

# **Uxbridge High School Interscholastic Athletic Agreement**

## **A Code of Ethics for Secondary School Athletes**

If athletes are to justify themselves in a secondary school program, they should:

- Emphasize good sportsmanship and the spirit of fair play
- Place a premium on the values which accrue from fair play
- Eliminate, as much as possible, the activities which tend to destroy the worthwhile values of the game
- Teach respect and consideration for opponents as either the guest or the host of the game.
- Cultivate respect for the authority of school personnel, coaches, and game officials.
- Develop self-control, self-direction, and sound judgment.
- Discourage profanity and obscene language at all times.
- Demonstrate that the rules of the game are honorable in spirit as well as in letter.
- Convince everyone that the aim of athletics is really to promote the mental, social, and moral welfare of the participant, as well as his physical well-being.
- Promote the game for the players and as a game only.

## **Practice and Game Limitations**

All Uxbridge High School students are bound by the rules of the Massachusetts Interscholastic Athletic Association (MIAA). Participants in individual sports should check with the Athletic Director regarding restrictions in their individual sport.

## **Eligibility**

The violation of any eligibility rule may result in forfeiture of a game won. A mistake could spoil a good season record. If, in your opinion, there is any doubt concerning your eligibility, you should consult with the Athletic Director or the Principal.

The following MIAA rules are those that should be especially understood:

If a student becomes 19 years old before September 1, he/she is no longer eligible.

**A STUDENT IS ELIGIBLE FOR NO MORE THAN EIGHT (8) CONSECUTIVE SEMESTERS BEYOND GRADE 8. A STUDENT MAY NOT PARTICIPATE FOR MORE THAN FOUR (4) SEASONS OF ANY SPORT AFTER THE COMPLETION OF GRADE 8.**

## **Academic Eligibility**

No student is eligible to participate in interscholastic athletics at Uxbridge High School unless they have received a passing grade in four, 2 credit courses during the previous making period. The fall season is based on a student's final grades at the end of the previous school year. To be

eligible in the fall season, a student must have passed eight of the ten courses taken during the academic year.

- No student will be allowed to try out for a team or participate in practice sessions unless they are academically eligible at the beginning of the season. Exception to this is a team that did not make cuts. In this case, a student could join the team should he/she become eligible once the next report cards are distributed to the student body.
- If a student becomes ineligible during the season, e.g., grades came out in the middle of the seasons and he/she does not pass four courses, the student is not allowed to practice or play until the next marking term.
- Students will not be allowed to try out or join a team if they become eligible after tryouts.
- A student who repeats a course upon which he/she has once received credit cannot count that course a second time for eligibility, exception to this would be courses which are required each year for all students.
- A student cannot count for eligibility any subject taken during summer vacation, unless the subject has previously been pursued or failed.

*If in your opinion, there is any doubt concerning your eligibility you should consult the Director of Athletics or the Principal at Uxbridge High School.*

### **Pertinent School Regulations**

#### **Participation in athletics is viewed as a privilege, not a right at Uxbridge High School. Students may be removed from teams for not adhering to school and team policies**

Will wear whatever protective equipment is supplied by the Uxbridge School District and is required to be worn. The student-athlete will be held financially responsible for any lost equipment or school uniform.

I understand that Uxbridge High School requires that student athletes ride the team buses to and from all athletic events. Special permission needs to be given for an exception to this rule.

Has Permission to travel to and from games only by school provided transportation.

I also give consent and authorize the school to obtain through an E.M.T. or physician of its choice such medical care is reasonably necessary for the welfare of the student if he/she is injured in the course of school athletic activities.

#### **WE UNDERSTAND THE IMPLICATIONS OF THE FOLLOWING MIAA RULES:**

##### **Loyalty to the High School Team: Bona Fide Team Members**

A bone fide team member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions) Bona fide members of a school team are precluded from missing a high school activity/event in any sport recognized by the MIAA. *First Offense: Student athlete is suspended for 25% of the*

*season (see chart on Rule 62) Second Offense: Student Athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.*

## **Chemical Health, Alcohol, Drugs, Tobacco**

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.

This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

### **Minimum PENALTIES:**

**First Violation:** When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 25% of the season.

**Second and subsequent violations:** When the principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. all fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of his/her own violation becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in the MIAA activities after a minimum of 40% of events *provided the student was fully engaged in the program throughout the penalty period. The high school principal in collaboration with a Chemical Dependency Program or Treatment Program* must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, *but serving the penalty could carry over for one year*. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the students next season of actual participation, which may affect the eligibility status of the student during the next academic year. *(e.g. a student plays only football: he violates the rule in winter and/or spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).*

During practice or competition, a coach shall not use any tobacco product (penalty: same as students)

Steroid Use- Anabolic androgenic steroid use at the high school level is of grave concern. Steroids are used by some athletes, and the seriousness of the problem has been well documented. A recent study indicates that over 3% of the high school seniors have tried steroids in their lifetime (NIDA, 2004). High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. **Coaches should take a proactive role learning about steroids, and then providing information to their athletes.**

Steroids can, with proper diet and eight training, increase muscles development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people’s minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be.

The issue goes beyond protecting the integrity of the sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

## **Student Attendance**

Students who arrive at school after 8:30 AM will not be allowed to participate in after school activities unless the student presents a written excuse as specified in the student handbook, or another substantial cause, to the Principal and/or his designee.

Arrival in school after 10:30 AM will be recorded as an absence.

Students who accumulate more than six absences from school in a semester will lose all credits per the class missed, unexcused day of absence beyond six days in a semester. The total

number of credits lost will be subtracted from the total the student is carrying. The first semester consists of the first and second terms. The second semester consists of the third and fourth quarters. The student suspended out of school will have the day(s) count as absences.

Early Dismissal requests from a parent/guardian for students, under eighteen (18) years of age, must be turned into the Main Office upon the student's arrival to school in the morning. The dismissal note must be signed by the parent/guardian and a telephone number where they can be reached must also be included. The student will be given a dismissal assignment form which must be completed and presented prior to dismissal to the remaining classes to be given to the teachers to the classes being missed.

A student dismissed from school prior to 10:30 AM, and who is not returning to classes that day, will be recorded as absent.

A student who is dismissed and who does not return for classes that day, will not be allowed to participate in after school activities unless the student presents a written excuse, or another substantial cause, to the Principal and/or his/her designee

### **Responsibility of the Parent**

Clarify with your child the terms of the eligibility rules of the school and the state association.

To follow through consistently with the terms of this contract... i.e. these consequences are non-negotiable. Do not stand between your children and the natural consequences of their drug using behavior.

### **Communication Policy for Parents and Coaches**

It is important to have a good communication between coaching staff members, parents, and athletes. **If there is an issue or concern, parents should follow the athletic department process.**

1. If appropriate, talk with your son or daughter about your question. What is the student-athlete's perspective? Can he/she solve the problem on his/her own?
2. Set up a meeting with the coach if you still have questions. This should be an informal meeting where you ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the team based on practice, ability, and chemistry.
3. If questions remain, set up a meeting with the athletic director, coach, and yourself.

If a meeting is to occur, the following guidelines should be adhered to:

1. Conversation must be a professional manner with regard to both language and conduct.
2. Everyone gets a chance to talk, but everyone must listen as well.

3. Emotional control by all parties is imperative.
4. School policy does not allow meetings to occur on game days, but rather by appointment.

### **Spectator Decorum**

It is expected that all spectators-student and adult set a proper example at all times while in attendance at Uxbridge High School. Improper behavior will result in exclusion to future athletic contests governed by Uxbridge High School. The athletic fields and courts are an extension of the classroom and good sportsmanship needs to be of the highest priority at all times.

### **PROGRAM PHILOSOPHY**

The Uxbridge High School Interscholastic Athletic Program is an extension of the high school curriculum that provides activities for the growth and development of our students. At Uxbridge High School, we believe that the Interscholastic Athletic Program contributes significantly to preparing our students for becoming productive, contributing citizens of our community and society. A commitment to ensure the development of physical fitness and personal health, the acquisition of competent performances, and the achievement of excellence in the student's chosen sport.

In addition, our aim is to develop a student with an improved self-image, the ability to learn a new skill, and an intrinsic motivation for growth and development. We want to see a student who will demonstrate a willingness to accept responsibility for his/her actions, measure him/herself against high standards of quality competition, express ideas and solutions to problems, and value fair play, honesty, and cooperation.

### **PROGRAM PURPOSE**

Interscholastic Athletics is a form of competition in which the participants from schools compete as a team. The Interscholastic Athletic program varies from the regular school physical education program or intramural program in that it offers highly skilled athletes from various school districts an opportunity to compete against each other. The purpose of the interscholastic program is to allow participants to experience a high level of competition and an atmosphere of fellowship and sportsmanship. We wish to excel in athletics, just as we desire to excel in all activities and functions conducted in the name of the school.

### **ATHLETIC TEAM SELECTION**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Uxbridge High School, we encourage coaches to select as many students as they can without compromising the integrity of their sport. Obviously, time, space, facilities, equipment, athletic ability, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedure in this regard, coaches should strive to maximize the opportunities for student athletes without diluting the quality of the programs.

## PLAYING TIME

### Freshman Teams

At this level, students become accustomed to interscholastic practice and play. For many it is their first introduction to competitive sports, different from recreation in its demands and philosophy. All players will receive playing time, as safety and positive participation in practice allow.

### Junior Varsity Teams

This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on the J.V. level is important, winning is not the sole objective. An attempt will be made to allow as many participants as possible to play but not all will play equally. At the J. V. level, playing time will be based on the degree of effort, skill improvement, ability to compete, and execution of skills at game speed demonstrated by the student athlete in practice and during games.

### Varsity Teams

Varsity competition represents the culmination of each sport program. Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. .

## AFTER-SCHOOL PRACTICE/STUDENT ATENDANCE

Student athletes and coaches may begin practice directly after school. It is the responsibility of the student athlete to inform the coach at least a day in advance if he/she plans to miss or be late to a practice.

Practice sessions should be well planned, well structured, and should not exceed two hours, excluding time for dressing and showering.

Coaches should be the first to arrive and the last to leave practice sessions.

Additional information is available on our school website at [www.uxbridgeschools.com](http://www.uxbridgeschools.com)

Schedules are available on [www.highschoolsports.net](http://www.highschoolsports.net)

