

# **Buckfield Junior/Senior High School Student Athletic Handbook**



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## Philosophy

The purpose of this handbook is to provide student-athletes and their parents or guardians with a document that outlines the rules and regulations that are affiliated with athletics at Buckfield Jr./Sr. High School.

Participation in athletics, both as a player and as a spectator, is an essential part of a student's educational experience. Students assume obligations to their teams, their coach, their school, their families and most importantly, to themselves. Students are in the spotlight and thus have the eyes of their entire community focused on them. This is an important responsibility; therefore students are expected to emulate the highest qualities of honesty, courtesy, dedication, self-sacrifice and good sportsmanship, both in and out of school.

Regardless of their future occupations, students should be able to understand, appreciate the value of, and participate in the activities of our society. The knowledge acquired and the experiences gained through athletics not only have implications for a student's present life but in their future life as well. Knowing how to play the game, playing in the game, and understanding what winning and losing is all about are the great life experiences that athletics can bring to a young person.

The co-curricular program should always be in conformity with the general philosophy and objectives of the school. Success is measured not only in terms of tangible evidence (win/loss record), but also in the intangibles such as personal growth, teamwork and camaraderie. These intangibles help develop a well-rounded individual who is capable of taking his/her place in our modern society. Athletics are an extension of the classroom. However, at no time should athletics supersede academics.

It is a privilege for students to participate in interscholastic activities. Participation is voluntary and is not a requirement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its interscholastic programs, high standards must be maintained. Those who earn the privilege to represent BJSHS in interscholastic activities are expected to accept greater responsibilities as school citizens. Students and parents should be aware of the rules and regulations that they are assuming before deciding to become a member of any team. Participation in a sport is a privilege and with this comes the responsibility of adhering to all rules and regulations.

Over the next few pages are a list of rules and regulations pertaining to athletics at Buckfield Jr./Sr. High School. Individual coaches may have additional rules and regulations for their specific teams. **Information not covered in this handbook will be dealt with on an individual basis.**

## Academic Eligibility

All students are encouraged to participate in co/extracurricular activities. These activities offer students the opportunity to learn new skills, to compete in a variety of sports, to experience being part of a team, to develop character, positive attitudes and self-discipline, to demonstrate leadership and to realize personal accomplishments. This policy covers all activities that compete with other schools.

Participation in co/extracurricular activities is a privilege that carries with it responsibilities to self, classmates, school and community. Participation is entirely voluntary.

While the Board recognizes the importance of co/extracurricular activities to students, the schools and the community, it is the Board's intent to ensure that participation in co/extracurricular activities does not interfere with student learning and academic progress. It is the Board's intent to establish eligibility standards that support the wellbeing of students and the integrity of the schools' co/extracurricular programs.

### **High School Academic Eligibility**

- In order to participate in co/extracurricular activities, scrimmages, exhibition games, performances, competitions, or tournaments a student must be a full-time student in the RSU #10 school system. For high school students this means the student must be enrolled in and passing a minimum or an equivalent of four full-time classes. In addition, the student must be passing **all** classes in which currently enrolled. Students not meeting these academic requirements are on probation.
- All students identified by the principal/designee prior to the beginning of the season will be checked for eligibility at the end of each grading period as well as at mid-season (date to be identified by the principal/designee prior to the season).
- A student who is on academic probation may regain eligibility if his/her two-week progress report indicates that he/she is meeting the academic minimum. The student will have to do two week progress reports until the end of the marking period (quarter/trimester).
- While on probation, a student may continue participating in practices and may attend home games.
- All incoming freshmen will be considered eligible at the beginning of the first marking period of the year.
- Eligibility of transfer students will be determined by the Principal and, for interscholastic activities, the Principal and/or Athletic Director.
- Upon successful completion of credit recovery, a student will regain eligibility.

### **Middle School Eligibility**

In order to participate in co/extracurricular activities, scrimmages, exhibition games, performances, competitions, or tournaments students must pass all subjects to be eligible.

- A student who is on academic probation may regain eligibility if his/her two week progress report indicates that he/she is meeting the academic minimum. The student will have to do two week progress reports until the end of the marking period.
- A student may continue participating in practices while on probation and may attend home games.
- All middle school students will be considered eligible at the beginning of the first marking period of each year.

## **Sports Physicals and Insurance**

Because of the relationship between athletics and student health and safety, a sports physical will be required every two years before a student may participate in interscholastic athletic activities.

- The school will review the completed physical exam form and the athletic director will maintain the updated electronic student physical exam list.
- Thereafter, a student will be required to submit a completed Parent Approval/Sports Medical update form each year prior to participation.
- Returned forms will be reviewed by the athletic director, kept on file in the athletic director's office and will be accessible for coaches at sporting events in the event of an emergency.

A student who suffers serious illness or injury must obtain "return to play" clearance from his/her healthcare provider before further participation in athletics is allowed.

All students must demonstrate evidence of health insurance coverage before participating in athletic activities. If the student is not insured by a family insurance policy, school insurance will be available at the student's expense.

## **Parent Permission for Student Athletes**

A student must provide his/her coach/ athletic director with a permission form signed by his/her parent or guardian before participating in the first practice ( Annual Participation Form)

## **Conduct Standards**

The Superintendent/designee shall be responsible for enforcing eligibility standards prescribed in this policy. The Superintendent/designee may develop and implement other conduct rules for student athletes and participants in other co/extracurricular activities so long as they are consistent with this and other Board policies.

Students participating in interscholastic athletics and other co/extracurricular activities shall be subject to all such conduct rules, and the consequences for violating them, as well as all other rules affecting the student body.

## **Notification Policy**

The Superintendent/designee shall be responsible for notifying students and parents of the eligibility standards articulated in this policy through the student handbook, athletic handbook, parent and participant meetings, and/or other means.

## **Cross Reference: JLCA – Physical Examination Policy**

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## **Activities**

### High School

1. Soccer (Boys & Girls)
2. Basketball (Boys & Girls)
3. Cheering (Co-ed)
4. Softball
5. Baseball
5. Math Team
6. Drama
7. Football (Cooperative team with Oxford Hills)

### Middle School

1. Soccer (Boy & Girls)
2. Basketball (Boys & Girls)
3. Softball
4. Baseball
5. Drama

Others may be added or removed based on budget changes.

## **Activities in the Same Season**

Students may participate in more than one interscholastic activity in the same season. Buckfield Junior Senior High School recognizes that a student can benefit from a wide range of interscholastic activities and will attempt to schedule events in a manner that will minimize conflicts. When conflicts do arise, the coach/advisor for each activity will meet to try to work out a solution that will not put the student in conflict.

It is the student's responsibility to talk with the coach/advisor when conflicts do occur. When a student makes a commitment to an activity, he/she must be very sure that it is possible to meet the standards of practice and participation necessary to contribute to the activity. If a student cannot fulfill the obligations of practice/play/participation in an activity, he/she should withdraw from that activity.

## **Additional Requirements for Participation in interscholastic Activities**

1. Each student participating in interscholastic athletics must be under 20 years of age.
2. Before participating in interscholastic athletics every student must pass a physical administered by a medical doctor, doctor of osteopathy, nurse practitioner or physician's assistant every other year stating that the student is physically fit. Any athlete who suffers a major injury or illness will be required to provide a medical form stating their fitness for return to physical activity. **(Policy JLCA)**
3. **Every athlete is required to show proof of insurance.**
4. A student must provide his/her coach/ athletic director with a permission form signed by his/her parent or guardian before participating in the first practice. **(Policy IGDA – E1)**

## **Attendance / Commitment / Tardiness**

As coaches/supervisors of interscholastic activities feel that students, by the act of making a team or activity, have committed themselves to that activity, *attendance at practices, games, and events are expected*. Absences affect playing or competing time; repeated absences or unexcused absences may cause the student to be removed from the team or activity at the coach's or supervisor's discretion. If a student misses school, they are not allowed to attend practice that day. Generally, if a student misses a practice the day before a game, they are not allowed to play in that day's game, however it is left up to the discretion of the coach and athletic director.

All students participating in athletic activities must display regular attendance. Students must be in attendance on the day of the scheduled activity. Students missing any part of a school day may not participate in the game/practice/activity scheduled for that day unless the absence is an excused absence. The following five items identify what the State of Maine recognizes as valid reasons for excused absences.

1. Personal illness- to be verified by school officials (parents calling, doctors note).
2. Appointments with health professionals that cannot be scheduled outside of school hours.  
Documentation needed.
3. Observance of a recognized religious holiday.
4. Emergency family situations as deemed appropriate by school officials
5. Planned absences for personal or educational purposes that have **been pre-approved by school officials.**

Students must be in school at the beginning of the day and remain in school through the entire day in order to participate in the activity that day. If a student is late due to an excused appointment, or leaves for an excused appointment and returns to school before the end of the day, they may still participate.

If a student is out on Friday before a Saturday game due to illness the student will not be allowed to participate in the Saturday game. All other Friday absences will be looked at individually by the Athletic Director and/ or Principal

## **Bona Fide Team Rule**

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

\* A single waiver per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances. (e.g. if a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student athlete were invited to participate in a nationally recognized tournament over a school vacation than that waiver may be granted for that activity. If a student requests to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted because it violates the spirit and intent of the rule.)

\*\* This policy is not intended to restrict dual sport participation in schools that allow dual participation.

\*\*\* Penalty for violation of this policy:

1st Violation Suspension from play for one game/contest

2nd Violation Removal from team for remainder of season

## **Concussions**

**Concussion (Policy JJIF, JJIF-E) \*\*Student-Athletes & Parents MUST read and sign the RSU 10 Concussion Information Sheet included in this packet** The Board recognizes that concussions and other head injuries are potentially serious and may result in significant brain damage and/or death if not recognized and managed properly. The Board adopts this policy to promote the safety of students participating in school-sponsored extracurricular athletic activities, including but not limited to interscholastic sports.

## **Dress:**

It is important that while representing Buckfield Jr/Sr High School all athletes look neat and clean. Coaches are expected to uphold appropriate dress requirements for their student athletes.

## **Detentions and Suspensions:**

Students are expected to serve any disciplinary consequences for their actions before participating in any athletic/co-curricular activity. Students will not be allowed to skip a detention in order to practice or play. If a student does miss a detention then they will not be allowed to participate in that day's activities. Students suspended from school will not be allowed to participate in athletics until their suspension is completed.

## **Drugs, Alcohol, and tobacco use ( Policy IGDA & ADC)**

**All students will be given and advised of the RSU #10 Student Participation/Parental Approval Form. The student and their parent/guardian will sign and return the form stating that they have read, understand, and agree to school unit rules and regulations. This policy will be attached.**



I. The RSU #10 Student Participation/Parental Approval Form will remain in effect for the entire school year if a student participates in any Co-curricular or Extra Curricular activities. This policy will outline acceptable and unacceptable conduct both during and outside of school as well as during school sponsored events.

II. This policy will outline the expectations of RSU #10 in regards to use /possession of substances. No student shall use, possess, buy, sell or furnish alcohol, tobacco products, or any other substance defined by law as a scheduled drug, purported to be a drug or any substance not federally scheduled that is used as a mind altering drug. It is not a violation for a student to be in the possession of a legally defined drug specifically prescribed for the student's own use by any person legally authorized to prescribed medications.

III. First Offense: (alcohol, tobacco products, or any other substance defined by law as a Scheduled drug or purported to be a drug)

1. Student and parent(s)/guardian will be required to meet with the Building administrator and/or Athletic Director

2. Student and parents/guardians will be required to meet with the school counselor. The school counselor will provide an approved list of contacts for assessment services. Additional drug/alcohol information and support will be provided.

3. After meeting with the school counselor the student will write a statement (one page minimum) using the provided RSU 10 Drug/Alcohol Reflection Guidelines regarding the changes in their behavior to prevent any reoccurrence of the abuse to the Assistant Principal/Athletic Director.

4. (Extra Curricular athletics) the student will be suspended from participating in twenty five percent (25%) of regularly scheduled games and will attend practices and games but will not be in uniform for games. The student will be expected to continue to practice with their respective team during this time. The coach will be made aware of this situation

● These items must be completed prior to the return of the student to any activity they may participate in.

5. Non-Athletic Co-curricular participants are required to fulfill the above steps, as outlined in First Offense. If a twenty five percent (25%) formula is not able to be attained, the student shall be required to complete ten (10) hours of school approved community service work (in addition to service learning requirements).

These items must be completed prior to the return of the student to any activity they may participate in.

6. If a student is participating in both Co-Curricular and Extra Curricular activities during the same time frame, and a violation occurs, the student will satisfy requirements of both 4. and 5.

IV. Subsequent Offenses: The student will be suspended from participating in any/all CoCurricular or Extra Curricular activities for the remainder of the season/activity. The student will be required to have a formal substance abuse assessment by a school approved professional (at no expense to the RSU).

1. If the student will be returning to any RSU #10 school and wishes to participate in Co-Curricular or Extra Curricular activities the following season, they will be required to complete the 1,2,3 (listed of above) and in addition twenty five (25) hours of school approved community service

V. For any student that is governed by this policy who is found to be at the scene of an underage event where violations of this policy are occurring, but found not to be using or possessing, the student will be counseled by the Building Administrator and issued a written warning. The student's parent(s)/Guardian will also be notified by the Building Administrator of this event.

If a co/extra participant self refers asking for help or is referred and there is no evidence of a violation of this policy, there will be no disciplinary action taken, however they will be required to follow JICH- Drug and Alcohol Use by Students policy Cultural and family considerations are governed by logic and law.

**It is the expectation of the Board that this policy and the consequences will be well publicized so that any student violating this policy does so by conscious decision.**

EDUCATIONAL POLICIES OF  
REGIONAL SCHOOL UNIT NO. 10

POLICY: ADC  
REVISIONS ADOPTED: 1/23/17

### **TOBACCO USE AND POSSESSION**

In order to promote the health and safety of students, staff and visitors and in compliance with applicable state and federal laws, the Board prohibits smoking and all other use of tobacco products in school buildings and other school unit facilities, on school buses, and on school grounds at all times by all persons.

In addition, students are further prohibited from possessing, selling, distributing or dispensing tobacco products in school buildings, facilities and on school grounds and buses during school-sponsored events and at all other times.

Employees and all other persons are also strictly prohibited, under law and Board policy, from selling, distributing or in any way dispensing tobacco products to students.

All of these same prohibitions shall apply to electronic cigarettes and other devices designed to deliver nicotine through inhalation or "vaping," or used to simulate smoking.

Legal Reference: 22 MRSA §§ 1578(B), 1580(A)(3)  
Me. PL 470 (An Act to Reduce Tobacco Use By Minors)  
20 USC 6081-6084 (Pro-Children Act of 1994)

### **Early Dismissals**

There are a number of times throughout a season that students are dismissed early for athletic/or extra-curricular contests. It is the responsibility of the participant to contact all their teachers concerning, assignments, tests, quizzes or other work that will be missed. Participants must be prepared for the next day.

## **Fundraising (Policy JJE)**

The Board recognizes that it is responsible for providing through the budget process the resources necessary to support the school unit's instructional program.

The Board acknowledges that student organizations may wish to engage in fundraising to support their pre-approved activities. .

It is the purpose of this policy to provide guidelines for student participation in fundraising activities.

A. **Fundraising Guidelines** The following general guidelines apply to fundraising by student organizations. These guidelines shall apply to student participation in fundraising.

1. All student fundraising activities must be approved in advance by the building administrator. There shall be sufficient benefits to the school and/or students to justify the fundraising activity.
2. All fundraising activities must provide a service or product.
3. Students cannot sell raffle tickets when money is the sole prize.
4. Student fundraising activities must be supervised by a building administrator, teacher and/or activity advisor.
5. The activity must be one in which schools and students may appropriately engage, and must not subject the schools or students to unnecessary risk or responsibility. In the event there is a question regarding the appropriateness of a fundraising activity or the activity is one that is new to the school system, the building administrator shall consult with the Superintendent.
6. Participation by students shall be voluntary:
7. The activity must not be unduly demanding of student or staff time or work. Neither students nor staff should miss instructional time to plan or implement fundraising activities, acquire, demonstrate or distribute products, solicit sales, or to collect or record monies. Students may participate in fundraising activities during non-instructional time, such as lunch periods and before or after school.
8. There shall be no mandatory quotas for product sales or donations.
9. Class time will not be used for distribution of promotional materials.
10. Students participating in fundraising activities are expected to conduct themselves in accordance with Board policies, school rules and the student code of conduct.
11. In the interest of student safety, organized activities involving door to-door solicitation by all students are prohibited unless accompanied by a responsible adult. No student shall operate a motor vehicle doing door-to-door solicitation.
12. Club and class dues shall be determined by the club or class officers in consultation with the club or activity advisor. The building administrator shall have final authority over the setting of club and class dues.
13. The building administrator and teachers or advisors supervising fundraising activities will be responsible for the collection, monitoring, deposit into student activity accounts, and disbursement of funds raised in accordance with the Board's policy DFF, Student Activities Funds Management.

B. **Solicitation of Funds by and from Students for Humanitarian or Charitable Organizations** Student fundraising may be conducted to benefit humanitarian or charitable organizations or purposes only as follows:

1. The fundraising activity or charity drive should be sponsored by a recognized school club or student organization and shall be approved in advance by the building administrator.
  2. The activity or drive must be supervised by a building administrator or teacher.
  3. Instructional time should not be used for planning or soliciting funds.
  4. Class time should not be used for distribution of promotional materials.
  5. Participation in or donation to any fundraising activity shall be optional. Under no circumstances will any student be compelled to participate or donate, or be penalized for not participating or donating.
  6. Fundraising activities must be conducted in accordance with the guidelines in Section A of this policy.
  7. The building administrator or teacher charged with supervising the fundraising activity or drive will be responsible for the collection, monitoring and disbursement of funds raised. Use of any student activity account must be in accordance with the Board's policy DFF Student Activities Funds Management.
- C. Use of Students in PTO/Parent Group Fundraisers The Board recognizes that PTO's and other parent groups may wish to involve students in fundraising activities. The following provisions apply to student participation in such activities:
1. Any fundraising activity sponsored by a PTO or other parent group that involves student participation must be approved in advance by the building administrator and be conducted in consultation with staff.
  2. Participation should provide a positive experience for students.
  3. Participation by staff and students shall be voluntary.
  4. Instructional time will not be used for fundraising activities or solicitations.
  5. All activities must be conducted in accordance with the fundraising guidelines in Section A of this policy.
- D. Coordination of Fundraising Activities The Board requires the use of a fundraising calendar in each region posted on the RSU #10 website to assist in spreading fundraisers over the school year. Building Administrator/designee will be responsible for coordinating their school fundraisers including posting to the RSU #10 fundraising calendar on the website. PTO's, boosters and other parent groups are encouraged to coordinate their fundraising activities with student organization-initiated fundraisers in order to avoid burdening local businesses and the community.

### **Hazing (Policy ACAD)**

Maine statute defines injurious hazing as "any action or situation, including harassing behavior, that recklessly or intentionally endangers the mental or physical health of any school personnel or a student enrolled in a public school."

It is the policy of the Board that injurious hazing activities of any type, either on or off school property, by any student, staff member, group or organization affiliated with this school unit, are inconsistent with the educational process and shall be prohibited at all times.

No administrator, faculty member, or other employee of the school unit shall encourage, permit, condone, or tolerate injurious hazing activities. No student, including leaders of student organizations, shall plan, encourage, or engage in injurious hazing activities.

Persons not associated with this school unit who fail to abide by this policy may be subject to ejection from school property and/or other measures as may be available under the law.

Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action, which may include suspension, expulsion, or other appropriate measures.

In the case of an organization affiliated with this school unit, which authorizes hazing, penalties may include rescission of permission for that organization to operate on school property or to receive any other benefit of affiliation with the school unit.

These penalties shall be in addition to any civil or criminal penalties to which the violator or organization may be subject.

The Superintendent shall assume responsibility for administering this policy. In the event that an individual or organization disagrees with an action—or lack of action—on the part of the Superintendent as he/she carries out the provisions of this policy, that individual or organization may appeal to the Board. The ruling of the Board, with respect to the provisions of this policy, shall be final.

### **Medical Issues and Injuries**

Injuries that are severe enough to seek medical attention will need the student's primary care physician(s) to sign off student/athletes in order to begin participating in activities or joining teams to play in athletics. All head injuries, regardless of the severity, will require written permission to resume activity from the student's attending physician or in case of surgery, the surgeon who tended to the injury.

### **Participation:**

A coach, advisor or the Athletic Director may revoke the privilege of participation if students do not conduct themselves in a manner that reflects favorably upon the school. A coach, advisor or the Athletic Director shall have the right to take disciplinary action pertaining to any problems that may arise that are not covered in this handbook. However, if dismissal is considered, the coach/advisor must obtain prior approval from the Principal and Athletic Director before such a penalty is imposed. The coach must also contact parents, so they may be informed of the situation

### **Practices**

**Practices Purpose:** To insure that athletes are involved in conditioning and skill development exercises sufficient to prevent unnecessary injury to players and to develop appropriate skills to compete at school level.

It is the policy of the Board that student athletes are involved in frequent practice during their official Maine Principals Association season or similar middle level season. To this end the following are intended to be guidelines for arranging schedules during each season:

- A. Coaches should always be present; from the beginning of practice through the time the last participant leaves the practice facility. In cases where they cannot be present, approved assistants should be in attendance.
- B. High School/Varsity: Practices may be held a maximum of six times each week, however, five is preferred. In no case shall practices be held on a Sunday.
- C. Middle School: Practices may be held a maximum of five times each week. Optional practices may be

held on a Saturday, with administration approval, and in no case shall practices be held on a Sunday.

- D. In the event of inclement weather, coaches should bring "outside" (soccer, golf, baseball, softball, etc) sports teams inside for chalk talks, conditioning drills, or other activities, which will benefit the player during competitions.
- E. In the event of inclement weather that causes the closing of school or early-release of school; No High School or Middle School teams shall practice.
- F. No matter when an athlete tries out or joins a team, he/she must have practiced a minimum of five (5) times prior to participating in a game, scrimmage, or contest against another team.
- G. Maine Principal's Association Sport Season Guidelines shall be adhered to in all situations and circumstances in regards to high school athletics. Middle school sports will follow similar guidelines established by the participating league (i.e. NFCL)
- H. Parity amongst sports shall be used when deciding scheduling of practices. Head Coach availability maybe a factor; however, assistant coaching availability shall not be a factor in determining practice times.

### **Pre-season Meetings and Coaches' Rules**

Subject to review and approval by the Athletic Director, special rules for individual sports necessary to address unique circumstances will be set by the coach, discussed at preseason meetings, and distributed in writing at the preseason meeting for all parents and athletes. These meetings will take place in the fall, winter and spring prior to the beginning of each sports season. No policy set shall conflict with established Board policy.

### **Public Conduct at School Events**

Any person who behaves in an unsportsmanlike manner during an interscholastic event may be ejected from school property. Examples of unsportsmanlike conduct include but are limited to:

1. Using vulgar or obscene language or gestures;
2. Possessing or being under the influence of any alcoholic beverage or illegal substance;
3. Possessing a weapon;
4. Fighting or otherwise striking, injuring, or threatening another person; and
5. Engaging in any activity that is illegal, disruptive or may result in criminal charges.

Visitors to the policies/rules or disrupt the safe and orderly operation of the school shall be asked to leave school grounds. The building administrator/designee has the authority to refuse entry to persons who do not have legitimate, school- related business, and/or who may disrupt the operations of the schools.

The building administrator/designee may request the assistance of law enforcement as necessary to deal with unauthorized persons or violations of the law by visitors.

The Superintendent or building administrator/designee is authorized to report incidents involving violence, threats of bodily harm (including bomb threats), possession of a weapon, possession, selling, distribution, or use of illegal substances, or other activity that is illegal or which disrupts the operation of the schools or school activities and to furnish information concerning such incidents to law enforcement officials.

### **Quitting a Team**

Athletes will be allowed to leave any team they try out for during the first two weeks of the season. However, it is still an expectation that they speak directly to the coach before leaving. After this time, if any athlete leaves for other than medical reasons, he/she will sit out during the next season of sports that he/she would participate in, unless the reason for leaving has been cleared *in advance* with the coach(es) and/or athletic administrator or principal.

### **Sports Physicals and Insurance**

A physical examination is required every two years for all interscholastic athletic program participants. According to the MPA handbook appendix P a licensed physician, nurse practitioner, physician's assistant, and Doctor of Osteopathy are the only approved examiners. The School Nurse will review the Physical Exam form and the athletic director will maintain the updated electronic student physical exam list.

Parents/guardians will be required to complete a Parental Approval/Sports Medical update form yearly. The sports medical update form will be reviewed by the athletic director, kept on file in the athletic directors office and accessible for coaches at sporting events in the event of an emergency. **(Policy JLCA)**

**All students must demonstrate evidence of health insurance coverage before participating in athletic activities. If the student is not insured by a family insurance policy, school insurance will be available at the student's expense**

### **Sports Season**

It is the responsibility of the athletic department to offer a well-balanced program of sports. To prevent overlapping of seasons and excessive specialization, each sport will have a clearly defined season. This will allow a student to go from one sport season to another without any conflicts. Where possible, a week's rest between seasons should be given.

A sport season is that period of time beginning with the first day of organized practice and ending with the day of the last regularly scheduled game or tournament for any one particular sport.

Each sport shall follow the MPA guidelines when determining the duration of preseason training and the sports season. The coach shall stay within the administrative regulations for lengthy scrimmages and games.

### **Sportsmanship Policy**

Unsportsmanlike behavior by Buckfield Jr/Sr High School student-athletes will not be tolerated.

If an official penalizes an athlete for poor sportsmanship, that individual will be required to sit out the remainder of the half. If an athlete receives more than two penalties in the same game, the individual will sit out the remainder of the game and the following contest his/her team competes in. Ejection will result in at least a complete game suspension unless the action was so serious as to justify a

longer penalty.

If a coach observes poor sportsmanship that goes unnoticed by the game officials, they have the obligation to remove the athlete from the game. If the Principal or Athletic Director is in attendance and observes an unsportsmanlike act, they may request the coach remove the player from the contest.

The coach must inform the Athletic Director or Principal if an athlete or coach is guilty of unsportsmanlike behavior during an away contest. The Athletic Director, Principal or a designee will supervise all home contests. When coverage is not possible, the coach continues to discharge their responsibilities of supervision. All unsportsmanlike behavior must be documented in writing and submitted to the Athletic Director or Principal.

Unsportsmanlike behavior will be identified as any behavior that requires action by an official, or would, if observed by an official and involves the following.

1. Any physical contact that is intentional and inappropriate with an opponent or an official.
2. Using profanity or any language that is abusive.
3. Baiting or taunting...(trash-talking).
4. Disrespect toward game officials or anyone involved in the game including fans.
5. Cheating in any way to gain an advantage.
6. Inciting undesirable crowd reaction.
7. There may be other acts that are not listed above that in the eyes of the Principal, Athletic Director and/or coach requires a game suspension or stronger action

## **Transportation**

All participants traveling to and from school-sponsored events must travel in transportation provided by the school. In special instances, as determined by the Athletic Director or Principal, the student may travel to an event with a parent or adult authorized by a parent; however, the student must submit in advance a written request signed by the parent or guardian. The coach or supervisor must be informed.

Special arrangements can be made if conflicts arise where students are at another activity and need to meet their group outside the district with parent permission and approval of the coach/advisor.

Participants will remain with their group on and off the bus and under the supervision of the coach/advisor. All school bus rules and team bus rules will be followed.

### **I. Release to Parents (Away Contents)**

- a. Parents may, at the conclusion of an away game or other event, request that they transport their student.
- b. All athletes are required to travel to and from out-of-town contests with the team in school-provided transportation. Permission to return home with parents/guardians after an away contest may be granted on special occasions. Parents **MUST** sign their child out at away contests



personally. The coach will provide the BJSHS Travel Release form for you to sign your child out. Note: Students may not sign themselves out, a parent/Guardian must do it. If a student is going home with another parent/guardian other than their own, written permission must be given in advance.

### **Uniforms and Equipment**

Equipment that is loaned to a participant is to be used only for that particular season. This equipment should only be used at practices or games. Students are responsible for the care, maintenance, and cleaning of those materials that are turned in at the end of the activity. Materials that are lost, stolen or damaged are still the responsibility of the student assigned them and payment for replacement cost will be expected. Students will not be allowed to participate in the next activity until all equipment has been returned or compensation for the lost equipment is received.

### **Parent/Coaches Communication Guidelines**

Positive involvement in sports requires commitment from students, parents, and coaches. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parent and coaches in their interaction. If you have an issue that you would like to discuss with a coach, please make an appointment to talk to them at least 24 hours after a game. Before practice is not a time to talk either, the coach is trying to plan and run a successful and beneficial practice for your son/daughter.

#### **Communication parents can expect from coaches:**

1. Location and time of practice, games/meets
2. Description of coach's philosophy
3. Coach's expectations of all student athletes on the team.
4. Team expectations
5. Notification of injury or disciplinary action of student athlete.

#### **What are appropriate concerns for parents to discuss with coaches?**

1. Skill improvement and development
2. Treatment of their student athlete
3. Concerns about the student athlete's behavior

#### **What things are not appropriate for parents to discuss with coaches?**

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

#### **Communication coaches should expect from parents:**

1. What is going well for their student athlete
2. Individual concerns expressed directly to the coach
3. Advance notification of any schedule conflicts, vacations, etc.
4. Support for the program

#### **If a parent has a concern to discuss with the coach, what procedure should be followed?**

1. Make an appointment to meet with the coach
2. Please do not attempt to confront the coach before, during, or after a game or practice. Negative comment should never be made in the stands during athletic conferences.

**What can a parent do if the meeting with the coach did not provide a satisfactory resolution?**

1. Call the Athletic Administrator to establish an appointment to discuss the further.

## **Buckfield Junior Senior High School Student-Athlete Social Media Agreement**

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

### **Recognizing the above:**

I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

I will not degrade my opponents before, during, or after games.

I will post only positive things about my teammates, coaches, opponents and officials.

I will use social media to purposefully promote abilities, team, community, and social values.

I will consider “Is this the me I want you to see?” before I post anything online.

I will ignore any negative comments about me and will not retaliate.

If I see a teammate post something potentially negative online, I will have a conversation with that teammate.

If I do not feel comfortable doing so, I will talk to the team captain, or a coach.

I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner

Student-Athlete Signature : \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature : \_\_\_\_\_ Date: \_\_\_\_\_

**INTERSCHOLASTIC ACTIVITY CONTRACT**

I, \_\_\_\_\_ have read the Interscholastic Activity Handbook and understand the rules, regulations and policies contained therein. As such, I agree to abide by them as a participant in interscholastic activities. Further, I understand that participation in these interscholastic activities is a privilege that may be withdrawn at any time for violation of these rules, regulations and policies.

\_\_\_\_\_

Name of Student (Print)

\_\_\_\_\_

Signature of Student

Date

As parent/guardian of the above name student, I attest that I have read the Interscholastic Activity Handbook and, will do my utmost to insure that my child adheres to the rules, regulations and policies contained therein.

I further understand that a coach, advisor, mentor, etc. may also establish team rules and regulations as long as those do not conflict with those contained in the handbook.

I understand that participation in interscholastic activities is a privilege my child enjoys as long as they are in compliance with rules, regulations and policies and that these privileges may be withdrawn at any time for violation of these rules, regulations and policies.

\_\_\_\_\_

Parent/Guardian (Print)

\_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian