

OSHKOSH AREA SCHOOL DISTRICT



CO-CURRICULAR HANDBOOK

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The Oshkosh Area School District does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability.

Notice of Surveillance

The school is using video surveillance/electronic monitoring to observe, monitor, and/or record the behavior and activity of all persons on school property or grounds, or participating in school functions.

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INTRODUCTION RULES OF ELIGIBILITY

Participation in any Oshkosh Area School District (OASD) co-curricular program is a privilege, not a right. Students participating must abide by specific rules of eligibility. These rules of eligibility are established by sanctioned governing bodies (examples include the Wisconsin Interscholastic Athletic Association (WIAA) and the Wisconsin School Music Association (WSMA)) and are supplemented by locally developed Oshkosh Area School District rules. All students and parents and/or guardians are required to sign the co-curricular code agreement prior to competing in any OASD co-curricular program.

Students participating in any OASD sponsored co-curricular program (other than athletics), will have a meeting with their advisor to review the co-curricular handbook or they will be able to view the co-curricular handbook presentation on-line. Any athlete planning to participate in high school athletics must complete one of the following: 1) attend an athletic code meeting with his/her parent or legal guardian, 2) view the co-curricular handbook presentation on-line, 3) take a test pertaining to the *OASD Co-Curricular Handbook* under the supervision of the activities coordinator and receive a score of at least 75%, or 4) make other arrangements as approved by the activities coordinator. The athlete will not be permitted to start practice until one of the four options above has taken place.

The OASD Activities Department retains jurisdiction over all students with regard to the enforcement of the rules set forth in this handbook. At any time subsequent to the student's first day of participation in any OASD co-curricular program as a student, these rules remain in full force and effect.

OASD CO-CURRICULAR SPONSORED PROGRAMS

Category "A" ACTIVITIES

All WIAA sports sponsored by the OASD, Dance Team, Forensics, Knowledge Masters (Quiz Team), Madrigals, Math Team, Musical, One-Act Play, Fall/Spring Play.

Category "B" ACTIVITIES

DECA, FBLA, FFA, Mock Trial, Skills USA, Business Challenge and other business competitions.

Category "C" ACTIVITIES

All other student activities not mentioned above that are listed on each high school's approved student activities list.

Category "D" ACTIVITIES

All music classes with performing groups that are both curricular and co-curricular.

Category “E” ACTIVITY

Robotics

This activity involves students from surrounding school districts and as such they have their own handbook which will govern participation in this activity. One significant change from the OASD co-curricular handbook concerns academic requirements, specifically robotics will have a higher academic requirement for participation.

Category “F” ACTIVITY

All honor societies/organizations and Student Government

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION RULES OF ELIGIBILITY FOR ATHLETES

The WIAA is a voluntary, incorporated and nonprofit organization located in Stevens Point, Wisconsin. All public high schools in the State of Wisconsin with interscholastic athletic programs are members. The OASD adopts all WIAA rules of eligibility and incorporates them by reference into this handbook. All of the WIAA high school rules and regulations can be found on-line at:

www.wiaawi.org

- 1) Click on the publications link
- 2) Select senior high handbook

The WIAA requires that student-athletes may not practice for or participate in interscholastic athletics until the school has written evidence on file in its office attesting to: athletic permit card and/or physical permit card; acknowledgment of receiving the school athletic code and WIAA Rules of Eligibility; a concussion information sheet signed by both the student-athlete and his or her parent or legal guardian; and athletic emergency form. Concerning the WIAA Rules of Eligibility, parents and student-athletes must: read the High School Athletic Eligibility Information Bulletin, sign a statement indicating they understand and agree to abide by all of the information contained in the bulletin, and further certify that if they don't understand any information contained in the document they have sought and received an explanation of the information prior to signing the acknowledgment statement. The WIAA High School Athletic Eligibility Information Bulletin is found at the back of this handbook.

OASD ATHLETIC RULES FOR ATHLETES

1. Procedure for joining any of the Oshkosh Area School District high school athletic squads requires procuring the following items from the coach or activities coordinator and returning them to the school when completed:
 - a. Athletic permit card and/or physical permit card (an athlete must have a physical by a licensed physician every other year)
 - b. Signed agreement of parents and athlete form and insurance waiver form

- c. Payment of athletic fee (if applicable)
- d. Signed acknowledgment of WIAA Rules of Eligibility
- e. Athletic emergency form
- f. The state of Wisconsin has adopted the following concussion law:
Wis. State Statute: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
- g. Signed COVID athletic liability release form
- h. Signed OASD COVID acknowledgment form

No athlete may start practice until the following are on file with the school: his/her physical card and/or athletic permit card; acknowledgment of receiving 1) the school athletic code, 2) WIAA Rules of Eligibility, 3) a concussion information sheet signed by both the student-athlete and his or her parent or legal guardian, 4) a signed agreement of parents and athlete form and insurance waiver form; and an athletic emergency form, 5) signed COVID activity liability release form and 6) signed OASD COVID acknowledgment form. Also, the appropriate athletic fee should be paid (if it has not been waived) before the first contest in each sport or payment arrangements must be made with the activities coordinator.

2. The OASD recognizes the right of Students With Disabilities (SWD) to participate in co-curricular athletics and activities equal to those of students without disabilities. In accordance with Wisconsin Statutes 118.13, the district prohibits discrimination on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Section 504 of the Vocational Rehabilitation Act of 1973 and amended by the Americans with Disabilities Act Amendments Act of 2008 (34 C.F.R. 104.3(j), the district is required to provide a qualified student with a disability an opportunity to benefit from the school district's program equal to that of students without disabilities. For purposes of Section 504, a person with a disability is one who (1) has a physical or mental impairment that substantially limits one or more major life activities; (2) has a record of such an impairment; or (3) is regarded as having such an impairment. A student who is "qualified" means a person (i) of an age during which persons without disabilities are provide such services, (ii) of any age during which it is mandatory under state law to provide such services to person with disabilities, or (iii) to whom a state is required to provide a free appropriate public education under the Individuals with Disabilities Education Act (IDEA) of 2004.

Section 504 regulations prohibit OASD from the following:

1. Denying a qualified student with a disability the opportunity to participate in or benefit from an aid, benefit, or service;
2. Affording a qualified student with a disability an opportunity to participate in or benefit from an aid, benefit, or service that is not equal to that afforded others;
3. Providing a qualified student with a disability with an aid, benefit, or service that is not as effective as that provided to others and does not afford that student with an equal opportunity to obtain the same result, gain the same benefit, or reach the same level of achievement in the most integrated setting appropriate to the student's needs;
4. Providing different or separate aid, benefits, or services to students with disabilities or to any class of students with disabilities unless such action is necessary to provide a qualified student with a disability with aid, benefits, or services that are as effective as those provided to others; and
5. Otherwise limiting a qualified individual with a disability in the enjoyment of any right, privilege, advantage, or opportunity enjoyed by others receiving an aid, benefit or service.

Section 504 regulations also requires OASD to provide a free appropriate public education (Section 504 FAPE) to each qualified person with a disability who is in the school district's jurisdiction, regardless of the nature or severity of the person's disability. In addition, the district also complies with all of the provisions of IDEA through the Individual Education Program (IEP) team process. The IEP team considers participation in co-curricular athletics and activities for each IDEA eligible student at the annual IEP review.

3. The OASD school board has approved an athletic participation fee for the 2022-2023 school year. The fee schedule consists of the following:

	<u>Middle School</u>	
\$20/sport	\$40 individual limit/school year	\$60 family limit/school year
	<u>High School</u>	
\$50/sport	\$100 individual limit / school year	\$175 family limit/school year

No student will be denied an opportunity to participate in athletics due to financial hardship. Waivers will be granted to individuals who qualify for the district's free or reduced-price meal program.

Under this fee structure, the most any family with children participating in athletics at both the middle and high school levels would have to pay is \$235 / school year.

Collecting the fee may provide some administrative difficulties. Therefore, we are asking for your patience and understanding throughout the process. Due to federal regulations, you will need to provide the activities department with written

permission to obtain information regarding your child's eligibility to receive free or reduced-price meals.

Middle School Collection

At the middle school level, the fee will be collected beginning with the first day of practice each season and prior to the first date of athletic competition. Receipts will be issued for each payment received. All fees should be paid before the first athletic competition in each sport. After the first athletic competition, no refunds will be issued including cases such as injury, academic ineligibility, athletes deciding to quit, etc. All refunds will be issued at one predetermined time each season.

High School Collection

At the high school level, fees can be paid at student registration, at any athletic code meeting, or any time prior to the first date of athletic competition. All fee payments should be made at the school bank, high school office, or athletic office. We are strongly encouraging payment to be made as soon as possible. Receipts will be issued for each payment received. All fees should be paid before the first athletic competition. After the first athletic competition in each sport, no refunds will be issued including cases such as injury, academic ineligibility, athletes deciding to quit, etc. All refunds will be issued at one predetermined time each season.

OASD CO-CURRICULAR RULES OF ELIGIBILITY FOR ALL STUDENTS

In addition to the Rules of Eligibility as published by the WIAA, the OASD has developed rules that supplement those of the WIAA.

They consist of the following:

1. Eligibility for any nine-week period shall be determined by a student's grades from the **7 week** grade-reporting period of first and second semester and/or the past semester grades at semester or year's end. The following are criteria that determine the academic eligibility of students at the high school level:

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

- A. A student must meet school and DPI requirements defining a full-time student and have received no failing grades (including incompletes) in the most recent grade-reporting period (the **7 week grade reporting period** of first semester, first semester, the **7 week grade reporting** period of second semester, and second semester grades are used).
 - 2) A student regains eligibility immediately if incompletes are made up within two weeks after a grade-reporting period.
 - 3) A student may erase ineligibility status related to the last grade-reporting period of the school year through summer school courses (including correspondence courses) at the same or other school

provided the student successfully completes not less than the same number of courses which caused ineligibility.

2. The ineligibility status for students in fall W.I.A.A. offered sports in which the date of earliest allowed competition is before the first day students are in class:

Students with more than one failing grade in fall WIAA Sports:

The minimum ineligibility period shall be the lesser of (1) 21 consecutive calendar day beginning with the date of earliest allowed competition in a sport or (2) one-third of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction). Once classes start students will be required to follow the weekly academic eligibility grade check process.

Students with one failing grade in fall WIAA Sports: Students shall be ineligible to participate in **10%** of the scheduled games/meets in a sport (rounded up if **10%** results in a fraction). However, student-athletes in fall sports will be eligible to participate by the WIAA criteria for student-athletes with more than one failing grade if the criteria for one failing grade results in a penalty that exceeds the penalty for more than one failing grade. Once classes start students will be required to follow the academic eligibility process.

3. The first day of ineligibility is the day grade reports are submitted to the activities coordinator.

4a. Should a student become academically ineligible with one failing grade, he or she may not participate in competitions/performances for a minimum of 7 consecutive school days and nights while the activity is in session. The student may return to competition/performance on the 8th school day provided the student received at least a 2.5 grade point average in the most recent grade reporting period. If the student had a grade point average of less than 2.5 in the most recent grade-reporting period, he/she must come to the activities coordinator's office to secure an Activities Academic Eligibility form. To regain eligibility, the student must be passing **the class the student was previously failing or making significant improvement in their grade as determined by administration to be allowed to participate that week.** The procedure of taking this form to their teachers must continue (pass or fail) on a weekly basis throughout the season or until the student is no longer academically ineligible. If the activity is in session when the report card is issued, the seven days will begin at that time. At the discretion of the school administration after consultation with the coach/advisor, the student may continue to practice with the team/activity. For fall sports where the earliest allowed WIAA game/meet takes place before the first day of classes, students who are academically ineligible will have to miss **10%** of the number of dates/contests scheduled in their season. Once classes start students will be required to follow the academic eligibility process outlined above.

Should a student become academically ineligible with more than one failing grade

he or she may not participate in competitions/performances for a minimum of 15 consecutive school days and nights while the activity is in session. The student may return to competition/performance on the 16th school day provided the student is **passing all of the classes they were failing**. To regain eligibility, the student must, after 15 consecutive school days, come to the activities coordinator's office to secure an Activities Academic Eligibility form. To regain eligibility, the student must be **passing the classes they were previously failing**. The procedure of taking this form to teachers must continue (pass or fail) on a weekly basis throughout the season or until the student is no longer academically ineligible. If the activity is in session when the report card is issued, the 15 days will begin at that time. At the discretion of the school administration after consultation with the coach/advisor, the student may continue to practice with the team/activity. For fall sports where the earliest allowed WIAA game/meet takes place before the first day of classes, students who are academically ineligible will be subject to the WIAA fall sports academic standard. Once classes start students will be required to follow the weekly academic eligibility grade check process outlined above.

Students who received one failing grade and who had less than a 2.5 grade point average in the most recent grade reporting period or students who received more than one failing grade for the most recent grade-reporting period will have a chance to regain academic eligibility at the **14 week** grade-reporting period. These students will have their grades checked at this grade-reporting period~~s~~ and if the student is **currently passing the class(es) they were failing at 7 weeks** they will no longer be considered academically ineligible.

- 4b. For students participating in the musical, one-act play, and fall/spring play: If a student is academically ineligible, he/she must miss one-quarter of the scheduled performances. If a student is involved in two casts, the suspension must be served in the "major/lead role". One failing grade at each grade check requires students, after three consecutive school days, to go to the activities coordinator's office to secure an Activities Academic Eligibility form. This form will list the student's current class load. The student must take the form to his/her teachers for completion and return it to the activities coordinator's office. A student can regain eligibility by passing all classes each week until the next grade reporting period.

More than one failing grade at each grade check requires students, after five consecutive school days, to go to the activities coordinator's office to secure an Activities Academic Eligibility form. This form will list the student's current class load. The student must take the form to his/her teachers for completion and return it to the activities coordinator's office. A student can regain eligibility by passing all classes each week until the next grade reporting period.

5. A student must be present at all classes on the day of a practice or competition/performance to be eligible to participate. Only permission from school administration or the activities coordinator will permit a student to compete after missing classes. Such examples of excused reasons would be attendance at a

- funeral, a doctor, dentist, or other medical health care provider appointment, an absence that is related to a classroom grade (e.g. field trip), or the like. Students may not participate in any competition/performance or practice if they are out ill for any or all of the school day without permission from school administration or the activities coordinator.
6. No student who is dropped from one squad for disciplinary reasons, or who quits, shall be eligible to compete in another activity for that particular season without mutual agreement of both coaches/advisors. However, any student who is cut from a squad may compete in another activity during that season.
 7. A student who travels to an out-of-town contest with a school team/activity must return with the team/activity. The only exception to this rule is if a student's parent is present at the out-of-town site, he/she may request that the student returns with the parent. This request must be made in person by the parent to the coach/advisor in charge and the parent will also have to sign off that they are taking their child/children. Each coach will have a copy of the district transportation form with them for all away events. It is important to note, however, that the coach/advisor has the option whether or not to grant permission.
 8. Any student who is injured during practice or a contest must report the injury to the coach/advisor at once. If a physician's care is required, the physician must sign a statement that the student is physically fit to resume participation (practice and/or competition).
 9. Each student is responsible for the equipment issued to him/her. This equipment must be returned at the end of the season. Failure to return such equipment will result in one or several of the following:
 - a. The student will be excluded from any continued involvement in co-curricular activities.
 - b. Awards earned by the individual will not be presented until such equipment is returned.
 - c. Lost equipment must be paid for by the individual to whom it was issued.
 - d. Any equipment (even though paid for as a lost item) still belongs to the school and will be repossessed upon discovery.
 - e. An individual found to be in possession of equipment from another school will have that equipment repossessed and disciplinary action taken which may prevent any future participation in co-curricular activities.
 - f. An individual who knowingly continues to retain equipment will be reported to the proper law enforcement agency.
 10. A student, when he or she joins a squad, is expected to dedicate the time specified for practice by the coach/advisor of that activity. Regular attendance at practice is required.

11. At the discretion of each coach/advisor, when a student is absent due to being on vacation with his/her family, upon returning to the team/activity that student will not be allowed to participate in competitions/performances equal to one-half of the competitions/performances that student missed. If the student is absent due to being on vacation with someone other than his/her family, that student will not be allowed to participate in whatever number of competitions/performances were missed, one competition/performance for each competition/performance missed. Please note, if a student misses only practices but not competitions due to being on vacation with either family or friends this may impact playing time for the student upon his/her return from vacation. Students and their parents are encouraged to speak with their coach/advisor as soon as possible if they will miss any part of their season.
12. If the number of students trying out for an activity is more than the facilities and equipment can accommodate, or more than the WIAA permits, selection will be made on the basis of ability shown, attitude, work ethic, and desire to enhance the team/activity. Selection to a team/activity and participation on a team/activity is under the sole authority and at the discretion of the coaching/advising staff.
13. A student is expected to commit oneself to the team/activity and to represent the team/activity, school, and community in a positive manner. It is expected that each student will be clean and well groomed and not draw attention to himself/herself, and away from the team/activity, due to his/her unusual dress, hair, or grooming. It is also expected that each student will appear for competition/performance dressed in the uniform provided by the district and in compliance with those standards established by the coach/advisor. Dress and appearance that draws undue attention to oneself are not acceptable.
14. A student desiring to compete in more than one activity during the same season will be allowed to do so only if permission is granted by both coaches/advisors involved and the activities coordinator. It will be up to the student and coaches/advisors involved to work out a schedule for practices and competitions/performances. If an agreement cannot be reached by everyone involved, the student will be allowed to compete in only one activity that season and will have to choose the activity in which he/she wants to participate.
15. The district does not provide transportation for students to any practice sites and some home competition/performance sites. In these situations it is the responsibility of the student, parent(s), and/or legal guardian(s) to provide their own transportation.

16. 9151 - USE OF CAMERAS AND OTHER RECORDING DEVICES IN LOCKER ROOMS

The board of education recognizes the importance of protecting the privacy interests of the district's students and is committed to safeguarding students' privacy in the locker room facilities.

As required by law, the board establishes the following locker room privacy policy.

To protect the privacy of students, non-staff access to locker rooms for the purpose of interviewing or seeking information from any student in the locker room is prohibited.

(NOTE: Encourage the local press and student reporters to wait outside the doors of the locker room to get necessary interview/photograph.)

The following recording devices will be permitted in the locker room and for the particular use described:

- A. Video recording devices of any type may be used in the locker room, provided that no students are present in the locker room when the recording device is being used.
- B. Video recording devices may be used for school projects involving video production or other video or pictorial presentation by student(s) provided that a district staff member verifies prior to allowing such equipment in a locker room that no student(s) is/are using the locker room to change and thus could be caught in an exposed condition by recording equipment. The staff member must notify anyone inside the locker room that a recording device will be brought in and the purpose of the device with sufficient warning to allow any occupants to depart the locker room.
- C. Covert surveillance video may be used to investigate suspected illegal behavior or behavior by students that violates school rules. Use of such surveillance must be approved by superintendent. Approved usage must be in writing and specify the date and time of the surveillance, the method used, who will have access to include law enforcement if appropriate, and the information justifying the use of the equipment.

Parents/Guardians may enter the locker room on a limited basis, with prior approval of the coach or teacher. The parent/guardian is not permitted to interview or seek information from any student or use a recording device to record or transfer images. A "recording device" means a camera, a video recorder, cell phone with video and/or photograph capabilities, or any other device that may be used to capture, record or transfer images.

No images of a nude or partially nude person in the locker room may be captured, recorded, or transferred under any circumstances by any individual.

To protect the privacy of the district's students, parents/guardians, other adult residents of the community, and any public that may utilize the locker room facilities, no person may use a cell phone or any electronic device to capture, record, or to transfer a representation of a nude or partially nude person in the locker room.

Furthermore, the board believes that safety is of the utmost importance. Therefore, notwithstanding the provisions of this policy, if necessary, emergency rescue personnel will be permitted into the locker room and will be given access to any tools necessary to do their job.

District officials may refer any violations of this policy to law enforcement for possible criminal prosecution who violate state law.

175.22, 942.08, 942.09, Wis Stats.

Neola 2012

16. The district understands that students may want to participate in club athletic programs during the school year during their high school sports season. As a result of this the athletic departments would like to provide some guidance for parents and athletes concerning this issue due to the financial commitment associated with club athletic programs. The athletic departments have adopted the following policy for students and parents concerning club athletic programs during a student's high school sports season.

VARSITY ATHLETES: If a student is on a varsity high school team, the head coach will determine whether or not students will be allowed to practice or participate in a club athletic program during their varsity high school season. If a coach's position is "no club athletic participation" during the varsity high school season, it is based on the premise that a student's loyalty and allegiance should be to the high school team.

NON-VARSITY ATHLETES: If a student is on a JV or freshmen high school team, students will be allowed to participate in club athletic programs during their JV or freshmen high school season with the following stipulations: 1) The student and parent(s) need to inform the coach about their intentions as soon as possible, and 2) Students will not be allowed to miss a high school scheduled practice or competition for a club athletic practice or competition.

Please note the following WIAA rule concerning non-school participation: "It is the philosophy of the WIAA that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. Athletes may compete in not more than two non-school competitions with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Non-school competition will not be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for not receiving

school approval beforehand and/or competing in more than two non-school games, meets, or contests in the same sport during the season of practice and competition established by the school. The penalty may be reduced, with the forfeiture of the two non-school opportunities, upon request of a school on the basis of documented extenuating circumstances” (2022-2023 WIAA Senior High Handbook p 36-37).

CODE OF CONDUCT

The code of conduct is established for the best interest of the students and the team/activity. The student who complies with the rules demonstrates a desire to dedicate himself/herself to self-improvement as well as to enhance the best interests of fellow teammates, coaches/advisors, and the school. Participation in activities is not necessarily for the most talented students, rather it is for the most talented students who abide by the rules. The code of conduct must be observed by all students throughout the calendar year, not only when the particular activity is not in season, but also when school is not in session. *Please note, in all situations involving possible violations of the code of conduct, administrative discretion will determine whether or not there is an actual violation of the code of conduct.*

1. A student must refrain from any conduct, at any time that would reflect unfavorably on himself/herself or the school. Conduct which would reflect unfavorably on a student or on the school includes, but is not limited, to the following:
 - a. Use, possession, buying, or selling of controlled substances, street drugs / illegal drugs, and/or performance enhancing substances (only those listed as BANNED by the WIAA). Drug paraphernalia, including sale, possession, or use. In situations where controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia are found at a student’s home, property or personal property (car, boat, camper, campsite, etc.), the district’s position will be that the student was in possession of the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia. The burden of proof will be on the student to convince school administration that he/she did not know the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia were present.
 - b. Use, possession, or purchase of alcoholic beverages. In situations where alcohol is found at a student’s home, property or personal property (car, boat, camper, campsite, etc.), the district’s position will be that the student was in possession of the alcohol. The burden of proof will be on the student to convince school administration that he/she did not know the alcohol was present.
 - c. Use, possession, or purchase of tobacco in any form. “Use of tobacco” means to chew or possess any substance containing tobacco, including smokeless tobacco, in the mouth to derive the effects of tobacco, as well as all uses of tobacco, including cigars, cigarettes, pipe tobacco, chewing tobacco, snuff, any other matter or substances that contain

tobacco, in addition to papers used to roll cigarettes and/or the smoking of electronic, “vapor,” or other substitute forms of cigarettes, clove cigarettes and any other lighted smoking devices for burning tobacco or any other substance. In situations where tobacco is found at a student’s home, property or personal property (car, boat, camper, campsite, etc.), the district’s position will be that the student was in possession of the tobacco. The burden of proof will be on the student to convince school administration that he/she did not know the tobacco was present.

- d. Profanity or obscene gestures.
- e. Insubordination while involved in an activity.
- f. Criminal offense or a violation of a state statute or city/county ordinance having a statutory counterpart, not to include such violations as traffic, jaywalking, or other similar minor citations.
- g. Vandalism.
- h. Presence in a bar or tavern without the student’s parent.
- i. Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present the district’s determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. Students may be present at an establishment which is primarily for eating and may be present at a ceremony-type activity such as a wedding reception. Students may only be present at a bar or tavern if they are with their parent(s).
- j. Harassment (including hazing). The National Federation defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of his/her willingness to participate.
- k. Unsportsmanlike conduct.
- l. Truancy.
- m. Violation of student rules as described in the school planner.
- n. Behavior or conduct which reflects unfavorably on a student.
- o. Failure to follow the attendance and behavioral rules and guidelines for an individual program as set by the coach/advisor and subject to administrative approval and on file with the activities coordinator and/or school principal.
- p. Illegal or inappropriate use of the Internet and/or electronic devices. Any posting or communication via social networking websites which disrupts either the educational or athletic environment is unacceptable. This includes but is not limited to: the consumption of alcohol or the use of illicit drugs or facsimiles, inappropriate sexually oriented material, or activities involving bullying, hazing or harassment.
- q. Physical violence or threatening violence against another individual, the school, another entity or organization.
- r. Hosting a party: Any person who has a gathering at his/her home, property or personal property (car, boat, camper, campsite, etc.) where alcohol, tobacco, drugs, or drug paraphernalia are permitted by such

person to be used and/or brought into the home, property or personal property may be given a penalty at a higher level. Administrative discretion will determine the length of the penalty.

- s. Supplying/Bringing alcohol/drugs: Any person who brings / supplies alcohol, tobacco, drugs or drug paraphernalia to another person(s) may be given a penalty at a higher level. Administrative discretion will determine the length of the penalty. In the event another individual engages in this behavior on behalf of the athlete, there will be a presumption that the other individual acted as an agent of the athlete and the athlete will receive the same punishment as if the athlete had been the supplier.

2. Squad curfews may be determined by the coach of each activity.

COMPLAINT PROCESS

Violations of the co-curricular code of conduct should be referred to the appropriate high school activities coordinator. Students and parents are strongly encouraged to use the self-referral policy. Other complaints/referrals concerning a code violation shall be made in writing and signed by the complainant and/or by a law enforcement report and/or by a published written account and/or by other factual, credible means to the activities coordinator. School administration will consider statements made by students to law enforcement officials (which are verbally shared with school administration and/or are found in a written law enforcement report) as factual and truthful statements. If a student, upon questioning by a school official, recants on such statements made to a law enforcement official, the district's position will be that the statements made to the law enforcement official were truthful and as such, it will be up to the student to convince school administration otherwise. Any student in this situation who makes a statement to a law enforcement official(s) which is determined to violate the district's code of conduct will be ineligible for competition until otherwise determined eligible by school administration.

GUIDELINES FOR PENALTIES

As to violations pertaining to Use of Tobacco, Nicotine and Related Products by Students and/or Alcohol and Other Drug Use, all code of conduct policies are superseded by OASD policies 5512 and 5530. A student suspended or expelled from school will be barred from participation in activities during that period of time. However, if the Use of Tobacco, Nicotine and Related Products by Students and/or Alcohol and Other Drug Use (AODA) suspension is a shorter period of time than the co-curricular code dictates, then the co-curricular code penalty will prevail.

Participation in high school co-curricular activities is a privilege, not a right. Failure to abide by established training rules will result in withdrawal of the privilege to participate. For any violation, the following guidelines are established setting forth the minimum penalty that will be imposed. Code of conduct violations are cumulative during a student's

high school career unless otherwise stated. For example, a first offense in alcohol would cause a second penalty offense for the second violation, even if it were not alcohol.

In addition to the penalty provisions set forth below, code of conduct violations may adversely affect school and/or conference awards.

When a violation occurs, the suspension will be served in a WIAA sport in which the student participated in last year or the next WIAA sport in which the student participates. A student who participates in a WIAA sport and receives a code of conduct or behavioral offense suspension MUST serve the suspension in a WIAA sport.

In the case of serving a suspension in the next WIAA sport and/or activity a student participates (provided they have never participated in that WIAA sport and/or activity before), permission from both the activities coordinator and head coach/advisor of the new WIAA sport and/or activity must be given. Also, a student may not join a sport to serve a suspension after the first scheduled contest in that sport has taken place. Also, the student must complete that season “in good standing” as outlined by both the “activities coordinator and head coach/advisor for the suspension to be served. Failure to meet the “in good standing” requirement results in the student not receiving any credit for time served and having to serve the entire suspension again in the next WIAA sport and/or activity in which he/she participates.

When a second violation occurs prior to a first violation penalty being served, the two penalties must be served cumulatively; they are not to be served concurrently. A student with suspension penalties must begin and end their respective season “in good standing” in order for the suspension to be completed.

Students in all WIAA sports and dance team members who break the code of conduct outside their season will begin a penalty from the first day of their next WIAA sports season or dance season. Students in category A activities (excluding WIAA sports and dance team), category B activities, category C activities, category E, and category F activities will serve the penalties beginning on the day they are suspended. Penalties will carry over into a second WIAA sport season or co-curricular activity if the suspension is not completed in the original season or from one school year to the next.

When any suspension results in a fraction of a game, the number shall be rounded up to the next whole number of games (i.e. 2.1 or 2.8 games equals 3 games). NOTES: 1) This is a minimum penalty and may not be reduced by any other provision of the school code. 2) Any portion of the suspension not completed during the current season will carry over to the next sport or sport season.

SIMULTANEOUS CATEGORY CONSEQUENCES

Students may participate in simultaneous activities, however, if a student incurs a violation, he/she shall be penalized according to the code for each activity (ex: category A and

category B) if any or all activity seasons are taking place simultaneously. All category A, B, and E activities will have defined beginning and ending dates.

PENALTIES FOR CODE OF CONDUCT VIOLATIONS WITHOUT A SELF-REFERRAL

For the following violations (without self-referral):

1. Use, possession, buying, or selling of controlled substances, street drugs / illegal drugs, and/or performance enhancing substances (only those listed as BANNED by the WIAA). Drug paraphernalia, including sale, possession, or use. In situations where controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia are found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia. The burden of proof will be on the student to convince school administration that he/she did not know the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia were present.
2. Use, possession, or purchase of tobacco in any form. "Use of tobacco" means to chew or possess any substance containing tobacco, including smokeless tobacco, in the mouth to derive the effects of tobacco, as well as all uses of tobacco, including cigars, cigarettes, pipe tobacco, chewing tobacco, snuff, any other matter or substances that contain tobacco, in addition to papers used to roll cigarettes and/or the smoking of electronic, "vapor," or other substitute forms of cigarettes, clove cigarettes and any other lighted smoking devices for burning tobacco or any other substance. In situations where tobacco is found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the tobacco. The burden of proof will be on the student to convince school administration that he/she did not know the tobacco was present.
3. Use, possession or purchase of alcoholic beverages. In situations where alcohol is found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the alcohol. The burden of proof will be on the student to convince school administration that he/she did not know the alcohol was present.
4. Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present, the district's determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. Students may be present at an establishment which is primarily for eating and may be present at a ceremony-type activity such as a wedding reception. Students may only be present at a bar or tavern if they are with their parent(s).
5. Acts of vandalism.

6. Hosting a party: Any person who has a gathering at his/her home, property or personal property (car, boat, camper, campsite, etc.) where alcohol, tobacco, drugs, or drug paraphernalia are permitted by such person to be used and/or brought into the home, property or personal property may be given a penalty at a higher level. Administrative discretion will determine the length of the penalty.
7. Supplying/Bringing alcohol/drugs: Any person who brings / supplies alcohol, tobacco, drugs or drug paraphernalia to another person(s) may be given a penalty at a higher level. Administrative discretion will determine the length of the penalty. In the event another individual engages in this behavior on behalf of the athlete, there will be a presumption that the other individual acted as an agent of the athlete and the athlete will receive the same punishment as if the athlete had been the supplier.
8. School AODA violation: If a student receives a school AODA violation, he/she will have also violated this section of the code of conduct.
9. Use of Tobacco, Nicotine and Related Products by Students: If a student receives a school student tobacco product possession/use violation, he/she will have also violated this section of the code of conduct.

The penalties are:

First Violations

Category "A" Activities: Suspension for 25% of the regular season or the equivalent of 25% of the regular season; the student may continue to practice at the discretion of school administration. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

NOTE: For first time offenders in the area of:

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present the district's determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 12.5% of the regular season or the equivalent of 12.5% of the regular season. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

NOTE: For second time offenders in the area of (without any other first time offense in areas #1-#9 found above):

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present the district's determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 40% of the regular season or the equivalent of 40% of the regular season.

The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Note: Any student with a previous code of conduct violation in this area who meets the definition above for a second time offense will be eligible for this new language.

Category “B” Activities: Suspension for one competition/performance; the student may continue to practice at the discretion of school administration. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Second Violations

Categories “A” and “B” Activities: Suspension for an entire season or the equivalent of an entire season.

Third Violations

Categories “A” and “B” Activities: Suspension will be for one full school year or the equivalent of one full school year.

Fourth Violations

Categories “A” and “B” Activities: The student loses the privilege to participate in all co-curricular activities during the remainder of his/her academic career in the district.

PENALTIES FOR CODE OF CONDUCT VIOLATIONS WITH SELF-REFERRAL

For the following violations (with self-referral) or honesty referral:

Self-referral: If a student presents himself/herself to the activities coordinator at his/her school as a person who has violated the code of conduct in the areas numbered one to five below, that student will have his/her penalty reduced. For this to occur, the student must self-admit no later than the first school day after the violation has occurred and the information cannot already have been shared with school administration from another source. Administration may grant an extension to the one school day provision due to extenuating circumstances. Students and/or their parents are strongly encouraged to self-report violations of the code of conduct during the summer months to the activities coordinator as soon as possible.

Honesty-referral: If a student upon a first questioning by the activities coordinator or other school administrator provides truthful information about committing a code of conduct violation in the areas numbered one to five below, that student will have his/her penalty reduced, For this to occur, the school must be conducting an investigation and not have had a law enforcement report and/or published written account and/or by other factual, credible means confirming the student had committed a code of conduct violation.

1. Use, possession, buying, or selling of controlled substances, street drugs / illegal drugs, and/or performance enhancing substances. Drug paraphernalia, including sale, possession, or use. In situations where controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia are found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia. The burden of proof will be on the student to convince school administration that he/she did not know the controlled substances, street drugs / illegal drugs, performance enhancing substances and/or drug paraphernalia were present.
2. Use, possession, or purchase of tobacco in any form. "Use of tobacco" means to chew or possess any substance containing tobacco, including smokeless tobacco, in the mouth to derive the effects of tobacco, as well as all uses of tobacco, including cigars, cigarettes, pipe tobacco, chewing tobacco, snuff, any other matter or substances that contain tobacco, in addition to papers used to roll cigarettes and/or the smoking of electronic, "vapor," or other substitute forms of cigarettes, clove cigarettes and any other lighted smoking devices for burning tobacco or any other substance. In situations where tobacco is found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the tobacco. The burden of proof will be on the student to convince school administration that he/she did not know the tobacco was present.
3. Use, possession or purchase of alcoholic beverages. In situations where alcohol is found at a student's home, property or personal property (car, boat, camper, campsite, etc.), the district's position will be that the student was in possession of the alcohol. The burden of proof will be on the student to convince school administration that he/she did not know the alcohol was present.
4. Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present, the district's determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. Students may be present at an establishment which is primarily for eating and may be present at a ceremony-type activity such as a wedding reception. Students may only be present at a bar or tavern if they are with their parent(s).
5. Acts of vandalism.
6. Hosting a party: Any person who has a gathering at his/her home, property or personal property (car, boat, camper, campsite, etc.) where alcohol, tobacco, drugs, or drug paraphernalia are permitted by such person to be used and/or brought into the home, property or personal property may be given a penalty at a higher level. Administrative discretion will determine the length of the penalty.
7. Supplying/Bringing alcohol/drugs: Any person who brings / supplies alcohol, tobacco, drugs or drug paraphernalia to another person(s) may be given a

penalty at a higher level. Administrative discretion will determine the length of the penalty. In the event another individual engages in this behavior on behalf of the athlete, there will be a presumption that the other individual acted as an agent of the athlete and the athlete will receive the same punishment as if the athlete had been the supplier.

8. School AODA violation: If a student receives a school AODA violation, he/she will have also violated this section of the code of conduct.
9. Use of Tobacco, Nicotine and Related Products by Students: If a student receives a school student tobacco product possession/use violation, he/she will have also violated this section of the code of conduct.

The penalties for a self-referral are:

First Violations

Category “A” Activities: Suspension for 12.5% of the regular season or the equivalent of 12.5% of the regular season; the student may continue to practice at the discretion of school administration. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

NOTE: For first time offenders in the area of:

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present, the district’s determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 12.5% of the regular season or the equivalent of 12.5% of the regular season. Should the student also volunteer to complete a student assistance program or a similar approved educational program and the time frame permits such participation prior to the completion of a season, the penalty will be reduced to one competition/performance date.

NOTE: For second time offenders in the area of (without any other first-time offense in areas #1-#9 found above):

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present the district’s determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 25% of the regular season or the equivalent of 25% of the regular season. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Note: Any student with a previous code of conduction violation in this area who meets the definition above for a second time offense will be eligible for this new

language.

Category “B” Activities: A 10-hour community service plan. The plan must be submitted to the activities coordinator within five school days of the violation. The community service hours must be completed prior to activity eligibility being reinstated. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Second Violations

Categories “A” and “B” Activities: Suspension for 50% of a season or the equivalent of 50% of a season with the following additional requirements:

- 1) A 20-hour community service plan. The plan must be submitted to the activities coordinator within five school days of the violation. The community service hours must be completed prior to activity eligibility being reinstated.
- 2) Meeting with the high school’s social worker and/or the district’s ATODA Coordinator and following through with any recommended course of action. The program must be successfully completed prior to co-curricular eligibility being reinstated or prior arrangements must be made with the activities coordinator.

Third Violations

Categories “A” and “B” Activities: Suspension will be for one full school year or the equivalent of one full school year.

Fourth Violations

Categories “A” and “B” Activities: The student loses the privilege to participate in all co-curricular activities during the remainder of his/her academic career in the district.

The penalties for an honesty-referral are:

First Violations

Category “A” Activities: Suspension for 16.6% of the regular season or the equivalent of 16.6% of the regular season; the student may continue to practice at the discretion of school administration. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

NOTE: For first time offenders in the area of:

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present, the district’s determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 12.5% of the regular season or the equivalent of 12.5% of the regular season. Should the student also volunteer to complete a student assistance program or a similar approved educational program and the time frame permits such participation prior to the completion of a season, the penalty will be reduced to two competitions/performance dates.

NOTE: For second time offenders in the area of (without any other first-time offense in areas #1-#9 found above):

Knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia. In situations where it is noticeably apparent to law enforcement officials that alcohol, illegal drugs and/or drug paraphernalia are present the district's determination will be that the student was knowingly in the presence of alcohol, illegal drugs and/or drug paraphernalia.

Suspension for 33.3% of the regular season or the equivalent of 33.3% of the regular season. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Note: Any student with a previous code of conduct violation in this area who meets the definition above for a second time offense will be eligible for this new language.

Category "B" Activities: A 15-hour community service plan. The plan must be submitted to the activities coordinator within five school days of the violation. The community service hours must be completed prior to activity eligibility being reinstated. The student must also complete a student assistance program or a similar approved educational program in order to be reinstated.

Second Violations

Categories "A" and "B" Activities: Suspension for 60% of a season or the equivalent of 60% of a season with the following additional requirements:

- 1) A 25-hour community service plan. The plan must be submitted to the activities coordinator within five school days of the violation. The community service hours must be completed prior to activity eligibility being reinstated.
- 2) Meeting with the high school's social worker and/or the district's ATODA Coordinator and following through with any recommended course of action. The program must be successfully completed prior to co-curricular eligibility being reinstated or prior arrangements must be made with the activities coordinator.

Third Violations

Categories "A" and "B" Activities: Suspension will be for one full school year or the equivalent of one full school year.

Fourth Violations

Categories “A” and “B” Activities: The student loses the privilege to participate in all co-curricular activities during the remainder of his/her academic career in the district.

ITEMS NUMBERED 10 THROUGH 15 ARE OFFENSES CUMULATIVE WITHIN THEMSELVES ONLY AND APPLY TO ALL ACTIVITY CATEGORIES REFERENCED IN THIS HANDBOOK.

10. Criminal offense or violation of a city/county ordinance having a statutory counterpart. The significance of the violation will be evaluated and the suspension will be determined based on the severity of the offense. WIAA rule: Any student charged and/or convicted of a felony shall, upon the filing of felony charges, become ineligible for all further participation until the student has paid his/her debt to society and the courts consider the sentence served [including probation, community service, etc.] (2020-2021 WIAA Senior High Handbook p39).

Please note the following OASD rule could apply in addition to the WIAA rule above:

If a student is charged with a felony, the student COULD lose the right to participate in athletics, activities and/or clubs for the remainder of their high school career in the district.

If a student uses the self-referral and/or honesty-referral option outlined previously in this handbook his/her suspension may be reduced depending on the severity of the offense (for first or second violations only and excludes all felony charges). This does not include minor traffic violations such as speeding or parking tickets.

11. Physical violence or threatening violence against another individual, the school, another entity or organization. The significance of the violation will be evaluated and the suspension will be determined based on the severity of the offense. However, the suspension will be for a minimum of 12.5% of the season.
12. Acts of harassment, including hazing. Please refer to the district’s policy. The significance of the violation will be evaluated and the penalty, which may involve game suspensions, will be determined based on the severity of the offense.
13. Violation of student rules as described in the school planner. The significance of the violation will be evaluated and the suspension will be determined based on the severity of the offense.
14. Recruitment of student-athletes. It is the position of the OASD activities departments that students respect other students’ attendance boundaries. The recruitment (defined but not limited to: repeated undue influence, actively pursuing to transfer to another school in order to pursue activities) of students to attend the other public high school in Oshkosh is not acceptable. If you are being recruited to attend the other public high school in Oshkosh, you must

inform your school's activities coordinator immediately. In any situation dealing with the recruitment of a student, the extent of the recruitment will be determined and any action taken will be based on the severity of the findings.

15. Illegal or inappropriate use of the Internet and/or electronic devices. Any posting or communication via social networking websites which disrupts either the educational or athletic environment is unacceptable. This includes but is not limited to: the consumption of alcohol or the use of illicit drugs or facsimiles, inappropriate sexually oriented material, or activities involving bullying, hazing or harassment.

BEHAVIORAL OFFENSES SUBJECT TO LOSS OF PARTICIPATION PRIVILEGES

ITEMS NUMBERED 1 THROUGH 8 APPLY TO ALL ACTIVITY CATEGORIES REFERENCED IN THIS HANDBOOK.

The offenses below result in a suspension from co-curricular participation without a code of conduct violation on the student's record.

1. Insubordination during activity involvement. Insubordination is defined as intentionally refusing to follow a coach's/advisor's directions. The significance of the violation will be evaluated and the penalty, which may involve game suspensions, will be determined based on the severity of the offense.
2. Profanity or obscene gestures during activity involvement. The significance of the violation will be evaluated and the penalty, which may involve game suspensions, will be determined based on the severity of the offense.
3. Disqualification from a contest for flagrant or unsportsmanlike conduct. The student is suspended from competition/performance for no less than the next competitive event (but not less than one complete game or meet).
4. Acts of truancy. A student participating in activities might not be permitted to participate in the next scheduled contest whenever the student *is deemed truant as defined by school policy* unless administration grants permission to participate. Students may continue to practice at the discretion of school administration after consultation with the coach/advisor.
5. Behavior or conduct which reflects unfavorably on a student. The significance of the violation will be evaluated and the suspension will be determined based on the severity of the offense.
6. Cheating. 1st offense during one's high school career: The teacher involved will handle the situation in the classroom and will make contact with the activities coordinator. 2nd offense during one's high school career and any additional offenses: The student will be referred to the activities coordinator for a behavioral offense or code of conduct violation. The significance of the violation will be evaluated and the suspension will be determined based on the severity of the offense. NOTE: For any 1st offense found to be especially serious, administration reserves the right to invoke a 2nd offense consequence.

7. Failure to follow the attendance and behavioral rules and guideline rules for an individual program as set by the coaches/advisors. Penalties for violations in this area will be found in each individual coach's/advisor's written set of expectations (could include up to removal of the student from the team/activity for the remainder of the season), subject to administrative approval and on file with the activities coordinator and/or school principal.
8. Failure to be a "Student in Good Standing". A student must be a "Student in Good Standing" at each school year check point in order to compete in any co-curricular event.

"Student in Good Standing" is defined as follows:

- 1) You adhere to your high school Code of Student Conduct.
- 2) You adhere to your high school attendance and tardiness policies.

The minimum penalty for code of conduct violations or any behavioral offenses that result in a student-athlete being suspended for any portion of WIAA tournament competition, is immediate disqualification of the student-athlete for the remainder of the total tournament series in that sport. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. EXCEPTION: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game.

Category "C" ACTIVITIES

Category C activities are areas that include activities in which students volunteer to participate. It is understood that students should be encouraged to be involved in these activities. There are no stipulated conduct or academic standards. Each advisor will monitor his/her respective group to uphold and maintain reasonable expectations. In cases where disciplinary situations may arise, the advisor will confer with the building administration to determine appropriate action, which could include up to removal from the activity.

Category "D" ACTIVITIES

The performing groups at the Oshkosh High Schools are unique in that they are curricular (taken for credit) and are co-curricular in that the performances are outside of class time, but are an extension of the classroom work and part of the curriculum. Students in all groups covered by this section of the code will be governed by the Wisconsin School Music Association (WSMA) guidelines for local, regional, and state competitions/performances in addition to the appropriate provisions of this code.

Membership in a performing group is based upon the following: ability, attitude, and attendance at major performances and required rehearsals outside of class time. Performances serve as evaluation, final exams, and the culmination of group team/activity

effort which can only be created through this group experience. A list of the dates for required performances will be given to the student well in advance of the required dates.

Students will be subject to disciplinary action for violating any area previously referenced earlier in the Code of Conduct section in this co-curricular handbook.

If a student is suspended from school, suspension from any public performance during the days of the suspension from school will also be carried out.

In cases where disciplinary situations arise for violations of the co-curricular handbook, the director will confer with the building administration to determine the appropriate action(s).

Students will also be provided with a copy of the Music Department Code/Handbook and will be expected to follow all rules and regulations found within it.

Category “E” ACTIVITY

Robotics

This activity involves students from surrounding school districts and as such they have their own handbook which will govern participation in this activity.

Category “F” ACTIVITY

All Honor Societies and Student Government

Membership in these organizations may have stipulated student conduct and/or academic standards. Penalties for violations of appropriate student behavior in these organizations will be found in each individual organization’s written set of expectations (which could include up to removal of the student from the organization). All written student behavioral expectations are subject to administrative approval and on file with the activities coordinator and/or school principal.

APPEAL PROCESS

The OASD administration is committed to providing students an opportunity to appeal co-curricular code of conduct violation determinations. The following constitutes an appeal process:

1. All individuals have a responsibility to report code of conduct violations as soon as they know of a violation. Violations of the code of conduct must be reported to an administrator in the district within thirty days after the alleged violation. Violations of the code of conduct brought to the attention of the activities coordinator after thirty days may be acted upon at the discretion of the activities

coordinator and/or school administration. When a possible code violation comes to the attention of administration, it will be acted upon in accordance with the guidelines specified in the *OASD Co-Curricular Handbook*. An administrator or activities coordinator of the school in which the student is involved will conduct an investigation. The investigation may involve interviewing the student, informant(s), witnesses and others with knowledge or information pertaining to the code of conduct or eligibility violation. A decision will be made as to the validity of the allegation and the resulting penalty, if any, as defined in the *OASD Co-Curricular Handbook*. The activities coordinator will formalize the ineligibility decision/suspension in writing and notify the parents by mail.

2. After a ruling of ineligibility resulting in suspension from co-curriculars has been made, a student and/or the student's parents, may formally appeal the decision in writing to the activities coordinator, provided an appeal is received within ten days after notification is sent. Appeals may be filed only in reference to whether there was a code violation or not, an appeal may not be filed to change a consequence. School administration will make a reasonable attempt to provide the opportunity for an appeal conference prior to the next scheduled competition/performance in which the student may be involved.
3. Within a maximum of five school days after an appeal has been received, a date and time for an appeal will be established by the activities coordinator. Present at the appeal conference will be the school's appeal committee consisting of the school principal, a non-coaching/advising teacher, and faculty coach/advisor. Also present will be the student, the student's parents, the activities coordinator and, if a rule relating to a specific activity is involved, the head coach/advisor of that activity. At an appeal conference, the student will be provided an opportunity to present evidence on his/her behalf. At the conclusion of the conference, a decision will be made by the appeal committee and presented to the student and parents. The appeal committee will either uphold or abolish the co-curricular code suspension. While the appeal process is occurring the penalty for the violation will remain in effect.
4. The decision by the appeal committee will be final and binding.

AWARDS

There are two types of awards presented to athletes/students, participation awards and achievement awards. Participation awards are numerals, mascots, junior participation, and varsity letter for seniors who have participated in the same sport/activity for at least three seasons. Achievement awards are varsity letter awards as determined by the coach/advisor through pre-determined criteria which is filed with the activities coordinator. Please note that not all activities provide school awards.

To qualify for an award, the athlete/student may not be suspended for any alcohol, tobacco, drugs, drug paraphernalia, performance enhancing substances, vandalism, criminal offense or violation of a city/county ordinance having a statutory counterpart, or other serious offense considered unbecoming of an athlete/student. If an athlete/student self-refers to the activities coordinator for a first time offense in the area of either alcohol, tobacco, drugs, drug paraphernalia, performance enhancing substances, vandalism, and possibly criminal offense or violation of a city/county ordinance having a statutory counterpart, that athlete/student may be eligible to receive any school award(s) earned during that season once all obligations concerning the referral have been fulfilled. A reminder that for this to occur, the athlete/student must self-refer no later than the first school day after the violation. Also, if a student has not utilized the self-referral option and he/she wants to earn their school award he/she may apply to earn their school award for a first offense in the areas referenced above by utilizing the following process: 1) student submits written application to the activities coordinator indicating their desire to earn their school award and includes a 15 hour community service plan; 2) once the application is reviewed and approved by the activities coordinator the student may begin serving their community service hours; 3) upon successful completion of all community service hours the student will be provided with the school award they would have earned that season.

Please note the following OASD All Conference guideline:

Any OASD student-athlete suspended from participation for an athletic contest due to a code of conduct violation in the areas of alcohol, tobacco, drugs, drug paraphernalia, performance enhancing substances, vandalism, criminal offense or violation of a city/county ordinance having a statutory counterpart, or other serious offense considered unbecoming of a student-athlete will not be eligible for all conference recognition in any conference in the sport where the suspension is initiated.

The season concludes after the award ceremony for the given activity or the last competition/performance, whichever comes later. Concerning the conclusion after the last competition/performance, the season concludes after the team/activity has arrived back to school and been dismissed by the coach/advisor.

All awards apply to activity participation or achievement at either of the two Oshkosh public high schools.

Awards are presented at the award ceremony at the conclusion of the season. Students, as a part of their season schedule, are expected to attend the awards ceremony in order to receive any award they may have earned. Students not able to attend due to an excused reason must receive their award from the coach/advisor the first school day after the ceremony. Any award not collected within a week of the ceremony will be nullified.

1. Varsity Awards (achievement)
 - a. First-year letter award winners. Will receive a seven-inch, two-color chenille letter. Only one chenille letter will be presented to each athlete/student. If any athlete/student earns a first-year letter in another activity, he/she will be presented with a first-year varsity letter award certificate.
 - b. Two-year letter award winners. Will receive a two-year varsity letter award certificate. A two-year varsity letter award certificate will be presented to an athlete/student for each activity in which a two-year letter is earned.
 - c. Three-year letter award winners. Will receive a third-year varsity letter award plaque. A third-year varsity letter award plaque will be presented to an athlete/student for each activity in which a third-year letter is earned.
 - d. Four-year letter award winners. Will receive a four-year varsity letter award plaque. A plaque will be presented to an athlete/student for each activity in which a four-year letter is earned.
2. Sophomore Awards (participation)

All sophomore athletes/students who participate on a team/activity and complete the season in good standing will receive a three-inch team/activity logo emblem. Only one team/activity logo emblem will be awarded to each sophomore. Additional team/activity logo awards to the same athlete/student will be presented as logo certificates.
3. Freshman Awards (participation)

All freshman athletes/students who participate on a team/activity and complete the season in good standing will receive a set of chenille numerals representing the athlete/student's year of graduation. Only one set of numerals will be awarded to each freshman. Additional numeral awards to the same athlete/student will be presented as numeral certificates.
4. 3-sport Participation Award

Each high school may present some type of award to student-athletes who compete in three sports for their freshman, sophomore, junior and senior years of high school.

COMMUNICATION

The activities department encourages students, parents, and coaches/advisors to open the line of communication using the following understandings:

1. Coaches/advisors are required to operate under an open-door policy where they will candidly respond to questions and concerns from either the student or the parent.
2. If the student or parent has a question or concern about the program, the question or concern should be brought directly to the coach/advisor.
3. Contact with the coach/advisor should be during normal school hours.

4. Coaches/advisors should schedule the meeting with the student and/or parents in a private setting.
5. Communication, by all parties, will be carried out in a rational, calm, mature discussion with respect shown to all.
6. Coaches/advisors are not required to respond to pressure groups.
7. In the majority of cases, the student /parent and coach/advisor should be able to communicate and reach an amiable solution to concerns and/or questions.
8. If the student, parent, and coach/advisor cannot mutually resolve the concern or questions are not answered, the subject should then be brought to the school activities coordinator.
9. Parents can assist the coach/advisor and activity by encouraging, supporting, and being positive role models at home and as spectators.
10. Coaches/advisors are encouraged to have pre-season meetings with parents to encourage and enhance communication.

Negative approaches to problem solving do nothing but make the environment for all more destructive. Student's parents, coaches/advisors, and school administrators must work together in an atmosphere of mutual trust fostered by open communication.

Sportsmanship

Spectators are expected to:

1. Stand during the National Anthem and remove all headwear.
2. Cheer for their team/activity rather than against their opponents.
3. Maintain self-control at all times while conducting themselves as responsible citizens.
4. Show RESPECT for opponents in every way possible.
5. Always be positive in support of their team/activity.
6. Recognize and acknowledge good performances made by both teams/activities.
7. RESPECT officials and accept their decisions.
8. Be humble and not boastful in victory and gracious and not bitter in defeat.

Spectators will not be allowed to:

1. Use negative chants which focus on or exploit mistakes.
2. Participate in chants or behaviors which use obscene or insulting language or gestures or which mention or imply topics which would tend to ridicule, taunt, harass, intimidate, humiliate, degrade, or embarrass others in attendance, incite opponents, or bring disrespect upon game officials.
3. Engage in behavior or any action that endangers the safety of participants, spectators, or officials.
4. Throw anything onto the playing surface or at players and coaches.
5. Carry or consume any alcoholic or controlled substance while on school or athletic property or attend a school-sponsored function while under the influence of same.

Fox Valley Association Expectations of
Parents, Guests and Other Fans

- Game attendance is a privilege not a license to verbally assault others or to be obnoxious.
- Be respectful of game officials, players, coaches, opposing fans and facilities.
- Be an exemplary role model by positively supporting teams in every manner possible including content of cheers and signs. Cheer positively for your team. Never cheer negatively for the opposing team.
- Respect the judgment and strategy of the coaches, players and officials.
- Be a fan.... Not a fanatic.
- Recognize outstanding performances by both teams involved.

Failure to comply with any of the aforementioned rules can result in the spectator being removed from the premises and in the case of a student, further disciplinary action by the appropriate school administrator. Anyone ejected from a regular season tournament or WIAA tournament game is automatically ejected from any and all remaining games of that tournament.

***WINNING ISN'T EVERYTHING...BUT STRIVING TO WIN AND GOOD
SPORTSMANSHIP ARE!***

Additional Information

To get Oshkosh West or Oshkosh North athletic schedule information visit:

www.foxvalleyassociation.org

At www.foxvalleyassociation.org select either Oshkosh North or Oshkosh West. From here you can view weekly schedules, print schedules and sign up for FREE schedule notification changes under the Notify Me link.

Visit www.fvasports.net for the latest and most up to date information about athletic programs in the Fox Valley Association.

Follow Oshkosh North and Oshkosh West Athletics and Activities on Twitter at:

ONHSActivities

OWHSActivities

Best of luck to each of you this school year!

Notice of Surveillance

The school is using video surveillance/electronic monitoring to observe, monitor, and/or record the behavior and activity of all persons on school property or grounds, or participating in school functions.

OASD Vision and Mission Statements

Core Values:

- *Engaged students and staff*
- *Integrity (honesty and respect) (finances)*
- *Excellence (creative, visionary, learning)*
- *Responsive Improvement (rigorous, innovation, rapid)*
- *Safe learning and working environment*
- *Collaborative culture*

Vision Statement: *We will be the leader in education through innovation while focusing on the whole child.*

Mission Statement: *We will enrich our community by supporting our students to lead creative and empowered lives.*

Guiding Principle: *Students First*

Building Community Through Education



Eligibility Overview for Athletes

You Are Not Eligible:

If you are not enrolled as a full time student at your school.

If you reach nineteen (19) years of age prior to August 1.

If you failed more than one class in the most recent grade-reporting period (or failed to meet your school's academic standard if that standard is stricter than the WIAA's).

If eight (8) semesters have passed since entering Grade 9.

If you have participated in school sports for all, or part of, four (4) school years.

If you attend a public high school outside the district where your parent(s) reside full time in their primary residence. Exception: Students who are entering 9th or 10th grade at the beginning of the school year. **Refer to Senior High Handbook, Rules of Eligibility.**

If you attend a private school (except boarding schools) and do not reside full time with parent(s) in their primary residence. **Refer to Senior High Handbook, Rules of Eligibility.**

****Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility. Refer to Senior High Handbook, Rules of Eligibility.**

Note 1 – You may be ineligible and/or limited to nonvarsity competition if you have transferred from any school into a member school after the beginning of your 9th grade year, and you have not received a waiver from the WIAA.

Note 2 – A student who transfers after their sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, unless the transfer is made necessary by a total change in residence by parent(s). The calendar year will be determined from a student's first day of attendance at their new school.

You are not eligible to practice or compete at any level if you do not have on file in your school: (a) evidence of having passed a physical examination signed by a licensed physician, physician assistant or Advanced Practice Nurse Prescriber, (b) signature of parent(s) giving permission to participate in sports, (c) parent signature affirming receipt of WIAA Rules of Eligibility, and (d) emergency locator form on file.

If you do not sign and follow the code of conduct established by your school.

If you have violated your status as an amateur athlete by (a) accepting any amount of money or any kind of merchandise valued above \$100 retail, (b) signing a contract for your services as an athlete, (c) receiving any benefit for the use of your name, picture, and/or personal appearance as an athlete, (d) receiving free or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical or any and all interested students, (e) providing any endorsement, as an athlete, in promoting a profit-making event, (f) playing under another name or (g) appearing as an athlete (with or without permission) in a commercial/advertisement and/or profit-making event, item, plan or service.

If you participate in more than two contests or events other than for your official interscholastic school team while you are a member of that school team and during the entire school season (start of practice to end of season) of that sport. You must have prior school approval.

If as an underclassman you have played in an all-star contest.

If you let anyone besides your parents pay a fee for specialized training, like a summer camp, or if you are instructed by your school coach outside the season of a sport (unless the contact is in the summertime and takes place during an approved contact period).

Your school is a member of the Wisconsin Interscholastic Athletic Association, and the rules and regulations as established by the member schools of the WIAA govern your participation in high school athletics, and impact/affect your sports activity outside of school.

The rules above are general statements only; see your principal, athletic director, or coach for further details and exceptions.

Your school may have stricter rules than those listed here; again contact your principal, athletic director, or coach if you have a question on any eligibility rule relating to either your school or the WIAA.



2022-2023 High School Athletic Eligibility Information Bulletin

To: Student-Athletes and Their Parents

From: Wisconsin Interscholastic Athletic Association and _____

(School)

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

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

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

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

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing. Reading and signing this form is a condition of participating in interscholastic athletics at WIAA member schools. It does not guarantee a student-athlete's athletic eligibility nor does it give rise to any contractual rights, direct or indirect, to student-athletes or their parents.

These are WIAA eligibility rules, which are **current for the 2022-2023 school year**:

AGE

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

ACADEMICS

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

ATTENDANCE

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

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

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

DETERMINING RESIDENCE FOR PUBLIC SCHOOL STUDENTS

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

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.

- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at his/her school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, he/she shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, he/she becomes eligible.
- H. A student-athlete will not be eligible if his/her attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.
- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if he/she transfers to another school.
- J. Except in situations involving transfer after a student's sixth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

DETERMINING RESIDENCE FOR NONPUBLIC SCHOOL STUDENTS

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

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

TRANSFERS

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

- A. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total and complete change in residence by parent(s). The calendar year (365 days) will be determined from a student's first day of attendance at the new school.
- B. Students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Students entering 11th grade are restricted to nonvarsity opportunities for one calendar year.
- D. Students entering 12th grade as transfer students are ineligible to compete at any level for one calendar year, but may practice.
- E. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- F. 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- G. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- H. District policies with respect to intra-district transfer do not supercede WIAA transfer rules in situations involving post-sixth semester transfers. Intra-district transfers occurring after the sixth consecutive semester following entry into grade 9 result in the student being

ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but may practice.

- I. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at his/her new school until the fifth calendar day of such transfer.
- J. If within the first six consecutive semesters following entry into grade 9, a student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- K. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- L. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at his/her new school for the same period as decreed by the former school. A student who transfers due to expulsion or removal for disciplinary reason from the previous school is ineligible for the length of the expulsion as determined by the previous school's Board of Education. Note: A student who does not serve a penalty for violation by leaving the state and competing in another state, will be ineligible for the balance of the suspension upon return to the state.
- M. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

PHYSICAL EXAMINATION and PARENT'S PERMISSION

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

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

TRAINING and CONDUCT

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

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

AMATEUR STATUS

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

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash (including gift cards) or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete.

- D. A student-athlete may not receive free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.
- E. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- F. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than his/her own name.

SPORTS ACTIVITIES OUTSIDE OF SCHOOL

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

- A. WIAA rules do not prevent athletes from practicing with nonschool teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including "banditing") in more than two nonschool competitions or races, including scrimmages against other teams (with school approval).
 - (1) This restriction applies to normal nonschool games as well as "gimmicks," such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue nonschool training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school's team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or his/her parents must pay 100% of the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be his/her coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

USE OF STUDENT IMAGE

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

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

5/2022

Detach and Return to Athletic Director

PARENT-ATHLETE RULES OF ELIGIBILITY SIGN-OFF FORM – 2022-2023

I certify that I have read, understand, and agree to abide by all of the information contained in this bulletin. I further certify that if I have not understood any information contained in this document, I have sought and received an explanation of the information prior to signing this statement. In signing below, I further acknowledge and understand that no contractual relationship, direct or indirect, is created between the student-athlete or their parents and the Wisconsin Interscholastic Athletic Association.

School Name

Parent/Guardian's Signature

Please Print Name

Date

Student-Athlete's Signature

Please Print Name

Date

This form must be completed and submitted to the Athletic Director prior to a student being declared eligible to practice and compete.



Wisconsin Interscholastic Athletic Association

Performance-Enhancing and Banned Substances

The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.

A student-athlete is required to follow the school's code of conduct on a year-round (12 month) basis.

In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts (a) involving use of alcohol, (b) use, including chewing, of tobacco and/or (c) use, possession, buying, or selling of controlled substances, street drugs and banned performance enhancing substances (PES).

It is the student-athlete's responsibility to check with the appropriate or designated athletic staff or school official before using any substance or supplement. Any substance chemically related to a banned or discouraged ingredient is also banned or discouraged. There is no complete list of banned or discouraged substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletic department staff prior to using a supplement.

BANNED – Do not Use. Drugs that are illegal or could be harmful if taken in excess amount. **Possession and/or use violates WIAA Code.**

NOTE: There is NO complete list of banned substances. Any substance chemically related to these classes is also banned. The student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

- Anabolic Agents, such as but not limited to: testosterone; DHEA; androstenedione; names of steroids frequently end in “-one”; “-ol”; or have a number in front as in 17-androstenedione)
- Diuretics (water pills) and Masking other Agents: such as but not limited to thiazides
- Stimulants: such as but not limited to: ephedra, synephrine (bitter orange), methylhexanamine (DMMA or geranium extract), DMBA; amphetamine (Adderall); “bath salts”
- Peptide Hormones and Analogues: such as but not limited to insulin, hGH, hCG
- Street Drugs: such as but not limited to: marijuana, THC, synthetic cannabinoids (spice)
- Anti-Estrogens: such as but not limited to SERMS, aromatase inhibitors, tamoxifen
- Beta-2 Agonists: bambuterol formoterol

Note: medications prescribed by a health provider used by the individual they have been prescribed to and used as prescribed should NOT be viewed as violating the controlled substance/supplement provisions of the school's code.

DISCOURAGED – Dietary supplements are poorly regulated. Supplement products can contain banned ingredients without being on labels; or become contaminated with banned ingredients during manufacturing. Very few supplements have been tested for safe use by youth. Schools and coaches may not provide or allow discouraged items in connection to school's program. **Possession and/or use may violate school district policy or code.** (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use.) This list includes but is not limited to:

- Creatine
- Pre-Workout Boosters (these products frequently contain discouraged or banned ingredients)
- Caffeine-enhanced products such as but not limited to energy drinks and energy shots. Examples of sources of added caffeine include guarana, Yerba mate, cacao, cola nut, green tea extract, methylxanthine

Excess caffeine can cause jitteriness, nervousness, headaches, difficulty concentrating or sleeping increased heart rate or blood pressure. Small amounts of caffeine can produce these effects in some people.
- AAKG, NO₂, nitric oxide
- Co Enzyme Q
- HMB
- Pyruvate
- CLA (conjugated linoleic acid)
- Chromium Picolinate
- Amino Acids: alanine, arginine, asparagine, aspartic acid, cysteine, glutamine, glutamic acid, glycine, histidine, isoleucine, leucine, methionine, phenylalanine, proline, serine, threonine, tryptophane, tyrosine, valine (amino acids are widely available from meat, dairy, fish, and plant based foods.)
- Amino acid derivatives such as L-Carnitine
- Protein Powders. Most diets supply adequate protein. However, in cases where athletes can't eat enough food or when protein needs are higher than normal, limited supplementation may be needed. In these cases a physician or sport dietitian consultation may be helpful. If extra protein is needed read labels carefully. Visit supplement testing sites such as NSF http://nsfsport.com/NFL_contacts.pdf or Informed Choice <http://www.informed-choice.org/> for a listing of products that have been tested for purity. Protein powders may contain discouraged or banned ingredients not listed on the label.

PERMISSIBLE SUPPLEMENTS

Supplements that replace the calories, fluid, and electrolytes the body naturally loses during exercise.

- Sport Drinks
- Electrolyte Drinks
- Meal Replacement Drinks
- Meal Replacement Bars
- Fitness Water
- Sport Gels
- Vitamins/Minerals

Read product labels carefully. Some products may contain banned or discouraged ingredients. Due to lack of regulations product labels might not list all ingredients.

WARNING SIGNS AND SYMPTOMS OF STEROID USE

Possible Signs of Steroid Use:

- “Puffy”, swollen look to the face
- Acne; especially on shoulders, back or chest
- Excessive time spent working out
- Frequent nosebleeds
- Frequent muscle cramps
- Increased aggression and violence
- Increased irritability
- Periods of depression
- Quick strength and weight gains
- Wide mood swings

Possible Adverse Effects in Both Males and Females

- Acne, especially on chest, shoulders and back
- Addiction
- Blood clots
- Breast enlargement and pain (males)
- Deepening of the voice (females)
- Deformed sperm/possible birth defects (males)
- Frequent Nosebleeds
- Growth of permanent facial and chest hair (females)
- Hardening of the arteries, higher cholesterol levels
- Increased risk of heart attack, increased blood pressure
- Increased violence and aggression/“roid rages”
- Increased risk of injury and slower healing time
- Insomnia, restlessness, depression
- Liver damage; including cancer
- Loss of hair and partial baldness
- Lowered sperm count/temporary sterility (males)
- Menstrual irregularities (females)
- Muscle tendon damage
- Pain when urinating (males)
- Reduction of breast size (females)
- Shrinking of the testicles/sterility (males)
- Stunted growth
- Suicidal thoughts
- Swelling of feet and lower legs
- Unpleasant breath odor

STREET TERMS

(Office of National Drug Control Policy)

Drugs:

- Abolic (veterinary steroid)
- Androl (oral steroid)

- Anatrofin (injectable steroid)
- Deca
- “Arnolds”, “Gym Candy”, “Pumpers”, “Roids”, “Stackers”, “Trainers”, “Weight Trainers” (steroids)
- “Georgia Home Boy” (Gamma hydroxybutyrate/GHB)
- “Stacking”: taking steroids without a prescription, use of multiple PES

EVALUATING ERGOGENIC AID CLAIMS

1. What is the source of the information?
 - Peer-reviewed journal
 - Magazine, newspaper or book
 - Company selling a product
2. Who wrote the article?
 - A professor or someone with a degree (Is the degree in a field related to sports medicine, nutrition or biochemistry?)
 - Someone with credentials
 - Not sure, article doesn't state
3. Critical analysis
 - Does the product sound too good to be true?
 - If a research study is cited, is it done on a healthy population or a diseased population, well-trained subjects or sedentary subjects, animals or humans, men or women?
 - Does the dosage seem large or unsafe?
 - Does the article make conclusive statements such as: This supplement will make you lose weight?
 - Does the product promise quick improvements in health or physical performance?
 - Does the product contain some secret ingredient or formula?
 - Are currently popular personalities or star athletes used in its advertisements?
4. Is the product effective?

If it is still unclear whether the supplement is effective, seek other sources of information such as more articles on the topic or opinions of professionals in the field of nutrition and exercise.
5. Is the product safe at the recommended dosages?
6. Does the product cause long-term health problems?
7. Are possible side-effects identified?
8. Is taking the supplement ethical?

This is often a hard question to answer. The thrill of competition is to strive to be the very best, but does being the very best mean enhancing your performance through external substances. The ancient Greek ideal and that of the International Olympic Committee is that an athlete should succeed through their own unaided effort. Every individual must assess his/her ethical standards. But here are a few questions to ask yourself:

- What is the policy of your team or the governing body for your sport?
- Is the substance banned from use during competition?
- Is taking a supplement cheating or giving you an unfair advantage?

Provided by the WIAA and WIAA Medical Advisory Committee

Additional information may be obtained from the WIAA Medical Policies and Procedures Manual and the WIAA PES Power Point presentation.

Sources: NCAA Banned Drug List
Jane Foos, RD, CD, Red Cedar Clinic
Kevin Walter, MD, Childrens Corporate Center-Milwaukee
Iowa High School Athletic Association



A PARENT'S / GUARDIAN'S GUIDE TO CONCUSSION

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

What is a concussion?

- A concussion is a traumatic brain injury that interferes with the normal function of the brain. Concussions were previously referred to as a “ding” or a “bell-ringer” but this undermines the seriousness of problem. Any suspected concussion must be taken very seriously. An athlete does not need to lose consciousness (be “knocked-out”) to suffer a concussion. In fact, less than 5% of concussed athletes suffer a loss of consciousness.

Concussion Facts

- Structural injuries, like torn ligaments and broken bones, can be seen on an x-ray or on scans like an MRI. On the other hand, a concussion is a disruption of how the brain works, or its function, and not in its structure. That is why CAT scans and MRIs are typically normal. The injury affects the way the brain works, not how it looks.
- It is estimated that over 300,000 high school athletes across the United States suffer a concussion each year. (Data from the NFHS Injury Surveillance System, “High School RIO™”)
- Concussions can happen in any sport. While they are more common in sports that involve collisions, athletes in all sports are at risk for a concussion. When researchers looked at 14 different high school sports, they found that over two-thirds of concussions result from contact with another athlete and the second leading cause of concussion, is player-to-surface contact. This includes falling and hitting the ground.
- An athlete may report many physical, behavioral, and cognitive symptoms. Physical symptoms include headaches, nausea, vomiting, dizziness, and sleep changes. Some behavioral changes include irritability, anxiety, and depression. Cognitive symptoms are changes in the way we think and include feeling sluggish, hazy, or foggy, difficulty concentrating or memory problems, and confusion.
- Many symptoms appear immediately after the injury, while others may develop over the next several days. The symptoms can interfere with normal daily life in addition to difficulty with school, work, and social life.
- Concussion symptoms may last from a few days to several months. It is important to remember that each student athlete responds and recovers differently.
- Athletes should not return to sports or activities that will put them at risk for another head injury until the concussion has completely resolved. To do so puts them at risk for worsening and prolonged symptoms and a more severe injury. While rare, a repeat concussion can also result in severe swelling and bleeding in the brain. This condition can lead to death or permanent disability.

What should I do if I think my child has had a concussion?

If your child sustains a head injury, it is good to be aware of the signs and symptoms of a concussion. If you suspect an athlete has a concussion, the athlete must be immediately removed from activity. Continuing to participate in a contact or collision sport while experiencing concussion symptoms can lead to worsening of symptoms, increased risk for further injury and sometimes death.

Parents and coaches should not make the diagnosis of a concussion. Any athlete suspected of having a concussion should be evaluated by a medical professional trained in the diagnosis and management of concussions.

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by an appropriate health-care professional who is experienced in concussion management. If your child's school has an athletic trainer (AT), please inform the AT of your concerns. You should also call your child's primary care provider and explain what has happened and follow the instructions you are given. Sometimes, an injury is more severe than it appears. If your child has persistent vomiting, a worsening headache, a seizure, or is acting differently, you should take your child to an emergency department for immediate attention.

What are the signs and symptoms of a concussion?

SIGNS OBSERVED BY PARENTS, ATHLETIC TRAINERS, FRIENDS, TEACHERS OR COACHES

- Dazed or stunned appearance.
- Confusion about assignment or position.
- Forgetfulness.
- Uncertainty of game, score, or opponent.
- Clumsy movements.
- Slow response to questions.
- Mood, behavior or personality changes.
- Can't recall events prior to or after hit or fall.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head.
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- "Not feeling right" or "feeling down"

How can a concussion affect schoolwork?

Following a concussion, many students have difficulty in school due to difficulties with short-term memory, concentration, and organization.

In many cases after the injury, it is best to decrease the athlete's class load early in the recovery phase. This may include staying home from school for no more than 1 or 2 days, followed by academic adjustments (such as a reduced class schedule), until the athlete has fully recovered. Decreasing the stress on the brain and not allowing the athlete to push through symptoms will shorten the recovery time and ensure total resolution of symptoms. The academic adjustments are best managed by a school concussion team. Speak with the school guidance counselor, school nurse, or athletic trainer to help with this process.

When can an athlete return to play following a concussion?

After suffering a concussion, or if you suspect an athlete has a concussion, **no athlete should EVER return to play or practice on that same day.**

Concerns over athletes returning to play too quickly led lawmakers in all 50 states and the District of Columbia to pass laws stating that **no player shall return to play the day of a concussion, and the athlete must be cleared by an appropriate health-care professional before being allowed to return to play in either games or practices.** Many of these laws require players, parents and coaches to receive education on the dangers of concussion in addition to recognizing the signs and symptoms of concussion. **Click here to see what your state law requires:**

http://www.ucdenver.edu/academics/colleges/medicalschoo/department/pmr/documents/concussion_toolkit/laws/state.htm

Once an athlete no longer has symptoms of a concussion AND is cleared by an appropriate health-care professional to begin a return to play progression, the athlete must proceed with activity in a step-wise fashion in a carefully controlled and monitored environment to allow the brain and body to re-adjust to exertion. On average, the athlete will complete a new step every 24-48 hours. An example of a typical return-to-play schedule is shown below:

Return to Play Progression:

Step 1: Back to Regular Activities

To enter into the return to play protocol the athlete should first be back to regular activities (such as school) and has the cleared by their health-care professional to begin the return to play process. In most all cases, the athlete should have all concussion-related academic adjustments removed prior to beginning the Return to Play Program.

Step 2: Light Aerobic Activity

Begin with light aerobic exercise only to increase heart rate. This means about 5 to 10 minutes on an exercise bike, brisk walking, or light jogging. No anaerobic activity such as weight lifting should be done at this stage.

Step 3: Moderate Activity

Continue with activities that increase an athlete's heart rate while adding movement. This includes running and skating drills.

Step 4: Non-Contact Training Activity

Add sports specific, more intense, non-contact physical activity, such as passing in hockey, dribbling in basketball or soccer, high-intensity stationary biking, regular weightlifting routine.

Step 5: Practice and Full Contact

The athlete may return to practice and full contact (if appropriate for the sport) in a controlled practice setting where the skills can be assessed by the coaches.

Step 6: Competition

The athlete may return to competition.

If symptoms occur at any step, the athlete should immediately stop activity and consult with a qualified appropriate health-care professional before moving on to the next step.

What can I do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Encourage your child to tell the medical and/or coaching staff if any of these signs and symptoms appear after a blow to the head or body.
- Emphasize to administrators, coaches, physicians, athletic trainers, teachers and other parents your concerns and expectations about concussion and safe play.
- Encourage your child to tell the medical and coaching staff if there is suspicion that a teammate has suffered a concussion.
- Ask teachers to monitor any decrease in grades or changes in behavior in students that could indicate a concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

Click here for more information about returning to school after a concussion:

http://www.cdc.gov/headsup/basics/return_to_school.html

Other Frequently Asked Questions:

Why is it so important that athletes not return to play until they have completely recovered from a concussion?

Students that return to play too soon may worsen concussion symptoms, prolong the recovery time, and they also risk catastrophic consequences if they suffer another head injury. These consequences are preventable if each athlete is allowed time to recover from their concussion including completing the stepwise return-to-play protocol. No athlete should return to sport or other at-risk activity when signs or symptoms of concussion are present and recovery is ongoing.

Is a “CAT scan” or MRI needed to diagnose a concussion?

No! The diagnosis of a concussion is based upon the athlete’s history of the injury and an appropriate health-care professional’s physical examination and testing. CT and MRI scans are rarely needed following a

concussion since this is a functional injury and not a structural one. However, they are helpful in identifying life-threatening head and brain injuries such as skull fractures, bleeding or swelling.

What is the best treatment to help my child recover quickly from a concussion?

Treatment for concussion varies from one person to the next. Immediately after a concussion, the best treatment is physical and cognitive rest. Exposure to loud noises, bright lights, computers, tablets, video games, television and smart phones may worsen the symptoms of a concussion. You should allow your child to rest in the days following a concussion. As the symptoms lessen, an appropriate health-care professional may allow increased physical and cognitive activity, but this has to be monitored closely for a recurrence of symptoms.

There are no medications to treat concussions, but an appropriate health-care professional may prescribe medications and therapies to treat symptoms of a concussion, such as headache, dizziness, sleep changes, etc. Some athletes may require rehabilitative therapies, such as physical, occupational, vestibular, ocular or speech/cognitive. Others may require treatment for mood and behavior changes. All of these interventions are done on a personalized basis.

How long do the symptoms of a concussion usually last?

For most concussions, symptoms will usually go away within 2–3 weeks after the initial injury. You should anticipate that your child will not fully participate in sports for several weeks following a concussion. In some cases, symptoms may last longer, sometimes several months. Since recovery differs from person to person, all concussions should be carefully managed.

How many concussions can an athlete have before we should consider retiring from playing sports?

There is no “magic number” of concussions that determine when an athlete should give up playing sports that put one at high risk for a concussion. The circumstances that surround each individual injury, such as how the injury occurred as well as the number and duration of symptoms following the concussion, are very important. These circumstances must be individually considered when assessing an athlete’s risk for potential long-term consequences and potentially more serious brain injuries. The decision to “retire” from sports is a decision best reached after a complete evaluation by your child’s primary care provider and consultation with an appropriate health-care professional who specializes in treating concussions.

I’ve read recently that concussions may cause long-term brain damage in athletes, especially professional football players. Is this a risk for high school athletes who have had a concussion?

Recently, increasing attention has been directed at CTE or Chronic Traumatic Encephalopathy. CTE is a *brain disease* that results from changes in the brain. These changes can affect how a person thinks, feels, acts, and moves. The cause of CTE has not been definitively established. Traumatic brain injuries, including concussions, and repeated hits to the head, called sub-concussive head impacts, may contribute to CTE.

Sub-concussive head impacts are impacts to the head that do not cause a concussion. Unlike concussions, which cause symptoms, sub-concussive head impacts do not cause symptoms. A collision while playing sports is one way a person can get a sub-concussive head impact.

Early evidence suggested that the more years a person has repeated sub-concussive head impacts or other brain injuries, the higher the chance they have of getting CTE. However, we have now learned that CTE does

not just occur in athletes. And, most people with head impacts or brain injuries will not get CTE. Furthermore, CTE has been diagnosed in people who have never had any history of brain trauma.

In light of the suggestion of a correlation between head impacts and CTE, the NFHS SMAC recommends limiting full contact during practice sessions and limiting the total number of quarters or periods played per week in sports at high risk for head impacts, such as football and ice hockey. These recommendations and guidelines were defined in the report from the July 2014 NFHS Concussion Summit Task Force. The guiding principles used to develop this report were to reasonably limit the opportunity for multiple hits to the head and to minimize concussion risk. The goal is also to maintain the integrity of the games and avoid unintended consequences. The report can be read in its entirety in the Resources section on the Sports Medicine page of the NFHS Website.

We cannot eliminate all of the risk of concussion from sports. However, we can take what we learn from science to reduce the chance for injury and set policy to ensure that students with a concussion get the care they need.

Everyone involved in high school sports plays an active role in educating others about concussion and other serious brain injuries. Please check out the Resource section on the Sports Medicine page of the NFHS Website for more information on how you can take an active role and get involved in keeping students safe, healthy and active.

Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to [www.cdc.gov/ncipc/tbi/Coaches Tool Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm) for more information.

Revised and Approved April 2019

April 2016

April 2013

April 2010

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

*What is hazing?

By Caudill (CMS) Kathy on July 24, 2014

Student Services

- Definition of hazing
- Prevalence of hazing in high school
- Recognizing hazing
- Examples of hazing
- Effects of hazing
- Why does hazing take place?
- Connection between bullying and hazing
- Re-thinking hazing: The myths and realities

• **Definition of Hazing:** The National Federation defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Some practices associated with high school hazing carry the potential for serious bodily harm or even death. These practices may include: tattooing, piercing, head-shaving, branding, sleep deprivation, physical punishment (paddling and "red-bellying"), "kidnapping," consuming unreasonable/unacceptable foods or beverages, being deprived of personal hygiene and/or inappropriate sexual behavior.

Coerced sexual activity, in addition to being classified as sexual assault and/or rape, is another form of hazing. Such activity puts victims at risk for injuries, sexually transmitted diseases, and pregnancy.

Alcohol abuse is another significant factor in hazing incidents that feature forced consumption of large amounts of alcohol.

- **Prevalence of hazing among high school students**

Initiation Rites in American High Schools, a study by Alfred University revealed that 48 percent of students who belong to groups reported being subjected to hazing activities. Forty-three percent reported being subjected to humiliating activities and 30 percent reported performing potentially illegal acts as part of their initiation.

Studies suggest that close to 1.5 million high school students have been subjected to some form of hazing. A notable number of students responding to the Alfred University survey reported that their first hazing experience occurred before the age of 13.

For more information from the Alfred University report, visit their website at:

http://www.alfred.edu/hs_hazing/

- **Recognizing hazing**

Like domestic violence victims, victims of hazing may hide the true cause of their injuries. Anyone working with those who may be hazing victims should assure them that they are safe and protected from possible

retribution. Some risk factors to bear in mind are: age, participation in athletic or military activities, and involvement of alcohol use.

A student who is being hazed may exhibit excessive fatigue, appear disheveled, or wear odd clothing. They may isolate themselves from friends and family, skip/miss classes due to lack of sleep at night, and/or feel depressed.

If you hear about "hell week" or even the innocent sounding, "help week" or "initiation," it may be wise to ask the student questions to find out exactly what is involved. Many times, innocuous-sounding terms are actually euphemisms for hazing.

- **Examples**

A would-be cheerleader is made to wear odd clothing in the opposing team's colors and to sing the opposing team's fight song in the school cafeteria, with the result that the crowded cafeteria patrons mock the humiliated student.

Senior students visit the homes of juniors nominated for prom king and queen, wake them at 4 a.m. and videotape them getting ready for school. They then broadcast the videos over the school's closed circuit TVs.

A student hoping to join his high school choir is beaten with a two-by-four and covered with peanut butter, vegetable oil and human waste during an initiation ritual by fellow choir members.

Intoxicated high school seniors throw eggs at and urinate on high school sophomores and break a glass bottle over the head of at least one victim.

A 15-year-old high school student athlete sustains internal injuries after being hazed by several fellow wrestlers who, he contends, penetrated him with a mop handle.

- **Effects**

The view that hazing is a harmless rite of passage, designed to help develop comradery and respect among teammates or other peer groups, is unfounded. The reality is that hazing rituals are frequently dangerous, can often harm relationships among team or group members or even be life threatening.

Hazing has negative effects on both victims and participants and these effects create feelings of apathy, mistrust or isolation rather than of bonding and respect. Hazing can destroy self-esteem, self-confidence, group unity/cohesion, friendships and more. It can create stress and may induce or aggravate psychological illnesses including depression, post-traumatic stress disorder, or anxiety.

Hazing that involves poor nutrition or substance use has many deleterious effects including malnutrition, body image concerns, disordered eating (fad dieting, compulsive eating, anorexia, and bulimia), alcohol

poisoning, alcohol, tobacco or other drug abuse or addiction.

- **Why hazing takes place**

Belonging to a group is a basic human need “we are social beings. For high school aged children, forming a sense of self-awareness and joining a group is a major developmental milestone. By joining a group, individuals can reduce the insecurity of standing alone “they believe they are stronger, have fewer self-doubts, and are more resistant to threats. Many people who join groups/are attracted to them because they believe they will gain a boost in status from membership. And there are many other reasons to join groups. People who join groups have been found to be healthier than those who remain alone.

Difficulties arise however, when conforming to group norms and behaviors involves hazing.

Some "in-groups" maintain their identity, values, and beliefs through hazing. Their members may feel "it was done to us, now it's our turn to initiate the new kids." They look at it as a harmless, bonding experience.

Newcomers wanting to be part of the in-group may subject themselves to hazing because they believe they will ultimately play a role in the group or organization. As the newcomers escalate their commitment to the group, activities or tasks that would normally be out of their comfort zone no longer seem out of bounds.

- **Connection between bullying and hazing**

In many respects, hazing is similar to bullying, but hazing has a tendency to be an institutionalized form of harassment/intimidation centering on initiation rights connected to certain school clubs and activities.

Hazing can be seen as an organized form of bullying. One difference between these behaviors is that bullying typically attempts to exclude a person from the bully's activities while hazing is often a condition of acceptance or initiation into a group.

While bullying may begin in early elementary school, hazing generally does not occur until children are older. As with bullying, however, hazing may involve a ringleader and bystanders who do nothing to stop the activity.

In order to prevent both bullying and hazing, it is important to begin when children are young. Parents, families and elementary schools can explain what and how harmful bullying is to the victim, classroom, school, and community at large. Bullying and hazing should always be seen in the context of respect for self, respect for others.

Re-thinking hazing: the myths and realities

If you think hazing has anything to do with bonding or friendship, you're caught up in the myths about hazing. At its best, hazing builds resentment between new members and initiates. At its worst, hazing can seriously injure or kill.

Myth: They (newcomers) want to be hazed.

Reality: No one wants to be abused, humiliated or embarrassed.

Myth: We only haze a little bit. It's really not that bad.

Reality: That's like saying, "I only steal a little bit. I'm not really a thief."

Myth: If we eliminate hazing, our members will be just like anybody else.

Reality: A truly well organized, positive program results in initiates who are eager to work for and help the group, and who can better serve as leaders.

Myth: If new members don't respect our principles or us, we haze them until they improve.

Reality: Hazing a new member makes the situation worse. Just like other forms of victimization, hazing breeds mistrust, apathy and alienation, not respect.

Myth: Hazing activities are the only methods we have of controlling the new members.

Reality: There are positive and negative ways to bring people into the fold. "You catch more flies with honey than with vinegar." Accountability should be the same for new members and ongoing members.

Myth: I went through it, so now the new members have to go through it.

Reality: It only takes one group of "veterans" to break this so-called tradition. The people who founded your group were not hazed. Why treat today's new members differently?



PARENT SELF-ASSESSMENT

Answer each question using the 1 to 5 scale below. When you finish, add up your number values to see which type of sport parent you are. Your cumulative scores will match up with the Parent Self-Assessment Results on the following page.

	Not Like Me		Somewhat Like Me		Very Much Like Me
1. Do I emphasize the development of my child and having fun more than winning?	1	2	3	4	5
2. Do I avoid trying to coach my child when s/he already has a coach?	1	2	3	4	5
3. Do I provide love and support regardless of the outcome of the game?	1	2	3	4	5
4. Do I emphasize the importance of hard work with my child?	1	2	3	4	5
5. Do I hold my child accountable for poor or unsportsmanlike behavior during a game?	1	2	3	4	5
6. Do I avoid focusing the majority of our conversations at home on my child's sport?	1	2	3	4	5
7. Do I avoid considering my child's sport as an investment where I should receive something in return?	1	2	3	4	5
8. Do I treat my child the same after both a win and a loss?	1	2	3	4	5
9. Do I avoid critiquing my child immediately following a game?	1	2	3	4	5
10. Do I support all players on the team even when my son or daughter isn't playing?	1	2	3	4	5

Total:



Parent Self-Assessment Results

Match your score from the Parent Self-Assessment to the results below.

40-50: Model Parent

Great job! You are a model parent. You are parenting your child in sports very effectively. It is still important to talk to your child to make sure you are not unaware of any negative actions.

30-39: Positive Parent

You are very effective in parenting your child in school sport. Set a goal to improve on the questions you answered 3 or below on. Talk to your child to make sure you are not unaware of any negative actions

20-29: Sometimes Positive Parent

At times you are effectively parenting your child in their sport, but there are some behaviors that may be negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive.

10-19: Some Work to be Done

Unfortunately, there is a good chance that you are negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive. Continue this course and think about how you can improve on these behaviors.

9 and below: Time for a Change

Unfortunately, you are negatively influencing your child's sport experience. Try not to make excuses for lower scores but rather think about what you could change to improve and still be yourself. Talk to your child to learn more about where and when your actions might be negative or counterproductive. It is important that you think about your child's goals and why he or she plays sports. Continue this course and think about how you can improve on these behaviors.

