

Du Quoin Community Unit School District #300



Athletic/Extracurricular Rules and Regulations 2020-2021

Instructions to Athletes/Extracurricular Participants & Parents

Communication is key to having a successful program supported by the administration, student body, and community. It is imperative that students and parents be notified of expectations and program requirements so they do not suffer consequences due to lack of information. In order to facilitate communication of such information, each athlete/extracurricular participant and at least one parent should attend a Meet the Team meeting prior to competing in any contests.

Information which must be communicated to athletes/extracurricular participants and parents includes, but is not limited to:

1. Inherent risks of participation
2. Tryout guidelines
3. Squad rules and requirements
4. Conduct expectations
5. District #300 Athletic Training Policies and Procedures
6. Requirements for participation
7. N.C.A.A. Academic Eligibility (Clearinghouse)
8. Blood borne pathogen and exposure control and procedures
9. Athletic injuries and treatment
10. Athletic Awards
11. Code of Conduct
12. Transportation
13. Attendance
14. Equipment

Code of Conduct (Sportsmanship)

Participation in athletics/extracurricular activities is a privilege which includes responsibilities to the school, team, community, and athletes/extracurricular participants themselves. In play and in conduct, student athletes/extracurricular participants represent all of these groups. To these ends and in addition to following the Du Quoin High School District #300 Athletic/Extracurricular Policies and Procedures, athletes/extracurricular participants are expected to exhibit and to model five basic traits:

1. Exemplary moral character on and off the field.
2. Enthusiasm for self, team, sport, other programs, and the school.
3. Confidence in self, team, and coaching staff.
4. Commitment to academics, athletics, and the school community.
5. Good sportsmanship, which includes fair play and courteous treatment of teammates, opponents and officials, while representing the school and community in a respectful manner.

Du Quoin High School Beliefs

1. Du Quoin High School believes equal opportunity and access must be provided for all it serves.
2. Du Quoin High School believes interscholastic athletics and extracurricular activities are an integral component of secondary education.
3. Du Quoin High School believes in respect, appreciation, and acceptance of diversity.
4. Du Quoin High School believes each individual's involvement and acceptance of personal responsibility is critical to achieving outcomes.
5. Du Quoin High School believes sportsmanship is a core value and its promotion and practice are essential.
6. Du Quoin High School believes equality and fairness must be safeguarded at all cost.
7. Du Quoin High School believes all persons involved in interscholastic activities need to be positive role models.
8. Du Quoin High School believes each individual is important and striving to reach one's full potential is the measure of success.
9. Du Quoin High School believes effective communication promotes knowledge, understanding, and collaboration.
10. Du Quoin High School believes in the pursuit of excellence.

Indian Athletic/Extracurricular Principles

The athletic/extracurricular program will:

- Be a well – coordinated part of the school curriculum.
- Justify the use of tax funds and school facilities because of the educational aims achieved.
- Be conducted by school authorities in compliance with provisions of Title IX.
- Provide opportunities for many students to participate in a variety of sports every season.
- Foster training in conduct, game ethics, and sportsmanship for participants.
- Encourage respect for conference and state rules and policies under which the school program is conducted.

Conduct for Spectators and Parents

1. Remain seated in spectator area during competition.
2. Do not yell instructions or criticisms to the athletes/ participants.
3. Make no derogatory comments to players, other parents or fans, officials, coaches or administrators.
4. Do not interfere with your child's coach physically or verbally.
5. Be willing to let the coach be responsible for your child during the duration of the contest.
6. If necessary, remind those around you of these rules.
7. If you have a question or concern for a coach please wait until the athletic event is finished and all athletes are sent home to set up a conference to discuss your concerns.
8. Provide unconditional love, acceptance, and emotional support regardless of the game's outcome.

*Rules and regulations for fans could be subject to change due to COVID-19.

Du Quoin High School Athletic/Extracurricular Code

Rules and Regulations

The possession, use, distribution, purchase, sale, or being under the influence of any tobacco, alcohol or drugs is prohibited at any time, including the summer, a student-athlete is enrolled in the Du Quoin High School athletic/extracurricular program. A student is considered a student-athlete if he or she is currently enrolled in Du Quoin school district and participates in any sport/extracurricular activity. A student will be considered in violation of the training rules if he/she is reported as being in violation to the Principal or Athletic Director by the police, coaches, teachers or an administrator in the district.

The following rules apply for all athletes/extracurricular participants 365 days a year (e.g. 1 year Sept. 5 to Sept. 5):

A. **Student athletes shall not use tobacco.**

Penalties for this infraction will include but are not limited to:

First Offense:

1. Regular disciplinary actions of the district if applicable.
2. Student/athlete will be suspended from completion for 20% of the seasons contests of the sport/extracurricular activity in progress or the next sport in which the student participates.
3. If the infraction occurs with less than 20% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Second Offense:

1. Regular disciplinary action of the district if applicable.
2. Student/athlete will be suspended from competition for 20% of the season's contests of the sport/extracurricular activity in progress or the next sport/extracurricular activity in which the student participates.
3. If the infraction occurs with less than 20% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Third Offense:

1. Regular disciplinary action of the district if applicable.
2. Student will be suspended from competition for 40% of the season's contests of the sport/extracurricular activity in progress or the next sport/extracurricular activity in which the student participates.
3. If the infraction occurs with less than 40% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.

4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

B. Student-athletes shall not use, possess, sell, buy, transmit, or secrete any alcoholic beverage, narcotic, or hallucinogenic drug, marijuana, barbiturate, amphetamines, steroids, growth hormones, intoxicant, etc.

Penalties for such infraction will include but are not limited to:

First Offense:

1. Regular disciplinary action of the district if applicable.
2. Student/athlete will be suspended from competition for 20% of the season's contests of the sport/extracurricular activity in progress or the next sport/extracurricular activity in which the student participates. Student is now subjected to drug testing at administration request for the rest of their High School Career.
3. If the infraction occurs with less than 20% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Second Offense:

1. Regular disciplinary action of the district if applicable.
2. Student will be suspended from competition for 40% of the season's contests of the sport/extracurricular activity in progress or the next sport/extracurricular activity in which the student participates.
3. If the infraction occurs with less than 40% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Third Offense:

1. Regular disciplinary actions of the district if applicable.
2. Student/Athlete will be permanently suspended for the remainder of their high school career.
3. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

IMPORTANT NOTE: *Offenses are cumulative during the student/athletes entire high school career. All offenses must be reported to the principal or athletic director.*

A student/athlete who has a total of three offenses, not including tobacco offenses, from any of the categories listed within the athletic/extracurricular handbook, this total can be within one category or any combination of disciplinary categories within this athletic/extracurricular handbook, will be suspended from all athletic/extracurricular activities for the remainder of their high school career.

C. Felony & Misdemeanor Offenses (excluding minor traffic violations):

If a student is arrested for a felony, misdemeanor or a violation of a similar provision of a federal, state, or local ordinance and there is admission of guilt by the student or if, after reviewing the case, school officials believe there is strong evidence, then the school may restrict the student from participation regardless of the legal outcome of the case. It should be clearly understood that participation in athletics at Du Quoin High School is a privilege, not an inherent right.

Misdemeanor:

First Offense:

1. Regular disciplinary action of the district if applicable.
2. Student/athlete will be suspended from competition for 20% of the seasons contests of the sport/extracurricular activity in progress or the next sport in which the student participates.
3. If the infraction occurs with less than 20% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Second Offense:

1. Regular disciplinary action of the district if applicable.
2. Student will be suspended from competition for 40% of the regular season contests of the sport/extracurricular activity in progress or the next sport/extracurricular activity in which the student participates.
3. If the infraction occurs with less than 40% of the season remaining, the percentage will be served during the contests of the next sport/extracurricular activity in which the student participates.
4. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Third Offense:

1. Regular disciplinary actions of the district if applicable.
2. Student/Athlete will be permanently suspended for the remainder of their high school career.
1. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Felony Offense:

First Offense:

1. Regular disciplinary actions of the district if applicable.
2. Student/Athlete will be suspended from athletic/extracurricular competition for one calendar year.
3. Notification will be given to the parent/guardian regarding the infraction. The Athletic Director or Principal will meet with the parent/guardian upon their request.

Second Offense:

1. Regular disciplinary actions of the district if applicable.
2. Student/Athlete will be suspended from athletic/extracurricular completion for the remainder of their high school career.

IMPORTANT NOTE *Individual Coaches Rules:*

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. These rules as pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules are on file in the athletic office.

IMPORTANT NOTE: *If the student quits after suspension has been enforced, the remainder of the suspension will be served during the next sport/extracurricular season.*

Appeal Procedure

The student/athlete may appeal the decision of the Administration, Athletic Director or Coach, to the Board of Education. Any appeal to the Board of Education shall follow the rules and procedures promulgated by the Board and appropriate in dealing with such matters. The Board will afford full and due process to the athlete who is contesting the decision of Du Quoin Community Unity District #300.

Competition and Activities on a National Level

Du Quoin High School is a member of the Illinois High School Association. It is our philosophy competition on a state level is appropriate and best suited for high school students. Coaches and sponsors shall not become involved in any competition that will lead to a national level without prior approval of administration.

National competition may be considered after teams have reached the conclusion of the regular competitive season. Consideration would be based upon available district funds, previous participation in a national competition, the likelihood for success as determined by statewide competition, and legitimacy of the qualifying competition as a large representative event. Competition will be restricted to team events. Any venture in the name of Du Quoin High School is considered a High School activity and falls under the policies of Du Quoin Community Unit District #300 policies.

Athletic/Extracurricular Code RULES AND REGULATIONS

Applying to all student athletes/extracurricular participants in any sport/activity conducted by Du Quoin High School.

General

1. A current physical exam is required to be on file for each athlete (where applicable).
2. School insurance or proof of other insurance is mandatory (where applicable). Forms are available from the Athletic Director or the school office.
3. Each coach/sponsor should fill out equipment cards which contain the items issued to the athlete/participant. Each athlete/participant should sign the card to be kept on file by the coach/sponsor. Athletes/participants are responsible for all equipment and clothing issued to them. Damaged or lost equipment must be paid for at replacement cost. Each coach/sponsor is responsible for the collection of equipment issued to his/her particular team/activity.
4. The school's athletic equipment may not be worn in P.E. classes or elsewhere, other than in regular athletic contests or practices. Game shirts ONLY may be worn on game day.
5. All athletes/extracurricular participants must ride transportation provided by the school to and from all contests, unless the athlete's/participant's parents get prior approval from the coach/sponsor. A player may leave only with his/her parents.
6. All injuries must be reported to the athlete's/participant's coach/sponsor. Injury forms must be filled out in writing within three days and given to the school nurse for purposes of insurance and liability.
7. Grooming:
 - A. General school rules for appropriate dress are to be followed.
 - B. The length of an athlete's/extracurricular participant's hair must be such that it does not become unsanitary, does not present a safety hazard, not hinder the athlete's/participant's play. Length to be determined by Coach, Athletic Director, or Administration.
 - C. There shall be no facial hair such as beards, mustaches, or lengthy sideburns, tattoos shall be covered.
8. Students who quit or are removed for violation of the athletic code or team rules in any athletic/extracurricular activity will not be able to use any facilities after school relating to athletic or extracurricular activities until that sport is completed.
9. Students currently participating in a sport or activity defined season may not participate in another sport or activity open gym. Open gyms may only be attended by students not currently participating in another sport season.
10. Students who are academically ineligible on a week to week basis may practice and travel with their teams. Student athletes who become academically ineligible for three consecutive weeks are then ineligible for the remainder of the semester, and cannot use athletic or extracurricular activity facilities until the beginning of the new semester.
11. Student athletes who are serving a 20% or 40% suspension will serve their penalties for these infractions during their current or future sport or extracurricular related season. During the season of suspension they may only use facilities related to the practice of that sport during practice time.

12. Students who have received In School Suspension will not be able to participate in extracurricular competitions after school on those designated days.
13. Students who receive an Out of School Suspension will not be able to participate in practice or competition on those designated days.
14. Moving from one sport to another, during concurrent seasons, will be considered on an individual basis. The decision for that move will be made by coaches and administration.

IMPORTANT NOTE: *Any violations of the rules and regulations below shall result in partial or total suspension from participation in a particular sport of all athletics or extracurricular activity:*

1. Stealing any money, equipment or any other article.
2. The verbal assault on any faculty member.
3. The physical assault on any faculty member or fellow team member/participant.
4. The commission of unexcused absences from either practices or games.
5. The commission of an offense which is a violation of the rules of the Illinois High School Association.
6. The violations of any rule or rules adopted by the Du Quoin High School and outside the scope of this athlete code.
7. Any other conduct not previously enumerated which is, or may be, detrimental to the performance of the team or the reputation of the school.
8. Athletes who have detention must report to detention in regular school clothes.
9. Actions taken by a parent who exceeds those actions that could be instituted through this code in regard to team membership will be accepted in lieu of penalties provided for within this code.

NOTE FOR TRANSFER STUDENTS: If a student transfers to Du Quoin District #300 after having been suspended from another school's athletic program/extracurricular activities for training violations, that student will not participate in this district's athletic/extracurricular program until his/her suspension would have been over at the other school. If the penalty for the violation is longer in Du Quoin District #300 Athletic/Extracurricular Code than it would have been at the school where the offense occurred, the student will be suspended according to our guidelines.

No Pass, No Play Policy at DHS

A. Statement of Policy:

DuQuoin High School Athletic-Extracurricular Academic Eligibility Policy
In Accordance with No-Pass, No Play Policy to conform with the School
Reform Act of 1997. (105 ILCS 5/10-20.30, as amended by P.A. 90-548)

Selection of members or participants is at the discretion of the teachers, sponsors, or coaches provided that the selection criteria conform to the District's policies. Participation in co-curricular activities is dependent upon course activity; a student must pass 25.00 credit hours of high school work per week. The number of courses that a student takes and the number of hours they meet each week are not the basis for eligibility. It is the amount of credit given for those courses that count. In common terms, in a seven period schedule, 25.0 credit hours is the equivalent of passing 5 of 7 courses. *Students not passing 25.0 credit hours at any given time will be ineligible for a minimum of one week and will not gain eligibility until they are*

passing 25.0 credit hours. If a student is ineligible for three (3) consecutive weeks total during one semester, the student will be ineligible for the remainder of the same semester.

Passing work shall be defined as work of such a grade that if on any given date a student would transfer to another school, passing grades for the courses would be immediately certified on the students transcript to the school in which the student is transferring.

IMPORTANT NOTE: *Students must have passed and received credit toward graduation for 6 of 7 classes of course work for the entire previous semester to be eligible for the ensuing semester.*

Students who fail two (2) courses for a semester will be placed on academic probation for the following semester and will be ineligible for interscholastic competition for the following lengths of time:

1st Offense - 20% of competitions

2nd Offense - 40% of competitions

3rd Offense - Entire semester

B. Enforcement of the Policy:

Monitoring of Students Involved in Athletic-Extracurricular Activities: (No Pass, No Play Policy)

At the beginning of the school year each organization will be required to submit a list of students who are involved in their club, organization or team. For those activities that do not start until the middle or later part of the school year, a list will be required to be turned in as soon as possible after activities begin. **A master list of these names will be placed in the office, the Principal's Office, Assistant Principal's Office, Guidance Office and the Athletic Director's Office.** *Student grades will be accessed from computer gradebooks at the end of each Friday.* The results of this information will be placed on a master list located in the office, Principal's office, Assistant Principal's office, Guidance Office and the Athletic Director's Office. **Students that are failing 3 or more courses will be ineligible to participate in any athletic-extracurricular activities for the entire week starting on that Monday and not eligible until the next Monday.** If a student is found to be ineligible for three consecutive weeks during one semester, they will be ineligible for the remainder of the entire semester. **The Athletic Director Department will be responsible for notifying students and coaches when student athletes are ineligible. Parents will be contacted by phone or mail. Sponsors of organizations will be responsible for notifying students if they are ineligible and contacting parent via phone and mail.**