

# North Putnam High School



## Student Athlete Handbook

### Forward

The Athletic Department handbook for parents and student athletes is intended to serve as an informational document and a guide. It is hoped that communication of the written rules, regulations, and policies will lead to a clearer understanding among the staff, the parents and the student athletes. The rules, regulations, and policies in this handbook are in addition to, or a restatement of the school board's policy. These rules, regulations, and policies support, do not limit, the administration's authority. When conflict arises between this handbook and the school board's policy, board policy will prevail.

Interscholastic athletics are most important and a vital program for the education of our youth. Participation in a sound athletic program contributes to the health and happiness, physical skill, emotional maturity, and social and moral development of our youth. As has often been said, "Anything worth doing is worth doing well." With such a philosophy, our aim is to present our athletic teams on a high level of performance.

We feel that the athletic department must be a cooperative one. All sports should be considered in their proper perspective with each other and with the total school program. Moral support and positive reinforcement of the entire sports program and policies is expected of coaches, student athletes, parents, and community.

Finally, we should all realize that the athletic program is for the benefit of student athletes and is one part of the total education process.

Jason Chew, Principal  
Roger Busch, Athletic Director

## **Philosophy**

The North Putnam High School Athletic program is part of a dynamic program of student activities which is vital to the educational development of the student. The North Putnam High School Athletic Program provides a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life in a democratic society.

The athletic program should always be consistent with the objectives of the school. Athletics should function as an integral part of the total curriculum and at no time should athletics be placed above the total educational curriculum of the school. It should offer opportunities to serve the institution, to assist in the development of positive relationships and good will, to promote self-realization, all-around growth, and good citizenship qualities. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, individual responsibility, teamwork, competition and how to win and lose with grace and dignity are integral parts of our athletic program. Athletic participation also plays an important role in helping students develop a healthy self-concept as well as a healthy body. Athletic competition also improves school spirit and helps students develop pride in their school and community. Athletics are considered an integral part of the total education process which strives to provide experiences that will help to develop student athletes physically, mentally, socially, and emotionally.

## **Statement of Objectives**

1. To provide a positive image of athletics at North Putnam High School.
2. To strive for playing excellence that will produce competitive teams within the bounds of good sportsmanship while enhancing the mental, physical, and emotional health of student athletes.
3. To ensure growth and development that will increase the number of participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.
4. To provide opportunities that will allow the program to serve as a laboratory where student athletes may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
  - a. Physical, mental and emotional growth and development.
  - b. Acquisition and development of special skills in athletics of each student athlete's choice.
  - c. Development of commitments such as loyalty, cooperation, fair play, and other desirable social traits.
  - d. Directed leadership and supervision that stresses self-discipline, self-motivation, striving for excellence, and the ideals of good sportsmanship that make for winning and losing with dignity and grace.
  - e. Achievement of initial goals as set by the individual and the team.
5. To provide an opportunity for student athletes to experience success in those sports he or she selects.
6. To provide sufficient sports to respond to a wide variety of student interests and abilities.
7. To provide safe facilities, equipment, and transportation.
8. To provide competent coaches who understand the duties of planning, supervision and instruction.
9. To create a desire to succeed and excel.
10. To develop high ideals of fairness in all human relationships.
11. To practice self-discipline and emotional maturity in learning to make decisions under pressure.

12. To be socially competent and operate within a set of rules, thus gaining a respect for one's self and for others.
13. To develop an understanding of the value of athletics in a balanced educational process.

### **Anti-Hazing Mission Statement**

Students who participate in extracurricular activities at North Putnam High School should do so without being subjected to any form of hazing. Hazing is defined as any humiliating or dangerous activity causing mental, emotional, or physical harm required by a group or members of the group; which is not part of the group's purpose. The individual may or may not agree with the hazing action. If you feel or someone you know is a victim of hazing, report this immediately to the sponsor, coach, or athletic director. Hazing will not be tolerated in any form, and individuals who initiate or participate in hazing will be disciplined.

#### **A. North Putnam High School Affiliation**

1. North Putnam High School is a member of the Indiana High School Athletic Association which has determined the overall pattern for interscholastic athletics in Indiana since 1904. The control of the IHSAA rests with the high school principals who elect a 18-member legislative body to represent five IHSAA districts and three classes of schools (on the basis of enrollment) in each district as well as three minority positions.

As stated in the By-Laws of the IHSAA, "The purpose of this corporation shall be to encourage, regulate, and give direction to wholesome amateur interschool athletic competition between the schools who are members of the corporation. All such interschool athletic competition coming under regulation by this corporation shall be subservient to and complementary to the academic or curricular functions of the member schools."

2. North Putnam High School is a member of the Western Indiana Conference along with Brown County, Cascade, Cloverdale, Edgewood, Greencastle, Indian Creek, Northview, Owen Valley, South Putnam, Sullivan and West Vigo. The purpose and philosophies of this athletic conference are structured to follow the IHSAA.

#### **B. National Federation of Interscholastic Coaches Association Code**

The function of the coach is to educate student athletes through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student athlete should be treated as though he or she were the coaches own, and his or her welfare should be uppermost at all times. Accordingly, the following guidelines for coaching have been adopted by the NFICA Board of Directors.

**The coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student athlete and, thus shall never place the value of winning above the value of instilling the highest ideals of character.

**The coach** shall uphold the honor and dignity of the profession. In all personal contact with student athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

**The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse.

**The coach** shall avoid the use of alcohol and tobacco products when in contact of players.

**The coach** shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total program.

**The coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

**The coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs and administrators.

**The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical. Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the events.

**A coach** shall not exert pressure on faculty members to give student athletes special consideration.

**A coach** shall not scout opponents by any means other than those adopted by the league and/or the state high school athletic association.

### **C. Parent Involvement:**

Parents are encouraged to take a positive active role in their son/daughter's athletic participation. Each of the twenty athletic teams provides a parent group to support the student athletes. High school athletics have become sophisticated to the extent that it is impossible for the school administration and coaching staff to provide for all the needs of each sport. Parents are encouraged to work within the parent group and to work with the coaches to provide for the needs of each sport program. While each individual is very important to the program, the team is most important.

We appreciate your support of your student athlete's participation in our program. Whether Athenian teams win or lose, the student athletes will have gained much from their efforts. Please help us to make their experience more positive by not coaching from the sidelines, respecting and not criticizing contest officials, and exhibiting good sportsmanship. We would hope this good sportsmanship would be reflected by you toward the competitors, the officials, the coaches, as well as other spectators. Your conduct is as much a reflection on North Putnam High School and the North Putnam community as is the conduct of the coaches and competitors.

The head coach is the administrator of each sport. The head coach in consultation with the assistants will make all decisions involved in the playing of each sport. Should a question arise with regard to the administration and participation of a sport, that question should be directed to the head coach. That should be done at an appropriate time and place as determined by the parties involved. The athletic administrator or principal should only become involved if there is an issue which cannot be resolved with the coaching staff.

Parent responsibilities include:

1. Provide transportation to and from practices ensuring that the player is prompt not only in arriving but also in departure.
2. Lend the young players your support in a positive manner. Do not point out their mistakes, leave that up to the coach; instead, emphasize their accomplishments and efforts.
3. Attend contests in positive support of student athletes.
4. Ensure the student athlete brings equipment to and from all practices and contests when appropriate.
5. Avoid material rewards. Build the attitude that the rewards lie in the fun of playing.
6. Be a good listener. Make the student athlete feel important and let them know they are contributing to a team effort.

7. Allow your teenager to be a teenager.

Parent sportsmanship Ethical and Moral Credo:

1. Do not coach the team players including your own student athlete from the sidelines during a contest.
2. Respect the judgement of the referee and do not criticize officials.
3. Supportive parents focus on the student athlete mastering skills and game strategies.
4. Decrease the pressure to win.

#### **D. Athletic Eligibility**

The responsibility for determining eligibility rests with the Athletic Director. The coach concerned will be notified in writing. Under no conditions will a coach permit a student to compete against another school until the student athlete's name is on this certification list.

Keeping every athlete eligible is a shared responsibility and requires that players, parents, coaches and administrators be informed of rules and regulations. Principals and athletic directors have copies of IHSAA handbooks for use. Parents are urged to familiarize themselves with the information on the Parent and Physician portion of the student athlete physical form.

A student athlete becomes ineligible for any of the following conditions:

1. **AGE:** a student athlete becomes 20 years old prior to or on the scheduled date of the IHSAA State Finals tournament in that sport.
2. **AMATEURISM:** a student athlete plays under an assumed name, sign a professional contract, or accept money or merchandise directly or indirectly from athletic participation in that sport.
3. **AWARDS/GIFTS:** a student athlete receives any award not approved by the IHSAA or the high school principal, uses or accepts merchandise as an award, prize, gift, or loan, accepts awards, medals, recognition, gifts, and honors from a college, university or their alumni.
4. **CONDUCT/CHARACTER:** a student athlete conducts him/herself in or out of school in a way which reflects discredit on the school or the IHSAA, or creates a disruptive influence on the discipline, good order, moral and educational environment in school.
5. **ENROLLMENT:** a student athlete did not enroll in school during the first 15 days of a semester, or had already been enrolled eight consecutive beginning with grade 9, or had represented the high school in a sport more than eight semesters.
6. **ILLNESS/INJURY:** a student athlete is absent five or more consecutive school days due to illness or injury and does not present to the principal written verification from a physician licensed to practice medicine stating that the student may resume participation.
7. **PARTICIPATION DURING THE CONTEST SEASON:** a student athlete participates in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student athlete; participates in a non-school organized athletic contest with or against players not belonging to the same school; participates as an individual on any team other than the school team.
8. **PARTICIPATION DURING THE SCHOOL YEAR OUT-OF-SEASON:** a student athlete receives instruction in a team sport from individuals who are members of the high school coaching staff or participates on a non-school team which has other players from his/her school team which exceed the maximums as follows: Basketball – 3, Baseball – 5, Football – 6, Soccer – 6, Softball – 5, Volleyball – 3.
9. **PRACTICE:** a student athlete has not completed the required number of separate days of organized practice in a sport under the direct supervision of the high school coaching staff preceding participation in a contest.  
NOTE: Five separate days of practice if coming directly from military basic training.
10. **SCHOLARSHIP:** a student athlete did not pass five full credit subjects and/or did not receive full credit or the equivalent in the preceding grading period, or is not currently enrolled and passing in five full credit subjects or the equivalent. Semester grades take precedence at the end of each semester

11. CONSENT AND RELEASE CERTIFICATE: a student athlete does not have on file with the principal a completed certificate with all necessary signatures prior to the first practice. This must be done yearly.
12. UNDUE INFLUENCE: a student athlete or one or both parents have been influenced by a person to retain or secure the student.
13. TRANSFER: a student athlete transfers from one school to another for primarily athletic reasons; was not enrolled in the current high school last semester or at a junior high from which the current high school receives students unless:
  - a. the student is entering the 9<sup>th</sup> grade for the first time
  - b. the student is transferring from another school with a bona fide move by the parents
  - c. the student is a ward of the court
  - d. the student is an orphan
  - e. the student transfers to reside with a parent
  - f. the student's former school has closed
  - g. the student's former school is not accredited by the state accrediting agency in the state where the school is located
  - h. the student's transfer was pursuant to a school board mandate for redistricting
  - i. the student enrolled and/or attended, in error, the wrong school
  - j. the student transferred from a correctional school
  - k. the student is emancipated
  - l. the student did not participate in any athletic contests as a representative of another school during the preceding 365 days
  - m. the student is returning to an IHSAA member school from a non-member school and resides with the same parents/guardians
  - n. the student transfers from a member boarding school with a corresponding move back to the residence where the student lived prior to transferring to the boarding school
  - o. the student is a qualified foreign exchange student attending under an approved CSIET program who has attended a member school for less than one year.

#### **E. Amateurism**

Student athletes shall not play under assumed names nor accept remuneration, directly or indirectly, for athletic participation. Student athletes shall be considered as violating their amateur standing if they participate in athletic activities, tryouts, auditions, practices and games held or sponsored by professional athletic organizations. Reasonable meals, lodging and transportation may be accepted if such are accepted in service rather than money or in some other material form.

The giving and receiving of awards shall be kept within reasonable bounds, have symbolic value only, and be with the consent and under the supervision of the member school principal. Only one sweater, jersey, jacket, blanket or similar article may be given in each sport to a student athlete for participation. Awards such as a trophy, metal football, metal basketball, metal track shoe or similar articles of symbolic value only may be given in addition to those mentioned above.

NOTE: The word symbolic shall be understood to refer to a symbol, an emblem or a token.

A diamond ring, an automobile or similar awards does not fall under the term "symbolic" even if the award is duly inscribed. An inscription cannot validate such awards in the IHSAA. Awards, medals, recognition, gifts, and honors shall not be accepted by student athletes or their schools from colleges, universities, and other higher institutions of learning or their alumni. During their senior year, student athletes may accept transportation, and expenses paid by colleges and universities for recruiting purposes when conducted within the limitations of college athletic codes provided such have the approval of their high school principal.

## **F. Safeguarding the Health of Athletes**

The athlete's responsibilities are to play fair, to give their best, to keep in training, and to conduct themselves with credit to their school and sport. In turn they have the right to optimal protection against injury as this may be assured through good conditioning and technical instruction, proper regulation and conditions to play, and adequate health supervision. Periodic evaluation of each of these factors will help to assure a safe and healthful experience for players. The checklist below contains the kinds of questions to be answered in such an appraisal.

Proper Conditioning helps to prevent injuries by hardening the body and increasing resistance to fatigue.

1. Are prospective players given directions and activities for preseason conditioning?
2. Is there a minimum of two weeks of practice before the first game or contest?
3. Is each player required to warm up thoroughly prior to participation?
4. Are substitutions made without hesitation when players evidence disability?

Careful Coaching leads to skillful performance, which lowers the incidence of injuries.

1. Is emphasis given to safety in teaching techniques and elements of play?
2. Are injuries carefully analyzed to determine causes and to suggest preventive programs?
3. Are tactics discouraged that may increase the hazards and thus the incidence of injuries?
4. Are practice periods carefully planned and of reasonable duration?

Good Officiating promotes enjoyment of the game as well as the protection of players.

1. Are players as well as coaches thoroughly schooled in the rules of the game?
2. Are rules and regulations strictly enforced in practice periods as well as in games?
3. Are officials employed who are qualified both emotionally and technically for their responsibilities?

Proper Equipment and Safe Facilities: serve a unique purpose in protection of players.

1. Is the best protective equipment provided for contact sports?
2. Is careful attention given to proper fitting and adjustment of equipment?
3. Is equipment properly maintained and worn and outmoded items discarded?
4. Are proper areas for play provided and carefully maintained?

Adequate Medical Care is a necessity in the prevention and control of athletic injuries.

1. Is there a thorough pre-season health history and medical examination?
2. Is a physician or trainer present at contests and readily available during practice sessions?
3. Does the physician or trainer make the decision as to whether an athlete should return to play following injury during games?
4. Is authority from a physician or trainer required before an athlete can return to practice after being out five or more days because of illness or a disabling injury?
5. Is the care given athletes by coach or trainer limited to first aid and medically prescribed services?

## **G. Insurance**

The athletic department does not provide any insurance coverage for student athletes.

## H. Trainer

The athletic department has a contract with Hendricks Regional Health to provide a Certified Athletic Trainer. The trainer will be available on a regular schedule throughout the school year. The trainer will examine all injuries sustained by student athletes and recommend a course of action to follow. The trainer may recommend the student athlete seek further medical attention, however the trainer will not recommend a specific doctor or agency unless asked for a recommendation by the parent of the student athlete.

## I. Transportation

Student athletes will be required to travel to athletic contests in school owned and operated vehicles. Student athletes will be provided transportation back to the school after athletic contests in school owned and operated vehicles. Based on prior arrangement with the athletic department, a student may be allowed to ride home with a guardian. Under no circumstances will students be permitted to ride to or from an athletic contest in private cars operated by another student.

## J. College Participation

Any student athlete planning to enroll in college and participate in Division I or Division II intercollegiate athletics must have their initial eligibility status determined by the NCAA Initial-Eligibility Clearinghouse. Student athletes who have this intention should talk to the athletic director during the second semester of their junior year. Student athletes will be given:

1. An information booklet published by the National Athletic Administrators organization entitled “A Guide For College Bound Student Athletes and Their Parents. The student athlete as well as the parents should read this publication. [www.clearinghouse.net](http://www.clearinghouse.net)
2. The NCAA Initial-Eligibility Clearinghouse form and instruction can be found on the above website. Complete the online forms, with payment, print out the 2 waiver release forms, and turn those forms into the athletic director’s office. One of those forms will be sent at the end of their junior year and the other form will be sent to the clearinghouse once the athlete has graduated from high school.

The Clearinghouse will verify that the student athlete has fulfilled the requirements as set forth by the NCAA.

These requirements include the student maintaining a minimum GPA in high school in sixteen (16) required core courses. These core courses must be as follows:

	Division I	Division II
English Core	4 years	3 years
Math Core	3 years	2 years
Science Core	2 years	2 years
Social Studies	2 years	2 years
English, Math, or Science	1 additional year	3 additional years
Additional Core Courses *	4 years	4 years

- These additional core courses can come from the areas of English, Math, Science, Social Studies, and Foreign Language.
- Ten (10) core courses completed before the seventh semester, seven (7) of the 10 must be in English, math, or natural/physical science.

A list of the core courses North Putnam High School offers can be obtained by contacting Mr. Chew, Principal, at the high school. It should be noted that high school courses taken in the eighth grade may not be used to count toward the 16 core course requirement. Only high school courses taken while in grades 9-12 may count.

## **K. Athletic Awards at North Putnam High School**

**NUMERAL AWARD:** awarded to anyone who completes the season on a freshman team or a reserve team. The numeral certificate is also awarded to an individual who completes the season on a varsity team but does not meet the criteria for a letter.

**LETTER AWARD:** this award is given to any individual who completes the season on varsity team and meets the letter criteria for that team.

**Jacket:**

- A jacket is available for the student athlete to purchase after earning his/her first varsity letter.

**First letter:**

- The individual is awarded a 7" interlocking "NP" along with a letter certificate.
- A clutch back pin representing the sport in which the letter was awarded is placed on the "NP".

**All other letters:**

- The individual is awarded a letter certificate along with a clutch back pin representing the sport in which that letter was earned.

**Cougar Award:**

- Any senior who has earned nine (9) or more varsity letters in his/her career will receive a "COUGAR" desk clock highlighting his/her high school athletic accomplishments.

**Conference Championship:**

- Each individual or each member of a team winning a conference championship will be awarded a chenille patch in the shape of a shield along with two clutch back pins signifying the sport and the year of the championship.

**IHSAA Tournament Championship:**

- Each individual or each member of a team winning a sectional, regional, semi-state, or state championship will be awarded a chenille patch in the shape of the state along with two clutch back pins signifying the sport and the year of the championship.

## **SPECIAL AWARDS**

**Most Outstanding Senior Athlete (Boy & Girl):**

- At the Spring Awards Day Program, the coaching staff will name an outstanding senior boy and girl athlete (unless they unanimously agree that no athlete qualifies) using the following criteria:
  1. Participate in two or more sports during their senior year.
  2. Display academic achievements.
  3. Display leadership, sportsmanship and citizenship.

12 Season Award:

- Awarded to an athlete who has participated in three (3) sport seasons in all four years of his/her high school career. This award will be presented at the Spring Awards Day Program.

4 Season Award:

- Each athlete that participates in the SAME sport for four (4) years will receive a plaque.

#### **L. Qualification for Awards**

Note: In all sports, athletes must complete the season in good standing in order to qualify for awards. Good standing means all of the following:

1. Academically eligible
2. Not in violation of the athletic discipline code
3. Not in violation of team rules

- 1) Baseball: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded for participating in half the varsity total innings for the season.
- 2) Basketball: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded when the athlete has played in a minimum of 32 varsity quarters.
- 3) Cross Country: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. A letter certificate will be awarded when the athlete has accumulated 70 points during the season. 5 points per year of CC participation, 3 points per varsity meet entered, 6 points for top 5 North Putnam finisher in varsity meet, and 3 points for top 7 North Putnam finisher in varsity meet
- 4) Cheerleaders: A numeral certificate will be awarded after each semester of junior varsity and freshman cheerleading. A letter certificate will be awarded after each semester of varsity cheerleading. Only one letter per year will be credited for cheerleading although two certificates are awarded.
- 5) Football: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded for participation in one-half of the varsity quarters during a season. Participation must be in two consecutive plays in order for that quarter to count towards a letter. Special teams only participation in any quarter will count as one of the total varsity quarter played.
- 6) Golf: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded for participation in one-half of the varsity matches or selection to the sectional team.
- 7) Soccer: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded for participation in one-half of the varsity halves during a season.
- 8) Softball: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded when the athlete has played one-half of the total varsity innings played.
- 9) Swimming: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded when the athlete scores 30 (divers 20 points) team points in meets or swims times in two or more events that would place at the Sectional Championship.

- 10) Track: The participation certificate is awarded for completes the season in good standing but has not qualified for the letter. The letter is awarded when the athlete has earned 10 or more points in the season's varsity meets.
- 11) Unified Track: In the true nature of Unified athletics, any athlete that competes on the Unified Track team can be awarded a letter based on the coach's discretion.
- 12) Volleyball: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded when the athlete has played in 40% of the total varsity games.
- 13) Wrestling: The participation certificate is awarded to the athlete that completes the season in good standing but has not qualifying for the letter. The letter is awarded when the athlete has participated in one-half of the varsity matches scheduled or wins 25% of the varsity matches scheduled.
- 14) Non-Participants: The participation certificate is awarded for completing the season in good standing but not qualifying for the letter. The letter is awarded when the non-participant has attended all practices and contests, and performed all duties specified by the coaching staff.
- 15) In the case of all sports, should the head coach of each sport desire to letter a student athlete who has not met the criteria for that sport, the coach may appeal to the Awards Revision Committee for a ruling. Committee members are Roger Busch (chair), Jason Chew, Levi Yowell, Bucky Kramer, and Scott Miller.

#### **M. Maximum Number of Contests**

In addition to all IHSAA sponsored tourneys, the recommended number of athletic events to be scheduled in boys' sports are as follows:

- 1) Baseball - 28 games or 26 games and 1 tournament plus 1 controlled scrimmage.
- 2) Basketball - 20 games and 1 tournament or 20 games plus 1 controlled scrimmage.
- 3) Cross Country - 14 dual meets or invitational.
- 4) Football - 9 games and 1 controlled scrimmage or 8 games and 1 jamboree and scrimmage.
- 5) Golf - 18 matches or tournaments.
- 6) Soccer - 16 matches or 14 matches and 1 tournament plus 1 controlled scrimmage.
- 7) Softball - 28 games or 26 games and 1 tournament plus 1 controlled scrimmage.
- 8) Swimming - 18 meets or tournaments.
- 9) Track - 16 meets or tournaments.
- 10) Wrestling - 16 matches and 1 tournament. Each additional tournament will replace 2 dual matches.

In addition to all IHSAA sponsored tourneys, the recommended number of athletic events to be scheduled in girls' sports are as follows:

- 1) Basketball - 20 games and 1 tournament or 20 games plus 1 controlled scrimmage
- 2) Cross Country - 14 dual meets or invitationals.
- 3) Golf - 18 matches or tournaments.
- 4) Soccer - 16 matches or 14 matches and 1 tournament plus 1 controlled scrimmage.
- 5) Softball - 28 games or 26 games and 1 tournament.
- 6) Swimming - 18 meets or tournaments.

- 7) Track - 16 meets on tournaments.
- 8) Volleyball - 25 games plus 2 tournaments; Games from third or more tournaments count against 25.

## **N. Dual Sport Participation**

Dual sport participation is permitted under the following conditions:

- The athlete and his/her family are in favor of competing for 2 sport teams.
- The coaches of the affected sports are in agreement that this is a desirable situation.
- The coaches of the affected sports, athlete, and athletic director will meet to determine if a schedule for practices and competitions can be mutually agreed upon.
- The athlete is expected to practice regularly in both sports.
- The athlete will not be permitted to leave practice early in order to attend a practice in the other sport without the permission of both coaches.
- The athlete will not be permitted to miss any practices or contests in either sport without the consent of one or both of the coaches.
- A prioritized list of contest levels will be established before the first contest in either sport, such as the following:
  1. Contests take precedence over practices
  2. IHSAA Tournament games
  3. Conference games
  4. Other tournaments
  5. Non-conference games
- The athlete will be required to determine his/her "Primary" and "Secondary" sports. This determination will be used only to resolve scheduling conflicts that arise after the start of the season.
- If the lettering requirements for both sports are met, then the athlete will be eligible to receive letters and awards in both sports. All final authority regarding conflicts and clarification of this policy shall be vested in the Athletic Director.

## **O. Athletic Discipline Code**

To be eligible scholastically, a student must be passing all of his/her subjects at the end of each nine (9) week grading period. Semester grades shall take precedence over the second nine (9) weeks grading periods. In addition, each student must also maintain an attendance rate of 95% for each grading period (excused absences do not count against the student). If a student does not meet both of these standards, he/she will be ineligible for the next nine (9) week grading period. The athletic department will declare certification dates of the grading periods.

### **I. Definitions**

- A. The "next sport session" the athlete would participate in shall be determined as:
  1. The next sport season in which the athlete had participated during the previous school year,  
or;
  2. The next sport season the athlete had given indication of his/her intention to participate in to a coach in that sport prior to being made aware of his/her suspension.
- B. "Out of season" includes all times an athlete is not currently participating in a North Putnam High School sport. "Out of season" includes summer.
- C. "Suspension of an athlete" shall mean the athletic director and/or coach(es) of the athlete have reasonable evidence which clearly establishes that the athlete has violated this code.

- D. "Suspension from athletics" for tobacco, alcohol and drug violations shall mean a suspension from team season contests, but the suspended athlete may be permitted to practice with the team.
- E. "Season contest" includes all tournaments with each tournament being considered one regular season contest.
- F. "Substance use" involves possessing, transmitting, or being under the influence of any narcotic drug, hallucinogenic drug, inhalant, amphetamine, barbiturate, marijuana, alcoholic beverage, tobacco product, intoxicant of any kind, or any controlled substance without a doctor's prescription.
  - 1. Student athletes must be enrolled in the random drug screening program administered by the North Putnam Community School Corporation.
  - 2. A positive drug test shall be a violation of the Athletic Discipline Code for substance use.
  - 3. Refusal of a student athlete to provide a specimen for drug testing shall be treated as a "positive" test result.

## II. Suspension Procedure

- A. All suspensions shall begin with the notification of the athlete of his/her suspension by the athletic director. All suspensions shall be consecutive contests beginning with notification to the athlete by the athletic director.
- B. Any percentage of total season contests which results in a fraction of a contest shall be determined by eliminating the fraction and using the whole number as the number of contests for the suspension.

## III. Infractions Not Involving Substance Use

- A. Any athlete who commits a violation of any published rule of the coach under whom the athlete is currently participating in season may be suspended by that coach for a period of time not to exceed
  - 1. 25% of the total season contests in that sport for a first violation.
  - 2. 50% of the total season contests in that sport for a second violation.
  - 3. The remainder of the contest season in that sport for a third violation.

Any suspension beyond that outlined in III-A-1, III-A-2, and III-A-3 above may be imposed by the principal and/or athletic director at the request of the coach.

- B. Any athlete (in-season or out of season) who commits any offense of Indiana Criminal Law or who violates the Indiana Juvenile Code, or who violates a school rule, regulation, or policy, or acts in a manner that brings embarrassment or shame to yourself and/or your school may be suspended from participating in athletics by the principal and athletic director subject to the following:
  - 1. Examples of the such conduct include any illegal activity, any non-legal activity that is lewd, vulgar, obscene, indecent, or that portrays sexual conduct done in a manner whereby the community learns of such activity; or any activity that degrades, demeans, or disparages any coach, activity sponsor, school official, or student.
  - 2. An athlete violating a traffic law may not be subject to suspension from participation in athletics solely for that reason; however if the charge is reckless homicide or driving under the influence, the athlete may be subject to suspension.

3. The length of the suspension imposed by the principal and athletic director shall be determined after considering:
  - a. The seriousness of the nature of the offense.
  - b. The circumstances surrounding the committing of the offense.
  - c. Other offenses or violations committed by the athlete prior to the current offense
4. Having given consideration to the factors above, the principal and athletic director may impose one of the following suspensions:
  - a. 15% of the total season contests of the athlete's current or next sport season.
  - b. 25% of the total season contests of the athlete's current or next sport season.
  - c. 50% of the total season contests of the athlete's current or next sport season.
  - d. 100% of the total season contests of the athlete's current or next sport season.
  - e. One calendar year of the total season contests in all sports.
  - f. The remainder of the athlete's high school career.

### C. Conduct Unbecoming a Student Athlete

#### Special Note Regarding Sanctions:

If less than the imposed percent of the total season contests remain in the sport in which the athlete is currently participating, the suspension shall be continued to the next sport season in which the athlete would participate. The continued suspension shall include a percentage of the total season contests in the next sport season of the athlete equal to the imposed suspension percentage minus the percentage of total season contests remaining in the athlete's current sport season when the suspension occurred.

### IV. Random Drug Testing Policy

Please see the Random Drug Testing Policy

### V. Infraction Involving Substance Use

#### A. First violation

1. Any athlete (in-season or out of season) who commits a first violation of the discipline by substance use (possessing, transmitting, or being under the influence) of non-prescribed drugs, tobacco or alcohol shall be suspended for 25% of the total season contests in their current or next sport season.
2. If less than 25% of the total season contests remain in the athlete's current season, the suspension shall be continued to the next sport season in which the athlete would participate. The continued suspension shall include a percentage of the total season in the next sport season of the athlete equal to 25% minus the percentage of total contests remaining in the athlete's current sport season in which the suspension occurred.

Note: Any student athlete suspended for violation involving substance use will not be allowed to return to competition until that student athlete has provided a specimen resulting in a "negative" test result. The place and time of the drug test will be at the discretion of the school.

#### Self-Report Clause

Any athlete admitting to being in violation of subsections IV-A-1 prior to an investigation by a member of the North Putnam High School administration or any legal agency, may elect to have his/her suspension reduced to 15% of the total season contest by:

- a) complying with a drug screening test for the remainder of the season, and
- b) completing all requirements for an approved professional evaluation. This agency must be staffed and equipped to respond adequately to the problems of the student athlete and be capable of assisting the student athlete to a solution of the problem which caused the violation of the athletic discipline code. (The cost of evaluation and/or enrollment in such a program will not be borne by the school system or athletic department.)

If the athlete agrees to both steps A and B as mentioned above, then the athlete may have his penalty reduced to 15% of the total season contest. If either of steps A or B's obligations are not met, then the athlete will be suspended immediately according to the. This option will only apply to the first offense of subsections IV-A-1 and can only be used by the athlete one (1) time during their career at North Putnam High School. The self-report clause is still considered a first violation of the Athletic Discipline Code.

#### B. Second violation

1. Any athlete (in season or out of season) who commits a second violation of the discipline code by substance use (possessing, transmitting, or being under the influence) of non- drugs, tobacco or alcohol shall be suspended for 100% of the total season contests in their current or next sport season.
2. If less than 100% of the total season contests remain in the athlete's current season, the suspension shall be continued to the next sport season the athlete would participate in. The continued suspension shall include a percentage of the total season contest remaining in the athlete's current sport season when the suspension occurred.

Note: Any student athlete suspended for an infraction involving substance use will not be allowed to return to competition until that student athlete has provided a specimen resulting in a "negative" test result. The place and time of the drug test will be at the discretion of the school.

#### C. Third and subsequent violations

1. Any athlete (in season or out of season) who commits a third violation of the discipline code by substance use (possessing, transmitting, or being under the influence) of non-prescribed drugs, tobacco, or alcohol shall be suspended from any further participation in athletics at North Putnam High School.

#### VI. Voluntary Quit

- A. If a student athlete voluntarily quits an athletic team for reasons other than medical, at a date later than the first contest in that sport, he/she may not participate in another sport that has had its first contest.
- B. If a student athlete voluntarily quits an athletic team for reasons other than medical before the end of the contest season in that sport, he/she may not participate in a pre-season conditioning program for any sport in the next contest season, excluding summer conditioning programs.

#### P. Cell Phone, Camera, and Social Networking Site Policy

All cell phones and cameras are to be secured and unseen within any North Putnam High School locker room; this applies to all athletic related participants (i.e. players, managers, and coaches). Those found in violation of the policy will receive immediate consequences, which could include dismissal from the team and/or referral to the School Resource Officer for possible legal ramifications. Should an athletic receive an electronic transmission while in a locker room, they should remove themselves from the locker room before accepting the communication.

Student-athletes are responsible for information contained in written or electronic transmissions and any information posted on a public domain (i.e. Facebook, YouTube). Any inappropriate, ill-meaning, or derogatory material 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 North Putnam Community School Corporation

Texting, tweeting, and uses of other social networks to disparage or criticize the team, other students, opponents, coaches, or other school personnel will be deemed conduct unbecoming a North Putnam student-athlete. Any individual identified on a social networking site which depicts illegal or unacceptable behavior will be considered in violation and subject to athletic discipline

## **Q. IHSAA RULE 15 – PARTICIPATION**

### **Philosophy**

Students should have the opportunity to voluntarily engage in non-school sponsored sports activities provided such activities do not interfere with the student's educational development and the activities do not conflict with the principles of wholesome amateur athletics. The IHSAA wishes to enhance that opportunity while at the same time discouraging the exploitation of student athletes by overzealous individuals and organizations who attempt to impose an obligation on the student, to participate in their programs at any cost. There has been growing evidence of commercialism of high school athletes. In far too many instances non-school sponsored sports events have been the "market place" where the students have been lured to display their "athletic wares." Experience has revealed that such events tend to divide the allegiance of the students, undermine their respect for their high school coaches, and encourages the type of adulation which gives the students an exaggerated notion of the importance of their own athletic prowess rather than reinforcing the idea that athletic ability is an endowed talent which students should use for the pleasure and satisfaction that they may derive from athletic competition. By the promulgation and enforcement of these rules the IHSAA strives to eliminate these abuses.

### **15-1 During Authorized Contest Season (Individual and Team Sports, Camps, Clinics)**

#### **15-1.1 Individual Sports (Cross Country, Golf, Gymnastics, Swimming, Tennis, Track, Wrestling)**

- a. Participation by a student in any organized non-school sports competition during the Authorized Contest Season, or at any time prior to the conclusion of the student's participation in the IHSAA Tournament Series, in that sport shall cause such students to become ineligible for their School team in that sport for a period not to exceed Three Hundred Sixty-five (365) days as determined by the Commissioner, unless an outstanding student-athlete waiver for said competition is approved by the coach, principal and the IHSAA office and is on file in the principal's office. A maximum of Two (2) waivers may be granted during a Contest Season.
- b. Student-athletes may receive a Lesson so long as:
  - 1) it is not mandated, scheduled or paid for by the School;
  - 2) no School practices or competitions are missed; and

- 3) no member of the School's coaching staff who provides a Lesson is compensated for the Lesson beyond the compensation the coach earns from the School.
- c. An outstanding student-athlete may participate as an individual during the Authorized Season of a sport, without loss of interschool eligibility, provided the following criteria are met:
- 1) a completed waiver application form signed by the student, parent, coach and principal or his/her designee, shall be filed with the School and the electronic waiver process shall be completed and submitted to the Commissioner for approval, prior to the event;
  - 2) arrangements to complete academic lessons, assignments, test(s), etc. is made in advance;
  - 3) student may not miss an Association sponsored tournament series or School Contest for which he/she is eligible. (It is the philosophy of this Association that students owe loyalty to their school and team.); and
  - 4) student and parent agrees to not accept, directly or indirectly, any awards, gifts, trips, merchandise, etc. which would violate IHSAA rule 5 (Amateurism) or rule 6 (Awards, Prizes, Gifts).
- d. Participation of students in an organized athletic competition with or against athletes not belonging to their School counts as One (1) of Contests for that season for that student. An organized "scrimmage" or practice with or against athletes not belonging to their School counts as One (1) of Contests for that season for that student. The following situations are not considered a violation of this rule:
- 1) When a School does not have a team, individual students may practice with another member School's team under the supervision of the other member School's coach provided a written agreement, signed by both principals, is on file in the IHSAA office. Students may only compete in Contests representing the School they are attending;
  - 2) Student-athletes may practice in the same facility with athletes from other schools so long as they are doing their own workout under the direct supervision and instruction of their own coach; or
  - 3) A student-athlete may work out on their own in the presence of other athletes so long as the other athletes have not yet reached the ninth grade.
- e. Students who participate in an interschool Contest when ineligible other than in scholarship, too many events or similar oversights, become ineligible only in that sport for a time period not to exceed Three-hundred Sixty-five (365) days to be determined by the Commissioner or his designee. When facts are purposely withheld or misrepresented, students become ineligible in all sports for the remainder of their semester and all of their next semester in School unless the School takes appropriate action as determined by the Commissioner.
- f. Students may not participate in tryouts or demonstrations of athletic ability as a prospective college student-athlete.
- g. An ineligible student may Practice with the team, but only at home in regular Practices. The ineligible student may not appear in an athletic uniform at an interschool Contest.

**15-1.2 Team Sports (Baseball, Basketball, Football, Soccer, Softball and Volleyball)**

- a. Participation by a student in any organized non-school sports competition during the Authorized Contest Season, or at any time prior to the conclusion of the student's participation in the IHSAA the IHSAA Tournament Series, in that sport shall cause such students to become ineligible for their School team in that sport for a period not to exceed Three-hundred Sixty-five (365) days as determined by the Commissioner.
- b. Student-athletes may receive a Lesson so long as:
  - 1) it is not mandated, scheduled or paid for by the School;
  - 2) no School Practices or competitions are missed; and
  - 3) no member of the School's coaching staff who provides a Lesson is compensated for the Lesson beyond the compensation the coach earns from the School.

- c. Participation of students in an organized athletic competition with or against athletes not belonging to their School constitutes a game. An organized “scrimmage” or Practice with or against athletes not belonging to their School is considered a game.
- d. Students who participate in an interschool Contest when ineligible other than in scholarship, too many events or similar oversights, become ineligible only in that sport for a time period not to exceed Three-hundred Sixty-five (365) days to be determined by the Commissioner or his designee. When facts are purposely withheld or misrepresented, students become ineligible in all sports for the remainder of the semester and all of their next semester in School unless the School takes appropriate action as determined by the Commissioner.
- e. Coaches of grades 9-12 may not coach organized non-school sports competition during the Authorized Contest Season in that sport in grades 9-12.
- f. Students may not participate in tryouts or demonstrations of athletic ability as a prospective college student-athlete.
- g. Students may not participate in athletic activities, tryouts, auditions, practices and games held or sponsored by non-professional athletic organizations, clubs, or their representatives during the Contest Season.
- h. An ineligible student may Practice with the team, but only at home in regular Practices. The ineligible student may not appear in an athletic uniform at an interschool Contest.

### **15-1.3 Camps**

- a. Students may not attend a Non-School Sponsored Camp. Note: Refer to rule 15-3.2g for date when participation in School sponsored Summer Camps must be terminated.

### **15-1.4 Clinics**

- a. Students may not attend a Non-School Sponsored Clinic in a Team Sport, but may attend a Non-School Sponsored Clinic in an Individual Sport. Note: Refer to rule 15-3.2g for date when participation in School sponsored Summer Clinics must be terminated.
- b. If a Clinic is conducted over more than One (1) day, students will be limited to Three (3) hours of sports instruction or practice daily.
- c. A Clinic must be conducted during non-school time and no School Practices or Contests may be missed.
- d. Students may participate for demonstration purposes in Clinics held only within the State of Indiana when their coach is a presenter. Such is considered a Practice.
- e. Students may attend all Clinics other than student-clinics as observers.

## **15-2 During School Year Out-of-Season**

### **15-2.1 Individual Sports (Cross Country, Golf, Gymnastics, Swimming, Tennis, Track, Wrestling)**

- a. Students may participate in non-school Contests as individuals or as members of a non-school team in non-school Contests provided that participation during school time is approved by the School principal or his/her designee.

- b. Coaches, from a Member School Coaching Staff, may coach students in that sport if NOT under the organization, supervision and operation of the Member School.
- c. Member Schools may not organize, supervise or operate athletic Practices or interschool athletic Contests.
- d. Member Schools may not provide School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swimsuits, etc.) worn by the student in non-school Contests.

### **15-2.2 Team Sports (Baseball, Basketball, Football, Soccer, Softball and Volleyball)**

- a. Students may participate in team sport Practice and Contests as members of a Non-School Team provided no more than the following number of students, (i) who have participated in a Contest the previous season as a member of One (1) of their School teams in that sport or (ii) who are incoming freshman (and seek to participate on a Non-School Team from Monday of Week 5 until the date of the first authorized Practice in that sport), are rostered on the same Non-School Team, at the same time. Seniors, who have exhausted their eligibility in a particular sport, do not count in the maximum number of students that can participate on a Non-School Team in that sport. Baseball – 5 Football – 6 Softball – 5 Basketball – 3 Soccer – 6 Volleyball – 3
- b. The following standards also must be met:
  - 1) Participation during school time must be approved by the School principal or his/her designee.
  - 2) Fees, if charged, must be provided solely by the student, parent or Guardian. No school or athletic funds shall be used for such when students of grades 9-12 are involved.
  - 3) Participation shall be open to all students.
  - 4) Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
- c. Students may not receive instruction from individuals who are members of their high School coaching staff.
- d. Coaches, from a Member School Coaching Staff, may not instruct students who have participated in a Contest as a member of their School's team or any freshman. (Exception: Coaches may instruct their sons or daughters.)
- e. Member Schools may not organize, supervise or operate athletic Practices.
- f. Member Schools may not provide School-owned uniforms (shorts, pants, singlets, or swimsuits, etc.) worn by the student in non-school Contests.

### **15-2.3 Camps and Clinics**

Students may attend camps and clinics provided the following standards are met.

- a. Attendance is limited to non-school time and may begin on or after Monday of Week 7 or the first day of School, whichever comes first, unless camp is a verified Olympic development camp.
- b. Fees, if charged, must be provided solely by the student, parent or Guardian except for underprivileged students. No School or athletic funds shall be used for such.
- c. No School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swimsuits, etc.) shall be worn by the student.

- e. No more than Three (3) students in basketball and volleyball, five students in baseball and softball, or Six (6) students in football and soccer who have participated in a Contest the previous year as a member of One (1) of their School teams in that sport may participate on the same team or in the same work station or drill at the same time. All work stations or drills must be held independent of each other and may not be integrated to simulate a game.
- f. Member Schools may not organize, supervise or operate School-sponsored camps; however, Schools may rent or lease their facilities to non-school sponsors.
- g. Coaches from a Member School Coaching Staff may not instruct students (1) who have participated in a Contest as a member of their School's team in that sport or (2) any freshman.
- h. Competition must be limited to intra-camp or intra-clinic practices, Contests and instruction.
- i. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
- j. Length of attendance is unlimited.
- k. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.
- l. Coaches may use students, School owned equipment in Schools, camps and/or coaches clinics held in the State of Indiana or in adjacent state, when the coach is presenter. A record of students used as demonstrators must be kept by the School. Coaches may not use a student for demonstration purposes in more than Three (3) such clinics per sport between July 1 and June 30 each year. No more than One (1) such clinic may be in an adjacent state.

#### **15-2.4 Conditioning Program**

Program designed for and limited to activities which promote physical fitness and exclude game drills. Examples of permissible activities are weight lifting, running and aerobic exercising.

- a. Students may participate in a Conditioning Program at the member School.
- b. Member Schools may operate a Conditioning Program.
- c. Member School coaches may supervise the program provided:
  - 1) the program is open to all students of that member School;
  - 2) attendance and participation are voluntary and not required by the member School coaches for membership on a team;
  - 3) specific equipment related to a particular sport, i.e. balls, goals, nets, etc. shall not be used.

#### **15-2.5 Open Facility Program**

An open facility program is a program in which the gymnasium, playing field or other school facilities are open to all students who attend the School, or a Feeder School of the School sponsoring the program, for participation on a voluntary basis.

- a. Open facility sessions for a particular sport may be conducted Three (3) times per week. However, they may be held more frequently within a month of the date of the official first practice in that sport.
- b. Member School coaches may supervise the program, communicate with students and offer correction provided that:

- 1) they do not organize teams or assign individuals to teams;
- 2) the program is open to all students of the member School;
- 3) attendance and participation is voluntary and not required by the member School coach for membership on a team,
- 4) the coaching staff may offer instruction and work directly with a maximum of Two (2) athletes at a time, and
- 5) specific equipment related to a particular sport, i.e. balls, goals, nets, etc., may be used.

### **15-3 During Summer**

Participation in all Summer activities shall be voluntary.

#### **15-3.1 During Summer**

- a. Whether Summer athletic activities are sponsored by a member School or a non-school organization, students may participate so long as participation is voluntary;
- b. If a member School sponsors athletic activities for its student athletes at the School during the Summer, such athletic activities may only be conducted in an Open Facility program, except for Summer athletic competitions, which may be conducted outside of an Open Facility program.
- c. See definition of Summer for beginning and ending times. The foregoing notwithstanding, Summer Conditioning Program may extend through Saturday of Week 4.

#### **15-3.2 Camps and Clinics**

Students may participate in non-school sponsored camps and clinics provided the following standards are met.

- a. Attendance is limited to non-school time.
- b. Fees, if charged, must be provided solely by the student, parent or Guardian except for underprivileged students. No School or athletic funds shall be used for such.
- c. No School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swim suits, etc.) shall be worn by the student.
- d. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
- e. Length of attendance is unlimited.
- f. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating.
- g. For all School sponsored camps and clinics, attendance must be terminated prior to Monday, Week 5.

#### **15-3.3 Football**

A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards:

- a. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the Summer.
- b. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a School's football coaching staff coaches Two (2) or more players from the School's football team engaged in Football Activities) during the Summer.
- c. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football coaching staff takes Two (2) or more players from a School's football team to either Practice with or compete against One (1) or more players from another School or program). The maximum time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a Five (5) hour period.
- d. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouth piece.
- e. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is Two (2) hours.
- f. Prior to the first day of Summer, a School's football coaching staff must designate to the School's athletic director or the principal the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

#### **15-3.4 Moratorium**

Each member School shall observe a moratorium week starting on Monday of the week which includes July 4th, either IHSAA calendar Week 52 or Week 1. During this Seven (7) day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

#### **15-3.6 Penalties**

(See rule 17-7.1.)

#### **Q & A**

#### **PARTICIPATION – GENERALLY**

Q. 15-1 What is considered participation in a sport for a Contest Season?

A. Playing in a part of One (1) game or Contest in a sport constitutes participation in that sport for that Contest Season.

Q. 15-2 If a student tries out for a non-school baseball league, would that be a violation of IHSAA rules?

A. Yes, this would be a violation of rule 15-1.2 in baseball, if it occurred during the IHSAA Authorized Season for baseball. However, trying out for a baseball league would not affect the student's eligibility in other sports. (rule 15-1.2)

Q. 15-3 Does a student become ineligible in all sports if the student plays on a team other than the student's School team in One (1) sport?

A. No, a student may become ineligible only in the sport in which the student participates as a member of a team other than their School team, unless the student would violate another rule of the IHSAA. (rule 15-1.2(a))

Q. 15-4 If a student participates in a league or tournament of a sport not recognized by IHSAA, does the student become ineligible in other sports?

A. No. The rules of the IHSAA are generally sports specific, and participation in a sport not recognized by the IHSAA does not impact a student's eligibility to participate in a sport recognized by the IHSAA.

Q. 15-5 Can a student play on Two (2) interschool teams at the same time?

A. Yes. The IHSAA rules do not prohibit multi-sports participation by student athletes.

Q. 15-6 Can a student who is ineligible for the Varsity team play on teams of lower ranking? Rule 15 - Participation

A. Generally, no, since ineligibility for One (1) sport team generally means the same for all sport teams. (rule 15-1) However, a student who has been given Limited Eligibility under rule 19-6.2 to participate in athletics is eligible for sub-varsity participation only and cannot play on the Varsity until the period of Limited Eligibility expires.

## **SCHOOL CONTESTS**

Q. 15-7 May member Schools play against college, YMCA and independent teams in IHSAA recognized sports?

A. Yes, in single games, but not in tourneys, meets and leagues. In single games, the member Schools must obey all of the rules of the Association. (rule 9-15)

## **PRACTICE – GENERALLY**

Q. 15-8 May an ineligible student Practice with the regular team?

A. Yes, if the student has remaining eligibility in that sport. An ineligible student may Practice only at home in regular Practice and shall not appear in an athletic uniform at Contests. (rule 15-1.1(g))

## **PRACTICE DURING THE AUTHORIZED CONTEST SEASON WITH AND AT NON-SCHOOL FACILITIES**

Q. 15-9 May a student practice swimming at a neighboring member School when the student's School of Enrollment does not offer swimming as part of their athletic program?

A. Yes, a student may practice at another School, provided there is a contractual arrangement between the Two (2) Schools. However, students may only compete as representatives of their School of Enrollment. (rule 15-1.1(d)(1))

## **PRACTICE AND COMPETITION DURING THE AUTHORIZED CONTEST SEASON WITH GRADUATES AND ALUMNI**

Q. 15-10 Can high school graduates practice or participate with or against the high school team or a member of that team?

A. No, high school graduates cannot practice or participate with or against a team or a member of a high school team during the Contest Season. This does not prohibit the member school administrators, should they desire, from permitting post-high school graduates to use their facilities for conditioning purposes, but not for the purpose of practicing and/or participating with or against a member school team or team members.

Q. 15-11 May a former student, with a G.E.D., return to a member school and participate in Practice or play on a sports team?

A. No. A G.E.D. is a graduation diploma and a student with a G.E.D. is considered a graduate. A high school graduate cannot Practice or participate with or against a team or a member of a high school team during the Contest Season (rule 13-1)

Q. 15-12 May a student, who dropped out of school and obtained a G.E.D. (Graduate Equivalency Diploma), return to school and participate in athletics so long as the student meets all other eligibility requirements?

A. No, a G.E.D. is a graduation diploma. This student would be considered a graduate. (rule 13-1)

Q. 15-13 Is a game between the alumni and the high school students considered an intramural game or an inter school game?

A. Any Contest involving an alumnus and a high school student is considered an interschool Contest and must be counted as a regular Season Contest.

### **SCRIMMAGES DURING THE AUTHORIZED CONTEST SEASON**

Q. 15-14 When may a Controlled Scrimmage be held?

A. A team may conduct a scrimmage after five (5) days of organized Practice under the direct supervision of the high school coaching staff, and:

- in baseball, no later than the second calendar day prior to the first scheduled Contest, (rule 51-8)
- in basketball, no later than the second calendar day prior to the first scheduled Contest, (rules 52-10, 102-10)
- in football, on either Friday or Saturday of Week 6 (rule 54-6),
- in soccer, on Saturday of Week 6 (rules 56-4, 106-4)
- in tennis, no later than the second calendar day prior to the first scheduled Contest (rules 58-4, 109-4),
- in softball, no later than the second calendar day prior to the first scheduled Contest, (rule 107-6), and
- in volleyball, no later than the second calendar day prior to the first scheduled Contest, (rule 111-5)

### **INTRAMURAL SPORTS**

Q.15-15 What constitutes an “Intramural” Contest?

A. An Intramural Contest occurs when all participants on both teams are members of One (1) school, e.g. faculty, students, class tourney. (Definitions – Intramural.)

Q. 15-16 When may students participate in an Intramural Contest?

A. During the school year, a member of a school team in a sport may not participate in an Intramural Contest in that sport during that sport’s Authorized Practice and Contest Season, rules 50-60 (Boys) and rules 101-111 (Girls), but may participate in an Intramural Contest in that sport when it is not that sport’s Authorized Practice and Contest Season. All other students may participate in an Intramural Contest at any time.

Q. 15-17 During the school year out of season, is a game between the faculty members and the member school students of the same school considered an intramural game or interschool game?

A. An intramural game.

Q. 15-18 Can the entire basketball team enter as an intramural team during the school year out of season?

A. No, an entire basketball team may not enter as an intramural team. (rule 15-2.2(a))

Q. 15-19 Are the same standards of eligibility required for intramural games as for interschool games?

A. No, the IHSAA has no eligibility requirements for intramurals.

## **OUT-OF-SEASON, DURING SCHOOL YEAR PLAYER LIMITATION**

Q. 15-20 Are 12th graders, who have completed their eligibility in a team sport, counted as part of the player limitation?

A. No. Since the school season is completed, they are considered as having no remaining eligibility in that sport.

Q. 15-21 May a non-school coach work with a softball team comprised totally of freshmen from the same high school during a fall softball league?

A. No, freshmen are considered as being a part of the athletic program. Therefore, the numbers limitation of no more than five players from the same school must apply. (rule 15-2.2(a))

Q. 15-22 May a member school basketball coach work with a team made up of freshmen from his/her high school and participate in a fall league?

A. No, freshmen are considered as being a part of the athletic program. Member school coaches may not instruct students who have previously been a member of their team, or potential freshmen team members. (rule 15-2.2(c))

Q. 15-23 Do foreign exchange students count as One (1) of the permitted number in Team Sports during School Year Out-of-Season and Summer in non-school participation?

A. Yes, if a foreign exchange student has remaining eligibility the student counts as One (1) of the permitted number in Team Sports during School Year Out-of-Season and Summer in non-school participation.

Q. 15-24 May a roster of student-athletes participating on a non-member school team during the School Year Out-of-Season, Change from One (1) game to another in league play?

A. No, a roster must remain consistent throughout league play, with the allowable number of student-athletes who have participated as a member of their school's team in the past Three-hundred Sixty-five (365) days. (rule 15-2.2)

## **COACHING – GENERALLY**

Q. 15-25 Is a coach of a 9th grade team considered a member of their school's coaching staff?

A. Yes, coaches of grades 9-12 in all sports including non-teaching and volunteer are considered a part of the Member School Coaching Staff (See Definitions — Member School Coaching Staff).

## **OUT-OF-SEASON, DURING THE SCHOOL YEAR COACHING AND CONTACT**

Q. 15-26 May a team or Individual Sport coach provide transportation for the coach's athletes to or from a non-school league program held during the School Year Out-of-Season?

A. No, neither a school nor a coach may provide transportation for athletes for a non-school league program held during the School Year Out-of-Season.

Q. 15-27 May a team or Individual Sport coach transport the coach's athletes to or from a camp/clinic held during the School Year Out-of-Season?

A. Yes, provided the coach is a presenter or a member of the camp/clinic staff.

Q. 15-28 Is it permissible for a coach to work one-on-one with or to provide opportunities for individuals or small groups of players to Practice during the School Year Out-of-Season in Team Sports?

A. No, a coach of a team sport may not organize or otherwise be involved in any activity which resembles a Practice involving a member of the coach's School team, except in open facility. (rule 15-2.6)

Q. 15-29 May a member School coach participate on a Non-School Team that is competing against students from the coach's School?

A. Yes.

Q. 15-30 May a member School coach participate on a Non-School Team with a student athlete from that same member School?

A. A member School coach may not participate on a Non-School Team with a student athlete from that same member School during the school year.

### **PRIVATE INSTRUCTION**

Q. 15-31 May an Individual Sport or Team Sport athlete receive private individual (one-on-one) instruction in the skills of a sport from persons NOT affiliated with the School during School Year Out-of-Season or Summer?

A. Yes.

Q. 15-32 May an athlete in a team sport receive a paid private lesson from his/her coach during the school year out of season?

A. No, such instruction would be considered instruction out of season by a member of his/her School coaching staff. (rule 15-2.2(d))

Q. 15-33 May an athlete in an Individual Sport receive a paid private lesson from his/her coach during the school year out of season?

A. Yes. (rule 15-2.1(b))

Q. 15-34 During the Authorized Contest Season, can there be a group lesson, in a team sport, on Sunday with multiple members from a single team?

A. No, any group group lesson on Sunday would constitute illegal Sunday participation in violation of rules 15-1.2(b) and 9-13.

Q. 15-35 May an athlete participate in a team sport group lesson during the School Year Out-of-Season?

A. Yes, with the following provisions:

- 1) Team sport athletes may not receive instruction from any member of their School's coaching staff during the School Year Out-of-Season;
- 2) No more than the following number of students who have participated in a Contest the previous year as a member of One (1) of their School's teams in that sport are participating in the group lesson:
  - Basketball and Volleyball — 3; Football and Soccer — 6; Baseball and Softball — 5.

### **RULE 15 – PARTICIPATION**

Q. 15-36 May student-athletes participate in a non-school private or group lesson with student-athletes from another state during the Contest Season?

A. No. Participation by students in a private or group lesson with high school students not belonging to their School must count as a Contest for that student athlete. (rule 15-1.1(d))

Q. 15-37 During the school year out of season, does a freshman student who did not participate on the previous season's high school volleyball team, count against the maximum number of students permitted in a volleyball group lesson?

A. No. The student was not rostered on the previous season's high school volleyball team. Therefore, she does not count against the Three (3) athlete limit in a non-school group lesson in volleyball.

## **OPEN FACILITIES – GENERALLY**

Q. 15-38 What is an open facility program?

A. An open facility program is a program where a member School's gymnasium or field is open to all students who attend the School, who are incoming 9th grade or transfer students who have applied for admission and paid any applicable deposit at the School or who are from a Feeder School of the School sponsoring program and have not applied for admission or paid a deposit at another School. (rule 15-2.5, 15-3.3, Definitions – Open Facility.)

Q. 15-39 Can a high school have an open facility "off-campus", or at a location which is not owned by or officially controlled by the School?

A. No, all open facility programs must be conducted on campus or at a site where home Contests are regularly held. For example, a School cannot conduct an "open facility" at the local batting cage for its students wishing to work on their baseball skills, but could hold "open facility" at a municipal field if that is where the School regularly holds its home games.

Q. 15-40 Is a student from One (1) School permitted to participate at an open facility at another School. For example, is it okay for a softball player from One (1) School permitted to go to another School's open facility and Practice softball?

A. No, under IHSAA rules, the only students who may participate at a sponsoring School's open facility are the students who:

- i. attend the sponsoring School,
- ii. are incoming 9th grade students or transfer students who have applied for admission and paid any applicable deposit at the sponsoring School, and
- iii. during the Summer, are incoming 9th grade students from a Feeder School of the sponsoring school and who have not applied for admission and/or paid a deposit at another School. (Definition; rules 15-2.5, 15-3.3)

Q. 15-41 May students with remaining eligibility participate in an open facility program, sponsored by a member School, on Sunday, during the school year?

A. No, students may not participate in an open facility program, sponsored by a member School, on Sunday, during the school year. (rule 9-13)

## **OPEN FACILITY - OUT OF SEASON, DURING THE SCHOOL YEAR**

Q. 15-42 Is it permissible for a coach to play with or against the coach's athlete during out-of-season open facility programs?

A. Yes, a coach may play with or against the coach's athlete during out-of-season open facility programs, but only in an open facility setting. (rule 15-2.5)

Q. 15-43 Is it permissible for a coach to work with up to Two (2) individuals at a time in an out-of-season session?

A. Yes, in an open facility setting and provided that the coaching staff, which includes all coaches present, work with no more than Two (2) athletes at any One (1) time.

Q. 15-44 May a coach outline and distribute to players a written recommended individual workout schedule for the athletes to use out-of-season?

A. Yes, a coach may outline and distribute written recommended individual workout schedule for the athletes to use out-of-season provide the recommendations are to be used on an individual basis.

## **CAMPS AND CLINICS**

Q. 15-45 How much time may a coaches have to prepare their players for a clinic in which they are presenting during the School Year Out-of-Season?

A. The coach may have a total of 1 1/2 hours to prepare their players for the clinic. This may be accomplished in either One (1) or Two (2) sessions. (rule 15-2.3(b))

Q. 15-46 Are written requests and approvals required for students participating for demonstration purposes in any sport clinics, etc.?

A. No, a record of students used as demonstrators must be kept by the School.  
(rule 15-2.3(b))

Q. 15-47 What constitutes an underprivileged student with regard to camp and clinic fees?

A. An underprivileged student is one who participates in a free and reduced lunch program.

Q. 15-48 In the Summer may a member School host a team camp and invite multiple member Schools to participate?

A. No, school sponsored camps are intended for One (1) school only. Team camps for multiple teams must be sponsored by non-school entities.

## **SUMMER**

Q. 15-49 When is a student athlete no longer eligible to compete on a Non-School Team in a sport during the Summer?

A. A student athlete may compete on a Non-School Team in a sport up until the date of the first IHSAA authorized Season Contest in that sport. (rule 15-1)

Q. 15-50 May students participate in interschool Contests after their regular school year has ended?

A. Due to the great variation in dates when member Schools close in the spring,  
a) students may represent their Schools in Contests and tournaments sponsored by the IHSAA;  
b) students may participate in scheduled Contests where One (1) or all schools are closed; and  
c) graduating seniors may participate in Contests according to the above conditions, even though they may have received their diplomas.

Q. 15-51 May a member School organize and supervise a Conditioning Program?

A. Yes, however, the program must be designed and limited to activities which promote physical fitness and exclude game drills. Attendance shall be voluntary and not be limited to athletes of One (1) sport. (rule 15-2.4)

Q.15-52 What is the Summer camp & clinic cut-off rule and when is the last date a student can participate in a camp or clinic in the Summer.

A. The summer camp & clinic cut-off rule applies to school sponsored camps and clinics, and the last permitted day of participation is the last day of Week 5, under rule 15-3.2(g). There is not a summer camp & clinic cut-off rule for non-school sponsored camps and clinics, although fall sports athletes cannot participate in any camps or clinics after Monday of week 7.