

**JOHNSON CITY CENTRAL SCHOOL DISTRICT**  
**ATHLETIC ELIGIBILITY TRAINING RULES**  
*REVISED August 2016*

Your child has decided to participate in the Johnson City Central School District's athletic program. Athletic participation requires your time, energy and support. Please read the current interscholastic Athletic Handbook and the following statements. If you and your child agree with the rules of participation, we ask you both to sign this document where indicated and return it to the Athletic Office. Thank you.

The Johnson City Central School District believes that athletics play a major role and are an integral part of the total educational process. The student's participation in the district's athletic program is a privilege. The district will strive to offer a safe, healthy, and positive environment for all student athletes, by providing the following *Athletic Rules and Regulations*.

- Athletes shall be mindful that the athlete is also a student, and athletic endeavors shall not supplant other needs of the students such as satisfactory academic achievement.
- It is the responsibility of the District to provide students who are interested in competitive athletics with appropriate coaching, equipment, uniforms and facilities.
- Interscholastic athletic programs in the District shall be conducted under the general rules and regulations of the New York State Public High School Athletic Association (NYSPHSAA).

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**Eligibility:** A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into ninth grade and prior to graduation unless they have been advanced by the selection/classification program. A pupil shall be eligible for interscholastic competition in grade 9, 10, 11, and 12 until the last day of the school year in which he or she attains the age of 19. If the age of 19 years is reached on or after July 1, the student may continue to participate during the school year in all sports. A contestant must be a bona fide student of the high school and must be taking at least four subjects including physical education.

A pupil shall be eligible for modified sports athletic competition upon entry into seventh grade. One is ineligible when the 16th birthday is attained; however, if a student attains the 16th birthday during a sport season, he/she may complete that sport season. A contestant must be a bona fide student of the middle school represented.

**Academic Eligibility Policy:** Students who are failing two (2) or more subjects will be placed on Academic-Athletic Restriction and may face penalties resulting in limitations to practices and/or athletic contests. Parents will be notified of such restrictions by the coach and/or athletic director. (See Attached)

**Physical/Medical Update:** Before a student may practice on any team, he/she must be examined by and receive approval from the school physician. Each student participating in interscholastic sports must submit a Confidential Health History Update properly signed by both the athlete and his/her parent/guardian prior to participation in that season's sport.

**Duty To Warn/Injuries/Insurance:** There is an element of risk associated with all athletic competition and in spite of the fact that the athletic staff will provide each participant with due care, the school district cannot insure that students will remain injury free.

Although the district will take reasonable care to protect student athletes, students may still sustain injuries. In order to most effectively ensure student safety, open communication between students, parents and coaches about the child's medical condition is critical. Coaches and other appropriate staff will receive guidance and training regarding recognition of injury and removal of the student athlete from play in the event of injury. Parents and/or students are expected to report injuries so that student health can be protected.

All injuries which occur during practice, contests or travel must be reported, promptly, to the coach. The coach shall file the necessary accident report forms with the athletic trainer and/or director of athletics. If an injury is such that a medical re-examination is required, the participant shall not be allowed to practice or play until approval from a physician is obtained. In order to resume participation following injury, the student needs to receive medical clearance by an approved medical physician.

An injured athlete is still part of the team, and all training rules are still in effect. All injured athletes are expected to attend games and practices with the team unless excused by the treating physician or the coach.

**Concussions/Head Injury:** A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

Removal from athletics: All suspected concussions require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury. No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours, followed the return to play protocol, and have been evaluated by and received written and signed authorization from a licensed physician.

Return to Play Protocol (once symptom free for 24 hours and cleared by School Medical Director):

Day 1: Low impact, non-strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity.

Day 3: Sport specific non-contact activity.

Day 4: Sport specific activity, non-contact drills.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

The District provides a basic student accident insurance policy. The coverage of this policy has special limitations and restrictions. The parents' insurance is used as primary first then the district's insurance provides limited coverage and usually does not cover all expenses.

**Attendance:** Poor attendance is defined as habitual absence from or tardiness to school, practice sessions or athletic contests. Attendance at all practices, contests, and school is essential. Students must enter school no later than 11:00 a.m. and remain for the rest of the day. Students may not sign out of school prior to 11:30 a.m. to be eligible to participate in the day's practices and/or contests. Pre-planned excused absences must be approved by the principal in advance. If a participant demonstrates poor attendance at practices or contests, the coach may appropriately discipline the student. If a participant demonstrates poor school attendance, the administration may include appropriate sports participation restrictions in the disciplinary action.

A student who is absent a full day in accordance with the district's attendance policy will not be allowed to participate in practice or a game on the day he or she is absent unless the student presents a valid excuse to the coach and/or athletic director.

The following are the only legal excuses permitted by New York State:

1. Student illness
2. Sickness or death in the family
3. Medical appointments
4. Approved education trips
5. Impassable roads or weather
6. Approved religious observances
7. Quarantine
8. Court appearance
9. Approved college visits and military obligations

The following would be a few examples of unacceptable excuses:

1. Oversleeping
2. Hair appointment
3. Trips or errands to run
4. Job

Each team member is expected to be present and on time for all practices and games (as outlined in the sport-specific guidelines and expectations), unless excused by the coach. Each coach may outline sport-specific guidelines and team rules/expectations for all participants. All school policies and procedures are in effect for student athletes.

**Sportsmanship:** Unsportsmanlike conduct during practices or games will result in disciplinary action determined by the coach and athletic director. New York State Public High School Athletic Association, Section IV, and STAC league Misconduct Policies will also be enforced.

Whereas good sportsmanship is a major concern among the member schools of the Southern Tier Athletic Conference, a season commitment with the student athletes, their coaches, and their parents/guardians, is being made for the purpose of promoting good conduct among all players, coaches, cheerleaders, and fans of the member schools. Therefore, we are asking all team members, (Varsity, Junior Varsity and Modified) coaches, and parents/guardians, to certify and honor the following contest sportsmanship guidelines.

The home school athletic director will collect and maintain the records certifying each team member to the STAC Sportsmanship policy.

All Concerned Agree:

1. To live up to a high standard of good sportsmanship at all times.
2. To be a good host, treat visitors as guests.
3. To treat opponents with respect.
4. To respect the judgment of contest officials.
5. To avoid profane and abusive language and obnoxious behavior.
6. To always set a good example for others to follow.
7. To accept both victory and defeat with pride and compassion, never being boastful, or bitter.
8. To remember that an athletic contest is only a game, not a matter of life or death for the player, coach, school, official, fan, community, state or nation.

**Appearance:** An athlete represents himself, his family, school and community when participating in an athletic contest. Standards for dress and appearance will be established and enforced by the coach of each sport.

**Transportation:** All team members must ride on school-provided transportation to and from all athletic contests unless special circumstances exist whereupon the athletic director may approve other modes of transportation. Parent transportation from away contests requires prior written approval by the athletic director and must be submitted one (1) day prior to the date of the contest. In the event of a special circumstance for student athlete transportation, requests for a variance from this procedure need to be submitted one (1) day prior to the date of the event. Final determination will be made by the athletic director.

**Equipment/Uniforms:** School equipment and uniforms will be issued to participants by the coaches and shall be used only for District athletic practices and contests. At the end of a sport season or when a participant leaves a team during the season, all school equipment and uniforms must be returned to the coach within five (5) school days. Each participant is responsible for reimbursing the District for any damaged or lost school equipment and uniforms. Until satisfactory restitution is made, a student shall not be allowed to participate in any other athletic program, extracurricular activity and may be withheld from participating in graduation ceremonies.

**Lettering in a Sport:** Varsity letters are earned through active participation and are not automatically received for membership on a team. Each coach will establish guidelines which must be met prior to a student athlete receiving a letter. A letter is awarded only once at each level; Varsity letter winners will receive a letter and a pin for their first letter, thereafter, pins for each sport will be awarded.

**Harassment, Hazing, Bullying:** “Harassment” means the creation of a hostile environment by conduct, with or by verbal threats, intimidation or abuse that has or would have the effect of unreasonably and substantially interfering with a student’s educational performance, opportunities or benefits, or mental, emotional or physical well-being, or conduct, verbal threats, intimidation or abuse that reasonably causes or would reasonably be expected to cause a student to fear for his or her physical safety; the harassing behavior may be based on a person’s actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sex, sexual orientation or gender (identity or expression).

“Hazing” is a form of harassment which involves committing an act against a student or coercing a student into committing an act that creates risk of or causes emotional, physical, psychological harm to a person, in order for the student to be initiated or affiliated with a student or other organization, or for any other purpose. Consent or acquiescence is no defense to hazing: i.e., the implied or expressed consent of a person or persons to hazing shall not be a defense to discipline under this policy.

“Bullying” is a form of harassment that consists of inappropriate and often persistent behavior including threats or intimidation of others, treating others cruelly, terrorizing, coercing, or habitual put-downs and or badgering of others. Bullying occurs when someone purposely says or does mean or hurtful things to another person who has a hard time defending oneself or is in an otherwise vulnerable position.

“Cyber-bullying” refers to any harassment/bullying, on or off school property, which occurs via the internet, cell phones or other electronic devices.

**Behavior/Attitude:** Participants are expected to demonstrate exemplary behavior at all times in both the school and the community. This includes, but is not limited to: practices, contests and travel to and from events. Any violation against another individual is unacceptable. Any inappropriate intentional action against another individual, including hazing, initiation, hitting or verbal or emotional abuse will not be tolerated. Students engaging in this type of behavior will be disciplined (which may include removal from the team). If a participant demonstrates unacceptable behavior in the community, the school may eliminate or limit the student's participation in school activities. If a participant demonstrates unacceptable behavior during practices, travel, or contests, the coach may appropriately discipline the student. If a participant demonstrates unacceptable behavior, the building principal may include sports participation restrictions in his disciplinary action. If a participant is suspended from school, he/she shall neither participate in nor attend any athletic activities during the period of suspension.

**Suspensions:** Student athletes serving an in-school suspension penalty as a result of an administrative disciplinary action will be prohibited from participating in athletic contests on the day the suspension is being served. Athletes will be allowed to practice, but these practices will not count toward the minimum number of practices mandated by the New York State Public High School Athletic Association.

Student athletes serving an out-of-school suspension penalty as a result of an administrative disciplinary action will be prohibited from any and all participation with the team during the duration of the suspension. If the suspension dates span a weekend, the athlete will not be allowed participation on Saturday and/or Sunday.

- If a coach imposes disciplinary action of a significant degree, such as restricted or temporarily suspended practice/contest participation, the coach shall promptly notify the parents, the athletic director and the building principal of the disciplinary action taken and reasons for doing so.
- If the athletic director or principal imposes disciplinary action which affects the student's sports participation, the athletic director or building principal shall promptly notify, in writing, the parents and coach of the disciplinary action taken and the reasons for such.
- If dismissed, the student shall not be eligible to participate in any athletic program for the remainder of the current sports season, i.e., fall, winter or spring.

**Participation:** All students who plan to participate in athletics must understand and abide by the guidelines and rules established by the STAC League, Section IV, the NYS Public High School Athletic Association, the Commissioner of Education and the Board of Regents.

A student will not be allowed to drop one sport and try out for another during the same season without the consent of both coaches and the athletic director.

Participating in interscholastic athletics in the Johnson City Central School District is considered a privilege. Student Athletes are expected to have respect for physical and mental conditioning. The use of drugs and alcohol is detrimental to the objectives of interscholastic athletics. The following regulations will be strictly enforced by the school district. Athletes and parents are advised to read this carefully.

When it is determined by the coaching staff and school administration that a student athlete has not abstained from the use of, or been in possession of one or more of the following substances: alcohol, steroids, controlled substances, all forms of tobacco, and any other mind-altering/performance enhancing chemicals, the following procedures and consequences will apply:

FIRST OFFENSE – Student athletes will be provided due process. A hearing will be held within three (3) days of the offense or at such time that the district becomes aware of the offense, there will be a minimum suspension from the team equaling 25% of that sport season and include a minimum of one game, from the initial hearing. The one game suspension will carry over into the next season. The student will continue to participate in practices. However, those practices during the suspension will not count toward the minimum number of practices mandated by the New York State High School Athletic Association. The following will also occur:

- An assessment as determined by the applicable school administrator.
- The student athlete may be asked to attend and participate in a drug and alcohol counseling program.
- The applicable school administrator will write the description of charges and the determinations to the parent or guardian.

#### SUBSEQUENT OFFENSE IN A SCHOOL YEAR

- A subsequent offense in a school year will result in the suspension of the student athlete from the team for the remainder of the season, and may limit future participation in school athletics.
- An evaluation by a certified drug and alcohol counselor will be strongly recommended if the student wishes to participate in another sports season.
- The clinical/medical staff must make a recommendation to return to interscholastic competition before the student may participate in another sports season.

**Appeals:** Decisions may be appealed by the student athlete or parent to the Superintendent of the Johnson City Central School District within ten (10) days. The Superintendent shall have the authority to uphold, rescind, or modify the penalty imposed by the director of athletics following a hearing. The Superintendent's decision will be made, in writing, specifying the basis for the decision.

Decisions of the Superintendent may be appealed by the student athlete, parent or coach to the Johnson City Board of Education within ten (10) days. The Board of Education has the final authority regarding disciplinary measures. The Board of Education's decision will be made in writing specifying the basis of their decision.

**The coaching staff at Johnson City Central School believes strongly that athletes must be willing to abide by the eligibility and training rules and are asking all parents/guardians to help enforce these eligibility and training rules.**

**The Johnson City Central School District offers a high quality Interscholastic Athletic Program. The district is a member of the New York State Public High School Athletic Association, Section IV, and the Southern Tier Athletic Conference and follows all guidelines set forth by those associations.**

## ATHLETIC ACADEMIC ELIGIBILITY POLICY 5283

The mission of the Johnson City Central School District is high academic standards for all students. Interscholastic athletics are an integral part of the educational program at Johnson City. Our student athletes must realize that the academic and athletic programs both strive to achieve the mission of our District. Therefore, the following Academic Policy is established to insure that the District's mission is being met.

1. Academic eligibility rules apply during the respective sports season.
2. At five-week intervals students will be issued academic reports; home letters at the five-week mark and report cards at the ten-week mark. (Refer to the Athletic Eligibility Rubric available in the Athletic Director's office.)
3. Student athletes in grades 7-12 failing one subject will be placed on athletic probation for a period of two weeks. The probationary period starts at the date of notification. The student athlete can be removed at any time during those two weeks with the teachers' signature on the academic eligibility form indicating the student is passing. If at the end of the two-week period, the student is still failing, the student athlete is placed on the ineligibility list and is not eligible for athletic contest participation. Practice attendance will be at the discretion of their coach.
4. Student athletes in grades 7-12 failing two or more subjects are placed on the ineligibility list and are not eligible for athletic contest participation. Ineligibility starts at the date of notification. Practice attendance will be at the discretion of the coach. The student athlete can be removed from the ineligibility list at any time by completing the academic eligibility form which has the signature of the teacher(s) and athletic director indicating the student is now passing. In the event the student athlete successfully brings all failing grades except one to a passing level within the first two weeks, they become eligible for athletic contests and that student is placed on probation and has two weeks from the original notification of ineligibility to bring all grades to a passing level.
5. If after two weeks the student has not turned in forms for all failures, then they will be placed on permanent ineligibility for the remainder of the 5 week interim and may continue to attend and/or participate in interscholastic athletics by meeting all of the following criteria:
  - a. Develop a plan with the teacher to meet with them regularly after school to improve their academic standing in that class;
  - b. Complete all assigned coursework on time and exhibit appropriate school related activities and events;
  - c. Achieve a passing grade for the current week.
6. It is the student athlete's responsibility to reestablish their athletic eligibility.
7. The Athletic Director, in conjunction with the principal, will be the final determiner of a student's eligibility.

The written academic reports are issued by the guidance department through progress reports and report cards. These reports are mailed home by the guidance office

**BY SIGNING, I AGREE, HAVE READ, AND HAVE A THOROUGH KNOWLEDGE AND UNDERSTANDING OF THIS DOCUMENT. I ALSO AGREE TO FOLLOW THE ELIGIBILITY TRAINING RULES FOR THE JOHNSON CITY CENTRAL SCHOOL DISTRICT.**

SPORT \_\_\_\_\_

STUDENT'S NAME (PRINT) \_\_\_\_\_ GRADE \_\_\_\_\_

DATE \_\_\_\_\_

STUDENT'S \_\_\_\_\_ (SIGNATURE)

\_\_\_\_\_  
(SIGNATURE) OF PARENT OR GUARDIAN



## **JOHNSON CITY CENTRAL SCHOOL DISTRICT**

### **Athletic Department Information**

**666 Reynolds Road**

**Johnson City, NY 13790**

**607-763-1226**

**607-763-1227 fax**

**[www.jcschools.com](http://www.jcschools.com)**



**INTERVAL HEALTH UPDATE REVIEW FOR SPORTS PARTICIPATION AND PARENT CONSENT FORM**

**Prior to the start of tryout sessions or practice at the beginning of each season, state regulations mandate that a health history review for each athlete must be conducted unless the student received a full medical examination within 30 days of the start of the season.**

If your child was examined and approved for participation in interscholastic athletics this school year, please complete the following:

**HEALTH UPDATE \*\* SINCE LAST SPORTS PHYSICAL \*\***

**TO BE COMPLETED BY THE PARENT OR GUARDIAN**

If the answer to any of the following questions is "YES" please describe the condition or situation that prompted your answer (please check either "YES" or "NO").

- 1. Has your child experienced any type of head injury or concussion requiring medical attention? YES NO
- 2. Has your child received any injury requiring medical attention? YES NO
- 3. Has your child had any surgical operations, joint injuries, or fractured bones? YES NO
- 4. Has your child been treated in a hospital or emergency room? YES NO
- 5. Has your child been diagnosed with any condition requiring medical attention? YES NO
- 6. Has your child experienced swelling or pain requiring medical attention? YES NO
- 7. Has your child missed any practices and/or games due to illness or injury? YES NO
- 8. Has your child been absent from school for five (5) or more consecutive days  
(or an equivalent period during the summer) due to an accident or illness requiring medical care? YES NO
- 9. Has injury or illness prevented your child from exercise or any other athletic activities? YES NO
- 10. Is your child currently taking any medications? YES NO
- 11. Has your child experienced any feelings of faintness, dizziness or fatigue after exercise or exertion? YES NO
- 12. Has there been any change in vision, such as wearing glasses or contact lenses? YES NO
- 13. Has your child developed any allergies? YES NO
- 14. FEMALES ONLY: is your child's menstrual cycle regular \_\_\_\_\_ or absent? \_\_\_\_\_

**Describe the condition or situation that caused any questions listed above to be answered "YES".**

\_\_\_\_\_

"YES" to any of these questions does not mean automatic disqualification from an interscholastic activity. However, it may require approval by the school physician before the student is cleared for participation to tryout and practice.

Note: This person is in satisfactory condition and may engage in all school sports activities except as noted.

Signature of School Physician \_\_\_\_\_ Date \_\_\_\_\_

**PARENT/GUARDIAN CONSENT MUST BE SIGNED BELOW**

**I, the undersigned, clearly understand these questions are asked in order to decide if my child can safely participate in the interscholastic athletic activity listed below. All answers are correct as of this date. I hereby give my consent for**

\_\_\_\_\_ to participate in \_\_\_\_\_ practices and contests.

**ADDRESS:** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

\_\_\_\_\_  
(Date) (Signature of Student) (Signature of Parent/Guardian) (Name of Parent/Guardian)

Home Telephone Number(s) \_\_\_\_\_ Cell Phone \_\_\_\_\_

Work Telephone Number(s) \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Name and Telephone Number \_\_\_\_\_

**School Nurse's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_