

Student Activity/Athletic Handbook

2015-2016 School Year



“Educating All Children to meet Tomorrow’s Challenges”

The Festus R-VI School District is an equal opportunity employer and does not discriminate on the basis of age, gender, creed, color, national origin or handicap.

FESTUS R-VI STUDENT-ATHLETE HANDBOOK

Introduction

Interscholastic activities are an integral part of student's education. Interscholastic activities complement the curricular program. The interscholastic activities program shall provide educational and social experiences for the students and the Festus school community that result in positive learner outcomes which contribute to the development of good citizenship, sportsmanship and equitable competition. Interscholastic activities provide experiences that help develop young men and women physically, mentally, socially, and emotionally. The Festus School District and the Missouri State High School Activities Association (MSHSAA) want to help ensure that you maintain your eligibility so that you may participate in and enjoy the benefits of interscholastic activities. Your years in Festus High School and Festus Middle School will be highlighted by your participation on one of your school's athletic or interscholastic teams. These will be some of the most enjoyable years of your life. In order to compete, you must be eligible and you must be a creditable school citizen.

Eligibility to represent a school in interscholastic activities is a privilege and not a right. Eligibility is attained by meeting the standards of eligibility cooperatively set by the Missouri member schools of MSHSAA and additional standards established by the Festus School District. These eligibility criteria allow students to be able to participate and remain eligible. The privilege to participate in activities carries with it a responsibility to the school, to the activity or organization, to the student body, to the community, to your team, and to the individual student. We want you to enjoy the years you participate in interscholastic activities and support the spirit of citizenship within the Festus community. Information in this manual will acquaint you with the major rules and regulations you must follow in order to maintain and protect your school eligibility. This is not a complete list of Festus School District policies or MSHSAA eligibility requirements. You should check with the administrators at your school anytime you have questions or concerns, as they have a complete copy of all District policies, discipline codes, and MSHSAA eligibility requirements. Knowing, understanding, and following these requirements will enable you to maintain and protect your eligibility. It is important for you to know that all the requirements must be met, as no one requirement is more important than another.

This manual has been prepared by the Festus R-VI School District with the assistance of the Missouri State High School Activities Association to help students and parents in understanding our athletic/activities program and key eligibility issues. It does not replace or supersede Festus R-VI School Board policies or MSHSAA by-laws. Questions regarding eligibility should always be addressed to the FHS Athletic Director. Information regarding MSHSAA may be found at www.mshsaa.org

FESTUS R-VI SCHOOL DISTRICT

Policy of Non-Discrimination

It is the policy of the Festus R-VI School District not to discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990.

Inquiries related to the Festus R-VI programs and to the location of District services, activities, and facilities that are accessible to and usable by persons with disabilities may be directed to

the District Compliance Officer (Title VI/Title IX/Section 504/ADA/Age Act), 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937.8044, email: llutt@festus.k12.mo.us

Inquiries related to Festus R-VI employment practices may be directed to the Assistant Superintendent at the Roy Burnside Administrative Building, Festus R-VI School District, 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937.4920, email: nhold@festus.k12.mo.us.

Anyone attending meeting of the Festus R-VI Board of Education who requires auxiliary aids or services should request such services no later than 48 hours prior to the meeting by contacting: Dr. Link Luttrell, Festus R-VI Superintendent, 1515 Mid-Meadow Lane, Festus, MO 63028, telephone 636.937.4920, fax 636.937.8925.

Inquiries or concerns regarding civil rights compliance may also be directed to the Office for Civil Rights, Kansas City Office, U.S. Department of Education, 8930 Ward Parkway, Suite 2037, Kansas City, MO 64114, telephone 816.268.0550, fax 816.823.1404, TDD 877.521.2172. Additional information regarding this and other Festus R-VI School District policies can be found online at www.festus.k12.mo.us.

Festus R-VI Mission Statement

The long standing mission of the Festus School District is, "Educating all children to meet tomorrow's challenges."

MSHSAA Mission Statement

"The MSHSAA promotes the value of participation, sportsmanship, team play, and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation."

The Festus R-VI Athletic and Interscholastic Programs are an integral part of our school co-curriculum, and we believe that the opportunity for participation in a wide variety of student selected athletic and interscholastic programs are a vital part of the student's educational experiences. We hope that these experiences would serve as a laboratory where students may learn to cope with problems and to handle situations similar to those encountered in the contemporary world.

Athletes should realize that participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the individual himself/herself.

District and Student Goals

1. To provide a superior program of athletics that includes appropriate activities for every student athlete.
2. To provide the opportunity for a student to experience success in the activity he/she selects.
3. To provide enough activities to have an outlet for a wide variety of student interest and abilities.
4. To provide opportunities for lasting friendships with teammates and opponents.
5. To provide for the students' worthy use of leisure time now and in the future.
6. To develop team play with such commitments as loyalty, cooperation, fair play, and other desirable traits.
7. To provide directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that contribute to winning and losing graciously.

Festus R-VI Activities

High School

Fall Season

Football
Softball (Girls)
Soccer (Boys)
Cross Country (Boys and Girls)

Winter Season

Basketball (Boys and Girls)
Wrestling

Spring Season

Baseball
Track & Field (Boys and Girls)
Soccer (Girls)
Tennis
Golf

Interscholastic Competition

Cheerleading
Dance
Color/Winter Guard
Band
Choir
Speech/Debate
Scholar Bowl

Middle School

Fall Season

Volleyball (Girls)
Football
Cross Country

Winter Season

Basketball

Spring Season

Track & Field

Objectives

The major objective of the athletic program is to give students an understanding that participation in athletics is a privilege which carries with it responsibilities. Participation also provides wholesome opportunities for students to develop favorable habits and the ability to work well with others.

The athletic program should always conform to the general objectives of the school, the athletic administration, and should be in line with the general policies of the district. The athletic program will be secondary to the academic program in emphasis at all times. The athletic program should function as a part of the whole curriculum and should constantly strive for the development of a well-rounded individual, capable of contributing in a modern society.

General Code of Conduct

The Festus R-VI School District expects members of our athletic teams to be good citizens in school and in the community. Members of the athletic teams are always in the public eye and in a position to influence others. The Festus School District believes that it is the duty of our athletes to set good examples for other students and serve as a credit to our school at all times. We also expect our athletes to seek a high level of maturity through self-discipline and to excel in education.

Co-curricular activities are an extension of the school day. Students and parents should be aware that the Festus School District discipline policies and guidelines will be enforced and is not necessarily limited to, acts of students on district property, including playgrounds, parking lots and district transportation, or at a district activity, whether on or off district property. The district may also discipline students for off-campus conduct that negatively impacts the educational environment, to the extent allowed by law or is a violation of standards outlined in this handbook.

Athletic Code of Conduct

Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes after the body and mind have been conditioned through a regular training routine. Training rules also support a healthy lifestyle. This code is to be followed by all athletic participants. All violations above are enforced accumulative throughout an athlete's high school career.

- I. Smoking, chewing, or dipping tobacco, alcohol and/or possession of controlled substances are hazardous to the health of high school students. Abstinence from these is essential for athletes at Festus at all times, 24 hours a day in and out of season. The use and/or possession of tobacco, alcohol or any controlled substance in or out of school will fall under provisions of this handbook, MSHSAA standards and current school policy and such misconduct will be treated accordingly.
- II. Proper nutritional habits should be practiced year-round.
- III. All athletes are expected to attend all practices. Only illness or injury will excuse an athlete from practice. He/She must be excused in advance by a member of the coaching staff. Injured athletes who are able to attend practice sessions shall be expected to do so.
- IV. Students assigned to the In-School Suspension Classroom, who are suspended out of school for any reason or who are absent except as a result of a funeral, doctor's appointment or court appearance, are not eligible to attend, participate in practice or compete in any contest or activity during the period of such suspension or absence in any sport until fully reinstated into regular classes. Reinstatement into regular classes begins upon resuming attendance back in a regular class. A student who is sent or pulled from a class for disciplinary reasons will be evaluated on an individual basis regarding eligibility for that day.
- V. Athletes may be required to follow additional rules established by individual coaches.
- VI. Conduct out of season may affect future eligibility.

Possession/Use/Distribution of Alcohol, Tobacco, Non-Prescribed Drugs or Drug Paraphernalia

Students shall not use/possess or distribute alcoholic beverages, non-prescribed drugs, drug paraphernalia, or tobacco. The use of these will be dealt with on an individual basis depending on the severity of the incident and will be consistent with the Festus R-VI School District and MSHSAA guidelines with consequences ranging from suspension to termination of participation privileges.

Any of the following violations by a student will initially result in automatic dismissal from the team for the remainder of the current sports season when reported by a certificated school employee or law enforcement authorities during the current sports season. A second violation at any time while at Festus R-VI will deem the student ineligible from participation in any sport for a period of one year (365 calendar days). That penalty may be reduced to 180 calendar days if the student voluntarily completes a qualified recovery program and agrees to random drug testing during the remainder of his/her high school athletic eligibility. These penalties also apply to any student in violation of the following during any off season, including summer months. The "current sports season" begins with the first day of practice and ends with completion of the last contest.

- A. Use, distribution of or possession of alcohol.
- B. Theft at school where school discipline is administered. If the theft occurs away from school and charges are brought forth, the student will be suspended from games until eligible by MSHSAA guidelines.
- C. Vandalism of school or public property.

In addition, the selling, use of, or possession of a controlled substance, at any time, will result in the automatic loss of eligibility for 365 calendar days. Voluntary completion of qualified recovery program would reduce the penalty to 180 calendar days.

As a reminder, the above expectations apply in and out of season, 365 days a year, and enforcement is cumulative throughout an athlete's high school career. Additional school discipline or MSHSAA requirements may affect eligibility beyond provisions of this policy.

The following provisions apply for the use, possession or distribution of tobacco.

During season (season runs from the first practice to completion of last contest).

- 1ST Offense: Loss of eligibility for 10% of all contests
- 2nd Offense: Loss of eligibility for the remainder of that season
- 3rd Offense: Loss of eligibility for 365 calendar days

Out of season:

- 1st Offense: Loss of eligibility for one contest of the next season of participation
- 2nd Offense: Loss of eligibility for full season. The full season penalty will be in the next sport in which the athlete participates.

All student athletes begin their high or middle school eligibility with no offenses and no initial grade requirements until the completion of their first semester. Any athlete who is under suspension when his/her season is completed is not eligible for post-season recognition or a team letter.

Students Who Engage in Unsportsmanlike Acts

Discipline for such acts resulting in a flagrant foul, technical foul, unsportsmanlike conduct penalty, etc. will be left to the discretion of the coach but could cause the student-athlete to be restricted from representing the school for at least the next contest. Please note that if any player receives a special report from MSHSAA related to profanity or unsportsmanlike conduct toward a player or official, or is ejected from a contest, as a minimum, the player may not play in the next contest.

Due Process

The student will have the opportunity to express his/her side of any incident in which he/she may be involved. If the student is dissatisfied with any decision, he/she has the right to appeal the decision through the following channels: Athletic Director, then Principal, Superintendent and Board of Education.

Citizenship Requirements: MSHSAA By-Law 212

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens." Conduct shall be satisfactory in accord with standards of good discipline.

Law Enforcement: A student who commits an act for which charges may or may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Minor moving traffic offenses shall not affect eligibility unless they involve drugs, alcohol, accidents or injuries. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

Local School: A student who violates a local school policy is ineligible until completion of the prescribed school penalties. The eligibility of a student who is serving detention or in-school suspension shall be determined by local school authorities (Festus Students are not eligible on the day of an in-school suspension). A student shall not be considered eligible while serving an out-of-school suspension.

A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.

If a student misses class(es) without being excused by the principal, the student shall not be eligible to participate on any subsequent date until the student attends a full day of classes.

Each individual school has the authority to set more restrictive citizenship standards and shall have the authority and responsibility to judge its students under those standards. Each school shall diligently and completely investigate any issue that could affect student eligibility.

Student Responsibility

Per MSHSAA requirements, each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 calendar days from the discovery, pending review by the MSHSAA Board of Directors.

Cell Phones, Cameras and Photographic Equipment

Cell phones and cameras may not be used inside a locker room for any purpose. This means no texting, no calling or receiving and obviously no taking of pictures. The use of any cell phone, regardless if it has a built-in camera or not, is not permitted in the locker room at any time. There are no exceptions. This rule applies to all players, managers and coaches (coaches may use a cell phone in their office when no students are present, not the locker room). A violation of this rule will result in immediate penalty, which could include dismissal from the team. If a picture is taken, the matter may be turned over to legal authorities for possible prosecution. Should an athlete receive a call or text while (s)he is in the locker room, (s)he should take the phone (still in backpack, book bag, gym bag, etc.) to the hall or outside the building before use. Cameras and phones may not be in use or in view inside any locker room for any reason.

Social Networking Sites

Student-athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail) and any information posted on a public domain (e.g. internet, chat room, blogs, Face book, You Tube, My Space). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and the Festus R-VI School District. Texting, tweeting and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a Festus student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, in violation of provisions included in this handbook or other District policies, will be considered in violation and subject to athletic discipline or suspension.

Enforcement of the Athletic Handbook

The Festus Student Activity/Athletic Handbook is the guide for the rules and attitudes, which shall govern the conduct of a student athlete. The Principals, Athletic Director, and Coaches will enforce the spirit of this code as well as the precise rules. Any violation of the rules will be referred to the head coach. Violation of provisions within the Athletic Handbook may also be referred to the Athletic director and/or Principals. Other provisions may be found in the Festus School District policy manual or MSHSAA guidelines. Violations could result in action by the Athletic Director or Principal with consequences including suspension from practice and/or competition for a period of time.

Reports from law-enforcement officers may be considered a breach of the rule on good citizenship and may affect an athlete's eligibility.

Eligibility

In order to represent the Festus R-VI Schools in any interscholastic competition, a student must meet all the eligibility requirements of the Missouri State High School Activities Association, as well as those of Festus R-VI School District. Some of these requirements are outlined in the following sections.

Academic Standards: MSHSAA By Law 215.0

Of all the requirements, the academic standards are the most important.

- A. A student in grades 9-12 currently enrolled in courses that offer three units of credit, and must have passed three units of credit the preceding semester of attendance; or a student must be enrolled in a full course at his/her level in a special education program for the handicapped approved by the Missouri State Department of Education, which though ungraded, enrolls pupils of equivalent age, and that student must have made standard progress for his/her level the preceding semester. A student who was academically ineligible the preceding semester but meets the academic standard at the close of the semester or summer session becomes eligible the first day classes are attended in the succeeding semester. Up to one credit may be earned in summer school and count for eligibility purposes.
- B. A seventh or eighth grade student must be currently enrolled in and regularly attending the normal course for that grade or must be enrolled in a full course at his/her level in any public school special education program for the handicapped approved by the Missouri State Department of Education which, though ungraded, enrolls pupils of equivalent chronological age. A student must have been promoted to a higher grade or to a higher level in a specific education program at the close of the preceding year. However, any such student who failed more than one scheduled subjects or failed to meet IEP standard in special education shall be ineligible in the following semester, regardless of promotion to a higher grade.
- C. Students promoted from 6th grade to 7th grade or from 8th grade to 9th grade are eligible first semester.
- D. For eligibility purposes a semester shall be defined as ninety school days in session, including legal holidays and teachers' meetings, beginning with the opening day of school. If a school has more than 180 days in a school year, a semester shall consist of one half of the days the school is in session.
- E. Students must enter school within the first eleven days of the semester in order to be eligible.

Age Standards: MSHSAA By-Law 232.0

A student shall not have reached the age of 19 prior to July 1 preceding the opening day of school. If a student reaches the age of 19 on or following July 1, the student may be considered eligible for the ensuing school year.

To be eligible for junior high school competition against teams all in a particular grade classification, the student shall have reached the following ages prior to July 1 preceding the opening day of school: grade seven-14; grade eight-15, grade nine-16. If a student does not meet the age standard for a particular grade classification, that student may compete on a team of higher grade classification, except the seventh and eighth graders shall not compete with or against students in grade team or above. An athlete who reaches the maximum age limit for his/her grade by having a birth date falling before July 1 is not eligible for that grade and may compete on a team of a higher classification.

Students are eligible to participate in any activity for a maximum of four consecutive seasons beginning when he/she enters the 9th grade.

Conditioning Standards

Each squad must have 14 days of conditioning practice and each individual must have participated in 14 school conditioning practices on 14 different days prior to the date of the first interscholastic contest in all sports except fall baseball, golf, fall softball, and tennis. For fall baseball, golf, fall softball, and tennis each squad must have a minimum of 10 days of conditioning practice and each individual must have participated in 10 school conditioning practices on 10 different days prior to the date of the first interscholastic contest. The requirement shall be waived if a student has been a member of another school sport squad immediately preceding the sport season and has had 14 days of conditioning.

Sports Camp Eligibility Standards

A student shall become ineligible in a sport for 365 calendar days from the date of the last offense if he/she participates in a specialized camp, school, clinic, or other similar program involving coaching and instruction in that sport unless the program and the student's participation meet the following requirements:

- A. Any camp sponsored by any individual or organization other than a member school shall be approved by the Board of Control. No camp held during the school year shall be approved. A camp sponsored by a member school shall be responsible for seeing there is an adherence to all provisions of this section.
- B. No camp held during the school year shall be approved.
- C. The camp program does not include any type of competition other than the customary inter-camp practice/scrimmage situations.
- D. The fee is provided by the student or parents.
- E. No school uniforms or player equipment shall be used except participants in football camp may wear shoulder pads, practice jerseys, and helmets. No physical contact during football summer camp will be allowed.
- F. Except for a team camp, only students enrolled in a sponsoring or school district may attend.
- G. For a team camp, each school team participating in the camp shall be coached and supervised at all times by a member of that school's coaching staff.
- H. You may attend an unlimited number of non-school sponsored summer specialized sports camp(s) where you do not receive instruction or coaching from a member of your school's coaching staff.
- I. An athlete shall not receive pay or expenses for working in a specialized summer camp or serving as an instructor or counselor at a camp involving sports in which he/she participates.
- J. No sports camp involving a fall season sport shall be attended after July 31.

Practices

An athlete may practice or compete as a member of a non-school team or as an individual participant in organized non-school competition in a different sport than the school sport in-season under the following conditions:

- a. No school time is missed to compete, practice, or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.
- b. The student shall not practice for or compete in non-school competition on the same date he or she practices or competes for the school team without approval of the school administrator.

Same Season Multi-sport Participation

Coaches from both sports teams must be in agreement on practices and games before the athlete will be allowed to compete in two sports during the same season. If both coaches do not agree, the athlete must choose which sport he/she will play. Conference competition will take precedence over all other games or tournaments. The athlete must choose which sport they will participate in for districts at the beginning of the season.

College Tryouts

No athlete shall participate in any type of tryout or audition for a college team prior to completion of his/her school eligibility in the sport concerned.

Transfer Students

Students and parents must move into the district of their new school unless they meet the exceptions listed in MSHSAA rules. Students who transfer school without a corresponding change of resident by their parents that necessitate the change of schools may be eligible at the new school on a restricted basis. More specifically, in situations where a student transfers from school "A" to school "B", the student may be eligible to participate in all interscholastic athletics at school "B" except varsity level competition in sports in which the student's name has been included on a school's master athletic eligibility roster (at any level) during the twelve calendar months preceding the date of such transfer. This restricted eligibility can be approved provided it is approved by the principals of both the sending and receiving schools and the Board of Control and further provided there is no athletic purpose nor an undue influence involved in the transfer. If the student has not been a member of a school sports squad (at any level) in a given sport during the twelve months preceding the transfer, he/she would be eligible in that particular sport for any level of competition including the varsity team at the new school. Students who transfer during in-season are eligible to tryout if they meet the following criteria:

1. All MSHSAA guidelines
2. The student was a member of the prior school athletic team
3. A position is available on the team

Tardy Policy

Student athletes must be aware of all District policies, their consequences and the effects that consequences may have on their eligibility. One of those policies involves tardies. The following consequences are assigned to tardies at Festus High School. Detention and suspension assignments are made based on the most current availability.

1 st Tardy	Verbal Warning from Teacher
2 nd Tardy	Lunch Detention
3 rd Tardy	Lunch Detention
4 th Tardy	Lunch Detention
5 th Tardy	Lunch Detention
6 th Tardy	Tuesday or Thursday 45 Minute detention after school (ASD)
7 th Tardy	Tuesday or Thursday 45 Minute detention after school (ASD)
8 th Tardy	Saturday School (SS)
9 th Plus Tardy	Saturday School (SS)

Students who are more than 15 minutes late for class will be considered absent and will not be eligible to participate on that day without administrative approval.

Non-School Competition: MSHSAA By-Laws 235.2-b1, 235.2-b, 306, and 235.3

Organized Non-School Competition shall be defined as any contest(s) which is sponsored by an individual or organization and for which any of the following have been prearranged: coach, official, scorer, or team membership.

- I. Student may not practice for or participate with non-school team or in any organization non-school athletic competition in the same sport during the same season. For example, a student may not play on a church league basketball team during the school basketball season. A track participant may not enter road races or be on a club team at the same time. A baseball player cannot play or practice on a Little League team during the season.
- II. Students may participate on a school team and a non-school team in a different sport during the same season. Students may not practice with or participate for a non-school team or organized non-school athletic competition on the same day as they practice or participate for the school team without approval of their school administrator.
- III. During any sport season a student is not a member of a school sport squad and during the summer vacation period, he or she may participate in non-school sponsored competition in a sport in which MSHSAA member schools compete interscholastically provided:
 - A. If held during the school year, no school time is missed to compete, practice, or travel to the site of the non-school competition unless the absence is approved in advance by the school administrator.
 - B. No non-school basketball, football, or volleyball team is comprised solely of members of the same school team or students who will be members of the same school team as other players on the non-school team the next year. This restriction does not apply during the summer months when school is not in session.
 1. Non-school teams which are non-traditional offerings of these sports shall not be restricted in team composition. The following are considered non-traditional: teams of three or fewer in basketball, seven or fewer in football, four or fewer in volleyball and coed volleyball.
 2. Any non-school teams in basketball, football, and volleyball involving more players on the courts or field than listed in MSHSAA By-Law 235.2-b1 shall be considered traditional and must meet the requirements of MSHSAA By-Law 235.2-b.
 3. During the school sport season a student may not participate in any traditional or non-traditional non-school offerings of the sport concerned.
 - A. It is not an all-star contest as defined in MSHSAA By-Law 306.
 - B. If held during the school year but outside the designated school session the participant shall receive no coaching from a member of the coaching staff of the school the student attends or will attend the following year. During the summer months only, the participant in any sport may be coached by a member of the school coaching staff the participant has or will attend the next year.
- IV. All-Star Games- An "all-star" contest is defined as any contest involving players from two or more junior or senior high schools who are selected on the basis of their individual athletic accomplishments or reputation gained while competing in interscholastic competition By-Law 306. An athlete may not compete in an all-star competition and maintain his/her eligibility unless the following requirements are met: MSHSAA By-Law 235.3.
 - A. No student may participate in an all-star contest during the school sport season for the sport concerned.
 - B. A senior who has completed his/her eligibility in an interscholastic sport shall be permitted to participate in not more than one all-star event in the same sport during the school year.
 - C. A senior student participating in an all-star contest shall not be permitted to miss a MSHSAA

sponsored post season athletic event to travel to and from or participate in the all-star event.

- D. International Competition- The Board of Control is authorized to approved competition in the Olympic and Pan American Games for a student provided:
1. Arrangements have been made to provide tutoring to ensure that missing school will not work an academic hardship on the student when he/she returns to class.
 2. Written application for approval shall be submitted by the student or his/her representative and received by the Board of Control thirty days prior to the event. No approval by the Board of Control shall be required if the training and competition periods of the non-school team are during the summer months when school is not in session.
- V. The Board of Controls is further authorized to approve participation in other international competition which has been sanctioned by the international governing body for that sport and which sponsored by the National Governing Body recognized by the International Olympic Committee for that particular sport provided:
- A. Arrangements have been made to provide for tutoring to ensure that missing school will not work an academic hardship on the student when he/she returns to classes.
 - B. It will not cause the athlete to miss any interscholastic competition in any sport in which he/she is representing or will represent his/her school.
 - C. Approval has been given for the student's participation by the Board of control. Written application for approval shall be submitted by the student or his/her representative and received by the Board of Control thirty days prior to the event. No approval by the Board of Control shall be required if the training and competition periods of the non-school team are during the summer months when school is not in session. The above provisions shall apply to both training and competition periods.
- VII. Student-Athletes must provide their own transportation to participate in non-school competition; schools shall not provide or arrange for transportation for their student athletes to participate in non-school competition.
- VIII. The penalty for violation of this section shall be ineligibility for 365 days from the date of the violation in the sport in which the violation occurred, and ineligibility in all other sports for ninety school days from the date of the violation. However, the Board of Control is authorized to assess a lesser penalty for the inadvertent violations.

Board of Control Note: The restrictions included in this standard shall apply for the following sports: baseball, basketball, cross-country, football, softball, tennis, track, and volleyball.

Physical Examinations: MSHSAA By-Laws 308.0 and 309.0

. The Missouri State High School Activities Association requires a yearly physical examination of all athletes prior to their participation in interscholastic athletes. The forms for this examination are found on the district website under ATHLETIC PACKET. Medical certificates are valid for the purpose of this rule if issued on or after February 1 of the previous school year. Coaches are not to practice or play an athlete without the medical form properly filled out and signed by a doctor and has all the necessary student and parent signatures and the insurance section completed. Within this ATHLETIC PACKET there are all of the necessary forms for a student athlete to receive a practice card from the AD/Middle School office. Only the AD/Middle School, or appointed person from the AD/Middle School office, will accept physicals and paperwork to give the athlete a practice card. Coaches will not accept physicals or paperwork. All must be turned into the AD/Middle School office.

Insurance Coverage

The Missouri State High School Association By-Laws provide that a student shall not be permitted to practice or compete until written proof of valid insurance coverage is on file with the office of Athletic Director. Make sure the policy number is included on your physical form.

Athletic Injuries and Their Care

1. The Missouri State High School Athletic Association requires that all athletes be covered by insurance. Therefore all injuries of the athletes should be reported immediately to the supervising coaches. Coaches will then be expected to evaluate the injuries and act accordingly.
2. If the athlete purchased and is covered by the special athletic insurance, he/she should pick up an insurance form from the principal's office. Medical care must begin within ten days after the injury is reported or occurs in order for the special insurance to be in effect.
3. Every athlete should have a signed Emergency Card on file with his/her coach and in the athletic office. In case of an emergency, athletes will be sent to the nearest hospital.
4. Parents or athletes should inform coaches or the Athletic Director of any special medical problems of the athlete.
5. All athletes should be inoculated for tetanus.
6. Should an athlete discover an injury after he/she has returned home, the coach or Athletic Director should be contacted at once.
7. All coaches are to have an Emergency Procedure Plan for injuries on file with the Athletic Director. In a compelling emergency, all rules are off. The athlete will be taken care of first. All Injuries should be reported to the Head Coach.
8. When an athlete is injured, the parents should be notified immediately.
9. Any team member that is injured and placed under a doctor's care must provide a signed letter of release from the doctor before he/she will be allowed to participate in either a practice or a contest.
10. Any injury during practice or in a contest which warrants medical attention will also require an injury report to be filed with the Athletic Director.

Procedures Involving the Movement of Players

We believe that the success of our athletic program lies with the students. We feel that if our programs are to be successful, we must provide adequate training and teaching of fundamental skills to the participants on all teams. We would like to establish a procedure which would accomplish both of the above tasks.

Before a 9th grade student can be moved up to a varsity squad, a request for such a move must be made by the Head Coach to the Athletic Director. The Athletic Director will meet with all coaches involved to make a recommendation of approval or rejection. Once the foregoing personnel have recommended the move, the player and parent shall then be informed and their consent sought before the move is made.

Commitment to Athletic Teams

The MSHSAA Mission Statement promotes the value of participation, sportsmanship, team play, and personal excellence to develop citizens who make positive contribution to their community and support the democratic principles of our state and nation. This statement reflects the commitment every athlete assumes when they become a member of an athletic team. When an athlete is selected as one of the team members, he/she has taken a position that they should be proud of and fulfill the expectations of being part of the team.

Athletes Who Leave A Team

After the first three participation days of the sports season, students will not be allowed to quit one sport and join another sport in the same sport season (i.e. a student who attends an official football practice after the third day may not quit and participate in Cross Country). Athletes who are cut from a team may join another team prior to the end of season of the team from which he/she was cut if the coach of the new team approves. Coaches are discouraged from allowing a player who has quit a team to be reinstated, although such situations should be handled on an individual basis with administrative approval. Athletes who quit a team may participate in weight training and other activities in preparation of their next activity.

Open Gym

Students must have prior approval from an in-season coach before attending an open gym of another sport. Students must have a physical that is after February first of the previous school year to participate in open gym.

Dismissal for Athletic Events During the School Day

Students leaving for an athletic event during the school day must meet the following provisions. Students must be academically eligible and meet the attendance policy as stated in the High School Student Handbook. Students must be on the coach's dismissal list which is submitted three days in advance of leave. Students are responsible for handing in all assignments before they leave. The student will be dismissed 10 minutes prior to bus departure time.

Doctors Excuse Procedures

1. A doctor's excuse from practice must be approved by the Principal before leaving school
2. Upon return to school, the student must show documentation on doctor's office stationary of the arrival time and the departure time.
3. Documentation must be turned in to Principal's office before student is eligible for practice or participate in a game or competition.
4. An appointment that is scheduled in the morning that causes a student to miss their first hour class must be approved by the Principal before the start of the school day.
5. Administration will notify coaches of absences. However, it is the coach's responsibility to make sure all students are eligible to participate.
6. Students must be in class all day in order to meet MSHSAA attendance requirements for athletics and activities unless an absence was approved in advance by the Principal.

Athletic Award Recognitions

Varsity Awards: a varsity letter "F" and team ball emblem will be handed out to all varsity athletes who meet the individual coach's requirements.

Chevrons: chevrons may be given to any squad member that did not meet the requirements for a varsity letter, but was a contributing member of that team. A chevron will be given to an athlete for each year of participation beginning with his/her sophomore year.

Freshman Numeral: a freshman may receive a number for his/her participation at that level if the freshman meetings established requirements.

Championship Awards: a championship patch will be ordered and provided to all student athletes who are members of a conference, district and/or state championship team.

Special Awards: a white letter "F" will be awarded to members on championship teams.

An athlete must complete the season to letter unless he/she suffers an incapacitating injury.

No individual patches will be ordered. It is the responsibility of the athlete to order.

Athletic Equipment

The Festus R-VI School District attempts to provide the best and safest equipment for our athletes. One of the values of athletics is to teach responsibility. This should apply to the care of athletic equipment as well as other school property. We hope that every athlete will take pride in the facilities the citizens of our district have provided, as well as the equipment, materials, supplies and uniforms that allow us to compete. The following rules regarding equipment apply.

1. The original equipment issued to an athlete must be returned at the close of the season. If equipment needs repair or the athlete needs a change in size, he/she should inform his/her coach.
2. Athletes will be financially responsible for lost, damaged or misplaced equipment.
3. It is the responsibility of the student-athlete to return to the school any athletic equipment not purchased by the individual.
4. Any athlete who has a fine from a sport he or she recently participated in shall be allowed to try out for another sport. However, the fine must be paid in full before the athlete will be allowed to participate in any contest.

Travel

The following rules apply when it is necessary to travel to and from another school for athletic contests, performance events, demonstrations, clubs and organization activities, weight lifting competition, cheerleading events, or any school function when students are representing the Festus R-VI School District.

2. Unless approved by the Principal or their designee, all students must travel to events in transportation provided by the District. Permission for students to be transported from the event by any other means must be approved by the coach at the end of the contest. The coach will have a sign-out sheet for parents to sign after the contest to release their athlete. A parent can only sign out their son/daughter and cannot sign out any other athlete. All students will remain with their squad and under the supervision of their coach when attending events at home or away.
3. Team members, both players and others, will refrain from misconduct while traveling to and from any contest.
4. All team members will dress appropriately and in good taste at all times.
5. Understand that a visiting Festus R-VI student is a representative of his/her school, community, and self.

College Bound Student Athletes: NCAA By-Law 14.3

- A. NCAA Eligibility Regulations: To practice and play as a freshman at an NCAA Division I or II College, the student/athlete must satisfy the requirements of NCAA By-Law 14.3, commonly known as Proposition 48. A student/athlete must:
 1. Graduate from high school.
 2. Attain a G.P.A. (grade point average) of 2.00 in a successfully completed core curriculum of at least eleven academic courses.
 3. Achieve a minimum S.A.T. (Scholastic Aptitude Test) combined score of 700 or a minimum of 18 composite on the A.C.T. (American College Test).
 4. File a release form with NCAA clearing house at the beginning of the senior year.
- B. NAIA Eligibility Regulations: To be eligible to participate at an NAIA college, a freshman must meet two of the following three entry level requirements.
 1. Score 18 on the ACT or 700 on the SAT, or
 2. Achieve an overall high school G.P.A. of 2.00, or
 3. Graduate in the top half of his/her school graduating class.

- C. Junior College Eligibility: Junior Colleges vary widely on their requirements. Students should contact the Junior College registrar for specific requirements.

Parent-Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. As your child becomes involved in the interscholastic programs at Festus R-VI School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach/sponsor is encouraged.

Communication you should expect from your child's coach or sponsor.

1. Philosophy of the coach
 2. Expectations the coach has for your child, as well as all the players on the squad.
 3. Locations and times of all practices and contests.
 4. Team requirements, i.e., practices, special equipment, out-of-season conditioning.
 5. Procedure followed should your child be injured during participation.
- A. Communication coaches or sponsors expect from parents.
1. Express concerns directly to the coach
 2. Notify the coach or sponsor of any schedule conflicts well in advance
 3. Share any specific concerns with regard to coach's philosophy and/or expectations.
- B. Appropriate concerns to discuss with coaches or sponsors.
1. The treatment of your child, mentally and physically.
 2. Ways to help your child improve.
 3. Concerns about your child's behavior.
- C. Inappropriate issues to discuss with coaches or sponsors.
1. Playing Time
 2. Team Strategy
 3. Play Calling
 4. Other Student-Athletes.
- D. Procedure to express a concern regarding a coach or a sponsor.
1. Call to set up an appointment. The Festus High School phone number is 937-5410. The Middle School phone number is 937-5417. If the coach cannot be reached, call the Athletic Director at 937-5946 to discuss a meeting.
 2. Refrain from talking to a coach regarding a concern before or after a game or practice. These can be emotional times for both the parent and the coach. Impromptu meetings of this nature do not promote resolution.
- E. What to do if you still have a concern following a meeting with a coach or sponsor.
1. Call to set up an appointment with the athletic director to discuss the situation.

It is very important to accept your child's role on the team and any limitations regarding playing time or assignments. Coaches make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other issues can only be left to the discretion of the coach. There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

Research indicates a student involved in interscholastic activities promotes a greater chance for success as an adult. Many of the character traits required to be successful in athletics promote success in life after high school.

Code of Ethics

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game, whether a player, coach, school, official, fan, community, state or nation.

Blueprint for the Successful Player

Good players are ambassadors of their school, team, and their family. Players must exhibit leadership, sportsmanship and character at all times. The player is a leader who . . .

- ◆ Accepts playing time and positions designated by coaches.
- ◆ Assists where possible in developing the skills of less experienced teammates.
- ◆ Accepts and respects coach and managerial decisions.
- ◆ Obtains and reads the basic and supplemental rules of the sport.
- ◆ Learns and applies the rules of the game to the best of their ability.
- ◆ Attends any pre-season rules or meetings offered for players.
- ◆ Supplies the coach with accurate information at all times.
- ◆ Shows respect for the equipment and facilities at home and away
- ◆ Submits physical, emergency cards, proof of insurance parental consent forms, etc. to your coach in a timely manner
- ◆ Enjoys the sport and seeks a parent or coach if troubled
- ◆ Is prepared, attends and is on time for practices, games and departure with proper equipment
- ◆ Listens and participates fully in all activities and respects teammates

Blueprint for the Successful Parent

Children learn by observing. Parents must exhibit leadership, sportsmanship, and character if they expect their child to develop these highly desirable traits. Parents are leaders who . . .

- ◆ Are supportive of coaches and managers, respects the decisions made by others, and actively supports the team as a fan and as a parent
- ◆ Solicit feedback from their child regarding individual progress and how the team is developing
- ◆ Recognizes that all players do not possess the same skills and that playing time is the sole decision of the coach
- ◆ Displays stewardship and is involved and supportive of the school and team
- ◆ Does not burden their child to perform outside of their capabilities. A child doing his/her best is good enough
- ◆ Respects the facilities where events are held and assists to make them better
- ◆ Attends contests when time permits, making every effort to see that their child is present in advance of the start of each game, practice or departure
- ◆ Is respectful of decisions made by referees and conducts themselves appropriately as a fan by cheering in a supportive and positive manner
- ◆ Celebrates team as well as individual improvements

FESTUS R-VI SCHOOL DISTRICT

EXTRA-CURRICULAR AND CO-CURRICULAR CODE OF CONDUCT

Student's Name _____ Sport or Activity _____

Year in School (Please Circle) FR SO JR SR Date _____

We acknowledge receipt and have studied and understand the Festus R-IV School District Extra-Curricular Code of Conduct

Signature of Student _____ Print Name _____

Signature of Parent _____ Print Name _____

This sheet must be signed and name printed by the parties and returned to the coach/sponsor of the appropriate sport/activity prior to the student being allowed to participate for that season.