

STUDENT ATHLETIC AND ACTIVITIES PARTICIPATION

All student athletes must meet minimum requirements as established by the Washington Interscholastic Activities Association and the Mary M. Knight School District in order to be eligible to participate.

SECTION 1: LOCAL RULES AND REGULATIONS

THE FOLLOWING LOCAL REQUIREMENTS MUST BE MET PRIOR TO PARTICIPATING IN A GIVEN SPORT SEASON:

A District Participation Packet must be properly filled out, and turned into the Athletic Director before an athlete may be issued equipment or turn out (physically practice). This packet includes:

1. A copy of Mary M. Knight policy 3247
2. A Physical Examination Form which must be completed by your physician at your own expense. A physical is valid for 24 months from the date of the physical. This form must be on file with the Athletic Director before the first scheduled practice.
3. A Parental Permission Form which must be signed by a parent or guardian for an athlete to participate. This form includes signature for athletic code, Authorization of Oral Medication, emergency contact information and concussion information. It is required that the athlete and guardian sign the form indicating understanding of rules, regulations, and training requirements. Participation will be denied to anyone not signing this form.
4. An Emergency Information Card for that sport season/school year.
5. Evidence of paid enrollment in the school sponsored athletic insurance program or a parent/guardian signed insurance waiver for that sport/school year must be on file with the Athletic Director before you are allowed to participate. School Insurance forms may be obtained in the high school office. The waiver form is on the District Participation Form.
6. A receipt showing the purchase of an ASB card for the current school year.

ACADEMIC ELIGIBILITY

Each student athlete must maintain a 2.0 GPA average on a 4.0 scale with no F's. Any 'F' or a GPA below 2.0 will automatically place the student on probation for 2 weeks. If a student has an F or GPA below 2.0 after the 2 weeks of probation, the student is disqualified from playing/competing in athletic contest. The student is eligible to play/participate when he/she meets the criteria described. Grade checks will be completed every other Friday. Eligibility will run from Monday to Monday.

Any student who has earned two semester F's will be ineligible to participate in games/contests for five (5) weeks as outlined in the WIAA Handbook.

SCHOOL ATTENDANCE PRIOR TO A PRACTICE OR CONTEST

In order to physically participate in practice or games, the participant must be in school attendance the full day of said practice or game. Saturday games or practices are determined by Friday or the last day that school was in session. Any exception must be cleared through the Principal or Athletic Director. Exceptions excusable will be such as medical, dental, funerals, or other exceptional circumstances and

administrator or Athletic Director deems appropriate. If an athlete misses all or part of a school day and chooses to go to practice without following appropriate attendance procedure, disciplinary action will be taken.

Students who have suspended from school will not be allowed to participate in practice or games until they have completed their suspension and have attended a full day of school.

Students in ISS will be eligible to participate in school sports and activities the day after ISS is completed.

CONDUCT DURING THE SPORT SEASON

- A. The skipping of classes, dismissal or removal from classes for disciplinary reasons may disqualify a student athlete from further participation in co-curricular activities. All violations such as those described above shall be reported to the Athletic Director and the Coach.
- B. An athlete shall refrain from flagrant or abusive conduct directed toward team members, faculty member, coach, official, student (in or out of school), any opponent, spectator, or any member of the community as this would be detrimental and injurious to the welfare and progress of the entire athletic system of our school. Disrespectful conduct of any team member will not be tolerated. The Building Administration or Athletic Director shall decide what disciplinary actions are appropriate. Such determinations can be appealed as provided hereinafter.
- C. Conduct resulting in ejection or disqualification from an interscholastic contest administered by game officials, coaches, or school administrators shall result in the following:
 - 1. The first ejection of the season shall result in the ejected person being ineligible until after the next school contest in that sport at the same level or competition from which the person was ejected. Should the ejection occur in the last contest of a season, the suspension will carry over to the participant's next sport season of participation.
 - 2. The second ejection in the same sport and season shall result in the person being ineligible for the remainder of the sports season.
 - 3. As this rule is a WIAA policy, all appeals must go through the proper WIAA steps and procedures.

STUDENT ATHLETE REGULATIONS

No use or carrying of tobacco (smoking or chewing or e-cigarette use).

- A. First Violation: 5 days OSS and will miss 20% of contests.
- B. Second Violation: the athlete will be dismissed from the sport squad for the remainder of the season.

Penalties for violation of RCW 69.41.020-69.41.050 Legend Drugs (WIAA Policy) Legend drugs including anabolic steroids possession, sale, and/or use of Violation of RCW 69.50 (Uniform Controlled Substances Act [which includes alcohol]) –A violation of either of these shall be considered a violation of the eligibility code and standards and drugs that are legal ONLY through prescription. Controlled substances and controlled substance analogs are defined in RCW 69.50.101. The following penalties will be administered:

- 1. 1st Violation - A student athlete shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the rest of the season. Ineligibility shall continue until the next sports season in which the student athlete wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and the Athletic Director, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have final authority as to the student athlete's participation in the interscholastic sports program.

A student athlete who seeks and receives help for a problem with use of legend drugs or controlled substances and controlled substance analogs shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in the athletic program, pending recommendation by the school eligibility authority.

2. 2nd Violation - A student athlete who again violates any provision of RCW 69.41.020 through RCW 69.50 shall be declared ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.
 3. 3rd Violation - A student athlete who violates for a third time RCW.69.41.020 – 69.41.050 or RCW 69.50 shall be permanently ineligible for interscholastic competition.
- C. No carrying of, distribution of, possession of or being under the influence of narcotics, illegal drugs, controlled substances, or alcoholic beverages. Appearance or attendance at parties or gatherings where alcoholic beverages or drugs are being used is prohibited.
- PENALTIES:** A student who violates the possession, distribution and/or use policies of this rule will be suspended for the next four weeks of athletic competition in the sport. The student may practice but may not play. A mandatory drug/alcohol assessment by a school approved agency and completion of the assessments recommendations at the athlete's expense will be required for the student athlete to be reinstated at the completion of the suspension. A second violation of this part of the policy will result in the student athlete being suspended from the sports team for the remainder of the season. A student athlete who violates the attendance at gatherings part of this rule will be suspended from game play for two weeks. A second violation will result in a season ending suspension.
- D. Each Coach will establish his/her own curfew hours which student athletes will be expected to adhere to during the sports season.
- E. Athlete convicted of a misdemeanor or more serious offense shall be suspended from all athletics programs for the remainder of the sports season.
- F. All athletes shall attend all practices, meetings, contests, etc. unless excused by the coach.
- G. Any athlete who is injured or becomes seriously ill enough to require a doctor's attention will be required to have a doctor's permission to resume activity. (WIAA Policy)

APPEAL PROCEDURE

All students and athletes have access to appeal under WAC 180-40. If an athlete has been disciplined or suspended from a sport squad for any reason, he/she shall have the opportunity to appeal the decision. A Grievance Committee shall be comprised for three citizens from the community, chosen by the school board or their designee. The Principal will be the non-voting chair of the committee.

The athlete should first approach the head coach of the in-season sport and tell him/her of his/her intention to appeal. (This must be done within three (3) school days of the suspension). The coach will notify the Principal/Athletic Director and he/she will set up a date for the Grievance Committee to meet with the athlete (parents/guardians may attend) at the earliest possible time.

If the athlete or coach is not satisfied with decision of the Committee, he/she may appeal the decision (within three (3) school days) to the Superintendent, who shall review the case and make a recommendation for settlement. If the problem is not solved to the satisfaction of the athlete or coach he/she may appeal (within three (3) school days) to the Board of Directors.

The Board will schedule a hearing to secure all information about the case, and after evaluating all available information, the Board shall make a recommendation for settlement. The decision of the board shall be final.

EQUIPMENT

- A. Issued Equipment – School equipment checked out by the student is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of issued equipment or damage to issued equipment will be the student's financial obligation.
- B. Wearing Issued Equipment – Issued equipment is to be worn only while participating with the team in practice or during a scheduled contest. The wearing of game jerseys as a team on game day is allowed. WIAA prohibits the use of school issued equipment while participating in any event outside the yearly program or activities not sponsored by WIAA.
- C. A participant who drops from a sport squad without turning in his/her issued practice or game equipment, will forfeit his/her right to participate in any other sport season and will have credits and grades withheld until proper restitution has been made.
- D. No athlete will be allowed to participate in a sport until all previously issued equipment has been returned or proper restitution made.

SCHOOL EQUIPMENT AND FACILITIES

- A. The school district provides students with physical facilities for athletics at great expense in the form of taxes to parents and community members. Therefore, it is important the students exercise care and personal regard for these facilities.
- B. Misuse of dressing room facilities, lockers, towels, benches, and gymnasium or field facilities will not be permitted. Failure to comply with this regulation may result in denial of their use.

SECTION II TRAVEL

The Mary M. Knight School District will provide transportation to and from athletic contests unless other arrangements are made and approved by the Athletic Director and approved by the Principal.

- 1. Each team member will remain with the team and under the supervision of the coaching staff or team chaperones when attending away games.
 - A. For the safety and general welfare of all students, any student riding a school bus to any event must return on the bus. The only exception to this rule will be in the event that the parent or guardian personally requests in writing from the coach, instructor or advisor in charge of the student that their child be allowed to leave with them, or another parent for whom they have given permission. Coaches will release athletes directly to parents/guardians after they have signed their student out with the coach.
 - B. Each team member, while traveling to and from athletic contest, will obey all School bus regulations.

APPROPRIATE DRESS

It is requested that student athletes be conscious of what constitutes appropriate dress for home and away contests. In our opinion this promotes pride in our school and its athletic teams. The Head Coach in each sport will determine appropriate dress.

SECTION III OFF-SEASON CONDITIONING PROGRAMS

1. Off-season conditioning may only occur during WIAA permitted time frames for all sports.
2. Area(s) and/or facilities used for off-season conditioning must be supervised at all times.
3. A student cut for disciplinary reasons may not turn out for conditioning or any other sport during the season for which the student is removed from a squad.
4. Any student "cut" from an in-season sport may turn out for off-season conditioning.
5. Any student athlete who quits an in-season sport may not turn out for off-season conditioning without the permission of the in-season coach from whose team he quit.

SECTION IV AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Since the award is a symbol of accomplishment, its value lies in its implication rather than in its monetary worth.

In order to qualify for an athletic letter, a student athlete must meet the requirements set forth by the Head Coach of the sport and be recommended by the Head Coach. Athletic awards shall only be presented to participants who complete the entire season for a given sport. (This does not apply to participants who are unable to complete a season due to illness or injury).

To receive an athletic award, an athlete must attend the sports award assembly for the sport unless excused by the Head Coach of the sport.

Upon voluntarily dropping out or being dropped from a squad for disciplinary reasons, a student athlete automatically forfeits any points, awards, or letters he/she might have received in that sport.

LETTER REQUIREMENTS:

A student athlete at the varsity level will receive a letter if they complete the season in good standing provided they meet requirements set by the Head Coach.

A student athlete who is a senior and has participated in two (2) consecutive years of service for a given sport will letter.

A student serving as a team manager, team trainer, or stat keeper will earn a letter for each year of service for a given sport.

A certificate of participation will be awarded to each member of sub-varsity teams provided they meet requirements set by the Head Coach.

A coach has the right to recommend any student athlete for a letter if for some reason he/she believes the athlete to be deserving.

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