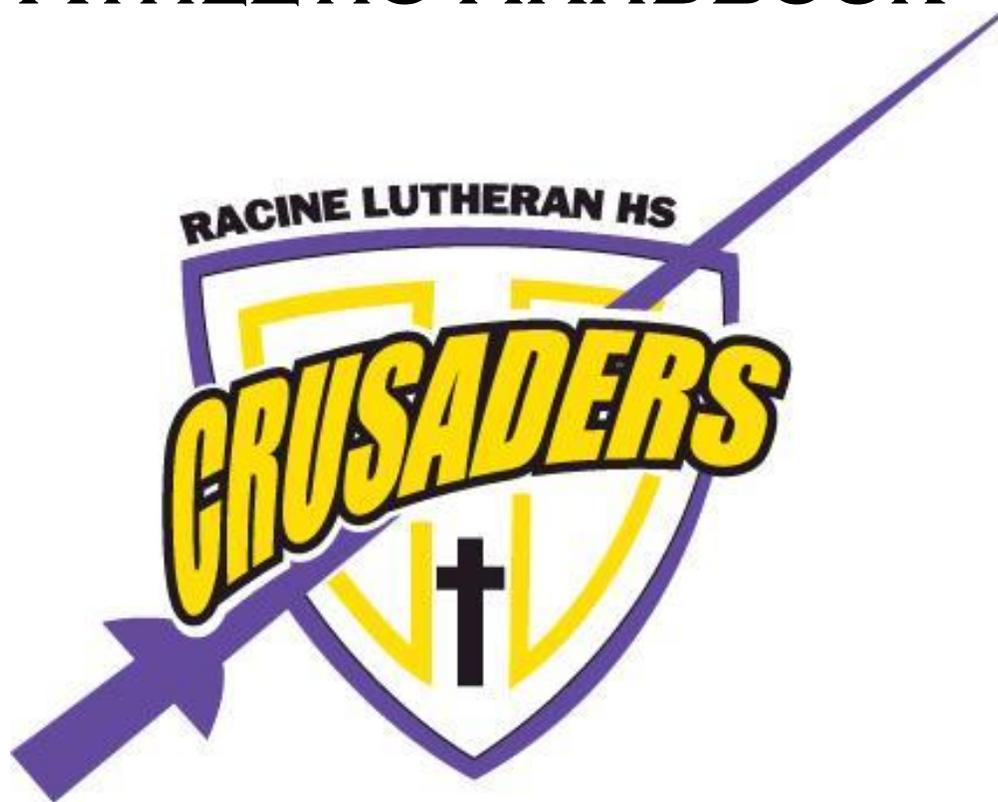


RACINE LUTHERAN HIGH SCHOOL

2020-2021 ATHLETIC HANDBOOK



**“WHATEVER YOU DO, WHETHER IN WORD OR DEED, DO
IT ALL IN THE NAME OF THE LORD JESUS, GIVING
THANKS TO GOD THE FATHER THROUGH HIM.”**

COLOSSIANS 3:17



RACINE LUTHERAN HIGH SCHOOL ATHLETIC HANDBOOK

PURPOSE STATEMENT

The purpose of the Athletic Department is to complement the overall educational program of Lutheran High by developing faith, learning, character, and leadership in athletics through instruction and competition within a Christ-centered environment.

OBJECTIVES OF RLHS ATHLETICS

- 1) To put Christ first in athletic endeavors.
- 2) To provide opportunities for Christian witness in practice and competition.
- 3) To work with others toward a common goal.
- 4) To encourage athletes to strive for excellence as they develop their God-given abilities.
- 5) To build self-confidence, self-discipline, perseverance, cooperation, and leadership skills.
- 6) To provide activities which develop pride, unity, and loyalty to our school among staff, students, athletes, parents, alumni, and the community.
- 7) To teach and exemplify good sportsmanship and coping with both success and failure.
- 8) To develop physical development and skill level as well as valuing physical activity as a lifelong pursuit.

AFFILIATIONS

Racine Lutheran High School is a member of the Wisconsin Interscholastic Athletic Association (WIAA) and abides by the rules and regulations prescribed by this governing body. RLHS is also a member of the Metro Classic Conference, which is comprised of the following schools:

Burlington Catholic Central	Shoreland Lutheran
Dominican	St. Catherine's
Kenosha St. Joseph	St. Thomas More
Martin Luther	The Prairie School
Racine Lutheran	

PARTICIPATION

Lutheran High School encourages all students to be as involved in the athletic program as possible. Students will have opportunities to participate in the following activities:

<u>GIRLS</u>	<u>BOYS</u>
Volleyball	Football
Cross Country	Cross Country
Cheerleading	Soccer
Basketball	Basketball
Track	Baseball (co-op with Prairie)
Softball	Track
Soccer	Golf
Tennis (co-op with St. Catherine's)	Tennis (co-op with St. Catherine's)
Trap Shooting	Trap Shooting
	Volleyball (co-op with St. Catherine's)
	Wrestling (co-op with St. Catherine's)

WARNING

Athletic practice and competition carry inherent risk. Bodily harm, including serious injury or death, could result from participating in high school athletics. Students participating in athletics must be covered by health insurance.

TEAM PHILOSOPHIES

When student interest and resources are available, sub-varsity teams will be established. The goal for these teams is different than varsity teams. The goal of varsity programs is to be competitive. The best players will have the most opportunities to compete. The goal of junior varsity and freshman level teams is to develop athletes to prepare them for varsity competition. The expectation of freshman level teams is that all players have the opportunity to compete though time may not be equal.

DUAL-SPORT PARTICIPATION

A student may participate in two sports during the same season if the following criteria are met:

1. Both coaches agree.
2. Both coaches and athlete agree which sport takes priority in instances of scheduling conflict.
3. The athlete has a 3.0 cumulative GPA.
4. Athletic Director has given approval. Participating in sports simultaneously is the exception rather than the rule. There are many scheduling conflicts that exist between sports.

PRACTICE/GAMES ATTENDANCE

All athletes are expected to be at all practices and games. **Athletes must be in school all day** to practice or participate in games. Exceptions for school-sponsored field trips, college visits, funerals, doctor's appointments, etc. may be granted by the Athletic Director. **In the case of a doctor's appointment, a signed release by the doctor may be required.** Other excused absences may also be considered.

It is assumed that if a student is physically able to participate in their sport, they are physically able to participate in their Physical Education class during the school day. It is also assumed that if a student is not healthy enough to participate in their Physical Education class during a given school day, they are then also not able to participate in their sport that day.

Athletes must attend all assigned Saturday detentions during the season. Athletes will not be allowed to compete in any games or scrimmages if detentions are missed or skipped without approval from the Dean of Students. Athletes will be allowed to resume competition when detentions are served and all fees have been paid.

Athletes are expected to be out of the building no later than 15 minutes after a scheduled practice/game has been completed. Students with a late practice should go home and return to school at the schedule practice time. Lutheran High School does not provide supervision for students past 3:00.

Any athlete missing a practice needs to contact the coach directly. It is not acceptable to simply not show up. Coach contact information is found on the Metro Classic website as well as the school website.

DROPPING A SPORT

If a student-athlete chooses to withdraw from a sport, he/she must meet with the coach and the Athletic Director. Failure to follow this procedure may result in forfeiture of participation in future athletics. The Athletic Director has the final decision on all matters pertaining to this policy. Any athlete quitting a team or failing to complete a season to the coach's or Athletic Director's expectation (besides injury) will not receive team or individual awards that would have otherwise been earned. Athletic fees are not returned when an athlete quits or is removed from a team.

CONFLICT RESOLUTION

In order for our programs to be successful, all must work together – parents, coaches, and student-athletes. Teachers and coaches care a great deal about your son or daughter and want to contribute to his/her individual development in a positive way. However, even in a Christian community, conflicts often arise. When conflicts or concerns occur, there is no promise that all concerns can be resolved to the liking of all parties, but concerns will be listened to and addressed as well as possible.

In the event a problem or conflict should arise regarding athletic participation, please consider the time when it is addressed. Coaches and participants emotions often run very high during and immediately following athletic events. In order for there to be peaceful and constructive discussion regarding athletics, contact should be initiated when all parties involved have had a chance to reflect upon the preceding events (a minimum of 24 hours is suggested).

Conflict Chain

With any conflict or problem we look to the model of Matthew 18 and follow this process:

1. Player contacts Coach
2. Parents contact Coach
3. Parents contact Athletic Director
4. Parents contact Executive Director

If a concern is not resolved to your satisfaction at one level, you are encouraged to go to the next level in the chain. However, all concerns should begin with the coach and then advance to the next level.

ELIGIBILITY

All eligibility must be cleared by the Athletic Director. A student may not compete (scrimmage or game) until they have been declared eligible.

REQUIRED FORMS & FEE

The following items must be completed and turned in **prior to the first day of practice** for any student to become eligible:

- 1a. A **physical exam form** is required of all student-athletes for the first and third year of participation (every other year). This usually occurs during the freshman and junior years if the athlete begins participation during their freshman year. This card satisfies the parental consent (WIAA permit) required by WIAA of all student-athletes.
- 1b. An **alternate year card (WIAA yellow card)** is required of all student-athletes for the second and fourth year of participation. This usually occurs during the sophomore and senior years if the athlete begins participation during their freshman year. This card satisfies the parental consent (WIAA permit) required by WIAA of all student-athletes.
2. The **Lutheran High Athletics Agreement** must be signed by all parents and athletes once each school year. This document covers the Lutheran High Athletics Policies, WIAA policies, the Metro Classic Conference Sportsmanship guidelines, and the Ascension Healthcare Athletic Training Consent for Care and Treatment.
3. The **DPI Concussion Parent and Athlete Agreement** must be signed by both parent and athlete once each school year. This must be done after reading the concussion information provided at <http://www.wiaawi.org/health/ConcussionParents.pdf> and <http://www.wiaawi.org/health/ConcussionAthletes.pdf>. This is required by state law.
4. **Participation Fee** – Any student who participates in athletics at LHS is required to pay a participation fee used to offset some of the cost for equipment, uniforms, transportation, officials, etc. The participation fee is **\$125 per season with a cap of \$375 per year for a family**. This fee does not cover the cost of hats, socks, and other equipment. Participation fees will be refunded if a student does not make the team. They will not be refunded if a student chooses to quit, gets removed from the team for disciplinary reasons, or is academically ineligible.

All items must be turned in to the school office prior to the beginning of the first practice. Once all required forms are turned in, a registration card will be issued to the athlete. This card must be presented to the coach at the first practice. Athletes will not be allowed to practice without presenting this registration card. Coaches will not collect forms, only registration cards.

TRANSFERS

All transfer students must meet with the Athletic Director to determine eligibility for participation in athletics. This must be done before attending the first practice. Transfer students may not play in interscholastic contests until RLHS receives an official transcript from the previous school. Students transferring after the beginning of high school are subject to the WIAA transfer rule.

ACADEMIC ELIGIBILITY

Racine Lutheran High School is dedicated to the principle of academic excellence. While sports and other activities are an important part of high school life, the main purpose of this institution is to provide a Christian learning environment that stresses academic excellence. It is recognized that student-athletes are students first and athletes second.

Participants are expected to meet daily academic requirements and are not excused from doing work after school because of a practice or a game. It is the responsibility of the student to inform the coach each time after school work is necessary and to bring a note to the coach upon completion of this after school work.

A student will lose eligibility with a combination of two failing and/or incomplete grades **or** a GPA less than 1.50 on the last day of the marking period (mid-quarter, quarter, or semester). A Withdrawal F counts only in the semester it was received. Eligibility is determined by the **cumulative semester grade**.

A student who is academically ineligible will be notified by the head coach and/or Athletic Director. The student may regain eligibility on the 16th school day following the ineligibility date by meeting the academic standard following a period of 15 scheduled school days and nights of ineligibility. A student who is academically ineligible at the end of the fourth quarter is ineligible for 15 school days and nights of the 1st quarter of the next school year. Such ineligibilities may be made up in summer school.

If an incomplete(s) has caused a student to become ineligible, that student may participate as soon as the incomplete(s) is satisfactorily made up. An incomplete(s) is not satisfactorily made up until a written note is given to the Athletic Director by the teacher(s) involved. The student may play after the Athletic Director informs the head coach and the athlete. Students have two weeks to make up an incomplete(s).

Any athlete who becomes ineligible the second time during the same sports season may not be allowed to practice or play for the remainder of the season.

Students who are ineligible should continue to practice as long as academic progress is being made. Students who are ineligible are expected to attend games but may not dress in uniform. Students who are ineligible due to grades will not be allowed to travel with the team for away games when early dismissal is necessary.

CODE OF CONDUCT

Christian conduct is required of all student-athletes. **Being an athlete is a privilege, not a right.** Being an athlete means maintaining the image that an athlete at Lutheran High is expected to present as a representative of the school, the team, and especially as a child of God.

MAJOR VIOLATIONS

- The use, possession, transportation, intent to sell, or actual sale of alcohol, tobacco, drugs, vape pens, vape mods, e-liquids, e-cigarettes, e-juice, juul, hookah, any controlled substance or nicotine delivery device*
- The use of Performance-enhancing substances (a list of banned substances is available in the Athletic Office)
- Criminal behavior
- Hazing

*Disciplinary action may also be taken if a student is known to possess or to have willfully remained at a place where substances were being used.

In any case involving alcohol, tobacco, drugs, vaping, or criminal behavior the action may include immediate dismissal from the team.

ACTION: Any student-athlete, in season or out of season, will be disciplined in the following manner: **Suspension from athletics for 1/4 of the scheduled contests for the first offense, six months for the second offense, 12 months for the third offense, and permanent suspension for the fourth offense. Penalties carry over to the next season or school year.**

MINOR VIOLATIONS

- Behavior that results in suspension or recurring referrals
- Truancy and missed detentions
- Use of Nutritional Supplements at school
- Poor sportsmanship or representation of school at activities
- Other Violations of School rules – as determined by Dean of Students and Athletic Director

ACTION: Any student-athlete, in season or out of season, will be disciplined in the following manner: **First offense – suspension from single contest, Second offense – Suspension from ¼ of total contests, Third offense – six month suspension, Fourth offense—12 month suspension. Penalties will carry over to the next season or school year.**

In situations where extenuating circumstances are worthy of consideration, a lesser penalty may be imposed.

If head coaches have rules in addition to the school's rules, they will be given to the student-athlete and to the Athletic Director prior to the season. They will be on file in the Athletic Office.

Any missed detentions during or prior to a season of sport may result in game suspensions until the detentions are served.

The Code will go into effect on the first day of practice (fall sports) or first day of school (winter/spring sports) and apply for one calendar year. Any consequences for violations that occur during a period of ineligibility must be served after the student is eligible.

Any violation of the Code of Conduct carries with it the loss of any awards that might have been earned in that sport. Violations should be reported to the head coach and the Athletic Director. The Athletic Director and/or the head coach will inform the student-athlete of the violation and subsequent consequence.

The student-athlete must still attend all practices and games while serving a suspension unless the head coach indicates to the student-athlete and to the Athletic Director (or vice-versa) that he/she does not want the student-athlete to do so.

SOCIAL MEDIA

Social media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. RLHS social media accounts are used to communicate and highlight school events and accomplishments.

However, social media can also have a disruptive impact on the school environment when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Specifically prohibited behaviors include but are not limited to: sexually explicit, profane, lewd, indecent or defamatory language or actions; derogatory language regarding school personnel or other students; comments designed to harass or bully students and/or school personnel; nude, sexually-oriented, or indecent photos, images, or altered pictures; statements or images that demonstrate poor sportsmanship toward teammates, opponents, or officials.

Also prohibited are all on-campus connections to off-campus violations of the policy listed above: use of school computers to view off-campus postings; students accessing posts at school on their own devices; distribution of hard copies of posts on school property; re-communication on campus of the content of the posts.

The use of social media by a student-athlete of Racine Lutheran High School violating the social media policy may result in discipline including suspension or removal from the team or leadership position. This inappropriate use of social media may result in a Code of Conduct violation. This violation may result in either a major or minor violation depending on the social media content.

GENERAL

AWARDS SYSTEM

The objective of awards is the recognition of PARTICIPATION and ACHIEVEMENT. The policies for athletic awards are as uniform as possible. Awards are limited to those approved by the Athletic Director. At any time, the Athletic Director in consultation with the head coach may make exceptions when deemed necessary. Award regulations exist for the benefit of the recipient.

These general qualifications must be met:

1. The athlete must exhibit good sportsmanship and conduct him/herself in a manner befitting a Christian athlete.
2. The athlete must live up to the rules established by the coach and the school.
3. The athlete must finish the entire sports season (unless ineligibility or injury does not allow).
4. The athlete must attend practices and games regularly.
5. The athlete must contribute positively toward the success of the team.

Specific qualifications for awards can be obtained from the Athletic Director.

EQUIPMENT AND UNIFORMS

Once equipment or uniforms are issued to student-athletes, they become the sole responsibility of the student-athlete. If lost or damaged, they must be replaced at the student-athlete's expense. All uniforms and equipment must be turned in at the end of the season. *Athletic uniforms should only be worn during games.* The only exception is when a coach has organized the wearing of game jerseys on game days.

At the conclusion of the season, the athlete has two weeks to turn in equipment that is clean and in good repair. Athletes will be assessed a fine of \$1 per day after that two week period. Equipment may not be issued to an athlete if their equipment from a previous season has not been returned and/or paid for. Awards may be withheld from those students as well.

Senior athletes playing a spring sport will be required to pay a \$100 uniform deposit. It will be returned to the family once the complete uniform has been returned in good condition.

LOCKERS

Athletes not enrolled in a PE class will be issued an athletic locker and lock upon request. Since lockers are school property, school personnel may conduct period general inspections of lockers at any time. Behavior in locker rooms is expected to be the same as it would in a classroom. State law prohibits the use of cell phones in locker rooms.

LETTER JACKETS

Varsity letter should be worn on the left chest, LH on the right hand pocket, and numerals on the left hand pocket.

TRANSPORTATION

All student-athletes must travel by school-contracted vehicles when they are provided. The ONLY exception is that student-athletes may return from the competition site with THEIR PARENT(S) OR LEGAL GUARDIANS(S) if the parent or legal has communicated with the coach and the parent has signed the release form.

When a bus or other school-contracted vehicle IS NOT PROVIDED, only coaches, parents, or legal guardians of team members may transport athletes if the coach has arranged for transportation by private car. In other words, ATHLETES CANNOT DRIVE ONE ANOTHER IF COACHES ARRANGE FOR TRANSPORTATION. When school-contracted vehicles are not provided, school responsibility begins at the designated arrival time for the contest.

If parents/guardians provide transportation to, or allow another adult or their son/daughter to provide transportation to scheduled interscholastic events, including practices, they must be aware that the following policies are in effect:

- When a parent/guardian provides transportation to their son/daughter to or from a scheduled event, including practices, the parent/guardian shall assume all resulting liability, and the school shall assume no liability.
- When a parent/guardian, or another adult designated by a parent/guardian transports students other than their own to or from a scheduled event, including practices, the parent/guardian or designated adult transporting the students shall assume all resulting liability, and the school shall assume no liability.
- When a student transports himself/herself to or from a scheduled event, including practices, the parents/guardians of that student shall assume all resulting liability, and the school shall assume no liability.

- When a student transports other students to or from a scheduled event, including practices, the parents/guardians of the transporting student shall assume all resulting liability, and the school shall assume no liability.

WEIGHTROOM

The Lutheran High School Athletic Department has established a weight program that can be used by all students. Lutheran High students are encouraged to take advantage of our facility. An adult supervisor that has been designated by the school must be present at all times. For further information please see the Athletic Director.

WIAA RULES AND REGULATIONS

WIAA has rules and regulations regarding the following areas-enrollment, scholarship, participation, age, parental consent/physical exam, transfers, amateur status, awards, off-season programs, foreign students, and eligibility. If you have any questions, please contact the Athletic Director for further information.



CONSENT TO TREAT—LIABILITY WAIVER

I understand I should consult with my personal healthcare provider if I have any concerns regarding participating in the Ascension Wisconsin Sports Medicine Program, as more fully described in the Athletic Trainer Program Agreement between Ascension Wisconsin and Racine Lutheran High School.

I acknowledge that my participation in this event involves a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release, waive, absolve, discharge and agree to hold harmless Ascension Wisconsin and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the Ascension Wisconsin Sports Medicine Program and any medical treatment I may receive from any Ascension Wisconsin provider, while participating in the Sports Medicine Program event.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, UNDERSTAND IT, VOLUNTARILY AGREE TO IT, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT.



WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2020-2021 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and _____
(School)

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing.

These are WIAA eligibility rules, which are current for the 2020-2021 school year:

AGE

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year.

ACADEMICS

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances, the school's requirements prevail and must be applied as written.

ATTENDANCE

A student-athlete is eligible for interscholastic competition at a member school if he/she is carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

- A. A student must complete eligibility in the four consecutive years starting with Grade 9 and the three consecutive years starting with Grade 10, unless there are documented extenuating circumstances and a waiver has been provided.
- B. A student is ineligible if he/she has graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for (a) any portion of a spring athletic schedule not completed by the end of the academic year and (b) the school's summer athletic schedule.
- D. A student is ineligible if he/she has not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries his/her parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at his/her school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, he/she shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, he/she becomes eligible.
- H. A student-athlete will not be eligible if his/her attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if he/she transfers to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the

beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.

- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

TRANSFERS

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total and complete change in residence by parent(s). The calendar year (365 days) will be determined from a student's first day of attendance at the new school.
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th grade are restricted to nonvarsity opportunities for one calendar year.
- D. Students entering 12th grade as transfer students are ineligible to compete at any level for one calendar year, but may practice.
- E. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- F. 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- G. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- H. District policies with respect to intra-district transfer do not supercede WIAA transfer rules in situations involving post-sixth semester transfers. Intra-district transfers occurring after the sixth consecutive semester following entry into grade 9 result in the student being ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but may practice.
- I. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at his/her new school until the fifth calendar day of such transfer.
- J. If within the first six consecutive semesters following entry into grade 9, a student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- K. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- L. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at his/her new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education.
- M. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and he/she must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

TRAINING and CONDUCT

A student-athlete must follow his/her school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates his/her school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid his/her debt to society and the courts consider the sentence served (including probation, community service, etc.).
- D. A student-athlete who violates his/her school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- E. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- F. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event at the same level of competition as the disqualification.
- G. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- H. A school must provide an opportunity for the student to be heard prior to a penalty being enforced (except for felony charges). If a student appeals a suspension, according to the school's appeal procedure, the student is ineligible during the appeal process.
- I. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

AMATEUR STATUS

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.
- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than his/her own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

Athletes may compete in not more than two non-school competitions with prior school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Nonschool competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series) and forfeiture of the two non-school opportunities.

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
 - (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or his/her parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be his/her coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer

months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.

- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

The participation of student-athletes in school and WIAA tournaments may result in the use of student-athlete images in promotion of school and WIAA events.

In order to facilitate good communication, all questions regarding athletic participation at your school should be addressed to your athletic administrator.

4/2020

Sports Compact for Parents and Student Athletes Honoring the Core Principles and Core Practices of The Metro Classic Conference & The Wisconsin Interscholastic Athletic Association

We recognize that healthy sports experiences require support and input from parents. This Compact is based on the Core Principles and Core Practices of The Metro Classic Conference and the WIAA. We have agreed to honor the Core Principles and these Core Practices in support of our student-athletes and a positive learning process.

- ◆ Parents give positive encouragement and support to their children regardless of the degree of success, the level of skill or time on the field.
- ◆ Parents stress the importance of respect for coaches through discussions with their children, and highlight the critical nature of contributing to the team and its success.
- ◆ Parents attend school meetings at the outset of sports seasons to meet coaches and school officials and learn first-hand about the expectations for participation in interscholastic athletics.
- ◆ Parents serve as role models, see the 'big picture' and support all programs and athletics.
- ◆ Parents agree to abide by the rules guiding the conduct of sports, modeling the principles for their student-athletes.
- ◆ Parents ensure a balance in student-athletes' lives, encouraging participation in multiple sports and activities with academics placed first and foremost.
- ◆ Parents leave coaching to coaches and do not criticize the coaches, the strategies or the team performance. They avoid putting pressure on their children about playing time and performance.
- ◆ Parents model sportsmanship for other students and fans by cheering appropriately at all events.

We know that school sports experiences can contribute greatly to the values and ethics of each player, and that positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.



Heads Up to Schools: KNOW YOUR CONCUSSION ABCs

Assess the situation Be alert for signs and symptoms Contact a health care professional

A Fact Sheet for Parents

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports **one or more** of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GURADIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

SYMPTOMS REPORTED BY YOUR CHILD

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*:

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Difficult to arouse
- Severe headache or worsening headache
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

What should I do if my child or teen has a concussion?

1. Seek medical attention. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while **he/she** is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.
3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot keep up with school work and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

To learn more about concussion go to :
www.cdc.gov/Concussion or call 1.800.CDC.INFO.



KNOW YOUR CONCUSSION ABCs

Assess the situation Be alert for signs and symptoms Contact a health care professional



A Fact Sheet for Athletes

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you see a teammate with any of these symptoms:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Tell someone if you feel any of the following:

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

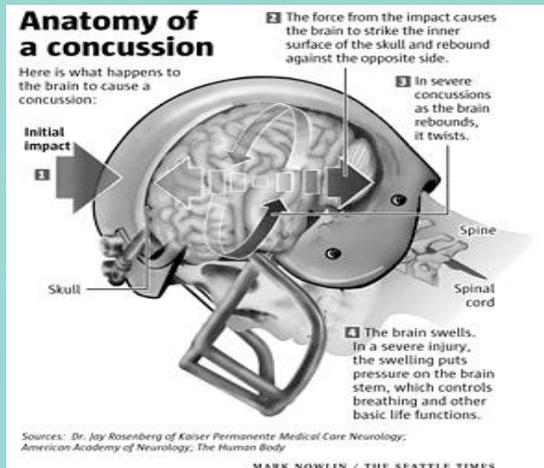
Changes in your normal sleep patterns.



*Wear the proper equipment for each sport and make sure it fits well.

*Follow the rules of the sport and the coach's rule for safety.

*Use proper technique.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

What should you do if you think you have a concussion?

1. Tell your coaches and parents right away. Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. Get evaluated by a health care provider. A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion, you may not participate again until evaluated by a health care provider and receive written clearance to return to activity. You must provide this written clearance to your coach.
3. Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

Why should you tell someone about your symptoms?

1. Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion.
2. Practicing/playing with concussion symptoms can prolong your recovery.
3. Practicing/playing with a concussion can increase your chances of getting another concussion.
4. Telling someone could save your life or the life of a teammate!

Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Have more time allowed to take tests or complete assignments,
- Suspend your physical activity (PE class and/or recess)
- Suspend your extracurricular activities (band, choir, dance, etc)
- Reduce time spent reading, writing, or on the computer.

To learn more about concussion, go to:

www.cdc.gov/Concussion; www.wiaawi.org; www.nfhs.org