

**RESURRECTION COLLEGE PREP HIGH SCHOOL
ATHLETIC HANDBOOK**



2017 - 2018

And finally, we pray for your grace,
that you would provide us
with the endurance to pursue our heavenly prize:
eternal life in your Son. Amen.

INTRODUCTION

Student-athletes are role models and will meet all Resurrection College Prep High School and Illinois High School Association eligibility and behavioral rules and expectations. All student-athletes are representatives of RCPHS and are expected to show respect for people, property, and public law at all times. Athletes who violate the RCPHS student handbook and/or athletic handbook will be subject to appropriate school sanctions. The athletic department, including all athletic department staff, reserves the right to give additional sanctions as the situation warrants. Sanctions may include athletic suspension or removal from the team. Athletes who have been assigned an in-school or out-of-school suspension will consequently serve a corresponding athletic suspension and will not be allowed to participate or attend any athletic events through the duration of the suspension. RCPHS has high expectations of its student-athletes; therefore, RCPHS' eligibility requirements and conduct rules are more rigorous than the minimal expectations set forth by the IHSA.

The following Athletic Handbook must be read completely by all student-athletes and parents or legal guardians. Because this material is important to your status as a student-athlete, you must familiarize yourself with the content on the following pages. The Administration of Resurrection College Prep retains the right to make amendments to this handbook during the course of the year. In the event changes are made, the coaches, parents, and athletes will be given notification of such changes in writing. Anything connected with Resurrection College Prep or the use of said name must be approved by the Administration.

The requirements and expectations set forth in this Athletic Handbook, Student Handbook, and IHSA Handbook will apply throughout an athlete's career as a Resurrection College Prep High School student-athlete at all times both in school and out of school, 24 hours a day, 365 days a year. The registration form signatures of an athlete and her parent or legal guardian will remain in effect for the remainder of the school year from the date of the last registration/participation by the athlete. RCPHS reserves the right to suspend/remove from a team a student-athlete who is in violation of any school or athletic policy.

No student-athlete will participate in practice and/or a contest until this athletic handbook has been electronically signed through the process of parent registration.

ALCOHOL OR OTHER DRUG USE/POSSESSION

Use or possession of alcohol, tobacco, or controlled substances, or misuse of non-prescription drugs, will be considered a violation of the Athletic Handbook and the RCPHS behavior/substance abuse policy.

All student-athletes who violate the substance abuse policy are subject to the Resurrection College Prep High School disciplinary sanctions. Additional sanctions may be imposed by the Athletic Department.

The following are guidelines for pre-season, in-season, or off-season training.

Athletes are not to:

- use, possess, or purchase any behavior-affecting drugs (including alcohol) or drug paraphernalia.
- smoke or use any tobacco product(s).
- share or provide prescription or nonprescription drugs with any teammates.

Please refer to the Resurrection College Prep High School Student Handbook for a the complete substance abuse policy.

1. Athlete meets with the coach and the Head Varsity Coach, if requested
2. Athlete and parent meet with the coach and the Head Varsity Coach, if requested

At each formal meeting, an action plan will be agreed upon by all parties and completed by the Athletic Director. All parties present will sign and receive a copy of the completed plan.

It is the expectation that all communication will remain professional. Inappropriate, disrespectful emails or phone calls will not be addressed. Personal attacks and inappropriate language will not be tolerated. Any anonymous communication will be disregarded.

DRESS CODE & TEAM APPAREL

All players are required to purchase the mandatory **uniform items** and team apparel chosen by the Varsity Head Coach and Athletic Director. Players will be included in the selection process of apparel and will be informed of their mandatory purchases and pricing after making the team. Pricing within each sport may vary.

The student-athlete presents an image of Resurrection College Prep High School not only at an athletic contest, but also in traveling to and from contests. Each student's attire must be neat and clean. When traveling to and from contests, teams are required to dress in athletic attire that the Athletic Director and Head Coach deem appropriate for that sport. Players must change in the locker room or washroom.

Any team wishing to purchase spirit apparel that is not included in the team bundle must have all designs approved by the athletic director. After the design is approved, the athletic director will work with the team representatives to obtain quotes and order through an approved vendor.

ELIGIBILITY: ACADEMIC

Resurrection College Prep High School in-season athletes have their grades checked weekly. The grade report is generated on Friday afternoon, and the Athletic Director will notify parents and coaches of ineligible student-athletes by Monday night or Tuesday morning. Coaches will notify the student athletes at practice if the parents have not told them already.

If the student-athlete receives an F in any class during the grade check, she will be declared ineligible to participate in games for the following **week from Tuesday through Monday**. The student is expected to continue to participate in practice while ineligible. The student may be present at home games, but may not be in uniform. The student may not be present at away games, as we do not want the student taking that much time away from their studies. If the student raises their grade mid-week during the ineligibility period, the student still has to serve the entire one week of ineligibility. If a student is ineligible 4 times during a sports season the coach holds the right to dismiss the student from the team.

ELIGIBILITY: IHSA RULES

Please see the complete list of IHSA eligibility rules found at the conclusion of this handbook.

EQUIPMENT & UNIFORMS

All equipment issued to the student-athlete must be returned to the coach at the time an athlete leaves the team or at the end of the season. The student-athlete is responsible for ensuring that all equipment is properly cared for. Lockers will be issued to all athletes. The student-athlete is expected to lock up all equipment and personal belongings.

Lost or damaged equipment/uniforms must be paid for or future equipment/uniforms will not be issued. Athletes will be charged replacement value for any lost or irreparably damaged items.

Each team member will receive a school assigned uniform. The Head Coach will distribute the uniforms on each sport's assigned day. Each student-athlete will be held responsible for all uniform(s) assigned by the coach and/or Athletic Director. Follow label instructions when laundering uniforms at home. Please do not put any school issued items into the dryer.

Athletes who fail to meet the financial obligations of lost or damaged uniforms or equipment may face additional consequences, including, but not limited to restricted extracurricular activities or withholding of diplomas.

FEES & VOLUNTEER HOURS

Resurrection College Prep High School will bill the non-refundable athletic fee on the student-athlete's tuition bill. This fee will be applied to the tuition bill after a student-athlete has made the team. No refunds will be given for students who lose the privilege of participating due to academic or behavioral concerns. Additionally, no refunds will be given after the date of the first contest to athletes who remove themselves from the team. Any discrepancies should be addressed with the Business Administrator.

Parents are required to volunteer for a minimum of four hours for each student athlete over the course of the school year. These hours may be served in the concession stand, the Bandit Boutique, or at the admission table. Directions to sign up will be given at the preseason parent meeting. Parents who fail to complete the four hours will be required to pay an additional service fee of \$40. This requirement is per athlete. Parents who do not wish to volunteer should pay the fee at the beginning of the season.

INJURIES & SPORTS MEDICINE POLICY

All injuries must be reported to the head coach immediately. The coach will then notify the athletic trainer who will work with the coach to fill out an Accident Report to be filed with the Athletic Director. Any athlete who seeks outside medical attention must submit a note from a doctor or physician's assistant clearing her to resume activity without limitation before she will be permitted to participate in practice /competition. While an athlete is on medical leave, attendance requirements will be determined on an individual basis by the athletic trainer, student-athlete, coach, and parent. Athletes will be encouraged to attend all team meetings, practices, and contests to the fullest extent they are able during the rehabilitation period.

By registering for athletics at RCPHS, parents/guardians authorize Resurrection College Prep High School to secure from any accredited hospital and/or physician any treatment deemed necessary for the immediate care of their daughter, and they agree to be responsible for the cost of any and all medical services rendered. Parents/guardians further acknowledge and confirm that their daughter is covered by an accident and health insurance policy that will

cover her while participating in interscholastic athletics, and agree to maintain such coverage for the duration of participation.

Parents/guardians freely and voluntarily assume all risks of participation in school-approved athletics/activities by registering. Parents/guardians also give consent to have AthletiCo personnel and Resurrection personnel provide their daughter with medical assistance and/or treatment and agree to save and hold harmless and indemnify each and all AthletiCo/Resurrection personnel from all liability, loss, cost, or other claim of damage whatsoever, including , injury, death or damage to property.

All athletes that sustain contact to their head or face that show signs/symptoms of a concussion will be evaluated for a concussion. If a concussion is suspected by the athletic trainer, the athlete will not be allowed to return to play. Any athlete that is removed from activity with a suspected concussion will not return to activity without clearance from a physician as well as clearance from the athletic trainer. Return to play protocol will begin after athlete is 100% symptom free and will progress as followed:

Day 1: Bike 30 minutes

Day 2: Run 30 minutes

Day 3: Agility drills 30 minutes

Day 4: Non-contact practice

Day 5: Full-contact practice

Day 6: Game play

(Athlete must remain symptom free in order to progress to next day's activity.)

Clearance from both physician and athletic trainer will allow the athlete to return to full activity.

PLAYING TIME

The critical role of a team member, at all times, is to enthusiastically and positively support the team and the individuals who are competing. Many high school sports are highly competitive and as a result, the amount of playing time in contests for an individual athlete cannot be guaranteed. There may be circumstances when a student-athlete will not get any playing time for multiple games and even an entire season. However, all athletes are afforded equal practice time appropriate to their position and the needs of the team in order to allow the opportunity for personal improvement and growth.

Each coach will fairly and properly assess an athlete's current skill level, position and rotation of each player, and assess the game situation and the implications of the contest. At the time these assessments are made, student-athletes may not get equal playing time. Many factors determine an athlete's playing time including but not limited to: performance at practice and in contests, skill level, attitude, behavior, effort, coachability, sportsmanship, the strengths and skills of the opponent, team dynamics, and attendance.

In the event an athlete is concerned about her playing time, she should follow communication protocol to discuss with her coaches the necessary steps for improvement needed.

REGISTRATION

Each student-athlete must be registered online by a parent and submit a current athletic physical before she may participate in an athletic practice or contest.

A parent email must be used to create an online account through the 8to18 website to register. Accounts created with a student's email address are subject to deletion, and will not be considered a valid registration.

The following forms must be electronically signed online during the registration process:

Athletic Handbook Receipt and Acknowledgement
IHSA Concussion Information and Sign-Off Sheet
IHSA Performance Enhancing Substance Testing Policy and Agreement
Waiver for Medical Consent
Transportation Form #1
Transportation Form #2

Copies of all forms will be emailed to the parent at the conclusion of registration. Additional copies are available upon request by emailing the Athletic Director.

RELATIONSHIP EXPECTATIONS

To maintain positive, healthy relationships, coaches, athletes, and parents are expected to adhere to the following guidelines.

Coaches will:

- support the mission of RCPHS and the RCPHS Athletic Department.
- enforce and follow all rules and guidelines of RCPHS, the RCPHS athletic department, IHSA, and GCAC consistently.
- embrace and display the ideals set forth by the Positive Coaching Alliance.
- respond to emails in a timely manner. During the season, responses will be within one school day. During the off-season, responses will be within three school days, or 72 hours should school not be in session.
- use athletes' first or last names when addressing them.
- stay with athletes until a parent or guardian arrives to pick them up.
- support the growth and development of all athletes.
- engage in collaborative relationships with all stakeholders.
- support and encourage multi-sport athletes.
- promote all sports at RCPHS, and will support and promote Junior Bandit events.
- promote the importance of academics and athletics to develop well-rounded individuals.
- encourage and expect a positive attitude, sportsmanship, integrity, leadership, self-confidence, self-discipline, and responsibility for all student athletes by modeling these qualities.
- create a sense of pride and camaraderie among teams.
- build RCPHS athletics to the next level through positive efforts, continuous training, and community outreach.
- hold a pre-season parent meeting to review the expectations and goals of the season.
- report scores and highlights of all contests on the RCPHS athletic website, hosted by 8to18 in a timely manner.
- stay positive and give meaningful feedback. Correction of athlete mistakes will include constructive feedback.
- maintain professionalism.
- teach skills necessary appropriate to the levels of all athletes on the team.
- ensure cleanliness of facilities and maintenance of equipment and uniforms, home and away.
- distribute and collect all uniforms, maintaining an accurate inventory and list of what was distributed to athletes.
- maintain accurate attendance records.
- collect transportation forms when applicable.
- meet all requirements of IHSA membership, meeting deadlines and requirements as outlined by IHSA.

- continue to develop and grow professionally by attending workshops or clinics.
- attend two open houses each year.
- keep it fun.

Athletes will:

- support the mission of RCPHS and the RCPHS Athletic Department.
- follow all rules and guidelines of RCPHS, the RCPHS athletic department, IHSA, and GCAC consistently.
- use the title of “Coach” when speaking to or about their coaches. Each coach will discuss with his/her team whether they prefer to be addressed by first or last name.
- effectively notify parents of practice and game schedules in advance to avoid last minute confusion.
- embrace and display the ideals set forth by the Positive Coaching Alliance
- attend a pre-season parent meeting to review the expectations and goals of the season.
- ensure cleanliness of facilities and maintenance of equipment and uniforms, home and away.
- participate enthusiastically
- make appropriate personal sacrifices for the good of the team and program.
- recognize that participation in athletics is a privilege.
- set challenging and realistic, attainable goals.
- be committed to skill development in their sport.
- develop and maintain a competitive, winning, team attitude.
- maintain high academic standards.
- will communicate openly and honestly with respect for all.
- be coachable and open to constructive feedback.
- share appropriate individual and team concerns with coaches and/or the Athletic Director.
- behave with integrity.
- exhibit pride in their team and school.
- demonstrating positive sportsmanship and playing by the rules.
- accept responsibility as a role model within the school and community.
- win and lose with dignity and grace.
- be drug and alcohol free, and develop positive health habits.
- practice self-discipline.
- deal with challenges and adversity in a positive manner.
- keep it fun.

Parents/Guardians will:

- support the mission of RCPHS and the RCPHS Athletic Department.
- follow all rules and guidelines of RCPHS, the RCPHS athletic department, IHSA, and GCAC consistently.
- arrange for transportation to and from events as needed, on time.
- embrace and display the ideals set forth by the Positive Coaching Alliance
- provide a valid parent email when creating a registration account. This email is used by the Athletic Department staff to send updates and important communication information. If a parent wishes to change the email address used for registration, please contact the Athletic Director for assistance. (Athlete emails are to be entered later in the registration process. They are not to be the primary email on the account.)
- attend a pre-season parent meeting to review the expectations and goals of the season.
- act as an extension of the team, reflecting the mission of RCPHS and the RCPHS Athletic Department.
- reinforce in their child(ren) the importance of sportsmanship.
- limit conversations about the sport.
- have realistic expectations for their daughter’s success
- support the coach, trying not to coach their own child.
- keep it fun.

- push their daughter to follow through on commitments, work hard, and be a good person.
- have their child play for her reasons, not his/her own.
- remain calm and composed during games.
- support their daughter and the entire team. Be a “team fan”, and not a “my child” fan.
- make their love and support unconditional, not contingent on performance.
- treat each player, coach, official, and all other stakeholders with dignity and respect.
- accept the decisions of the officials without showing inappropriate emotions.
- decrease the pressure to win; avoid making the outcome of the game bigger than life.
- reinforce the school’s drug and alcohol free policies and refrain from personal drug and alcohol use before or during contests.
- show appreciation for an outstanding play by either team during contests.
- appropriately address concerns, following the procedures outlined in the Athletic Handbook.
- remember that attending athletic events is a privilege and does not afford me the right to criticize officials, coaches, or players.

SPORTSMANSHIP

In a joint effort with the IHSA, GCAC, and NIAAA, Resurrection College Prep High School will not tolerate any abusive language from its team members, officials, coaches and fans. Each student-athlete, official, coach and parent should always exercise self-control during practices or contests.

(See IHSA.org for complete list of by-laws)

The Illinois High School Association By-Law 2.042 – IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

The Illinois High School Association Sportsmanship By-Law 6.011 – Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

The Illinois High School Association Sportsmanship By-Law 6.012 – Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Any athlete or coach who receives a technical foul during a contest will be removed from play for a period of time to gain composure. Within the rules of the game, they may return to play as determined by the officials and coaches. Before the next contest, that athlete or coach must meet with the head coach of the program and the athletic director to discuss the situation.

Any parent ejected from a contest for unsportsmanlike conduct will be required to complete the online NIAAA parent conduct course and present the certificate of completion to the athletic director before being allowed to return to any home athletic event. Subsequent offenses will result in the loss of the privilege to attend all further home contests for the remainder of the academic year.

STATE SERIES PLAYOFFS

All high schools and their athletes are expected to participate in the IHSA series of state competitions. Schools will send only qualifying athletes, approved teammates, and coaches to state contests. The Athletic Director, with approval of the Principal, will make arrangements for transportation, meals, and lodging. The head coach will be required to attend a “seeding meeting” or send appropriate information to the IHSA for the State Series.

State playoff schedules are tentatively posted at the beginning of the season, but may change through the end of the IHSA State Series. Athletes and their parents are advised to be aware of all possible playoff dates and plan accordingly.

TEAM BUILDING ACTIVITIES

Team building activities are an important part of any athletic team to strengthen team chemistry and build a positive team dynamic. All teams must remember that team events are to be inclusive, and shall not exclude any members of the team. It is strongly recommended that team activities be hosted at RCPHS. Events hosted by a student-athlete and her parents/guardians in their home are not to be attended by athletic department staff. Events held in public locations (i.e. restaurants, banquet halls, parks, etc) may be attended by staff.

TEAM CAPTAINS

Should a coach choose to have team captains, he or she will select captains based on the following qualities:

1. Unselfish- A team Captain is constantly sacrificing her own desires and putting the best interest of the team first. She praises teammates publicly when praise is deserved.
2. Humble- The Captain gives her teammates the credit. The Captain shows all others respect including: teammates, all coaches, officials, and opponents. Being humble means also listening; the Captain is not always yelling or talking down to her teammates. She acts as an encourager when a teammate makes an error.
3. Accountable- The Captain takes responsibility for her actions and accepts the consequences. She also serves as a role model both on and off the playing field.
4. Tough- The Captain “pushes” a teammate to play when she may be struggling, expressing the confidence she has in her and the need to dig deeper.
5. Mentally Tough- The Captain models the way to “focus on the things they can control” when in difficult situations. She is not beaten down by defeat but uses this experience to grow, learn and prepare for the next contest. She is able to overcome adversity, looking forward to the next challenge.
6. Disciplined- The Captain demonstrates self-discipline by coming on time, giving her all at practices and contests, and striving to meet the expectations of the coach. The Captain helps her teammates become self-disciplined by showing them the importance of doing the little things well.
7. Competitive- The Captain has a competitive spirit and a will to win. Athletics should be fun, and a balanced perspective must be kept, but part of the enjoyment comes from working hard and succeeding.
8. Inclusive- The Captain includes all members of the team in all team building events, inside or outside of school, and does not knowingly exclude any member(s) of the team.
9. Strong Leader- The Captain is a leader who empowers others. A true leader can be recognized because the players who work with or under her consistently demonstrate superior performances. The Captain leads by actions, demonstrating what is expected of teammates.
10. Communicator - The Captain is an excellent communicator and serves as a conduit between the coach and the team. She is a good listener who is always looking for ways to help the team.

Should a Team Captain fail to display these qualities throughout the course of the season, a meeting between the coach(es) and the Captain will be scheduled to discuss the expectations of the Captain and the needs of the team. If the Captain continues to not meet these expectations, she may be removed from the role of Team Captain.

TECHNOLOGY & SOCIAL MEDIA

The professional relationship between coaches, parents, and current athletes is always one of mutual respect, high standards and clear relational boundaries. Therefore, coaching staff may only use the following forms of approved communication when contacting or interacting with current students:

- Schoology
- Res Gmail
- 8 to 18

Coaches are not permitted to communicate or interact with current athletes via personal social media accounts such as Facebook, Snapchat, Instagram, Twitter etc. or to share personal information. At no time are coaches to communicate with students via text or personal email.

All student-athletes are required to join the Schoology groups "Resurrection Athletics and their Team Page"

Access code: KDCZ4-6JBFV

These two sites will be used for communication and updates throughout the season. Parents are encouraged to join as well.

The school athletic website can be found at: <http://il.8to18.com/resurrection> The website will host announcements as well as team-specific information, including rosters, schedules, and game summaries with scores.

Student-athlete Facebook, Twitter, Instagram, Snapchat, Schoology, or any other social media accounts must have pages and/or postings that are responsible and appropriate. The pages and/or postings must refrain from any depictions that are not consistent with the Athletic Handbook and/or the Resurrection College Prep High School Student Handbook.

While at RCPHS athletic activities, including practices and competitions, student-athletes are to have cell phones, iPods, laptops, and other personal electronic devices turned off and put away. This policy is enforced while practicing, participating in a competition or supporting fellow athletes during a competition. Students may use electronic devices on the bus with coach permission.

Students engaged in activities that violate the Athletic Handbook and/or the Resurrection College Prep High School Student Handbook that are depicted on any social media accounts will be subject to disciplinary action which may include athletic suspension and/or removal from an athletic team.

TRANSPORTATION

The safety and well-being of the RCPHS athletes is a top priority of the Athletic Department. The following policies have been developed to ensure that all athletes are accounted for and remain safe while traveling to and from athletic events.

Student-athletes and their parents are responsible for transportation to all practices and home contests.

Transportation Form #1:

If a practice/home contest facility is off-campus, parents/guardians must complete Transportation Form #2.

RCPHS provides transportation to all *away athletic contests* with a bus company. RCPHS will notify parents if transportation is ever unable to be secured. Students participating in a school-sponsored event must use the mode of travel provided by the school to the contest. Students may ride home from an athletic event with their parents if approved by the coaches policies and procedures for doing such.

Athletes riding in a bus should observe the following:

- Shoes must be clean before entering the bus (no spikes or cleats).
- The bus is to be entered from the front doors only.
- The bus should be boarded only when coaches are present.
- Proper language and conduct is expected.

- Athletes must remain seated in the bus at all time.
- Food and drink must be limited and all garbage disposed of upon exiting bus.

Athletes are not allowed to drive themselves to any away contest under any circumstances. In the event that a parent must provide transportation to an away contest, a request must be submitted to the Athletic Director in writing via email no less than 24 hours before the contest, and no later than 3:00 pm the school day before the event. The Athletic Director will review the request and will make a determination on an individual basis. The parents, athlete, and coaches will be notified via email of the decision made.

Athletes must remain with the team and must be dismissed by a coach before leaving all athletic events. If an athlete leaves an event without approval from the coach, disciplinary consequences will be enforced.

Coaches must enforce all transportation rules to ensure the safety of our athletes. It is the expectation that coaches will ride the bus to provide adequate adult supervision to and from away contests. Coaches may never drive a student-athlete, anywhere or at any time.

TRYOUTS AND TEAM PLACEMENT

In order to tryout for any athletic team, an athlete must have a current physical (dated within the past 13 months) on file in the athletic office. Additionally, any athlete wishing to tryout must have a completed online parent registration. The online account must be created using a parent email address. Student created accounts will not be accepted.

Follow this link to access registration forms: <https://resurrection.8to18.com/accounts/login>

Please use existing accounts when possible to simplify the process.

Tryouts are an important time for coaches to evaluate the talent of those individuals who are trying out for a school team. Selecting a team is a difficult responsibility for coaches, who will remain sensitive to the needs and feelings of the young athletes and the team. Athlete selection and team placement is based on skill, ability, effort and attitude. Final decisions are determined by rubric scoring. Seniority, attendance at open gym or summer camps, and/or club and travel teams do guarantee placement on a team.

Athletes are expected to be present at each day of tryouts. When tryouts begin, coaches are expected to take a few minutes to explain how they will select the team. It is beneficial to all athletes to attend all tryout dates to provide time for fair and accurate assessment. Athletes are selected based on skill level, position, and the needs of the team and program. Coaches will take those players who have the potential to contribute to the overall good of the team.

At the conclusion of tryouts, the roster will be posted online, at a designated time. Results of the tryout process are final. Athletes wishing to meet with a coach to discuss team placement may request a meeting 24 hours after the roster is posted, up to one week later. Parent meetings with the coaches may only occur after the athlete has met with the coach.

All athletes wishing to join a team that does not have formal tryouts (i.e. “no-cut” teams) must do so within ten calendar days after the first day of practice. After this time, the team roster will be finalized and athletes may no longer join the team. Any athlete wishing to join after that time due to extenuating circumstances must contact the athletic director before the ten day deadline to make necessary arrangements.

WARNING OF RISK

Athletes and their parents/guardians are to be aware that participation in athletics has inherent dangers and risks. Even though participation and practice is within the rules of sport and following the instruction of the coach, one may suffer from catastrophic injury. These injuries may include but are not limited to death, serious head, neck or spinal injuries that may result in complete or partial paralysis or brain damage. Serious injury to any of the internal organs bones, ligaments, muscles, tendons, or other aspects of the musculoskeletal system are possible. The injuries that may occur may affect one’s future ability to participate in athletic and recreational activities, earn a living or engage in other business and social activities. To minimize the possibility of injury, an athlete must follow the coach’s instructions regarding techniques, training, and team and school rules at all times, and participate within the rules and regulations of the sport.

What We Should Say When Our Kids Compete

Before the Competition:

1. Have fun.
2. Play hard.
3. I love you.

After the Competition:

1. Did you have fun?
2. I'm proud of you.
3. I love you.

*Most importantly, six simple words that make athletes feel great:
"I love to watch you play."*

Life Lessons Learned Through Sports

- performance under pressure
- meeting challenges
- handling both success & failure
- acceptance of others' values & beliefs
- flexibility & success
- patience
- risk taking
- commitment & perseverance
- recognizing limitations
- working with others
- respect for others
- self-control
- knowing how to win & how to lose
- accepting responsibility for behavior
- dedication
- self-respect
- working for the greater good
- accepting feedback & criticism as part of learning
- self-evaluation
- setting & attaining goals
- communication with others
- working within the system
- self-motivation
- resilience
- pushing yourself to the limit...& then some
- putting the needs of the team first

REAL preparation for the future



Illinois High School Association

(For 2015-16 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

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 by-laws. 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 by-laws 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 by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. 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. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. 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; or
- 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.

4. 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 **the IHSA sport season has begun**, 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 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.

Athletic Eligibility Rules—Page 2

- 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.

5. 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.

6. Physical Examination

You must 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.

7. 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.

8. Recruiting of Athletes

- A. The by-laws 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.

9. 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 by-laws.
 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 to your school's coaching personnel.

10. 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.

11. 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.

12. 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.