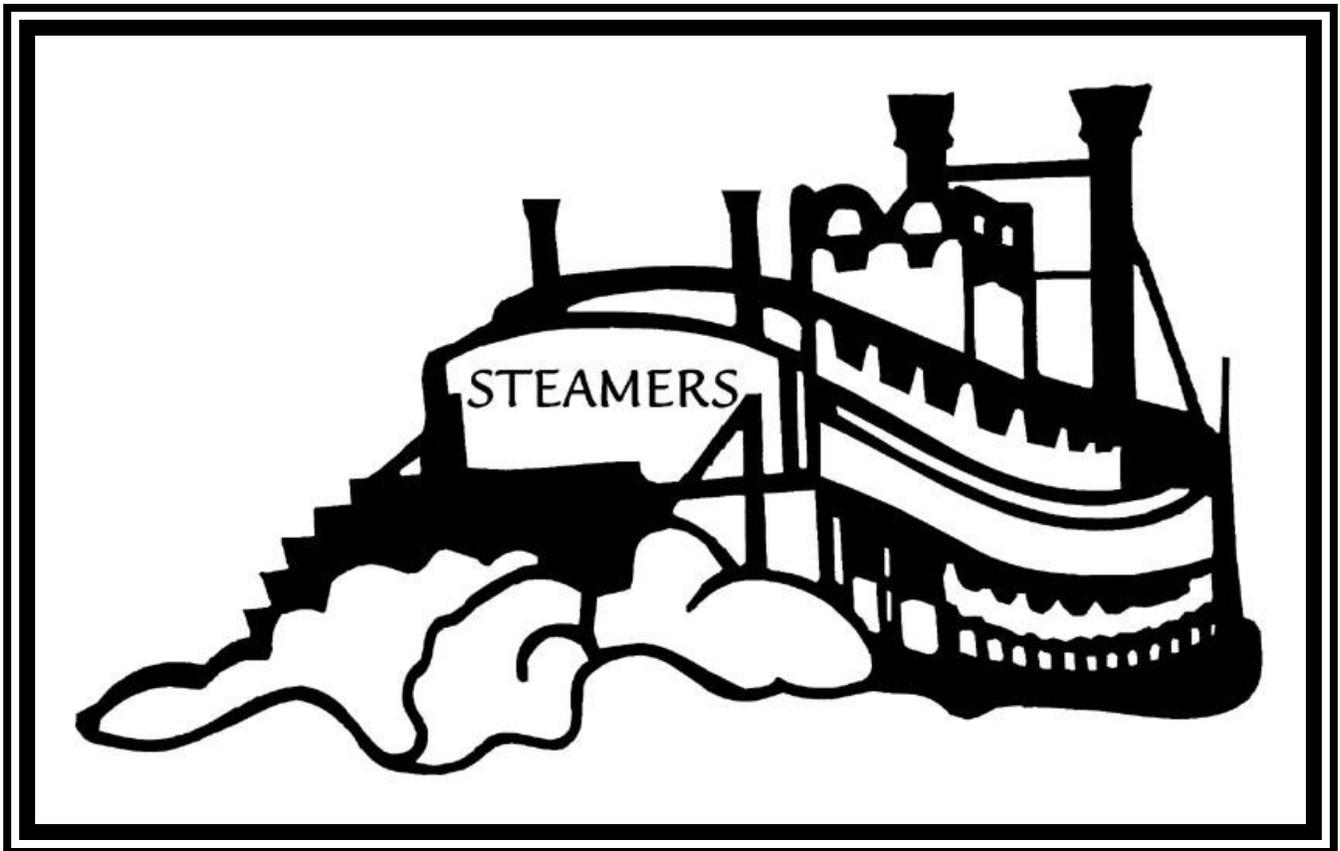


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PHILOSOPHY

We believe and are committed to the idea that inter-scholastic competition in extra-curricular activities is an important part of the school curriculum and plays a vital role in the development of young men and women. We believe that extra-curricular activities are an educational experience beneficial to all who participate. We are committed to the idea that participation in extra-curricular activities can contribute to the development of physical health and mental well-being. A good extra-curricular activities program is one which teaches those who participate that cooperation, as well as competition, are important parts of the society in which they live. We should teach victory and the acceptance of defeat and keep both in their proper perspective. To the degree that the Fulton High School extra-curricular activities program and River Bend extra-curricular activities programs succeed in any of the above, is the degree to which that program is a success. Hopefully, nothing in this handbook will constrict innovation or in any way impede the individuality of coaches/sponsors and the special relationship they have with their participants. At the same time, it is expected that all concerned will be aware of certain basic methods of operation and rules of conduct that must be abided by. We believe that adherence to these few minimal rules will ensure the best possible co-curricular experience for all Fulton High School and River Bend Middle School students participating in an extra-curricular activity program.

THE SPORTING CREED

The Coach.... Inspires in his/her athletes a love for the game and the desire to win. Teaches them that it is better to lose fairly than to win unfairly. Leads players and spectators to respect officials by setting a good example for them. Is the type of person he/she wants his/her athletes to be.

The Official.... Knows the rules. Is fair and firm in all decisions. Calls them as he sees them. Treats players and coaches courteously and demands the same treatment. Knows the game is for the athletes and lets them have the spotlight.

The Player.... Lives clean and plays hard. Plays for the love of the game. Wins without boasting, loses without excuses, and never quits. Respects officials and accepts their decisions without question. Never forgets that he/she represents his/ her school.

The Spectator.... Never boos a player or official. Appreciates a good play no matter who makes it. Knows the school gets the blame or the praise for his or her conduct. Recognizes the need for more sportsmen and fewer "sports".

FULTON HIGH SCHOOL EXTRA CURRICULAR ACTIVITIES CODE

- As a participant in extra-curricular activities at Fulton High School, I:
- Recognize the privileges of representation and participation, which come to a participant and assume sincerely the responsibilities and obligations that go with these privileges.
- Will know and practice correct health and training routines in accordance with the Fulton High School Training Regulations.
- Will work to apply the philosophy that nothing worthwhile is accomplished without hard work, application and the desire to succeed.
- Will strive to avoid cliques or special groups within the squads or in the school, which are operating under selfish motives rather than for the good of the program and the school.

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- Will recognize that the school and I are judged by the company I keep.
- Will strive always to be "First-class" in appearance, conduct, and performance.
- Will respect and encourage excellence of performance and conduct regardless of who accomplishes it or where it is accomplished.
- Do believe that each squad member has his or her unique contribution to make in the position that he or she holds.

- Will recognize that a true athlete is one who, despite unjustified criticism, a losing season, or a better opponent, still had the determination to strive beyond his or her apparent ability.
- Appreciate that it is not how much I know or can do, but what I get done that counts.
- Realize that when I put a limitation on what I will do, I put a limit on what I can do.
- Will respect in good faith the role of teachers, coaches, officials, teammates, and students as they affect my daily life.

River Bend Middle Schools Position on No-Cut Policy

The position of the River Bend District in regard to middle school extra-curricular activities is that participation in and enjoyment of the activity is the basis for the event. The emphasis is directed toward skill building, team play, sportsmanship and an appreciation for the effort needed to succeed in sports. The emphasis on participation carries no formula for minutes, quarters, or games to be played. It does involve an empathy on the part of the coach and an understanding on the part of parents and participants that all students can contribute and all need an opportunity. Participation can take many forms and still not jeopardize the fun or the success of the activity. These could include extra games, extra quarters, or substitutions. The District realizes that with large numbers of players that wish to play, not all will be equal. However, the District also realizes that at the middle school level playing the same children all the time is counter-productive to the overall success of the program and is contrary to the philosophy of the schools. The building Principal and Athletic Director are to ensure that team work, winning, participation and fun are all synonymous terms in middle school activities.

Fulton High School Position on No-Cut Policy

The River Bend Schools have attempted to have a no-cut policy in regard to high school sports. It has been the feeling of the District that all children need the opportunity to experience the many benefits that are found in athletic competition. While the no-cut policy implies that all are welcome to become involved in extra-curricular activities, it carries no guarantees on participation. Playing time, regardless of the activity, is at the discretion of the coaching staff. In addition, the degree of involvement is in large part determined by the numbers that wish to participate in a particular activity. No cut means an opportunity to be part of the team. It carries nothing more nor does it intend to put added pressure on coaches that have too much pressure now. The Principal is responsible for the implementation of the no-cut policy within the guidelines of common sense.

ACTIVITIES BEHAVIOR CODE

The code of conduct listed herein is intended to identify a single code of conduct for all young men and young women in River Bend involved in activities. These activities include, but are not limited to, the following: Baseball, Basketball, Cheerleading, Class Officers, Football, Golf, Jazz Band, Jazz Choir, Musicals, Plays, Scholastic Bowl, Science Club, Softball, Speech Team, SADA/PRT, Student Council, Thespians, Track, Volleyball, Swimming, National Honor Society, and Wrestling.

For the purposes of this policy, extracurricular activities at Fulton High School will be broken down into three (3) categories: a) Seasonal activities, b) Year-long activities, and c) Elected/Honors activities.

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- a) Seasonal activities include: Basketball, Football, Football Cheerleading, Basketball Cheerleading, Baseball, Softball, Golf, Wrestling, Track, Volleyball, Swimming, Speech Team, and Scholastic Bowl.
- b) Year-long activities include: Thespians, Jazz Choir, Jazz Band, and Science Club.
- c) Elected/Honors activities include: Student Council, Class Officers, National Honor Society, SADA, and PRT.

The goal of the activities program is to develop the academic/physical skills of our students as to allow them to compete in excellent fashion within the Board of Education of River Bend Unit No. 2 policies and the by-laws of the Illinois High School Association. As a high school we must include certain philosophical beliefs, which are consistent

with good sportsmanship, leadership, and appropriate moral conduct. Knowing the expectations and goals of an activity program is the key toward realization and fulfillment. The FHS Activities Behavior Code applies to all students enrolled at Fulton High School and all graduates of River Bend Middle School immediately upon the completion of their 8th grade year. Students should understand that this code does not contain a complete list of inappropriate behavior as a River Bend activity participant. Suffice it to say that in addition to those listed, River Bend students will be expected to demonstrate excellent conduct in their classrooms, in the community, and on the field of athletic/activity competition. Nothing less will do.

CODE OF CONDUCT

River Bend activity participants will not:

- 1. Smoke or chew any tobacco substances.
- 2. Consume or possess alcoholic beverages, drugs, or foreign substances.
- 3. Steal or vandalize personal or school property. This includes pilferage of uniforms and athletic or personal equipment of other individuals.
- 4. Withhold the return of school equipment issued for the use of the student.
- 5. Be truant from any assigned classes at any time during the school year.
- 6. Take part in repeated misconduct or violation of school rules.
- 7. Take part in any conduct resulting in arrest or which breaks the rules and regulations of the school and community (to be disciplined by the Activities Violation Committee).

Coaches or sponsors are responsible for ensuring that all participants have returned a **signed** Code of Conduct. The Code of Conduct form must be signed by the participant and his/her parent(s) or guardians. No River Bend participant will be allowed to participate in an inter-scholastic contest unless a properly signed Code of Conduct is on file in the Athletic Director's office. The Athletic Director will ensure that signed "training rules" are properly inventoried, maintained and available as needed. Coaches and sponsors will work closely with the Athletic Director to ensure that these files are current. If a participant violates the Code of Conduct, the coach or sponsor will have no alternative but to abide by the penalty stipulated therein. Any questions about specific violations or interpretations of these rules should be made only in conjunction with the Athletic Director.

The Code of Conduct should be read and signed by participants in the following organizations/sports:

- | | |
|------------------|--------------------------|
| *Athletics | *Thespians |
| *Jazz Band | *Student Council |
| *Show Choir | *National Honors Society |
| *Scholastic Bowl | *Class Officers |
| *Speech Team | *SADA |

If a violation of the Code of Conduct by a student does occur, an Activities Violation Committee would be formed to review the violation. That committee would consist of the following people:

- 1. Athletic Director

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2. Athletic Coach – shall not be involved in the activity that the student being “reviewed” is presently participating in
3. Activities Sponsor – shall not be involved with any activities that the student being “reviewed” is presently participating in

The Activities Violation Committee will be appointed with the approval of the Athletic Director and the Principal.

The Activities Violation Committee will determine penalties to violation not specifically spelled out in the Code of Conduct.

DISCIPLINARY ACTION

Any student violating the rules, or who breaks the rules and regulations of the school and community, will be disciplined by the Activities Committee, coach/sponsor, and/or athletic director/principal.

In addition, any student who breaks rules No. 1 and 2 above will be subject to the following extracurricular suspensions:

1. 1st Offense: *1/3 of the season for Seasonal activities. (Students who are in Elected/Honors activities will be suspended from participation in those activities for the remainder of the school year in which the offense takes place and for the following school year if an applicable election for that position/honor has already taken place.)

*If a 1st offense occurs during an activity season, the suspension will begin immediately. If a 1st offense occurs outside an activity season, the suspension will begin on the Monday of the week of the 1st contest of the next activity season in which the student chooses to participate.

For the purposes of this policy, the length of a suspension from a seasonal activity will be determined by the administration and will be based on the number of scheduled event dates in the activity season. (For example: for a Seasonal activity with 21 scheduled event dates, a suspension for 1/3 of a season equals 7 event dates).

For year-long activities only, a first violation will result in suspension from participation in the current/next official performance for that activity (i.e. Fall Play, Spring Play/Musical, Music Contest, Winter Concert, Spring Concert) and all practices, meetings, etc. leading up to that performance/activity.

Any suspension that cannot be completed during one activity season must be completed at the start of the next activity season in which the student chooses to participate.

(For example: If a student is suspended from participating for the last 1/6 of one Seasonal activity, that student would also be suspended from participating for 1/6 of the next Seasonal activity season in which he/she chooses to participate.)

No student will be permitted to participate in an extracurricular activity that he/she has not previously participated in if it is determined by the administration that participation is an attempt to avoid suspension from an activity the student has previously participated in.

A student/athlete who is serving an athletic suspension must continue to maintain good standing with the team in order to complete the suspension. This includes following all team rules. Failure to follow team rules and academic ineligibility will result in those games not counting towards the suspension

A student must finish an applicable activity season “in good standing” in order for any associated suspension to apply.

2nd Offense:

**1 calendar year from the date of the 2nd offense.

3rd & Subsequent Offenses:

**1 calendar year from the date of the 3rd or subsequent offense.

**If an offense occurs while a student is serving activities suspension, the additional year of suspension will begin on the date the current suspension concludes. A participant will be required to attend practice during a period of extracurricular suspension, for any activity in which he/she plans to participate.

1. NOTE: A student will be considered to be in an activity season as soon as that student checks out equipment or signs up for that sport/activity and/or participates in the first practice session.
2. A violation of the code of conduct may be reported by any teacher or administrator in the River Bend District provided the report is based upon actual witnessing of the violation by the reporter. The student is considered in violation if said student admits his/her violation to any staff member or school administrator and if reported by their parents to any staff member or administrator.
3. A violation of the code of conduct may also be determined by a report of a law enforcement officer, court officer, newspaper account, or the results of a school-sponsored random drug screening.
4. A self-referral component is available to activity participants. A participant who voluntarily comes forward to a staff member or administrator, in recognition of a substance abuse problem will receive no consequence, but must satisfactorily complete, at their expense, an approved substance assessment and/or abuse program. Self-referral must take place before a reportable violation, as described in #3 and #4 above, has occurred. (Parent/Faculty committee strongly urges us to maintain #4).

Other Positions

Each year students are chosen by the FHS student body to hold positions of honor. These positions include, but are not limited to: Homecoming court, Prom attendants, Graduation speakers, etc. If a student is chosen for one of these positions and that student has recently violated or subsequently violates the Extracurricular Code of Conduct, his/her participation in the applicable activity will be determined through administrative review and discretion.

DISCIPLINE OF ATHLETES (SUSPENSION - DISMISSAL)

1. Training rules will be followed in all cases. Nothing in this handbook should be construed as changing or superseding any established policy.
2. Coaches must let all athletes know what is expected of them prior to the start of each sport season. The athletes must also be informed that failure to comply with these expectations may result in their suspension or dismissal from the team. This set of rules presented to the team must include specific information on the following areas:
 - a. Attendance at practice and games
 - b. Conduct at practice and at all contests home and away
 - c. Sportsmanship
 - d. Academic progress
 - e. Proper maintenance of and appearance in team uniforms for practices and games
 - f. Statement that travel to and from away contests must be by bus unless unique circumstances prevail and special prior arrangements have been made with the parents of the athlete. A note must be signed/approved by the A.D. prior to game day
 - g. Any other areas deemed appropriate by the coach
3. Coaches will ensure that the Athletic Director is aware of these rules and approves of them.
4. Athletes may be suspended from teams for any violation of rules. Coaches have authority to suspend an athlete with the approval of the Athletic Director and Principal. The coach shall

make every effort to call the parents of the suspended athlete and to inform them of the suspension, the specific cause of the suspension, and the fact that future violations may result in permanent dismissal from the team. This telephone conversation will be followed by a letter to the parent of the suspended athlete. The form of the letter may vary, but it must include the reason for the suspension, the effective date of the suspension, and the fact that repeated misconduct may result in dismissal.

5. If a first offense is particularly serious, the coach in conjunction with the Athletic Director and Principal will report the situation to the parents and they and/or the student will be given a hearing if requested. Those present at the hearing must include the athlete, his/her parents or guardian (if they so desire), the Athletic Director, coach, and the Principal.
6. Practice during a period of suspension is up to the discretion of the coach, however, participation in inter-scholastic contests is forbidden.
7. If an athlete continues to violate rules after a period of suspension, parent/guardian contact, and attempted remediation, the athlete shall be subject to dismissal from the team. A coach who desires the dismissal of an athlete will consult with the Athletic Director and Principal. The athlete must be made aware of the specific violation he/she is accused of and his/her right to a hearing. Parents/guardians may be present at a hearing if one is requested and they desire to attend. If the situation warrants it, the athlete will be dismissed permanently from the team. Upon dismissal, the athlete will not be eligible for any other sport currently in session, but may try out for any team in future seasons with administrative approval.
8. It will be the responsibility of the Athletic Director to advise and update the Principal and other involved administrators regarding discipline of athletes.

ACTIVITY FEE POLICY

The activity fee shall be in the amount of \$235 for the first activity, and an additional \$50 for the second or any subsequent activities. Student extracurricular participants must pay the activity fee for the sport/activity they are involved in prior to the beginning of the first event/meeting of the organization, or they should make alternate arrangements for a payment schedule with the principal. Fees for activities **will not** be waived. Participants may receive a refund of the activity fee prior to the first contest of the season only in cases where the participant voluntarily withdraws/quits the activity. No refunds or proration of fees will be made after the first contest of the season and no refunds or prorating of fees will be made at any time, to any participant who is removed from an activity by a coach or administrator for violating team or River Bend rules or Behavior Code. Payment of an activity fee does not ensure a minimum of participation time in athletic events or other extracurricular activities. High School Activities fees to be determined for the following activities: Interscholastic Athletics, Thespians, Jazz Choir, Jazz Band, Scholastic Bowl Team, Cheerleading, or Speech Team. All athletes must have a school lock for their athletic locker - \$6.00 refundable fee.

ATHLETIC TICKETS

High school varsity athletic event tickets at the gate will be \$4.00 for adults and \$3.00 for anyone else high school age and under. (*River Bend students – no charge with a school issued River Bend Student Athletic Activity Ticket*). Persons 60 years or older will qualify for a Senior Citizens pass which will allow them to enter all home athletic events. The charge for this pass will be \$20.00 and can be obtained at any school office between the hours of 8:00 a.m. and 4:00 p.m., Monday through Friday. Also, the following all-varsity-event tickets will be available in advance (not at the event/gate) and will be good for any varsity sport for the number of events designated on the ticket.

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Below is a listing of the tickets available, the number of events the tickets will cover, and the actual price per event realized by the purchase of the tickets.

ADULTS

\$28.00- 8 events (Saves .50/ticket)

\$43.00-13 events (Saves .69/ticket)

\$56.00-18 events (Saves .88/ticket)

\$74.00-24 events (Saves .92/ticket)

Any number of persons may use the individual all-varsity-event student or adult ticket up to the number designated on the ticket purchased. (An 8-event ticket will allow one person to attend 8 events, or 8 persons one event, for example).

All-varsity-event tickets will be honored for more than one year, until the number of events designated on the ticket has been used. Tickets will be sold in the high school office between the hours of 8:00 a.m. and 3:30 p.m., Monday through Friday.

ATHLETIC EQUIPMENT

One of the values of athletics is to teach responsibility and this should apply to the care of athletic equipment as well as school property. The best and safest equipment is issued, and each athlete is expected to take excellent care of this equipment. If the equipment needs repair or is not the right size, the athlete will exchange it and see that the change is noted on the equipment sheet. The athlete is held financially responsible for any lost or misplaced equipment. Even though the athlete pays for lost equipment it is often impossible to replace some equipment which is purchased in lots and identified by a certain number, material or style. Any person with unauthorized and/or unissued athletic equipment may be subjected to legal action to obtain equipment or damages. Parents/Guardians can help here by seeing that the athlete does not have this lost equipment in the home. When an athlete completes a sport season, he/she is ineligible to receive equipment for a new sport until he/she has paid all fees for lost equipment and turned in all other equipment previously checked out to him/her.

ATHLETIC INJURIES AND THEIR CARE

A student participating in athletics should be familiar with the following instructions relative to injuries and illnesses:

1. All participants in the athletic program must carry school insurance or have an insurance waiver signed by their parent/guardian on file in the office.
2. Any school connected injury should be reported to the coach and the accident report form must be filed with the office secretary.
3. If an individual has any special medical problem the coach and athletic coordinator must be so informed.

INSURANCE

Athletic competition always carries with it the possibility of injury to the student athlete. While River Bend Unit District No. 2 does not advocate the use of any particular insurance company, we feel it is our responsibility to inform you, as the parents or guardians of student athletes, that low cost insurance is available to you. Information on this insurance, which would cover your child during competition and/or the normal school day, can be obtained by stopping in the High School office. **Accident insurance is required of all athletic participants.** Families having full coverage under another policy may waive this requirement.

CONFLICTS BETWEEN ACTIVITIES

In an attempt to alleviate disagreements between sponsors and to avoid students being put in a difficult situation, the policy below will be followed with A.D. and Principal approval.

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A participant shall go to the non-athletic activity unless it is an IHSA tournament. The level of the activity will be the guide (i.e. higher state level contests will prevail). If special arrangements are possible and are approved by the A.D. and Principal, the participant could be allowed to participate in both activities. The participant does not make the decision, but will have input.

Fulton High School Open Gym/Field Policy

A program in which the gymnasium, track, playing field, practice fields or any other school facility are available for use by student-athletes, is classified as an open gym or open field. These types of activities are governed by IHSA by-laws. Specific equipment related to a sport may be used, but there are restrictions on how the program is administered. A coach or staff member who supervises such an event must always follow the rules and regulations listed below.

In season athletes can participate in open gyms before their next season starts provided they follow the in season open gym rules which are listed below. The Coach of the in season athletes and the coach hosting the open gym should communicate on a regular basis to make sure the rules are being followed. In season athletes should not participate in an open gym if they are in the post season of the sport they are currently participating in.

Open Gym Rules for In Season Athletes

1. They can: shoot, hit, catch, throw,
2. They shall not: participate in live drills, contact drills, scrimmages, or conditioning

IHSA/School Open Gym Regulations

1. Coaches must clear the event with the Athletic Director in advance.
2. The activity must be announced to the school and kept open to all Fulton High School students.
3. No students from any other school may participate.
4. Fulton High School coaches must always be present to supervise all phases of the activity.
5. The program is open to all students at Fulton High School
6. Attendance and participation is voluntary and attendance cannot be taken.
7. Coaches cannot choose sides or pick teams.
8. Athletes may lead and instruct other athletes at any time.
9. There must be no coaching of the skills and techniques of activities provided in the school interscholastic athletic program
10. The facility must be cleaned and secured at the end of the session.
11. Any injuries and/or damages must be reported.

DUAL SPORTS DURING SEASONS

Athletes will be allowed to participate in two sports concurrently. Those athletes must notify the Athletic Director PRIOR to the season in which he/she will be participating. The Athletic Director will then provide appropriate information to the student.

Dual Sport Agreement

Fulton High School

Fulton High School is committed to allowing each student athlete the opportunity to develop their athletic potential to the fullest extent while respecting their individual needs. To meet those needs, Fulton High School has instituted the following policy that allows athletes the privilege to compete concurrently in selected interscholastic sports competition throughout the school year.

To insure the success of this policy the following guidelines must be adhered to by both the student athlete and his/her parents or guardians:

1. The student athlete must meet all IHSA rules and regulations.
2. The athlete must not have failed any classes the previous semester.
3. The student athlete and parent/guardian are required to meet with the athletic director prior to a concurrent athletic season. During the meeting this contract will be discussed and signed.
4. The athlete will declare his/her primary sport of choice to the Athletic Director and both coaches.
 - a. The primary sport of choice is defined as the sport in which a student athlete will participate if a conflict arises.

Primary Sport: _____ Secondary Sport: _____

5. The athletic administration will advise and forewarn athletes of potential conflicts well in advance of the scheduled games, meets or practices. There may be a rare situation in which the secondary sport of choice may take precedence due to the level of competition. This conflict would be discussed and decided upon at the pre-season meeting. The athletic director will have final say on conflicts.

6. Any conflicts or changes to this contract that are agreed upon at the pre-season meeting, will be put in writing as well. If the athlete fails to honor this contract, he/she will lose the concurrent athletic privilege. As a result, the student athlete will be limited to their primary sport of choice.
7. Parents/Guardians will assume full responsibility for transportation between any two practices or any two events. A student will not be allowed to drive himself/herself from primary sport practice or event to secondary sport practice/event or vice versa. If there is a conflict for the parent/guardian to transport the athlete, arrangements for other adult transportation will be made at the pre-season meeting.
8. The athlete must further recognize the importance of the IHSA policy on scholastic eligibility, and must pass 20 class work hours each week. If the administration or athletic director recognizes a decline in the student athlete's academic performance, either person may limit the student athlete to their primary sport of choice for a period of time or for the remainder of the season.

Student Athlete

Parent/Guardian

Principal

Athletic Director

Special considerations or arrangements agreed upon at initial meeting:

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ACTIVITIES ELIGIBILITY

Students participating in all activities must be passing 7 of 8 courses in order to participate from week to week. They must pass 7 of 8 courses in the previous semester in order to participate during the current semester. If a student fails to meet the weekly eligibility requirements he/she will not be allowed to participate in any activity events from Monday through Saturday of the week they became ineligible. A sponsor may require the student to study at practice.

IHSA ELIGIBILITY RULES

These are minimum standards set forth by the IHSA. Fulton High School standards for academic progress, attendance and behavior, in many cases, exceed these minimum standards (see River Bend Activities Behavior Code on Page 4/5 for details).

Student participants in all IHSA associated activities must be passing 6 of 8 courses in order to participate from week to week. They must pass 6 of 8 courses in the previous semester in order to participate during the current semester.

**Illinois High School Association
(For 2015-2016 School Term) (Revised 8/17/15)
Key Provisions Regarding IHSA Rules**

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and bylaws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums. The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office. Information contained here highlights some of the most important features of the IHSA bylaws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major bylaw provisions and does not contain the statement of the bylaws in their entirety. You can review the bylaws at www.ihsa.org. You may lose eligibility for interscholastic competition if you are not in compliance with IHSA bylaws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Residence

You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent, or court appointed guardian;
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent, or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent, or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court, appointed guardian.

2. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. **You cannot be eligible when you transfer until this form is fully executed and on file in the school office.**
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent, or court appointed guardian from one public school district to a different public school district;
 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent, or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent, or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
 5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed

had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

4. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

5. Physical Examination

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant, or nurse practitioner in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

6. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check, or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

7. Recruiting of Athletes

- A. The bylaws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

8. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not

organize a team, begin practice, or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:

1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the bylaws.
 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or your school's coaching personnel.

9. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non--school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with, or compete against any junior college, college, or university team during your high school career.

10. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer, or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

11. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

The complete set of IHSA By-laws and Policies is available at www.ihsa.org

ATHLETES: ATTENDANCE

If a student doesn't go to school during the day can he/she participate in a game that night? A participant must be in attendance during the last three (3) blocks of the school day at FHS to be allowed to play in an athletic event that day. Exceptions to this may be for pre-arranged absences with approval of the Principal (i.e. usually school related absences).

POLICY ON TERMINATING TEAM MEMBERSHIP

Any athlete who quits a team must have permission from the Athletic Director before he/she can participate in any other sport or off-season conditioning program. The provisions of this policy shall apply only to those sports that are "in season" at roughly the same time. For example, an athlete who quits the basketball team could not join the wrestling team without permission of the Athletic Director, but would be eligible to join the baseball team without said permission.

EXTRA-CURRICULAR EVENT BUSING

The policy of the River Bend School District concerning transportation to and from extra-curricular events is to be followed at all times. The policy is that all participants will be transported by school provided transportation to and from all events. If a participant wants to ride home with his/her parents and the coach/sponsor agrees, the parents must approach the coach/sponsor and make personal contact at that event or contest. If participant is to ride home with another participants, parent arrangement must be made with the coach in advance, and release forms must be signed by both sets of parents. The verification of the forms will be checked by the school involved. Under no circumstances will any participant be allowed to deviate from this policy unless permission is received from the River Bend Unit School District Administration. If a participant does not follow the policy, disciplinary measures will be taken by the school administration.

RANDOM DRUG TESTING

In order to provide for the health and safety of the individual participant and other extracurricular participants, as well as provide a legitimate reason for the students to say "NO" to drug use, and to provide an opportunity for those taking drugs to receive help in locating programs which can provide assistance, the District conducts a random drug testing program for extracurricular participants. The program is not academically punitive, nor does it fall within the disciplinary action of the current handbook except for the extra-curricular code. It is designed to prevent drug usage, to educate student extracurricular participants as to the serious physical, mental and emotional harm caused by drug use/abuse, to create and maintain a safe, drug free, environment for extra-curricular participants, and to assist students in getting help when needed.

The results of any drug test administered under this policy shall be used only for determination of eligibility to try out for and participate in extracurricular activities and for no other disciplinary purpose.

Participants in the following non-graded, extracurricular activities fall under the provisions of the Random Drug Testing program: Interscholastic Athletics, Jazz Choir, Jazz Band, Scholastic Bowl Team, Thespians, Cheerleading, Speech Team, Student Council, Peer Resistance Team, Students Against Drugs and Alcohol, Swimming, National Honor Society, and Class Officers.

Students wishing to participate in one or more of these activities must submit, and have on file, a Random Drug Testing consent form, signed by the student and the student's parent/guardian prior to extracurricular participation. Copies of the River Bend Random Drug Testing Policy are made available to extracurricular participants and their parent/guardians at the coaches/sponsors meeting prior to the start of each activities season.

AWARDS

Coaches and sponsors will be responsible for establishing the criteria for these awards. The criteria shall be approved by the Athletic Director and filed with him. Coaches and sponsors should bear in mind that the receipt of appropriate awards is an important part of a participant's experience. Consistent with the maintenance of standards, therefore, as many awards as possible should be granted. Coaches and sponsors will ensure that each participant is aware of the criteria for gaining an award.

FULTON HIGH SCHOOL ACTIVITIES AWARD POLICY

1. Each participant shall receive only one of each of the following during their four years at Fulton High School:
 - a. One set of numerals
 - b. One sophomore letter "F"
 - c. One J.V. letter "F"
 - d. One varsity letter "F"
2. A participant shall receive a certificate for each award won. This includes freshmen, sophomores, junior varsity and varsity letters and numerals.
3. Participants will receive a chevron with each varsity letter that is awarded to the participant after the first.
4. A participant will receive an insert (pin) each time he/she participates in an activity at any level

Any student dismissed from a team for disciplinary reasons or who quits a team shall not be eligible for an award.

Varsity Letter -- All Activities

1. Any senior who has been in the program for four seasons and has not previously earned a letter in that sport.
2. Upon the coach's or sponsor's recommendation, any participant who moved in after the season began. In unusual circumstances in which a participant does not qualify under any of the criteria but in the opinion of the head coach or sponsor has earned the letter.
3. A manager at the Varsity level who has completed at least two seasons of service.

In all cases, the participant must end the season in good standing to earn a letter.

River Bend Middle School

1. All participants will receive a certificate, an insert, and a letter once during their middle school experience. They will be eligible to receive a letter in sixth grade.
2. Special awards may be given if approved by the Athletic Director or Principal.

May 2015

NCAA

The National Collegiate Athletic Association instituted specific requirements concerning eligibility for participation in intercollegiate athletics and acceptance of athletic scholarships. These guidelines apply only to NCAA Division I and II schools. A qualifier must have obtained a minimum grade point average and SAT or ACT score as listed in a published index. Students must complete a minimum of 16 Core courses to be eligible.

4 years in English

3 years in mathematics (Algebra 1 or higher)

2 years in natural or physical science (including at least one laboratory)

1 year of additional English, math, or science

2 years in social science

4 years of additional courses from any area above and/or foreign language

May 2015

PERMISSION TO ATTEND STATE TOURNAMENT

Non-participating FHS students who wish to receive an excused absence to attend a State Tournament in a sanctioned IHSA event may do so with written permission from a parent or guardian if the nonparticipant is attending with an FHS coach, parent, guardian or parent/guardian adult designee.

I _____, do hereby give my permission for my son/daughter _____
(Name of Parent/Guardian) (Student)

to attend the IHSA State Tournament in _____ on the following date(s): _____.
(Name of Sport/Activity)

Check One:

_____ My child will be attending with his/her parent.

_____ My child will be attending with his/her coach.

_____ My child will be attending with another designated adult.

Name of Person(s) with whom child is attending: _____

Signature of Person(s) with whom child is attending: _____

Parent/Guardian Signature: _____

Spectator Code of Conduct

All athletic and activity spectators representing the River Bend School District are required to abide by the following code of conduct in order to attend school related activities. This code of conduct is in place to advance a vision for a positive and appropriate environment for all participants and spectators of Steamer athletics.

CODE OF CONDUCT

Some of the behaviors that are encouraged, but not limited to, include the following:

- I will encourage good sportsmanship by being a positive role model.
- I will try my best to make athletics a positive experience for everyone involved, i.e., participants, coaches, officials, and spectators.
- I will insist my player treat other players, coaches, officials, and fans with respect.
- I will reinforce the school's drug and alcohol free policies and refrain from use alcohol and other drugs before or during contests.
- If I have a concern, I will talk to the coach at the appropriate time and place, i.e., never before, during, or immediately after a contest.

CONSEQUENCES FOR BREACHING THE CODE OF CONDUCT

- Individuals who are determined to breach the code of conduct by any member of the school administration, for any reason, during a home or away athletic event, that parent/fan is suspended for the remainder of that contest and said person cannot attend the next home event for that activity.
- Any fan that is removed from an athletic event by an official and/or administrator will not be allowed to attend the next home event for that activity. Furthermore, that fan will also be required to complete the NFHS Positive Parent Course before he/she is allowed to attend a home event for that activity. The athletic director will provide instructions on how to complete the course.
- A second infraction will result in further discipline including but not limited to one calendar year-long ban from River Bend athletic events.
- Individuals may be subject to a calendar year-long ban without previous warnings if the infraction is deemed severe enough.