

OBLONG

2022 - 2023

High School

Elementary School

Athletic Handbook

Oblong Community Unit School District #4 Athletic Handbook

2022-2023

Oblong High School

Oblong Elementary School

Participation in interscholastic athletics can be a rewarding and valuable experience for students, coaches, and fans. It can help build character, team play, healthy habits, and a lifetime of memories.

All students are encouraged to participate in one or more academic and or athletic events. Each student has the right to try out for an appropriate team. If he/she earns the right to be a member of a team then there are certain rules, which must be followed in order to maximize the benefits of the activity for all participants.

Athletic Code of Conduct

The Athletic Code of Conduct consists of rules and regulations, which govern the student's conduct while participating in the athletic program at Oblong High School and Oblong Elementary School. In making the decision to participate in the program of interscholastic athletics the student must make a commitment to:

1. Comply with the rules of the Illinois High School Association or the Illinois Elementary School Association.
2. Comply with the rules and regulations as developed and set down by the Oblong Community Unit School District #4, Board of Education.
3. Comply with the training rules and regulations as established by the coach of the sport in which the student is participating.

The rules set forth in this policy are based upon the assumption that participation in athletics at Oblong High School or Oblong Elementary School is a privilege, not a right.

These rules are to apply from the first day of practice or from the first day of school for the student athlete, and continue to apply to the student athlete until completion of their High School career. These rules apply both in and out of season of the sport(s) in which each student athlete participates, during the school year, holidays, school year vacations, on and off campus, and whether or not violation occurs at school or school sponsored activity. Summer vacation is not part of this policy.

The Athletic Program

High School

Fall Sports: Football, Volleyball, Golf, and Cheerleading

Winter Sports: Basketball, Cheerleading, and Wrestling

Spring Sports: Baseball, Softball, and Track

Activities: Scholastic Bowl

Elementary School

Fall Sports: Baseball and Softball

Winter Sports: Volleyball, Basketball, and Cheerleading

Spring Sports: Track

Activities: Scholastic Bowl

Other Athletic Activities

Athletic Student Managers

General Eligibility

1. Each athlete shall have a physical examination by a qualified physician before he/she will be allowed to practice or participate in any sport. This exam will satisfy the requirement for one year from the date it was obtained.
2. Each athlete must purchase school insurance or present an insurance waiver signed by his/her parent/guardian before being allowed to practice or participate in any sport.
3. Each athlete must pay \$25.00 per sport participation fee before being allowed to practice in any sport.
4. Each athlete must be in attendance at school on the day of a contest or have an excused absence, which is approved in advance by the Principal.
5. Each athlete is a direct representative of our school, the team, the faculty, the community, and his/her family. Each one is expected to display proper and appropriate behavior before, during, and after practice and contest.
6. Each athlete is expected to wear appropriate clothing to and from all home and away contests.
7. All school athletic equipment is to be properly cared for by the athlete and returned to the coach in good condition at the end of the season, or as directed by the coach.

8. All injuries, no matter how slight, will be reported to the coach. An accident report must be completed and filed in the Office as soon after the accident as possible.
9. If an athlete is unable to participate in practice or games due to the advice/direction of a physician then the athlete must obtain a release from the physician before he/she will be allowed to participate again.
10. Transportation to and from away contests shall be provided by the school. All team members are to ride the bus to the contest.
11. Awards, refunds, grades, and the like will be withheld until all equipment is returned and the individual's record is clear.

Violation of one or more of these guidelines will result in a conference between the Coach and the offender to determine appropriate remediation and/or punishment. If the severity of the infraction warrants, the athlete's parents and Principal will meet with the coach and athlete to discuss the infraction and appropriate corrective action.

Rules for Participation in Athletics

1. The student athlete shall not use or possess tobacco in any form.
2. The student athlete shall not possess, use, deliver, sell, transmit, or attempt to possess, use, deliver, sell, or transmit any alcoholic beverage or illegal drug, or any substance which the student believes or represents to be any of the foregoing, including, but not limited to, look-a-likes.
3. The student athlete shall not commit any criminal, traffic, or ordinance offense of any jurisdiction. The offenses of speeding, stop sign or signal light violations do not apply. Mere arrest or charges will not be sufficient for sanctions to be imposed. Conviction of the offense, including a disposition of court supervision or entry into Juvenile Diversion Program, will constitute evidence that the student athlete committed the offense.
4. The head coach of each sport (subject to the approval of the principal) has the authority to specify additional training rules relating to health, safety, conduct, attitude, and language use, and may discipline student athletes for violations of those training rules.

Consequences of Violations

A student who violates one or more of the above stated rules for participation in athletics will suffer the following sanctions:

- A. **First Offense**- An athlete who is found guilty of the above violations will be suspended. The number of contests suspended will be determined by taking 25% of the regular season contests scheduled. The student athlete and his or her parents will be required to participate in a conference with the coach and the Principal before returning to playing status.
 - 1. If the offense occurs with less than 25% of the total season's contests remaining, the suspension will include the rest of that particular sport season (including post season play) and a percentage of the next sport season in which the individual participates: the total percentage of the two seasons not to exceed 25%.
 - 2. Violation of the above rules in the off-season (not including summers) will result in the athlete being suspended for 25% of the next sport season in which he/she participates.

- B. **Second Offense**- Violation of the above regulation on a second occasion during the athlete's enrollment in school will result in a suspension from athletic competition for 50% of an athletic season. For example, a student athlete participates in volleyball and basketball. If each season has 20 scheduled games and the student athlete suffers a second violation after game 15 of the volleyball season, they would not be eligible to return until game 6 of the basketball season. The result would be suspension from 10 total games.

- C. **Third Offense**- Violation of the above regulations on a third occasion during the athlete's enrollment in school will result in a suspension from athletic competition for 100% of an athletic season. For example, a student athlete participates in volleyball and basketball. If each season has 20 scheduled games and the student athlete suffers a third violation after game 10 of the volleyball season, they would not be eligible to return until game 11 of the basketball season. The result would be suspension from 20 total games.

- D. **Fourth Offense**- Violation of the above regulations on a third occasion or thereafter during the athlete's school year will result in a suspension from athletic competition for one (1) calendar year from the date of the fourth violation.

Authority for Decisions

1. The Coach and Principal shall be responsible for decisions relative to the violation of participation rules. Any employee of Oblong Community Unit School District #4, district volunteer coaches approved by the School Board, and law enforcement officials, may report first-hand knowledge of infractions of the athletic policy to school administration.
2. All accusations or allegations of violations will be investigated as thoroughly and as reasonable as possible.
3. The student will be informed of the charges and will be given the opportunity to respond.

Hearing Procedure

1. Should a student or parent/guardian request a hearing concerning a suspension, the review hearing will be scheduled with the Principal and Coach. The hearing will be scheduled at the earliest date possible for the parties involved. The suspension will be stayed until the hearing. At the hearing, the student and the student's parent/guardian may appear and discuss the suspension. After presentation of the evidence, appropriate action regarding the suspension will be taken. A letter of the decision will be sent to the student and the student's parent/guardian.
2. If unsatisfied with the hearing, a student or parent/guardian has the right to request a hearing before the Superintendent and Board of Education, or Board Committee or Hearing Officer, which the Board may appoint. The Coach and Principal shall present evidence to the Board that violation(s) occurred which justify action. The student and parent/guardian may present whatever relevant information they desire concerning the alleged violation(s) or the penalty, which should be imposed. At such hearing there shall be no right of cross-examination or other formal procedures. No attorney shall be permitted to attend the hearing. The decision of the Board of Education shall be final.

Eligibility for Extracurricular Activities

1. All students must maintain passing grades to be eligible to participate in school sponsored or school supported athletic or extracurricular activities. Any student who fails to maintain a grade of D minus or higher in each course in which the student is then enrolled shall be ineligible to participate in any extracurricular activities until the student achieves a passing grade in each such course. Teachers shall notify the building principal or his/her designee each week regarding each student's current academic standing. For purposes of this policy,

“extracurricular activities” Shall include all school sponsored or school related activities which take place outside the regular school day and which do not result in, or affect a grade for student participation.

2. A student/Athlete will be removed from the team after the student/athlete has been academically ineligible for the third time in any sport/activity. This will begin after the first contest in the season for this sport/activity.
3. High School Students, according to IHSA rules, must pass twenty (20) credit hours of high school work per week. This means the equivalent of four (4) .5 credit courses (two full credits).
4. High School Students also must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

ACKNOWLEDGMENT OF RECEIPT

Please review the Oblong Schools Athletic Handbook with your child. If you have any questions please feel free to contact the High School Office at 592-4235 or the Elementary Office at 592-4225.

Please fill in the bottom portion of this sheet and return it to your child's coach or to the Office. This completed sheet must be on file before your child may compete in practice or games.

My signature below affirms that I have received a copy of the Oblong Schools Athletic Handbook and have been given the opportunity to ask questions regarding this handbook and I have reviewed the changes for this year.

Student Name Printed

Student Signature and Date

Parent Name Printed

Parent Signature and Date

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