



ATHLETICS

**Code of Conduct for
Student Athletes**

2015 - 2016

ADAMS HIGH SCHOOL
ROCHESTER HIGH SCHOOL
STONEY CREEK HIGH SCHOOL

HART MIDDLE SCHOOL
REUTHER MIDDLE SCHOOL
VAN HOUSEN MIDDLE SCHOOL
WEST MIDDLE SCHOOL

NCAA Initial-Eligibility Center:

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Center. Most students start thinking seriously about college when they are juniors in high school. You should start the certification process when you are a junior if you want to participate in Division I or II sports in college. Check with your counselor to be sure you are taking a core curriculum that meets NCAA requirements; also register to take the ACT or SAT as a junior. Submit your Student Release Form to the Center by the beginning of your senior year. The NCAA Initial-Eligibility Center Publication information is available in your counseling office, or go to: www.eligibilitycenter.org.

For information regarding Athletics:

Adams High School.....726-5200
Mr. Kevin Cumming, Principal
Mr. Jason Rapp, Athletic Supervisor

Rochester High School.....726-5400
Mr Neil Deluca, Principal
Mr. Luke Beach, Athletic Supervisor

Stoney Creek High School..... 726-5700
Dr. Cathryn Skedel, Principal
Mr. Rick Jakacki, Athletic Supervisor

Hart Middle School..... 726-4500
Ms. Allison Roberts, Principal
Mr. Mike Jamieson, Athletic Liaison

Reuther Middle School.....726-4700
Ms. Cheryl Gambaro, Principal
Mr. Nick Klak, Athletic Liaison

Van Hoosen Middle School.....726-4900
Mr. Dan Mooney, Principal
Mr. Dan Amore, Athletic Liaison

West Middle School.....726-5000
Mr. Mike Dillon, Principal
Mr. Paul Diegel, Athletic Liaison

Administration Center.....726-3138
Ms. Liz Cross, Athletic Secretary

Notice of Nondiscrimination

Rochester Community Schools does not discriminate on the basis of race, color, religion, national origin, creed or ancestry, age, sex, marital status, or handicap including but not limited to Title II, Title VI, and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendment Act of 1972, and Section 504 of the Rehabilitation Act of 1973. In addition, individuals will not be excluded from, or be denied, the benefits of participation in any program or activity for which the Board is responsible.

Rochester Community Schools has designated the following individual as Compliance Coordinator: Title IX, Section 504, Title II, Assistant Superintendent for Instruction, 501 W. University, Rochester, MI 48307 248-726-3106.

JUNIOR VARSITY

SCHOOL PATCH All athletes will be awarded one (1) chenille school patch for athletic participation on a junior varsity team during their school years.

CERTIFICATES All athletes will be awarded a school athletic certificate for each junior varsity sport season they complete.

VARSITY

VARSITY LETTER All athletes will be awarded one (1) chenille varsity letter for athletic participation during their high school years.

CERTIFICATES All athletes will be awarded the appropriate school athletic certificate for each sport season they complete.

- a) First Varsity Award in a sport – school varsity certificate.
- b) Second Varsity Award – silver school varsity certificate.
- c) Third Varsity Award – gold school varsity certificate.
- d) Fourth Varsity Award – wood school varsity plaque.

CAPTAINS STAR All athletes selected as captains of their team will be awarded the two-inch chenille school star for each such honor.

SCHOLAR ATHLETE PIN All participating athletes that maintain a cumulative Grade Point Average of 3.30 will be awarded the athletic department scholar athlete pin.

Rochester Community Schools Athletic Program Philosophy

The goal of education is to help young people to develop physically, emotionally, and intellectually. The athletic program at Rochester Community Schools is meant to contribute to this goal by providing our student athletes with opportunities to participate as team members in interscholastic athletic competition. Desirable individual outcomes include the development not only of physical skills but also of sportsmanship, teamwork, self-discipline, loyalty, tolerance and perseverance.

As an athlete you are a highly visible representative of your team, your school, and your community. You are expected to demonstrate high standards of conduct and sportsmanship as a member of the team. Whether on the court, on the sidelines, or just wearing your colors, you will be commended for, or be held responsible for, your actions. Rochester Community Schools expects good sportsmanship, fair play and good citizenship at all times for its athletes, coaches, and teams. Athletes not in compliance with the Rochester Community Schools Student Code of Conduct and the Student Athlete Code of Conduct during the Michigan High School Athletic Association athletic school year of August through June inclusive will be disciplined under both.

Rules which have been adopted by Rochester Community Schools and are also covered by MHSAA rules are indicated by an asterisk (*). Students are subject to all MHSAA rules and regulations even though such rules may not be included specifically in this document.

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An asterisk (*) indicates an MHSAA Rule

XIII. APPEAL PROCESS

Should a student, parent, or legal guardian request an appeal for the student regarding disciplinary action taken associated with Sections V, VI, VII, VIII, IX, X, or XI, that appeal shall be held before the building principal or designee.

1. The disciplinary action shall begin upon written notification to the student and parent or legal guardian. A request for an appeal shall be made within three (3) school days of the written notification of disciplinary action taken and must be made in writing to the building principal or designee stating the reasons for the appeal.
2. The student, the student’s parents, legal guardian, athletic director and affected coaches have a right to be present at a review hearing.
3. An appeal hearing at the building level shall be held. The building principal or designee shall conduct the appeal hearing.
4. During the appeal process, said student shall remain in the program.
5. The building principal or designee is the final level of appeal, except in cases where the principal was the suspending administrator or a witness against the student. In such cases, the hearing shall be conducted by the Superintendent or designee whose decision shall be final.

ATHLETIC DEPARTMENT AWARDS

A student must complete their athletic season in good standing in order to receive an athletic award. A student athlete that is removed from a team or quits during the season will not be eligible for an athletic award.

MIDDLE SCHOOL ATHLETIC AWARDS

BLOCK LETTER All athletes will be awarded one (1) six inch chenille block letter for athletic participation during their middle school years.

CERTIFICATES All athletes will be awarded a school athletic certificate for each sport season they complete.

HIGH SCHOOL ATHLETIC AWARDS

FROSH AWARDS

CLASS NUMERALS All athletes will be awarded one (1) set chenille class numeral for athletic participation during their high school years.

CERTIFICATES All athletes will be awarded a frosh school athletic certificate for each sport season they complete during their ninth grade year.

XII. SOCIAL MEDIA USE & OTHER BEHAVIORS

Student-Athletes are prohibited from the following acts on social media:

1. Posting derogatory language or remarks about teammates, coaches, other student athletes, teachers, or administrators of our school or other schools.
2. Posting demeaning statements, inflammatory language, or threats to any other person, school, or organization.
3. Incriminating photos or statements depicting or insinuating violence, bullying, hazing, sexual harassment, vandalism, stalking, underage drinking, or the selling, possessing, or use of controlled substances.
4. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
5. Indicating knowledge of an unreported felony theft or felony criminal damage to property.

Student-Atheletes are reminded that:

1. Personal identifying information posted on social networking sites becomes semi-public information. Your personal page and information can be easily accessed. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking.
2. Potential current and future employers and college admissions offices often access information you place on social media. You should think about how the information or photos you post could affect your future.
3. Freedom of speech is not unlimited. Social media sites are not a place where you can say and do whatever you want without repercussions.
4. Photos put on the social network site's server become their property.

The coach and/or athletic director reserve the right to deny athletic participation to any student whose inappropriate actions or conduct are not specifically covered in this handbook or individual team rules.

Unsportsmanlike conduct, insubordination, inappropriate behavior/conduct in school or at away events, etc. are not indicative of a Rochester Community Schools student-athlete and will not be tolerated.

I. RULES OF ELIGIBILITY FOR PARTICIPATION

The following rules of eligibility must be observed in order to participate in the interscholastic athletic program.

A. *ENROLLMENT

The student must be enrolled in the school for which he/she competes by the Monday of the fourth week of the semester in which he/she competes or must move into the school district with his/her parents or guardian with whom they lived during the current school year. The student must reside in the school service area in which he/she attends school unless he/she has received prior district and MHSAA approval to compete in a different school.

B. *AGE

High School: A student in grades nine through twelve who participates in any interscholastic athletic contest must be under nineteen (19) years of age. When a student's nineteenth birthday occurs on or after September 1 of a current school year, he/she is eligible for participation for the balance of the school year.

Middle School: A seventh or eighth grade student must be under fourteen (14) and fifteen (15) years of age respectively. A student who reaches that age after September 1 is eligible for participation for the balance of that school year.

C. *PARTICIPANT PHYSICAL EXAMINATION

A student must have a physical examination by a physician certifying that the student is fully able to compete in athletics. This physical must take place after April 15 of the previous school year to be used for the current school year. The student must submit the completed physical form to the coach, athletic coordinator or athletic director.

The student SHALL NOT PARTICIPATE in any tryout/practice sessions or contests until the completed form has been turned into the team coach or athletic director.

D. *SEASONS OF COMPETITION

A student, while enrolled in grades nine through twelve, shall be eligible to compete in no more than four (4) seasons in either first or second semester athletics. For example, a student may not compete in more than four (4) seasons of a particular sport: football, soccer, tennis, etc. Students enrolled in grades seven or eight are not limited in the number of seasons of competition. A student shall be limited to participation in only one sport season when that sport leading to a state championship is sponsored twice during the school year.

E. *SEMESTERS OF ELIGIBILITY

A student shall not be eligible to compete in any branch of athletics who has been enrolled in grades nine to twelve for more than eight semesters. The seventh and eighth semesters must be consecutive. Students in grades seven or eight are not limited in the number of semesters in which they may be eligible.

F. ACADEMIC ELIGIBILITY - ROCHESTER COMMUNITY SCHOOLS' REQUIREMENTS

High School: A student must earn credit in a minimum of five (5) classes during the previous semester **and** must maintain passing grades in a minimum of five (5) classes during the current semester to be eligible to participate in athletics.

Middle School: A student must have received passing grades in a minimum of four (4) classes during the previous semester **and** must maintain passing grades in a minimum of four (4) classes during the current semester to be eligible to participate in athletics.

For a student to maintain academic eligibility during a semester he/she must be passing the required number of classes. Compliance will be checked at the end of each marking period. If the student is not meeting the requirements, the student will be ineligible for competition until the requirement is met, a period of not less than one calendar week.

INDIVIDUALIZED ACADEMIC PLAN

A student not passing a minimum of five (5) classes (high school) and four (4) classes (middle school) at the ten (10) week marking period in the current semester will be identified as needing intervention in the form of an individualized academic plan. This plan would reflect a realistic set of academic goals and expectations based on the individual capabilities and circumstances of the identified student. The plan would be developed by the counselor and student. It would be committed to by the student and his/her parent or guardian.

The plan must include:

- A goal for "current" grade point average as measured at next card marking.
- Week to week eligibility determined with grade checks from instructors.

The plan may also include provisions for:

- Meeting with the teacher(s) as appropriate.
- Develop a daily schedule for time management.
- Where appropriate, contact with school support services.
- Evaluation of students' performance in meeting obligations of the contract.
- Goals which demonstrate academic improvement.

FAILURE TO COMPLY

Any student who fails to meet any of the above regulations will not be allowed to participate until such time as he/she complies with the regulations in this section. The student is ineligible until deficiencies are corrected. Students who fail to pass the required classes during the previous semester are not eligible to participate the entire current semester.

6. A student's penalty will be enforced on the next consecutive contest(s) of the current athletic season or next athletic season whichever comes first following the alleged violation. Cancellation due to weather or other unforeseen circumstances will not count as an athletic contest.
7. A student, in completing his/her penalty must begin and finish the sports season in good standing.
8. A student with two (2) offenses (second offenses penalty) that occur in different MHSAA calendar years will be required to fulfill the game suspension(s) and will be placed on the "second offense step" with eligibility for the remainder of the school year.
9. Any athlete disciplined under Section IX of this Student Athlete Code during his/her current sports season as defined by the Michigan High School Athletic Association calendar will not be nominated by his/her coach for any Rochester Community Schools' honors (i.e., Captain, MVP, Blue/White, Brown/Gold, Navy/White).

X. SUMMER AND OFF-SEASON PROGRAMS

A variety of sports camps, schools, clinics and training programs are offered to athletes during the off-season and summer months by individual coaches, parks, and recreations, and the district community education program. These programs provide opportunities to aspiring athletes to improve their skills in a chosen sport. These summer and off-season programs are voluntary. Athletes shall not be required to enroll in these programs as a condition for membership or placement on an athletic team the succeeding season.

XI. EXTENUATING VIOLATIONS

Students participating in the Interscholastic Athletic Program are to refrain from any infraction of school and *team athletic rules not covered explicitly by the above Student Athlete Code and the Student Code of Conduct. It is understood placement of step three (3) or above of the Student Code of Conduct places the athlete in suspension of interscholastic contests and team practices. A team member who is suspended from school as outlined in the Student Code of Conduct may not participate in practices or contests because the suspension covers all school activities. However, a team member ruled academically ineligible to participate in contests and scrimmages may still be able to practice with the team. Any participant who is dismissed from the team for the remainder of a sports season will have forfeited the opportunity to earn an athletic award.

*TEAM RULES

Coaches may set rules for their athletes in addition to the standards outlined in this code. Coaches may not set standards less stringent than those in the code. Coaches who choose to set additional standards must follow these guidelines.

1. The standards must have building administration approval.
2. The standard must be on a written form which has been read and signed by athletes and their parents, indicating their understanding and willingness to adhere to the standards.

FIRST OFFENSE: A student found in violation of Section IX for the first time during the MHSAA Athletic School Year (*August 10, 2015, through June 11, 2016) shall be suspended from interscholastic athletic competition (non-scrimmages) for 20% of the scheduled contests. This policy will be enforced immediately upon the determination of a violation. If less than 20% of the regular season remains, the suspension shall carry over to any post season contests in that sport. If the 20% suspension will not be completed with post season contests, or the violation occurs when the student is not participating in a sport, the suspension will be determined by the school's administration. In addition to serving a suspension, it is recommended that the student enroll in a substance abuse program.

Middle School athletes found in violation of Section IX will be suspended for one (1) calendar week of competition. This policy will be enforced on the next consecutive date(s).

*These dates reflect the MHSAA school year and are subject to change each year.

SECOND OFFENSE: A student found to be in violation of Section IX a second time during the MHSAA calendar year inclusive will be excluded from all interscholastic participation for the remainder of the current MHSAA calendar year. It is recommended that the student enroll in a substance abuse program.

THIRD OFFENSE: A student found in violation of Section IX a third time during his/her middle school or high school years will be excluded from all interscholastic participation for the remainder of his/her middle school or high school years. It is recommended that the student enroll in a substance abuse program.

INTERPRETATIONS - SECTION IX

1. **ATTENDING:** Being present on the property. A student will not be deemed to have attended a prohibited activity or gathering under Section IX of this code if the student can present convincing evidence that the student immediately left the prohibited activity or gathering after the student knew or reasonably should have known that tobacco, alcohol or illegal drugs were present and/or being consumed at the activity or gathering, and that the student in question did not himself or herself consume such tobacco, alcohol or illegal drugs. Whether or not the student can present convincing evidence shall be left to the judgment of the building administrator or designee.
2. Athletic coaches or team rules may impose greater penalties than these minimum penalties.
3. The penalties for violation of this section are cumulative for the four (4) years of a student's participation for high schools or the two (2) years for our middle schools.
4. Interscholastic athletic competition is defined as contests between two, or more schools and complies with the MHSAA limits of competition.
5. A scrimmage does not count as an athletic contest.

II. *AWARDS

- A. A student will not accept from any source anything for participation in athletics other than an emblematic award. An emblematic award would include, but not be limited to any medal, ribbon, badge, plaque, cup, trophy, banner, pictures or regular letter award.
- B. No acceptable award shall exceed twenty-five dollars (\$25.00) in value with the exception of the regular letter award of the school. The cost of engraving a medal or similar award need not be included in determining the value of the award.
- C. No one, such as a parent, friend or other person, may accept an award on behalf of the athlete at any time prior to graduation from high school.
- D. Acceptance of such items as cash, merchandise, memberships, privileges, services, sweaters, athletic equipment, wearing apparel, and watches would be a violation.

FAILURE TO COMPLY: Any student violating any area of this section would be ineligible for interscholastic competition for a period of at least one semester from the date of the violation. If the violation occurs after Monday of the fourth week of a semester, a student is ineligible for the balance of that semester and the succeeding semester.

III. MAINTAINING AMATEUR STATUS

- A. Students participating in athletics or planning to do so, in his/her school career, will not: (1) accept any money for participating in athletics, sports or games; or (2) sign a contract with a professional athletic team.
- B. The above rule applies to the following sports: baseball, basketball, competitive cheer, cross country, football, golf, gymnastics, ice hockey, lacrosse, skiing, soccer, softball, swimming and diving, tennis, track, volleyball and wrestling.

FAILURE TO COMPLY: A student violating this section is ineligible and may not apply for reinstatement until the equivalent of one full school year has elapsed from the date of the last violation.

IV. *OUTSIDE OF SCHOOL ATHLETIC COMPETITION

A student who has participated in any athletic contest as a member of a school team may not participate in the same sport in the same season in any athletic competition outside of and not sponsored by the school. The exception to this rule is the individual sport athlete who may participate in a maximum of two (2) individual sports meets or contests during that sport season while not representing his/her school. A student may not compete in any "all-star" contests at any time in any sport sponsored by the MHSAA during the school year.

FAILURE TO COMPLY: A student violating rules in this section will be ineligible to participate in athletic contests and scrimmages for a period from a minimum of the next three contests up to a maximum of one school year, depending on the violation.

V. STUDENT ATTENDANCE REQUIRED FOR ATHLETICS

Students are to attend school during the total school day in order to participate in athletics during the same day or evening. Should there be a situation whereby a student cannot attend school who would normally receive an excused absence, the student will be allowed to participate in the contest with approval of the building principal or designee.

FAILURE TO COMPLY: A student with an unexcused absence from school may not participate in the athletic contest or practice scheduled for that day.

VI. ATTENDANCE AT ATHLETIC PRACTICE SESSIONS AND CONTESTS

A. Attendance at practice sessions is essential to prepare athletes physically and mentally for athletic contests. All team members are required to be at all athletic practice sessions and contests at the times designated by the coach. Should situations occur when it is impossible for a participant to attend due to illness, injury and other required school or family commitments; the student shall make prior arrangements with the coach for an excused absence.

B. Participants shall be excused from team practice during regular school vacation periods when taking part in a school sponsored or parent approved trip. It is the expectation of the coach and athletic administration that the student will notify the coach at least four weeks prior to the excused absence.

FAILURE TO COMPLY: A participant, who fails to attend a regularly scheduled practice session during a season and receives an unexcused absence, may be withheld from all interscholastic athletic contests for one calendar week from the date of the unexcused absence. Upon reinstatement, the participant will be considered a regular member of the team. If an additional unexcused absence occurs, the participant may be excluded from team membership for the remainder of that sport season.

VII. TRAVELING TO AND FROM AWAY CONTESTS/PRACTICES

Any student traveling to an away athletic contest/practice as a member of a team on school owned or chartered vehicles, shall return to the home school on the same vehicle after the contest/practice is over when the vehicle is scheduled as roundtrip transportation. The only exception is if a parent makes prior arrangements with the coach, the student will be allowed to return home after the contest/ practice with the student's parents or guardian.

From time to time, unavailability of District-owned vehicles, budget limitations, or the size of the group to be transported may warrant the use of vehicles not owned or operated by the District.

FAILURE TO COMPLY: Any participant not returning from any away contest/ practice with a team without permission of the coach is ineligible to participate in athletic contests for one calendar week from the date of the violation. The participant may practice with the team. A second violation will result in dismissal from the team for the remainder of the season.

VIII. UNIFORMS AND EQUIPMENT

Athletic participants are responsible for the care, security and use of uniforms and equipment issued to them.

FAILURE TO COMPLY: Athletic participants will be responsible to pay the replacement cost for uniform or equipment items that are abused or not returned. Athletes will not be allowed to participate in athletics in succeeding seasons until this obligation is met.

IX. USE, POSSESSION, OR SALE OF TOBACCO, ALCOHOL, OR DRUG SUBSTANCES

Excellent physical and mental condition is necessary for high performance in athletics as well as to protect the personal health and safety of the participant.

Students participating or planning to participate in the athletic program are prohibited from the use, possession, or transmittal of tobacco, alcohol, illegal drugs, performance enhancing substances, or any prescription drug substance not prescribed to the student by a doctor. Said students are prohibited from attending any activity or gathering at which illegal drugs are present and/or being consumed. In addition, said students are prohibited from attending any activity or gathering at which tobacco or alcohol are present and/or being consumed, unless the activity or gathering is supervised by a parent or legal guardian of a student or students, and the tobacco and/or alcohol are not being used or consumed by persons under the age of 18 with respect to tobacco, or under the age of 21 with respect to alcohol.

FAILURE TO COMPLY: All referrals for disciplinary action shall go to the administrative personnel designated by the principal.