

North Fork Local Schools Student Activities Conduct Code and Expectations

INTRODUCTION

The following student Activities Conduct Code and Expectations govern those out of class pursuits known as extracurricular activities sponsored by Utica Jr. High and Senior High School. Included, but not limited to, are all clubs, student council/class organizations, athletic programs, academic competitions, honor and award programs, intramurals, drama productions, and music performance events.

MEMBERSHIP

Participation and/or membership is limited to those enrolled as full-time students and meet all residency requirements of the school district. Other membership or participant requirements may include:

- Controlled tryouts by the advisor, teacher, or coach.
- Elected by the student body or members of the faculty according to the provisions stated in the constitution/by-law of that activity
- Limited to students by grade level, age, or those who demonstrate predetermined levels of competition or achievement
- Limited to students who have achieved academic honors

PHILOSOPHY

The most important goal of the North Fork Local School District's Extracurricular Program is to provide every participant the opportunity to grow mentally, morally, physically, and emotionally. To assume that the program can provide these opportunities, a degree of self-discipline is required of each participant. Self-discipline involves compliance with rules and regulations concerning personal behavior.

Rules promote order and safety, and assist participants to reach maximum performance potential. Every participant should adhere to the rules of the school, and conduct himself or herself as a "good citizen" of that school and the community at all times. Dedications and personal sacrifice by each participant promotes a sense of group unity and common goals.

The parent/guardian plays a very critical role in helping the enforcement of the conduct code and expectations of his/her son or daughter who participates in the extracurricular program of the North Fork Local Schools. The schools and parents must "team up" to work together to monitor and assure good decisions by our extracurricular participants.

Compliance with the rules can help each participant learn values that carry beyond the extracurricular program and into daily living. In addition, research has shown that use/misuse and abuse of tobacco, drugs, and alcohol have harmful effects on the social and intellectual development of children and youth, and on their mental, physical, and emotional health.

It must also be remembered that participation in extracurricular activities is not a right but a privilege that may be regulated. Therefore, all students who participate in interscholastic athletics or other extracurricular activities at any time must meet the following regulations from the date of enrollment or date of participation, whichever comes first. Failure to comply with the regulations could jeopardize a student's whole extracurricular career.

RULES OF PARTICIPATION

PREFACE

Students who have the possibility of participating sometime during the year will be deemed participants or student athletes during the entire school year.

RULE 1 All participants shall comply to a code of conduct which will entitle him/her to the honor and respect which he/she has rightfully earned through competition. Conduct resulting in dishonor to a participant reflects not only on himself/herself, but on his/her team and school. Any act of unacceptable conduct such as theft, malicious vandalism, immorality, or destruction of school property which makes him/her unqualified to represent the ideals, principles, and standards or his/her school shall have violated this code of conduct.

PENALTY Alleged infractions of this rule shall be considered by the advisor/coach, athletic director, and principal. Denial of participation in activity/athletics from one game (or event) to one calendar year from the date of the incident depending on the seriousness of the infraction. (Requests for activity/athletic probation may be made. See guidelines on page 6)

RULE 2 There will be no use or sale of any drugs (alcohol, marijuana, narcotic drugs, hallucinogens, amphetamines, barbiturates, look-alike, or intoxicants of any kind) by students during the school year at any school activities, home or away. All participants in extracurricular activities must submit to mandatory initial and random drug testing and complete the Informed Consent Agreement. Students found to be using or possessing drugs anytime during the school year by a school employee or law enforcement officer, a positive test result, using or possessing drugs at school, coming to school or activities after using drugs or those who admit to using drugs at school or activities will be handled as follows:

PENALTY See "Procedures in the Event of a Positive Result" per North Fork Local School District Mandatory Drug Testing Policy, adopted June 9, 2003.

RULE 3 There will be no use or possession of tobacco by a student during the season. A season shall be defined as a period from the first day or organized practice (which includes conditioning periods) until the completion of the final game/activity of the season. (This applies to all forms of tobacco- snuff, cigarettes, cigars, pipe tobacco, and chewing tobacco.)

- PENALTY The student will be removed from participation for the remainder of the activity/sport season and forfeit all awards he/she may have earned.
- RULE 4 All students shall abide by the curfews set forth by the advisor/coach while their activity/sport is in season. (Exceptions to the curfew exist upon special permission granted by the advisor/coach.)
- PENALTY The advisor/coach will determine the punishment which could range from a reprimand or extra work during practice to suspension from participation.
- RULE 5A Participants who quit after the first practice may not try out for another activity/sport in the same season unless both advisors/coaches mutually agree. If cut from a squad, the student may try out for another sport at the discretion of the second advisor/coach.
- PENALTY Cannot participate in another activity/sport during that season or until that activity/sport has played its last contest.
- RULE 5B Students wishing to participate in an activity/sport have one week to begin participation in the activity/sport. After that one week grace period, a student will not be allowed to participate in that activity/sport. If a student is under a doctor's care or participating in an event which prohibits them from attending the beginning of practice when an activity/sport is starting to practice, contact must be made with the head advisor/coach of the particular sport to explain why the student is not able to begin participation. New students moving into our district will have one week to begin participation in an activity/sport already in progress providing they are deemed eligible by the O.H.S.A.A. the athletic council may supersede the rule in an extreme situation by a majority vote.
- PENALTY After one week of practice is completed, a student is then ineligible to participate in that particular activity/sport.
- RULE 6A To be eligible during any grading period, a student must have been in school and received passing grades in 100% or a minimum of five (5) graded subjects which count a minimum of five credits per nine weeks toward graduation. No special recitations or tests or other considerations are to be given for the purpose of making a student eligible. Eligibility starts new each nine-week grading period.
- PENALTY Denial of participation of the participant for one week (starts midnight Saturday and ends midnight the following Saturday). An ineligible athlete/participant may not dress, but may sit on the bench.
- RULE 6B To be eligible during any grading period, a student must have been in school and received passing grades in 100% or a minimum of five (5) graded subjects during the immediate preceding grading period.

- PENALTY Denial of participation of the player for the entire grading period in question.
- RULE 6C Scholastic deficiencies at the end of grading periods 1, 2, & 3 cannot be removed by night school, tutoring, or by examinations other than accorded every other student because of illness certified to by a physician and concluded within five days after the official close to the grading period.
- If, at the end of the school year, a student meets the academic requirements of the O.S.H.A.A., but falls short of the Utica High School/Junior High School requirements, that student will be permitted to make up their deficiency in summer school approved by the high school or junior high principal. The following year's eligibility will be determined by the O.S.H.A.A. rules.
- If a student fails to meet the eligibility requirements of the O.S.H.A.A they are not permitted to make up the deficiency in summer school.
- PENALTY Loss of eligibility for one grading period.
- RULE 7 Students must be in attendance all day the day of a game or practice unless excused by principal. (Must be an excusable absence.)
- PENALTY Denial of participation of the player for the next athletic contest, performance, or practice.
- RULE 8 Unauthorized wearing of equipment, failure to return issued equipment and stealing of school equipment.
- PENALTY Cannot participate in another activity/sport or the present sport until the season ends. Stealing of school equipment will result in additional punishment from the school code of conduct.
- RULE 9A Practices during the regular season will be mandatory. Regular season shall be defined as the period of time from the date set forth by the O.S.H.A.A. to begin regular practice until the final game of the season.
- RULE 9B Disrespect to coaches, officials, school personnel, or any unbecoming behavior during a contest will not be tolerated.
- RULE 9C Any student ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the next seven calendar days in the sport from which the student was ejected. If no contests are scheduled during this seven day period at the same level as the ejection, the student shall be ineligible for the next football game or a minimum of two contests in any other sport. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above on the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room, or be affiliated with the team in any way; traveling to, during, or after the contest. A student who is

ejected a second time shall be suspended for the remainder of the season in that sport.

- RULE 9D Improper language should never be used.
- RULE 9E Students who are suspended from school or classes shall not be permitted to practice or participate during the entire period of the suspension. If a student is assigned to a detention, he/she shall not participate in any contest/activity on that day until the detention has been served. DETENTIONS COME FIRST!
- RULE 9F All additional rules and regulations set forth by their coaches/advisors will be followed by students.
- RULE 9G Students will follow all rules and regulations set forth in their student handbook. READ YOUR STUDENT HANDBOOK.
- PENALTY Rule #9A-G shall be dealt with by the individual advisor/coach. Repeated violations (3 or more) could result in removal from the activity/sport.

Advisors/coaches have the following options of discipline available for violations of the above listed training rules:

- A. Extra workouts (after practice has completed)
- B. Denial of participation (for a game/performance/practices)
- C. Denial of participation (remainder of season)
- D. Denial of student letters or awards.

DENIAL OF PARTICIPATION- DUE PROCESS

The following procedure in section 4A, B, C, & D apply only to students while they are participating in an activity/athletic season or violate training rules during the off season while not attending school or school activities. The procedure for denial of participation of students who violate one or more of the above rules during school or school activities while not participating in an activity /athletic season will be handled by the high school principal as part of the suspension process being sure to follow all rules of due process and using only section 4E for the appeal process of the denial of participating. The denial of participation for students convicted by law or observed by a school employee violating one of the above rules while off of school property and while not attending a school activity will be handled by the athletic director following the procedure in section 4B-E.

1. All advisors/coaches will discuss the school and individual training rules with the students prior to the beginning of the season.
2. Parents will either meet with the individual advisors/coaches or staff to discuss the rules or sign a release that states they have reviewed and discussed the rules with their student.

3. There shall be on file in the athletic director's office a signed statement that the rules have been reviewed by both the student and parents.
4. If a student is charged with a violation of the rules, the procedure will be as follows:
 - A. The advisor/coach will give written notice of the violation to the student and the parent. There will be a discussion between the advisor/coach and the student.
 - B. If, after the discussion, the advisor/coach feels the need to enforce the denial of participation, a meeting will be set up in the athletic director's office the next school day. At this meeting will be the student, parent, athletic director, coach/advisor of the sport/activity involved, and the advisor/coach requesting the denial of participation hearing.
 - C. During this informal hearing, written notice again will be given to the student and parent of the violation(s) he/she is being accused.
 - D. A decision will be made whether to continue with the denial of participation. If the student is denied participation, a letter will be sent to the student's parents to explain the reasons and the length of time the student will be denied participation in the activity/sport.
 - E. The student, his/her parent or guardian, may request and appeal of the denial. The review board shall consist of the principal or his designate, advisor/head coach (1) from another activity/sport, and a teacher not involved in an activity/athletic program and their decision is final.

ACTIVITY PROBATION

If a student's denial of participation is upheld by the review committee, a student can be placed on activity/athletic probation one time during their high school activity/athletic career and one time during their junior high career by submitting a request for activity/athletic probation letter to the assistant principal (athletic director). Additional violations of the activity/athletic rules cannot be considered for activity/athletic probation. Activity/athletic probation will only be considered for the next activity/sport season. A student violating a rule that calls for denial of participation for the remainder of the season cannot request activity/athletic probation to continue the present season.

GUIDELINES FOR ACTIVITY PROBATION

1. All such requests will be made in writing to the high school principal (athletic director)
2. The review committee will evaluate all such requests and render a decision.
3. Alcohol and drug all such requests and render a decision.

The student, upon violation of the drug and alcohol rules, will be suspended for the remainder of the sports/activity season and from participation of further activity/athletic competition for one (1) calendar year from the date of the infraction.

The student or his/her parents (or guardian) may request activity/athletic probation for the first offense of a drug and alcohol violation in a student's high school career.

The request will be approved, provided a student enters into an approved drug and alcohol treatment/education program. (This activity/athletic probation is a one-time offer for senior high students.) Failure to enter a drug and alcohol treatment/education program will result in the one (1) year suspension from all activity/athletic and extracurricular programs at Utica High School covered under these rules.

Further offenses will result in one (1) year suspension from participating in athletics and extracurricular covered in these rules.

If a student fails to complete the drug and alcohol treatment/education program, the (1) year suspension will be reinstated from the date of the last drug and alcohol treatment/education program session attended.

4. Students violating rules 2, 3, 6-A, and extreme cases of 9-A-G cannot receive activity/athletic probation until the end of the present season.

JUNIOR HIGH ELIGIBILITY

1. A seventh grade student-athlete or activity participant, during each grading period at the Junior High, must be passing 75% of his/her courses.
2. Eighth grade students must be passing 75% of his/her courses that meet 5 days a week on a weekly basis to be eligible during the year, and 75% of his/her courses that meet 5 days a week to be eligible at the beginning of their 9th grade year.

GENERAL REGULATIONS

DUAL ACTIVITIES

Once a student attends the first five days of practice of an activity, he/she may not quit to tryout for another activity unless the two advisors/coaches mutually agree to change. If the participant is cut, he/she may tryout for a second activity at the discretion of the advisor/coach of the second group.

ELIGIBILITY

All participants will have their scholastic eligibility checked every week. The check list will go out of the Athletic Director's office on Tuesday to the teachers and is to be returned by Thursday at 2:18 p.m. The period of ineligibility will begin at Saturday midnight and last for one week. The participant will not be permitted to dress or participate in activities during this week.

EXCUSING FROM SCHOOL

No participants may be excused from school or class without permission of the Principal.

FUNDRAISING

Fundraising projects that entail door-to-door solicitations are discouraged. All fundraising projects or benefit games should be requested by the advisor/coach at

the beginning of the activity in order to avoid conflicts with other fundraising projects.

INJURIES AND/OR ILLNESS

Participation of a student who has been ill or injured must be approached with great caution. If there is any question as to the physical condition of the participant, a physician should be consulted. An athletic trainer is available with scheduled visits at the high school and by appointment at O.R.S. Inc.

INSURANCE

Students participating in the athletic program at either the junior or senior high level must be covered with an accident insurance policy in one of the following two ways: School insurance or a school insurance waiver signed by the parents stating they have adequate insurance coverage. An insurance waiver card must be on file prior to the first official practice unless school insurance is purchased.

LETTERING IN SPORTS

VARSIITY AWARDS:

1 st Year:	Shall be a 7" red with gray background "U" with a sport insert.
2 nd Year:	Shall be a certificate in 8X10 frame and a service bar.
3 rd Year:	Shall be a plaque with a sports medallion showing the sport and a service bar
4 th Year:	Shall be an 8 X 10 plaque with the Redskin logo and a service bar.
Senior Award:	A plaque shall be given to seniors showing the sport he/she has lettered in at Utica High School

RESERVE AWARDS:

Shall receive a 4" red letter "U" with a gray background.

Reserve award shall be given to those athletes who participated on the reserve team.

A coach/advisor may give a reserve award to an athlete he/she feels has not earned a varsity award.

FRESHMAN AWARDS:

Shall be awarded to those who have participated on a freshman team.

JUNIOR HIGH AWARDS:

Shall be a 4" red with gray background "U" and shall be awarded to all those who have participated in a junior high sport.

STATISTICIAN & MANAGER
 Shall be awarded in a like manner as to the team they have
 represented.

AWARDS:

SPECIAL AWARDS:

Football: Most Valuable Offense
 Most Valuable Defense
 Most Improved
 Coaches' Award
 Sportsmanship Award

Golf: Most Valuable Golfer
 Most Improved Golfer

Volleyball: Most Valuable Player
 Most Improved Player
 Coaches' Award

Boys Cross
 Country: Most Valuable Runner
 Most Improved Runner

Girls Cross
 Country: Most Valuable Runner
 Most Improved Runner

Boys
 Basketball: Most Valuable Player
 Most Improved Player
 Most Rebounds
 Coaches' Award
 Foul Shooting (70% or better)

Girls
 Basketball: Most Valuable Player
 Most Improved Player
 Most Rebounds
 Coaches Award
 Foul Shooting (70% or better)

Wrestling: Most Valuable Wrestler
 Most Improved Wrestler
 Coaches' Award

Baseball: Most Valuable Player
 Most Improved Player
 Best Hitter
 Best Pitcher
 Coaches' Award

Softball: Most Valuable Player
 Most Improved Player

Best Hitter
 Best Pitcher
 Coaches' Award
 Denise Magers Award

Boys Track: Most Valuable Runner
 Most Valuable Field Events
 Most Improved
 Coaches' Award

Girls Track: Most Valuable Runner
 Most Valuable Field Events
 Most Improved
 Coaches' Award

Cheerleaders: Most Improved Cheerleader
 Coaches' Award

A. Awards shall be given to those who fulfill their cheerleader obligation based upon requirements herein. Pins will be given in the fall and the letters and/or awards in the spring.

B. Jr. High Awards 1. Service Award (Pin) Fall banquet
 2. 4" letter "U" Winter banquet

C. Freshman Awards 1. Service award (pin or charm) Fall banquet

D. Reserve Awards 2. 4" letter "U" Winter banquet
 1. Service Award (Pin or charm) Fall banquet

E. Varsity Awards 2. 1st year- reserve letter Winter banquet
 3. 2nd year- Certificate and Gold Bar
 banquet 1. Service Award(pin or charm) Fall

Winter 2. 1st year-Varsity letter and Gold bar banquet

F. Four Year Award 3. 2nd year- Plaque
 1. Trophy

Redsteppers: Most Valuable Redstepper – Trophy
 Coaches' Award – Trophy
 Most Improved Redstepper – Trophy
 Officer's Award (Captain, 1st & 2nd Lieutenant) – Plaque
 Graduating Senior Award – Plaque – (smaller)

PAY TO PARTICIPATE CHARGES & FEES

Student athletes shall pay a fee (\$30.00- high school; \$25.00 junior high; maximum of \$125.00 family fee) to participate in athletics at Utica High School and Utica Jr. High School. Students who fail to pay the fee by dates set by the coaches will not be permitted to participate until said fee is paid.

PHYSICAL EXAMINATIONS

Each athlete must have a physical examination form completed and on file in the athletic director's office before he/she will be permitted to practice. The school will attempt to sponsor an examination for \$10.00, any athlete not getting a physical on the scheduled examination date must do so at his/her own expense.

REQUIREMENTS FOR LETTERING IN SPORTS

FOOTBALL: Athlete must participate in one-half of the total quarters. An athlete who has met the requirements for an award may not be approved by the athletic board under certain situations: quits the team, presents an undesirable attitude toward the team, coaches or school, in general, or is dismissed from the team.

GOLF: Athlete must score in a varsity match or must play in every varsity match during regular season unless ill. Varsity awards shall be given at the discretion of the head coach.

VOLLEYBALL: The athlete must have participated in at least 40% of total games played by team (NOT TOTAL MATCHES). All who don't complete requirements will receive reserve letters. All reserve players will receive reserve letters; freshmen will receive freshmen letters.

CROSS COUNTRY: Athletes must follow athletic council and school rules; be a member of a seven-man varsity team; score as a member of a varsity team; score or count as a member of a varsity team in the county, district, or state meet; turn in all assigned uniforms and equipment. The coach shall determine if the athlete has met all the requirements to earn a varsity letter.

BOYS BASKETBALL: Participate in half the quarters the team plays during the season.

GIRLS BASKETBALL: Play in half of the games and be on the squad at the end of the season.

WRESTLING: Wrestle and win one varsity match; letters will be awarded to seniors who have been in the program two consecutive years.

BASEBALL: Athlete must play in $\frac{1}{4}$ of the innings; pitchers must pitch in $\frac{1}{4}$ of the innings. Varsity awards shall be given at the discretion of the head coach.

SOFTBALL: The requirements to letter in a varsity or reserve softball are to play at least $\frac{1}{2}$ of all the innings played in the regular season. Also, a pitcher that has pitched at least 14 innings. At the varsity level, it also includes any player that plays in post-season tournaments.

TRACK: Follow all athletic and school rules; earn one point for each meet that we compete in as a team, or score points for our team in a county, district, regional, or state meet; turn in all assigned equipment and uniforms. The coach shall determine if an athlete has met all requirements for a varsity letter.

CHEERLEADERS: Jr. High Cheerleaders will receive a Service Award after completing football season and a letter after successfully completing the football and basketball cheerleading season. Freshmen cheerleaders will receive a Service Award after successfully completing football season and are awarded a letter after successfully completing Football and basketball cheerleading season. Reserve cheerleaders are awarded a Service Award after completing football season and a letter upon completing one year as a reserve cheerleader through basketball season. A cheerleader completing two years as a reserve cheerleader will also receive a framed certificate and gold bar. A Varsity cheerleader will receive a Service Award after successfully completing football season and a varsity letter and gold bar after successfully completing one year as a varsity cheerleader through basketball season. After completing two years as a varsity cheerleader they will receive a plaque. A Varsity cheerleader completing four years will receive a trophy at the end of basketball season.

REDSTEPPERS: A girl must complete the basketball season. Any girl being suspended from the team for any reason shall not receive her award. She must not miss more than three games during the regular season or no award will be given.

Note: If a team wins a championship, all varsity players get a championship patch.

Advisor/coach has the discretion of awarding a letter for a special merit to a student or participant who has not met the lettering requirements.

SCHOOL DISMISSAL

There shall be no athletic practice or games played when school is dismissed early because of weather conditions unless authorized by the principal. Practice on a day school is canceled because of weather conditions shall not be scheduled unless it is cleared through the Athletic Director or Principal. When school is dismissed for the entire day, games may or may not be played at the discretion of the Superintendent of Schools, in consultation with the Athletic Director or Principal.

STUDENT'S UNAUTHORIZED USE OF SCHOOL FACILITY

The advisor/coach is responsible for the participants until they are off the school premises. Students should never use any facilities, locked or unlocked, without permission and supervision of a school employee.

STUDENTS PARTICIPATING IN MORE THAN ONE SPORT

Students that plan to participate in the next succeeding activity may not practice or participate until the Monday following the last event unless permission is granted by the Athletic Director.

TEAM MEMBER AWARD

Awards as a result of participation in interscholastic athletics which may be accepted by the student from any source consists of those items which do not exceed in value of \$100.00 per award.

TRANSPORTATION

Students participating at events at both the junior and senior high shall be transported in one of the following manners:

1. School bus
2. Private cars driven by authorized school personnel
3. Private cars driven by their parents with activity transportation release form filled out.
4. No student will return home from away trips with their parents unless arrangements have been made with the coach, in writing.

NORTH FORK SCHOOLS
STUDENT ACTIVITIES
CONDUCT CODE AND EXPECTATIONS

INFORMED CONSENT AGREEMENT

STUDENT'S NAME _____ GRADE _____

As a student:

- * I understand and agree that participation in extracurricular activities is a privilege that may be withdrawn for violation of the Code of Conduct.
- * I have read the Code of Conduct and thoroughly understand the consequences that I will face if I do not honor my commitment to the Code.
- * I understand and realize that there is risk involved in the participation of extracurricular activities.

Student's Signature _____ Date _____

As a parent/guardian:

- * I have read the Code of Conduct and understand the responsibilities of my son/daughter as a participant in extracurricular activities in the North Fork Local School District.
- * I pledge to strive and promote healthy life styles for the student participants in the extracurricular offerings in the North Fork Local School District.
- * I understand and realize that there is an assumed risk involved for my son/daughter as a participant in extracurricular activities.

Parent/Guardian's Signature _____ Date _____

This agreement must be signed and on file in the school or Athletic Director's office before a student may participate in any extracurricular activities in the North Fork Local School District. Completion of one form is required each year.