OTIS ATHLETIC HANDBOOK 2022-23

Lines of Communication

All participants in athletics should be aware of and follow procedures for solving problems at the lowest level possible. These lines of communication provide clarification as to where participants can go for relief concerning any problem related to athletics.

Player/Parent

Coach

Activities/Athletic Director

Principal

Superintendent

Board of Education

Otis School District R-3 Goals

The goal of the Otis School District R-3 athletic program is to foster the total growth of the young person participating in an effort to develop 1) sportsmanship 2) teamwork 3) positive self concept control 4) good self control 5) strong work ethic and 6) a sense of fairness.

The Program will help students achieve their athletic potential by focusing on the following traits.

1. **A healthy competitive attitude.** A good competitor always plays to win. However, he/she understands that the measure and standard for performance is not in winning, but in giving the best one has to give. Winning and losing are not critical evaluations of the self, but outcomes of the contest.
2. **Good sportsmanship.** Sportsmanship includes knowing, playing by and respecting the rules. A result of good sportsmanship is respect for yourself, teammates, coaches, officials and opponents and fair play.
3. **Knowledge of fundamental skills and strategies.** Athletes need to have knowledge of and performance capabilities in the fundamental skills and strategies in the particular sport in which one competes.
4. **Teamwork**. Athletes need to learn the skills and values necessary for teamwork, including such traits as loyalty, trust, compassion, tolerance, honesty, cooperation and respect. Development of various interpersonal skills such as listening, expressing one's own opinion, following directions, accepting constructive criticism and supporting teammates and coaches are necessary. Teamwork allows athletes and conches to work together to accomplish common goals.

5. **Good work habits.** Athletes need to demonstrate organizational skills, time management, and goal setting.
6. **Self-work, confidence and esteem.** Athletes must be able to accept the challenges that competition demands, and deal effectively with pressure and conflict.
7. **Strong sense of one's own values.** An athlete will be able to think independently and deal effectively with peers. The district supports a competitive athletic program with competition between school districts within our league. The degree of competitiveness will vary depending on the age/grade level of the students participating.

The focus should be on skill development, understanding the fundamentals of the game, encouragement to play their best, and involvement of participants.

The philosophy of our athletic program is to build character in students by teaching them good sportsmanship, teamwork, a positive self concept, good self control, a strong work ethic, pride in a job well done, and a sense of fairness. It should be our obligation to make that opportunity available to as many students as possible.

The district realizes the importance of winning at any level, but especially at the varsity level. It is important to teach the students how to win and learning how to win can not be left to the varsity level only. However, win/loss records should not be the only factor used to judge the accomplishments of any sports program.

8. **Personal values for good health.** Athletes who value healthy living will understand the relationship between fitness, nutrition, and performance. They will demonstrate a respect for one's own body and those of teammates and opponents. They will refrain from substances, which compromise health and performance.
9. **Sense of vision and value improvement.** Dreams are important and realistic team and individual goals allow one to value improvement and practice dedication, commitment and responsibility to oneself and others. The athlete will display both physical and emotional/psychological endurance in achieving those goals.

General Athletic Policies

1. Each athlete is encouraged to participate in as many different sports during each school year as possible. The choice of sports should be left up to the athlete and their parents.
2. All athletes are expected to ride to and from the out of town games with the team, unless they are riding with their parents and have notified the coach.
3. Athletes are expected to be aware of and follow school bus rules as set by the school district.

4. Equipment and uniforms issued to an athlete, which are lost, stolen, or damaged, will be paid for in full by the athlete.
5. An athlete must follow the correct procedures for quitting a sport:
    A. The athlete must make their reasons known to the coach.
    B. The athlete must take 24 hours to consider their reasons.
    C. The athlete must return all equipment and clear all financial responsibility with the school within five (5) school days.
6. Athletes found in violation of the drug & alcohol or any other policy will be disciplined as per guidelines in the student handbook and the general athletic training policies. In addition athletes must follow the training rules laid down by the school, including use of tobacco, alcohol, drugs and behavior while participating in any event.
7. Any athlete who has not turned in uniforms or equipment after the completion of a season may not go out for another sport until the equipment or uniforms are returned or paid for.

Eligibility

Eligibility runs from *Wednesday through Tuesday*. Students who represent the school in competitive events such as athletics, music competitions, judging contests or any other extra-curricular activity (prom, dances, parties, senior trip, etc.) must not be down in two classes or failing one class for the week of that activity to be eligible. If events are rescheduled, student eligibility will be determined according to the down list coinciding with the rescheduled date and time. The administration recognizes that these requirements are stricter than those imposed by the Colorado High School Activities Association.

When a student is declared ineligible because of academic standing or disciplinary reasons, he/she will not be allowed to represent the school in any CHSAA sanctioned or school sponsored (vocational) event. This includes but is not limited to athletics, music, student council, and vocation groups. A student may also be declared ineligible for disciplinary reasons or other infractions of rules and regulations of Otis High School. *Any student suspended out of school (for any reason other than an accumulation of Q-cards) for one or more days will be declared ineligible the period of suspension plus five additional school days after attendance is resumed. Any student suspended in school (for any reason other than an accumulation of Q-cards) for one or more days will be declared ineligible for all activities until the next school day of resumed attendance.*

Student eligibility runs *Wednesday through Tuesday* for students participating in extracurricular activities. Students who receive two "D's" or one "F" in subjects are considered "ineligible" according to the defined policy. If a student is ineligible, he/she is ineligible to participate in that week's extracurricular activities. The only exception to this rule is if the extracurricular activity is not a CHSAA sanctioned event and the extracurricular activity is required for grade. Grades 6 through 12 will be governed by the Otis School District's eligibility rules.

CHSAA mandates that students who are ineligible at the end of a given semester, will regain eligibility on the first day of the new semester pending that the student did not fail more than one class in the previous semester. Students who are ineligible at the end of a given quarter will not regain eligibility on the first day of the new quarter. Students will gain their eligibility the following Monday which will be one week after the first day of the new quarter.

Athletic Code of Conduct

In order for the athletic program to contribute to the functions, purposes and philosophy of the district, its primary objectives must relate to the teaching or wholesome attitudes and imposed disciplines. It must teach an appreciation for physical fitness, loyalty, personal sacrifice, dedication and teamwork in conjunction with upholding traditions of excellence and requiring standards of proficiency.

There are physical and mental disciplines, which must be practiced by the individual, as well as members contributing to a team effort, in order for the potential of the athletic program to be realized.

The conduct and general behavior of the individual is very important with respect to the credit the athlete brings onto themselves, their team, school and community. The athlete should avoid any questionable conduct in the community, school and classroom without hesitation. Conduct or general behavior that brings discredit or embarrassment to the community, school, team, or athletic department may result in temporary or permanent suspension from the athletic program.

An athlete must approach competitive athletics from the standpoint of contributing there utmost and playing the best they are capable of. Therefore, the responsibility of keeping their body in the best condition possible should become a top priority. Use of tobacco, alcohol, or drugs will not be tolerated.

Care for the body is closely associated with personal appearance and good grooming. Coaches may require participants to groom their hair and facial growth for purposes of meeting requirements of the sport involved or regulations prohibiting certain styles because of safety factors or hazards of the sport.

Specific requirements of each sport will be outlined by the head coach. Each participant will be expected to adhere to the requirements made of them for the particular activity they are involved with as well as school district, league and state requirements.

Expectations/Responsibilities of Total Athletic Team

Athlete

1. While out for a sport; set a good example on the playing field, in the classroom and outside of school. Maintain high academic standards.
2. Be willing to commit 100* to the sport in which you are competing.
3. Show good sportsmanship and respect to teammates, coaches, opponents, officials, and parents.
4. Maintain honest communication and cooperation with teammates, coaches, and parents.
5. Know that you can communicate with your coaches. If there is a problem, try to work it out with the coach first.

6. Improve fundamentally and emotionally. Work to become better athletes and develop higher self-esteem.
7. Set realistic goals and strive for them.
8. Keep things to perspective and always strive toward a positive attitude.
9. Maintain healthful living and physical conditioning at all times.
10. Learn the fundamentals for the sport and execute the fundamentals to the best of your ability.
11. Follow the rules of the sport and of the district in letter and in spirit.
12. Understand and strive to achieve the goals of the athletic philosophy, enjoying yourself in the process.
13. Take responsibility for one's own behavior.
14. Keep winning and losing in perspective.
15. Substituting is one way of providing opportunities for more students to participate in the game activity.
16. Always remember that it is a privilege to represent the Otis school and community.

Coach

1. Teach the skills, fundamentals and rules of the sport.
2. Set goals for yourself; facilitate goals for the team and for individuals. Discuss and evaluate these goals. Clearly communicate the goals to athletes and parents.
3. Provide the safest environment possible for athletes.
4. Keep an open mind at the beginning of the season and not judge athletes until they prove themselves.
5. Stay informed about the latest coaching techniques and new developments in the sport you are teaching.
6. Support the athletes and work to motivate athletes to improve. Inspire in the athlete a love for the game and the desire to compete fairly.
7. Set an example you wish your athletes to follow. Practice what you preach, demonstrate integrity, and show good sportsmanship at all times.
8. Dress in a professional and appropriate nature as set by administrative policy.
9. Communicate with your athletes at all times. Set season policies for your sport and be willing to give explanations to.
10. Be able to work well with and understand student athletes. Always remember your efforts, as a coach should be for the athletes.
11. Help each participating student to achieve a high level of skill and appreciation for the values of discipline and sportsmanship and an increased level of self-esteem.
12. Provide the opportunity for participation. At all levels there are times when the atmosphere is such that substituting from the bench seems a reasonable opportunity to allow increased participation, and thereby increased enthusiasm within the team, parents, and fans. It is not the intent to tell coaches when to substitute. The district realized that the coaches work with the athlete's daily and take many factors into account in making a decision and that spectators are not aware of many of those factors considered.
13. In grades 7 and 8, focus on skills development, under-standing the fundamentals of the game, and encouragement to play his/her best with a maximum involvement of participants.
14. Show support of other programs and extracurricular activities.

15. Know and enforce the rules of the district, league, state federation and sport.
16. Strive to instill positive work habits and healthful living in athletes.
17. Promote the sport and athletic program through sound public relations in work and with the media.
18. Treat all parties with dignity and respect including players, officials, parents, spectators, etc.
19. Supervise your activity until it is over and the students safely leave the school property.
20. Be responsible for the care of equipment and the security of the facility.
21. Perform all required duties at the end of your season (uniform check in, awards banquet and inventory equipment, etc.
22. Foster an environment of open communication and support between yourself, athletes, parents, administration and faculty.
23. Respect a student's decision as to their participation in the athletic program.

Parents

1. Provide positive encouragement for athletes through verbal communication and attendance including parent meetings and events.
2. Focus on the team concept. Realize that it is not just your son or daughter, but a team.
3. Encourage athletes to improve, but not pressure too much. Realize the ability of the athletes and their limits. Realize they are not you.
4. Respect a coach's decision and avoid talking negatively about coaches. Instead encourage your son or daughter to keep working hard.
5. Act as role models by keeping a positive attitude. Demonstrate sportsmanship at athletic events to all those involved, whether players, opponents, coaches, or officials.
6. Encourage athletes to constantly work hard and to stay out for that sport for the duration of the season.
7. Encourage the athletes to look at the team effort and/or goals reached in a contest, not just the win/loss record.
8. Know, understand, and support the goals of the athletic programs.
9. Encourage and support your son or daughter to resolve their own problems.
10. Be aware of the lines of communication: A) Coach, B) Athletic Director, C) Principal, D) Superintendent, E) School Board. Try to solve any problem at the lowest level possible.
11. Understand your role as parents, and keep things in perspective.
12. Attend pre-season meetings held by coaches in order to understand better the goals of the coach and the sport program.
13. Recognize the coach as head of the team, respect him/her accordingly, and avoid trying to coach your own child.

Administrators

1. Know and enforce the rules of the district, league and state federations, and the sport. Ensure that the district's athletic philosophy is supported in spirit and in face.
2. Support on an equal basis all athletes and coaches involved in the athletic program.
3. Help educate parents and community members towards understanding the district's athletic philosophy.

4. Organize and facilitate the district's athletic program.
5. Manage the athletic budget, facilities and equipment.
6. Promote and enforce positive lines of communication, ensuring a process that handles problems efficiently, effectively, and fairly. Follow up on the results.
7. Provide job descriptions, evaluation procedures and annual in-service programs for coaches.
8. Establish guidelines and standards for employing and evaluating coaches and recommend only qualified coaches.

Faculty

1. Help students set obtainable academic goals that treat the athlete and non-athlete on an equal basis.
2. Be a positive influence by encouraging students to participate so physical fitness and healthful living become lifelong goals.
3. Show support of extra-curricular activities in order to establish student-teacher relationships outside of the regular classroom.
4. Use the classroom as another setting to promote to students the traits of teamwork, cooperation, loyalty, dedication, positive work habits and self-esteem.
5. Be supportive of coaches in their endeavors to help students learn self-discipline, sacrifice for the good of self and/or the team achievement of goals and respect for others.
6. Encourage the students to be reliable by maintaining good attendance in the classroom and in the athletic arena.
7. Encourage the student to give his/her best in all settings, whether in the classroom, on the athletic field or in any other school activity.
8. Help maintain a two-way communication with the coach in an endeavor to head off possible problems involving the student athlete,

Board of Education

1. Provide the necessary funding for all activities with limitations of district budget limitations of district budget.
2. Review programs to assess that equity exists with no discrimination towards sex, race, religion, or philosophy.
3. Encourage all participants to use established lines of communication.
4. Employ qualified personnel as coaches.
5. Establish an effective evaluation process and implement on a yearly basis.

Lettering Policy

The following requirements must be met to earn a varsity letter at Otis High School.

1. The student/athlete must remain out for the sport the entire season.
2. All training rules must be adhered to and followed.
   NOTE: UNUSUAL CIRCUMSTANCES WILL BE CONSIDERED BY THE HEAD COACH, ASSISTANT COACHES, ATHLETIC DIRECTOR, AND THE PRINCIPAL WHEN THE STUDENT ATHLETES LETTERING STATUS IS IN QUESTION. (IN CASE OF INJURIES) THIS CONSIDERATION APPLIES TO ALL SPORTS OFFERED AT OTIS HIGH SCHOOL. A VARSITY LETTER MAY BE REMOVED FROM ANY ATHLETE AT OTIS HIGH SCHOOL WHEN THE STUDENT HAS BROKEN TRAINING RULES, HAS CREATED SEVERE DISCIPLINE PROBLEMS OR WILLFULLY HAS DISOBEYED SCHOOL POLICIES.
3. Successfully participated at the following levels:

a. Football – 50% of regular season games (one-half of all regular season quarters) or is a member of a state qualifying team.
b. Volleyball – 50% of regular season games, a match consists of three out of five games. If the fourth or fifth game is not needed, only three games will be counted for that match. Therefore, total games cannot be determined until the end of the season. You may also letter if you are a member of a team qualifying for the regional tournament.
c. Basketball – (girls and boys) – 50% of the quarters in the regular season varsity games or is a member of a team advancing to the regional tournament.
d. Track – (boys and girls) – Score 10 points in varsity track meets or place first in the League Track Meet or place at the regional track meet. Must attend all track meets and practices unless excused in advance by the coach.
e. Baseball - 50% of the innings in the regular season varsity games or is a member of a team advancing to the regional tournament.

Warning to Students and Parents

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and perhaps, FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment, which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choices of rink, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition.
Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

Instruction: Sign below, make one copy for your records, and return the original to your school:

Student's Name_____ Sport(s) _____

_____

This will acknowledge that we have read and understand the material contained in the NOTICE TO ATHLETES and PARENTS or GUARDIANS.

_____

SIGNED _____ DATE _____
Parent or Guardian

SIGNED _____ DATE _____
Student

EXTRA-CURRICULAR ELIGIBILITY RULES

ATTENDANCE
In order to be eligible to participate in or practice for extra curricular activities, a student must be in attendance unless the student has prearranged approval, half the school day.

ACADEMICS
Every student at Otis JR/SR High is required to be passing all of the subjects he is enrolled in and must not appear on the down list in two or more classes simultaneously. Copy or eligibility rules may be obtained from the principal's office.
Students recognize that their number one priority at school is academic achievement. It is the responsibility of each student to keep up with his course work.

SUBSTANCE USE
Possession of tobacco, alcoholic beverages and other drugs is prohibited.

1st Offense during the school year involving possession – will be a minimum of 20% of the regular season games suspension. Example 2 football games with 9 game regular season, 4 volleyball and basketball in a 19 game regular season, 3 baseball games in a 13 game regular season, 3 track meets in an 11 meet season. (Suspension could be during post season play)

2nd Offense during the school year involving possession –will result in ineligibility for the remainder of the school year. Athletes must complete a substance abuse program to include parents.

3rd Offense during the school year involving possession– will result in 365 days of ineligibility from the date of the infraction.

INELIGIBILITY
When a student is declared ineligible because of academic standing or disciplinary reasons he will not be allowed to represent the school in any CHSAA sanctioned or district level (vocational) event. This includes, but is not limited to athletics, music, and student council, vocational groups.

DRESS UP DAYS
Dress nicely to represent the school.

TRAVEL
A student athlete must ride the bus to an activity unless given prior approval by the administration. Students may ride home with their parents, but they must have a signed note from their parents.

FORMS
In order to participate or practice in any activity, students must have on file:
Signed extra-curricular participation rules, Completed physical form (athletes only), Completed insurance form, and Completed emergency form

DISCIPLINE
A coach, assistant coach, or sponsor may impose stricter standards than these rules dictate, but may not superimpose looser standards, A coach, assistant coach, or sponsor may administer reasonable discipline for behavior offenses as he sees fit.
Discipline administered by a coach during one sport season carries over to the next season in the event that the season ends or the participant quits before the conditions of discipline are met.

PRACTICES
In order to participate in the week's athletic events, athletes shall not miss more than two practices in that week.

I HAVE READ AND UNDERSTAND THE ABOVE ELIGIBILITY RULES.

_____ _____
Student signature Date

_____ _____
Parent/Guardian signature Date

Statement of Insurance Coverage

Name of Student _____ Grade _____

Address _____

We certify that the above named student is covered under a health insurance policy for injuries and/or accidents, which may be the result of participation in interscholastic athletics (including high school football).

NAME OF POLICY COMPANY _____

Policy Number _____

Name of Insurance Agent _____

Address of Insurance Agent _____

Telephone of Insurance Agent _____

Please sign here: _____

Parent or Policy Holders Signature

STUDENT INSURANCE

** You may purchase student insurance through the school if you do not have insurance, or would like to supplement your insurance.

**********Please make sure this has a parent signature.**********

ATHLETIC EMERGENCY/CONSENT FORM

(A form to be filled out by parent/guardian for permission for emergencies)

NAME OF STUDENT:_____

PARENT/GUARDIAN:_____

HOME ADDRESS:_____

PHONE: Home (_____)_____ Work: (_____)_____

EMERGENCY NUMBER IF NOT AT HOME OR WORK: (_____)_____

INSURANCE COMPANY._____ POLICY #:_____

FAMILY DOCTOR:

(1) _____ PHONE: (____)_____

(2) _____ PHONE: (____)_____

I, _____, parent or guardian of _____ _____, in consideration of my child's opportunity to participate in interscholastic activities, hereby consent to emergency medical treatment, hospitalization or other medical treatment as may be necessary for the welfare of the above named child, by a physician, qualified nurse, and/or hospital, in the event of injury or illness during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group, and hereby waive on behalf of myself and the above named child any liability of the School District, any of its agents or employees, arising out of such medical treatment.

_____ _____

Date Signature of Parent of Guardian

1b

STUDENT ELIGIBILITY INFORMATION FORM
and
CHSAA Anti-Hazing Policy

I hereby give my consent for_____

to compete in athletics for _____High School in Colorado High School Activities Association approved sports, except as noted on the Physical Examination and Parent Permit Form, and I have read and understand the general guidelines for eligibility as outlined in the CHSAA Competitor's Brochure (as found on the CHSAANow.com website).

Parent or Guardian Signature_____ Date _____

I have read, understand and agree to the General Eligibility Guidelines as outlined in the CHSAA Competitor's Brochure.

Student Signature _____ Date _____

No student shall represent their school in interschool athletics until there is a statement on file with the superintendent or principal signed by his/her parent or legal guardian and a signed physical form certifying that he/she has passed an adequate physical examination within the past year, noting that in the opinion of the examining physician, physician's assistant, nurse practitioner or a certified/registered chiropractor, (DC, Spc.) is physically fit to participate in high school athletics; that student has the consent of his/her parents or legal guardian to participate; and, the parent and participant have read, understand and agree to the CHSAA guidelines for eligibility.

CHSAA Anti-Hazing Policy

The Colorado High School Activities Association prohibits bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity.

I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

By signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

_____ _____

Student Athlete Signature Date

CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Welcome to the 2020-2021 school year!

Participation in educational athletics and activities is a privilege that is earned in the classroom as well as on the playing field, court and stage. The CHSAA encourages all students to engage and explore in sports and activities of their choosing to enhance and enrich their high school experience. Parents are also encouraged to contribute to this experience through their positive support and encouragement. Please remember that with that participation comes the accountability of earning the privilege to take part.
Per Bylaw 1800.54*, *CHSAA requires that all information provided regarding any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or contest forfeitures.

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

Per Bylaw 1710.1*, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. *Click the blue underlined links to be directed to the CHSAA Bylaws.

The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in the state since 1921. CHSAA's Code of Ethics is integral to its Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

Discrimination (300)

A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria.

The CHSAA Rules of Participation

Academic (1710)

A school must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter academic and behavioral standards.

Make-up Work (1740)

Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal). If eligibility has been lost from a previous semester, students may regain their athletic eligibility per the "Fall Regain Dates" Table in the Bylaws, and on the Monday of Week 36 for the second semester.

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters as long as the course is completed by the Monday of Week 9. Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

1. Citizenship (1710)

The school principal must approve the student to be representative of the school's standards of citizenship, conduct and sportsmanship.

2. Conduct – Ejections (2200)

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2 contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

3. Outside Competition (2100.2)

As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are

competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

4. Undergraduate (1710)

A student may not be a graduate of any high school and participate in high school athletics.

5. Recruiting (1900)

Any recruiting based on athletic ability or interest is prohibited.

6. Age (1770.1)

A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

7. Semesters (1770.3)

Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

8. Seasons (1770.71)

A student is allowed a maximum of 4 seasons in any sport.

9. Physical Exam (1780)

A student may not practice or compete (music, student council and speech participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.
- Current within the last 12 months.
- On file with principal or athletic director prior to first practice.

10. Practice (2310)

NEW: A total of **3** different days of practice is required before participating in any interscholastic game or scrimmage (*except football which needs 9 days*). OTHER EXCEPTIONS: (A) Golf, skiing, softball and tennis players. (B) Participants in state playoff games completed on or after the first day of formal practice. **No contact between a coach and player is allowed on **Sundays** during the school year unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

11. Transfer Rule (1800)

The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

- *Varsity Eligibility 1800.1*

A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for *varsity competition* for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

- *Athletic Transfer (1800.4)*

Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sports(s) they participated in during the last 365 days. This includes transferring with a club coach or previous coach (*Transfer with Club Coach or Previous Coach (1800.4).*

- *Return to Original School (1800.43)*

A student who participates in a sport (practice, scrimmage, contest, foundation games) at School A and subsequently transfer to School B and participates in any sport at School B, will be sub-varsity eligible only upon their return to School A in any sports they have participated in during the last 365 days at either School A or School B. NOTE: Participation is defined as an interscholastic practice, contest, scrimmage, or foundation game.

General Transfer Information (1800)

It is the parent's and student's responsibility to know the CHSAA Transfer Rule and how it affects the student's eligibility. The CHSAA Commissioner *may* grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, ***the student is not eligible until the waiver is approved by the CHSAA Commissioner.***

Any waiver submitted that contains legal guardian references must have the appropriate court signed legal documentation of that guardianship before the waiver will be considered. Parents should review all situations with the school administration.

12. Awards (2010)

Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not accept cash or merchandise awards. Awards must be

symbolic in nature with no functional or intrinsic value with a cost of no more than $100.00.

13. **Amateur (2000)**

If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

14. **Bullying & Hazing (1710.2)**

The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying, hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

Checklist for Student Eligibility

If a student cannot check any of the items, he/she needs to contact the athletic director or principal.

[ ] At least 5 full credit classes.
[ ] Will abide by the rules as outlined and/or defined by school's academic plan.
[ ] Physical exam within the last calendar year.
[ ] Parent permit form on file at the school.
[ ] Have not changed schools during the current school year without a corresponding move by parents.
[ ] Will not or have not turned 19 before August 1.
[ ] Has not been in high school longer than 8 consecutive semesters.
[ ] Will not play more than 4 seasons in any sport.
[ ] Will not compete or practice in any non-school events in my sport once reporting out for the team, without the permission of my principal.
[ ] Has complied with all other school, district, and local eligibility requirements.

I have read and understand the CHSAA Eligibility Rules as documented here as well as specifically read in the CHSAA Bylaws. I understand and acknowledge the inherent risks of participating in Athletics & Activities, INCLUDING THE RISK OF CORONAVIRUS DISEASE 2019 (COVID-19), and by signing this acknowledgement, I affirm my responsibility to prevent and report hazing, to report positive COVID-19 cases, and to ONLY PARTICIPATE WHEN HEALTHY. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

The CHSAA retains athletic trainers for all Championship events. By signing below, you agree to allow CHSAA's on-site athletic trainer to administer medical attention as needed and to communicate follow-up care to your student-athlete, school coaches, school athletic trainers and/or parents.

Signed: _____ (Parent) _____ (Participant)

_____ (School) _____ (Date)