

WELCOME

Welcome to the Rock Port Activity/Athletic Programs! We are excited that you have chosen to participate in one of our fine co-curricular activities. Statistics show that involvement in school programs increases a student's chances of academic success and social adjustment. Since research indicates a student involved in co-curricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your student's and your experience with the Blue Jay Activity/Athletic Programs less stressful and more enjoyable.

Your decision to take advantage of this portion of our program will be educational, rewarding, and challenging. The Rock Port School District encourages you to take advantage of as many opportunities as your time and talent will permit. We do not encourage specialization in one sport or activity; rather, we would encourage you to experience a variety of sports as well as other school activities. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by you. We support you as you strive to grow emotionally, mentally, socially, and physically through our activities and athletics.

Activity Program Philosophy

We believe that student participation in any part of our activity programs is a privilege which carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student participant. Activity participation represents a year-round commitment that will help to develop the student physically, mentally, socially, and emotionally. Emphasis shall be upon teaching through school activities. To this end only can interscholastic activities be justified.

Objectives of High School and Junior High Activities and Athletics

- To promote standards of character and conduct which contribute to a creditable citizen.
- To develop leadership, good sportsmanship, new friendships, and a friendly rivalry with other schools.
- To provide a well-planned and well-balanced program of interscholastic athletics and activities for as many students as possible, consistent with available facilities, personnel and financial support; and operate and manage those athletic programs in harmony with the policies of the Rock Port Schools, the 275 Conference, and the Missouri State High School Activities Association.
- To create a desire to succeed and excel.
- To instill pride in one's ability to contribute to a team or group goal.
- To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
- To promote cooperative thinking and unification of interest and effort among the athletic programs of the Rock Port Schools.
- To be concerned with the total development of the student and promote competitive activity as a portion of the total educational program.

PARTICIPANT RESPONSIBILITIES

Activity/Athletic Commitment

We believe that school activities outside of the regular school day enhance the education of each student. We encourage you to commit yourself to being the best you can be both in and out of the classroom. As a student participant, you are in school to secure the best education you are capable of achieving. If the value of activities is to be achieved, certain responsibilities are expected of the student participant. Because you are in the public eye, your personal conduct always must be above reproach; you have an obligation to create a favorable image and gain the respect of your teammates, the Rock Port student body, and the Rock Port community.

You are also expected to:

- Strive to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
- Maintain academic citizenship and eligibility standards as established by the Missouri State High School Activities Association (MSHSAA) and Rock Port School.
- Learn the spirit of hard work and sacrifice.
- Learn to attain physical fitness through good health habits.
- Desire to excel to the limits of your potential.
- Show respect for both authority and property.

- Be willing to accept the leadership role that is instilled through the activity/athletic programs.

As a student/athlete keep in mind that most people will remember you for what your actions were in competition. You are in the public eye and your personal conduct must be above reproach. You have a personal obligation to create a favorable image, and to gain the respect of teammates, Rock Port School student body, and your community.

Good sportsmanship is a must; this concept is far more valuable than winning an event. Every athlete will be coached to win, this is the primary objective of competition, and there will be spirited play, but it must be fair play.

ACTIVITIES

Rock Port High School offers many different activities and organizations for its students to be involved with, both non-athletically and athletically. As with our classroom performance, we take these activities seriously and continuously strive for excellence. Because of our students desire to achieve high expectations and maintain high standards, the Blue Jay activities program is very successful.

Rock Port High School offers many co-curricular and extra-curricular activities/organizations. These include National Honor Society, Peer Counselors, Student Council, FCCLA, FFA, Band (marching band and concert band), Marching Band Auxiliaries (Twirlers and Flag Corp), Drama Club, Dance Team, Cheerleading, FBLA, Art Club, History Club and Scholar Bowl. Our experienced staff leads these organizations in different activities and experiences. Our students also participate in numerous academic contests (e.g., math, business).

Blue Jay athletics has a long and rich tradition that our students work toward maintaining each year. Varsity athletic offerings for the girls include volleyball, cross country, golf, basketball, and track/field. Junior Varsity action is available in volleyball and basketball. There is also a freshman team in volleyball. For the boys, varsity athletics are in football, cross country, basketball, wrestling, track/field, and golf. Junior varsity boys' sports include football, basketball, and wrestling. Our athletes are committed to excellence and consistently perform at peak levels.

Junior high athletics include volleyball, football, G/B basketball, wrestling, G/B track/field, and JH Scholar Bowl. Proper fundamentals and opportunities to play are emphasized in our junior high program, which provides rich experiences for the students and greatly enhances their high school careers.

Supplementing the Blue Jay athletic teams are our cheerleading programs, which include varsity cheerleaders for football, basketball and wrestling, as well as junior varsity cheerleaders for football and basketball. Junior high football and basketball have cheerleaders. In addition, those students who letter in athletics can join the boys or girls "R" Club.

Rock Port looks at its activities program as an extension of its curricular offerings. They allow the students to engage skills such as decision-making and critical thinking learned in the classroom to be applied in the activities arena. Providing as many activities as is feasible, while maintaining quality is the goal of the Rock Port R-II School District.

ACTIVITY TRANSPORTATION

No team or other group of pupils shall leave the school for any interscholastic activity unless accompanied by a coach, sponsor, director, or someone delegated by the principal, who shall remain with the team or group until it returns to the school. The team or group shall at all times be subject to authority of the person accompanying them.

When the school provides transportation to or from an activity, any student representing Rock Port High School must ride the bus or vehicle provided by the school. Personal contact written or verbal from the parents to the coach/sponsor in charge or administration must be made prior to the event for the student to ride home with a designated adult who is at least 21 years of age or an immediate family member who is at least 18 years of age. The legal guardian or parent will be the only adults allowed to sign a student athlete out after a ball game without prior arrangements being made. Student/athletes are not permitted to sign out and ride home or drive with other students or friends. Any deviation from student transportation roles must be approved by the building administrator.

ATTENDANCE REQUIREMENT

If a student is absent from school he/she is not eligible to participate in or attend school activities, practices or games that day. To be in attendance, a student must be in school for 8 full hours with the exceptions of doctor or dentist appointments, funerals, or other Principal pre-approved absences.

If a student is absent on Friday he or she will not participate on Saturday unless it was because of a doctor appointment, funeral, or other Principal pre-approved absence.

Any student serving OSS is not allowed to attend or participate in school activities that day. If the OSS is served on Friday, he/she is not eligible to attend or compete in any event on Saturday. Any student serving ISS is not eligible to participate in activities the day of the suspension, but he/she is able to attend the activities at coach's discretion.

Athletes must be in school, on time, the day after participation in an activity. Failure to do so will result in the participant not participating in the next game or practice. Students with a valid excused absence will defer to individual coaches' policies.

Any student athlete having an unexcused absence on a given day may not be eligible to participate in a contest until he/she has attended a full day of classes without an unexcused absence before eligibility is reinstated. This is a MSHSAA rule.

CELL PHONES

Coaches for each program will set forth the guidelines and punishment for the use of cell phones during practice and game situations. Any inappropriate use of cell phones while a student is at a school event will be subject to disciplinary action. Students are not to use cell phones in locker rooms or bathrooms. Disciplinary action may include, but not limited to, a student's suspension or expulsion from school.

COMMITMENT FORM

Prior to participating in any practice or tryout sessions for any interscholastic sport/event, each athlete/participant and parent must return the "Rock Port R-II District Activity/Athletic Commitment Form" found in the appendix of this handbook. Parents and participants should read completely the policies and information in the activity/athletic handbook. Parents and students must both sign off on the commitment form. The signed form is a contractual understanding between students/parents/coaches/sponsors of the following requirements for participation.

1. MSHSAA physical and personal medical insurance is provided (if applicable).
2. Participation in athletics and activities is voluntary and a privilege.
3. The handbook has been read, discussed, and questions answered in regard to the document.
4. Participants will follow the school district policies and comply with the requirements listed in the handbook.
5. Parents will support the high school in its efforts to promote good citizenship and the requirements listed in the handbook.
6. The commitment form must be completed for each school year. Only one commitment form needs to be on file per participant.

CONFERENCE AFFILIATION

All teams representing Rock Port High School, except wrestling, participate in the 275 Conference. Wrestling currently has no conference affiliation.

DRUG AND ALCOHOL POLICY

The Board of Education recognizes its share of the responsibility for the health, welfare, and safety of the students who attend Rock Port R-II School District. The use, sale, transfer, possession, or under the influence of intoxicants, alcohol, and/or physical or mind altering chemicals (drugs) are prohibited on or in school property including school parking lots, at school sponsored activities or events, or in any vehicle while such vehicle is being used to transport students for the school district.

While it is not the intention of the Board of Education, faculty or administration to restrict the education of any eligible person in the school district, it is recognized that good school discipline and school citizenship are necessary for the proper learning environment to take place. It is not fair to those students desiring to make the most of their educational activity opportunities to be exposed to unnecessary distractions as caused by fellow students under the influence of drugs or alcohol or in possession of these substances.

1. For the purpose of this policy a drug shall be defined as any substance capable of altering the body's chemistry or behavior patterns internally and/or externally for a brief or extended amount of time. The substance may be taken into the body by inhalation through the respiratory system, absorption through the skin or body openings, ingestion through the digestive system, or injection into any of the body's fluid systems.
2. Any student of the Rock Port R-II School District, while in possession of or under the influence of drugs without prior notification of the school nurse or respective school principal or superintendent, shall be in violation of this policy. Moreover, any student in possession of or under the influence of alcohol is also in violation of this policy. **Any** quantity of drugs/paraphernalia in the student's possession not previously cleared by Section 3 below shall be in violation.

3. The student body shall be informed that the Board of Education and the school's staff consider drug and alcohol enforcement to be a continuing duty. Therefore, all "over-the-counter" drugs will also need to be cleared with the nurse or respective principal or superintendent before being taken. While this action may seem overly harsh, it is the only way this policy may be fairly enforced to put all students on an equal basis. Students will need to daily notify one of the above people of their need for medication as long as the medication is taken.
4. The school administration or teachers shall have the right to search the person, clothing, lockers, books, vehicles, or any other personal belongings of any student under their supervision that they suspect to be in violation of this policy and as often as they deem necessary, whether during school hours, at or away from the school buildings, or at any school event, formal or spontaneous, whether at the school or at some alternate location.
5. Any student found by the administration and/or staff to be in violation of this policy shall be automatically suspended from all activities for a minimum of forty-five days. The student shall also receive a five to thirty day unexcused suspension from school and will not be re-admitted without being accompanied by a parent or guardian at the time of readmittance. Because this student does not exhibit qualities befitting special honors or privileges, all honors, earned letters, offices, special trips, etc., shall be forfeited by the students for any school activity of record during the suspension.
 - The forty-five day period is counting only days school is actually in session or days when a school activity is held excluding Saturday and Sunday. The forty-five day period may span actual semesters or school calendar years.
 - An activity shall be defined as any school event outside of the academic class time necessary for units of credit. Examples of activities would include athletic events and contests, field trips, club meetings, student government activities, cheerleading activities, and any other qualified by the above definition.
6. All substances confiscated shall be routinely analyzed by a state approved lab as to their content. Substances in violation of current state law shall cause the school to notify proper law enforcement authorities and file any appropriate charges deemed necessary.
7. A second violation of this policy shall result in expulsion from school for one calendar semester with loss of credit units for the semester. This section shall apply to any calendar semester regardless of what time in the semester the violation occurs (e.g., a violation occurring in the last week of the calendar semester shall carry the same penalty as a violation occurring in the first week of the semester). A student must have approval before being re-admitted to school classes and events.
8. A third violation of this policy shall result in permanent expulsion from the Rock Port R-II School District.

HAZING POLICY

Rock Port R-II School District prohibits any form of hazing, including but not limited to, initiation rituals and harassment. Hazing is unacceptable conduct and can result in disciplinary action. Disciplinary action may include, but is not limited to, a student's dismissal from team, and/or expulsion from school. Students who have been subjected to or witnessed hazing are instructed to promptly report such incidents to a school official. (policy 2920)

NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE

The NCAA Initial-Eligibility Clearinghouse is for core course requirements. The NCAA core course guidelines may be found with your counselor. Any student athlete having questions concerning eligibility to participate at an NCAA College or university may contact: Core-Course Information, Grading Scale Information, etc.

E-Mail: ec-highschool@ncaa.org

Mailing Address:
NCAA Eligibility Center High School Review
P.O. Box 7136
Indianapolis, Indiana 46207-7136

Phone Number for Students and Their Parents

877-262-1492 (Toll Free)

PARTICIPATION IN MORE THAN ONE SPORT IN THE SAME SEASON

An athlete may participate in more than one sport in the same season under the following conditions:

- That the athlete chooses to participate in two sports.

- That the parents approve.
- That both coaches involved approve.
- That the administration is aware of the details, and approve.
- That the athlete designates which sport takes precedence if there is a conflict.

ROCK PORT CITIZENSHIP GUIDELINES AND REQUIREMENTS

Any student who represents Rock Port School District in activities must be a credible citizen and judges so by the Rock Port High School administration certifying the list of students for participation in MSHSAA sponsored activities. Students should remember to conduct themselves in such a manner as to reflect positively upon themselves, their family, their school, and their community. The student's conduct shall be satisfactory in accordance with good discipline. In addition to the possibility of losing eligibility for inappropriate behavior as per MSHSAA guidelines, the student involved in RPHS activities is also subject to the disciplinary consequences listed in the Rock Port Parent/Student Handbook. Questions regarding citizenship eligibility cases will be handled on an individual basis although system-wide guidelines are used in attempting a uniform handling of these cases.

The standards listed below for an activity student shall be enforced during the school year while the student is listed on the eligibility roster for a sport or on the membership list of an extracurricular group or organization. The standards shall also be in force at any time during the summer months when the student is representing RPHS as a member of a team or organization of the school district.

Once it has been determined that either by admission, relevant evidence, or court conviction a student has used, possessed, or distributed alcohol, drugs, tobacco products or if a student has been convicted/or is under suspicion of committing any other criminal felony offense the following disciplinary actions will occur:

FIRST OFFENSE – student will be suspended from participation for the next contest if the activity has ten or less contests, the next two contests if the activity has eleven or more contests. The student will be expected to practice and may attend activities but will not travel with the team.

SECOND OFFENSE – student will be suspended from participation for three contests if the activity has ten or less contests, six contests if the activity has eleven or more contests. The student will be expected to practice and may attend activities but will not travel with the team.

THIRD OFFENSE – student will be suspended from participation for a period of 365 days.

EXCEPTIONS – There could be exceptions to this policy based on time or administrative ruling. A student who commits an offense in the fall and only participates in a spring activity would not be held to the consequences listed above, provided they have been to court and restitution has been made.

ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES

In addition to MSHSAA requirements, the Rock Port School District requires students to meet the following eligibility standards.

- 1.) Students in grades 7-12 receiving a failing semester cumulative grade during a scheduled grade check of the year will be placed on **probation** and parent(s)/guardian(s) will be notified. Probationary students will be allowed to participate in extracurricular activities. Students may be removed from probation when grades meet the standards and necessary steps are completed with the teachers and the principal's office on a week to week basis (Monday thru Saturday). Probationary period is given to each student for the first failing grade of each semester. Students who transfer into the district will receive the same probationary arrangement.
- 2.) A probationary student receiving a failing semester cumulative grade in any class will be **ineligible** for any extracurricular activities for a two week period (Grade Check). Students may participate in practice, but not in any scheduled competitions. Ineligible students will be required to attend Guided Study Hall for a two week session. Students may be eligible when grades meet the standards and necessary steps are completed with the teachers and the principal's office. The coach may require a greater performance standard than that of eligibility. This policy/regulation affects any student in grades 7-12, involved in an activity other than the regular school day or other than activities that are graded or classroom requirements.
- 3.) Students in grades 7-12 receiving a failing grade at semester end will be ineligible for any extracurricular activities for the entire next quarter. If the failing grade is at the end of semester 2, the student will be ineligible for the first quarter of the coming school year unless credit recovery or other arrangements for the failed class has been done over the summer and approved by the Principal. If the student is ineligible he/she will be required to attend Guided Study Hall for two (2) sessions a week. The student will become eligible for the next quarter provided all grades are passing.

Grade Checks: Grades will be checked after the second week of the new school year, and then every two weeks from there on. At the beginning of the semester all students will be eligible provided they have no failing grades from prior semester and meet the eligibility

guidelines established by the MSHSAA.

Special education students must be making satisfactory progress in the special education program in order to maintain their activity eligibility.

These eligibility guidelines apply for the following junior high (where offered) and high school activities: Football, Volleyball, Wrestling, G/B Golf, G/B Cross Country, G/B Basketball, G/B Track, Cheerleading, Student Council, National Honor Society, Family Community Career Leaders of America Officers, Future Farmers of America Officers, Scholar Bowl, Forensics, Drama Club, G/B "R" Club, Twirlers, Flag Corp, Dance Team, Royalty Candidates and/or Attendants, and Class Officers.

SPORTSMANSHIP

All players, coaches/advisors, parents, and other fans are expected to:

- Emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
- Eliminate all possibilities that tend to destroy the best values of the activity. Hazing and initiations are not acceptable or condoned on or off school grounds.
- Stress the values derived from participating fairly.
- Show cordial courtesy to officials, visitors, and each other.
- Establish a courteous relationship between visitors and hosts.
- Respect the integrity and judgment of coaches/advisors, judges, and officials.
- Achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by the participants in the activity.
- Recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
- Promote good school citizenship standards and use them as a barometer for participation.

All school discipline policies and rules apply directly to Rock Port R-II students at school activities whether they are held on school property or away from school. **Noncredible citizenship may result in disciplinary action or removal from participation.**

According to the Missouri State High School Activities Association By-Law 710:

A school may be suspended from membership in the MSHSAA and from participating in interscholastic activities with other member schools for the unsportsmanlike conduct of teams, coaches, students, and fans. Each school is responsible for the conduct of its teams, coaches, students, and fans at games both at home and away. Please support the players in a positive manner rather than possibly placing them in a position of being penalized for unsportsmanlike conduct. Thank you for your understanding and cooperation in the spirit of high school athletics.

Sportsmanship Policy: This Policy follows the Missouri State High School Activities guideline and will be strictly followed by our activities teams.

Offense – An ejection or disqualification for unsportsmanlike conduct.

First Offense:

1. Athlete will be removed from the game and the next contest for which they would otherwise be eligible.
2. Appropriate additional punishment will be decided by the head coach according to team rules with a written report submitted to the Activities Director.

Second Offense:

1. Athlete will be removed from the game and the next two contests for which they would otherwise be eligible.
2. Appropriate additional punishment will be decided by the head coach according to team rules with a written report submitted to the Activities Director.

Third Offense:

1. Removal from the team.

SCHOOL PROPERTY

Students that have school property issued to them for their use will be held responsible for such property. This will include any and all books, materials, athletic uniforms and equipment, etc. Any such items, if lost, stolen, or damaged in any manner, will be the responsibility of the student who has the items issued to them to see that they are paid for or replaced. If any student does not wish to accept this responsibility, they should not receive such school property.

Lockers are considered school property and may be searched without the presence of the student. Reasonable suspicion allows for the search of book bags and students should the need arise.

STATE COMPETITION EXPENSES

The Rock Port High School Activities Department is on a limited budget and must conserve its finances. Therefore, only participants approved in advance by the principal will be allowed to travel and/or stay overnight at state activities. These participants will have most of their expenses paid, when possible, by the school.

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION **RULES AND REGULATIONS**

The following rules and regulations are excerpts from the MSHSAA Official Handbook. The Rock Port School District is a member of this association and will do its utmost to abide by these rules and regulations.

Prior to each year of interscholastic athletic participation, a student shall furnish a commitment form, signed by the student and parents or guardians, which grants permission for the student to participate in interscholastic athletics.

MSHSAA CITIZENSHIP REQUIREMENTS

Students who represent a school in interscholastic activities must be creditable citizens and judged so by the proper authority. Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditable citizens."

Conduct shall be satisfactory in accordance with the standards of good discipline.

a. Law Enforcement: A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

b. Local School:

1. A student who violates a local school policy is ineligible until completion of the prescribed school penalties.
2. The eligibility of a student who is serving detention or in-school suspension shall be determined by local authorities.
3. A student shall not be considered eligible while *serving an out-of-school* suspension.
4. A student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal.
5. If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes.
6. Each individual school has the authority to set more restrictive citizenship standards and shall have the authority *and responsibility* to judge its students under those standards.
7. Each school shall diligently and completely investigate any issue that could affect student eligibility.

c. Student Responsibility of Self Reporting: Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.

Rock Port R-II Citizenship Violation Consequences.

Non-credible citizenship may result in disciplinary action. These actions may include parental contact, one-on-one conferences, extra athletic conditioning, benching, non-participation in interscholastic games, and/or a percentage of the interscholastic season withheld.

Ultimately, removal from participation and/or the team can occur. A student shall not be considered eligible while under suspension.

PHYSICAL EXAMS AND INSURANCE

The school shall require of each student participating in athletics a physician's certificate stating that he or she is physically able to participate in athletic contests of his or her school.

A student shall not be permitted to practice or compete for a school until it has verification that he or she has basic athletic insurance coverage.

CONDITIONING STANDARDS

Each squad must have fourteen days practice on fourteen different days and each individual must have participated in fourteen school practices on fourteen different days prior to the first game in which a student participates, except when a student has been a member of another school sports squad immediately preceding and has had the fourteen days conditioning. Activities which require 10 days are: Cheerleading, Dance, and Girls/Boys Golf.

MSHSAA ACADEMIC ELIGIBILITY

Grades 9-12

- You must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which any student can be enrolled in the semester, whichever is greater, at your school.
- For your current semester, you must be enrolled in and regularly attending courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater, for your school.
- Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for academic eligibility may count provided the course is necessary for graduation or promotion (no electives), and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility. Correspondence courses do not count.
- Students promoted for the first time into 7th or 9th grade are considered academically eligible for the first semester after promotion.
- You must be making satisfactory progress toward graduation as determined by your local school's policies.
- Do not drop courses *without first consulting with your school principal, athletic administrator or counselor* to determine whether it will affect your eligibility.

Grades 7-8

- You must be enrolled in a normal course load for your grade at the member school.
- You must have been promoted to a higher grade prior to the first day of classes for the new school year. However, even though you may have been promoted, you will be ineligible if you failed more than two courses the previous semester.

SEMESTERS OF PARTICIPATION

A student shall not participate for more than four seasons while in grades 9-12 in any interscholastic activity, and these shall be during the student's first eight semesters of attendance in high school beginning with his or her entrance in the ninth grade, and the eighth semester shall follow immediately the seventh semester. Any part of a contest of interscholastic event in which a student competes shall count as a season of participation in that activity.

A student is eligible for only two semesters in each the seventh and eighth grade beginning with the first semester of entrance in each grade. A student who is repeating a grade is not eligible.

AMATEUR AND AWARD STANDARDS

Any student who represents a school in an interscholastic sport shall be an amateur.

An athlete forfeits amateur status in a sport by competing for or accepting money or other monetary compensation (it is permissible for a student to accept necessary meals, lodging, and transportation in connection with playing a contest.)

Receiving any award or prize of monetary value which exceeds the amount that has been approved by the MSHSAA; (\$100 in the manufacturers suggested retail price.)

- An athlete cannot capitalize on athletic fame by receiving money, gifts of monetary value, or merchandise.
- An athlete cannot sign a professional playing contract in that sport.
- Accepting a nominal, standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation or playground activities shall not jeopardize amateur status.

Only symbolic awards of no intrinsic value may be accepted by a student-athlete as a result of participation in school or non-school competition in a sport. A student may receive the following without violating this standard: unattached school letters or emblems, medals, ribbon, plaques, trophies, etc... A student shall not have accepted or competed for the following types of awards: services, cash, and gift certificates.

A student may receive a merchandise award that shall not exceed \$100 in manufacturer's suggested retail price.

A student may receive an award of commemorative jewelry of a value greater than \$100 in recognition of achievements in the school athletic program only if purchased and awarded by the school.

An award presented to a student in recognition of achievements in the school athletic program by a non-school organization or individual shall be approved in advance by the school administration.

This standard shall not prevent a student from signing an agreement which binds him or her to play only for a particular team or an athletic letter-of-intent with a university or college.

- Athletes who violate this standard shall be ineligible to participate in the sport concerned.

AGE STANDARDS

A student shall not have reached the age of 19 prior to July 1 preceding the opening of school. If a student reaches the age of 19 on or following July 1, the student may be considered eligible for that year.

To be eligible for junior high school competition against teams all in a particular grade classification, the student shall not have reached the following ages prior to July 1 preceding the opening of school: Grade Seven--14; Grade Eight--15. If a student does not meet the age standard for a particular grade classification, that student may compete on a team of a higher grade classification. Seventh and eighth grade students shall not compete with or against students in grade 10 or above except in cases where they attain the age of 15 prior to July 1 preceding the opening of school and their school does not sponsor a separate ninth grade team in the sport concerned, or where they attain the age of 16 years prior to July 1 preceding the opening of school.

NON-SCHOOL COMPETITION

During the sport season a student represents his or her school by competing in an interscholastic athletic contest, he or she shall neither practice nor compete as a member of a non-school team or as an individual participant in organized non-school competition in that same sport, but he or she may compete in organized non-school competition in other sports in which MSHSAA member schools compete interscholastically under the following conditions: no school time is missed to compete, practice for, or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator and the student shall not practice for or compete in the non-school competition on the same date he or she practices or competes for the school.

TRANSFER OF ENROLLMENT STANDARDS

The following standards are for the purpose of assuring fairness to all students.

Students who transfer for reasons other than promotion are ineligible of 365 days unless their cases meet the standards under the following exceptions.

If there is a corresponding change of residence of parents or guardian from the district where a student has been in attendance to the new district, the student will be eligible. A transfer of residence during the school year for the primary purpose of making an athlete eligible shall not be accepted. Guardianship shall be recognized under this standard only if neither parent is living or legally competent. A guardian appointed for the primary purpose of making an athlete eligible shall not meet this standard. A change of residence under this rule shall consist of the moving of all household properties to the new address and the parents and student actually living there: a second family residence shall not meet the requirements of this standard.

The Board of Control of the MSHSAA may grant a student eligibility who does not meet the Transfer Standards when sufficient evidence is provided to show that it was necessary for the student to transfer because of unforeseen, unavoidable or unusual circumstances; including, but not limited to, broken home conditions, death of parents or guardian, and abandonment and provided the transfer was not for athletic reasons and there was no undue influence.

A student must be eligible in all respects at the school from which he or she is transferring to be eligible at the school to which he or she is transferring.

Even though a student transfers schools under circumstances which do not meet the terms of the Transfer of Enrollment Standards, he or she still may be granted eligibility to participate in interscholastic athletics if the student qualifies under the following terms and conditions: A student whose name has been included on a school eligibility roster at any level for a given sport during the 12 calendar months preceding the date of such transfer can be eligible only for sub-varsity competition in that sport. A student may have unrestricted eligibility in all other sports in which his or her name has not appeared on a school eligibility roster. Eligibility can be granted provided

the athletic eligibility is approved by the principals of both the sending and receiving schools and the Board of Control and further provided there is no athletic purpose involved in the transfer (approval must be granted on the special MSHSAA FORM provided.)

SPORTS CAMP ELIGIBILITY STANDARDS

A student may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sport provided the program and the student's participation meet the following requirements.

- No school coach or other school representative may directly or by implication direct a student to attend a specialized sports camp as a condition for team membership.
- No camp involving a fall season sport shall be attended after July 31.
- A student may not attend a camp or camps (combination of school and non-school) in any one sport for longer than two calendar weeks in any one calendar year where he or she receives instruction or coaching from a member of the coaching staff of the school the student attends.
- There is no restriction on the number of specialized sports camps an individual athlete may attend during the summer (when school is not in session) provided all of the guidelines in this section are met.

COLLEGE TRY-OUTS

A student may participate in a college try-out, audition or evaluation event outside the school sport season of the sport concerned under the following conditions:

- During the school year, prior approval from a school administrator must be secured
- No school time is missed for travel or participation in the try out
- A student may accept only one invitation to an evaluation event per year. There is no limit to college auditions directly sponsored by the institution.

PARENT INFORMATION

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e. practices, special equipment, out-of-season conditioning, etc.
- Procedure followed should your child be injured during participation.
- Discipline that may result in the denial of your child's participation.
- Requirements to earn a school letter for that activity

Communication coaches expect from parents:

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concerns with regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Rock Port Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. As these times occur, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

- The treatment of your child, mentally and physically.

- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches:

- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes/participants.

There are situations that may require a conference between the coach/staff advisor and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. Everyone involved is expected to be respectful, to recognize and show appreciation for the other's role, and to reinforce the school's "Student Activity/Athletic Code of Conduct" plus the policies and procedures as outlined in this handbook. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

If You Have a Concern to Discuss with a Coach/Staff Advisor, the Following Procedure Should Be Followed:

- Call to set up an appointment with the coach.
- Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution.

What Can a Parent Do if the Meeting with the Coach/Staff Advisor Did Not Provide a Satisfactory Resolution?

- Call and set up an appointment with the Activities Director to discuss the situation.
- At this meeting the appropriate next step can be determined.

Concussion Information

Approximately 10% of all athletes involved in contact sports suffer a Mild Traumatic Brain Injury (MTBI) or concussion each season. Because many mild concussions can go undiagnosed and unreported, it is difficult to estimate precisely the rate of concussion in any sport. Symptoms are not always definite and knowing when it is safe for an athlete to return to participation is not always clear.

The recognition and management of concussion in athletes can be difficult for a number of reasons. Athletes who have experienced a concussion can display a wide variety of symptoms. Although the classic symptoms of loss of consciousness, confusion, memory loss, and/or balance problems may be present in some athletes with mild traumatic brain injury, there may not be obvious signs that a concussion has occurred. Post-concussion symptoms can be quite subtle and may go unnoticed by the athlete, team medical staff or coaches. Players may be reluctant to report concussive symptoms for fear that they will be removed from the game and this may jeopardize their status on the team or their athletic careers.

We need your help monitoring and educating your student. Coaches will address and educate students about the symptoms of concussion before the start of the season. Please take the time to educate yourself on this topic by going to www.mshsaa.org, then tap on the Sports Medicine Tab. There you can watch a video and read a handout on the symptoms of a concussion.

Competitive Program Selection

Coaches/sponsors are hired by the school district to be responsible for establishing criteria for selection with input from their staff. This may be a highly subjective process. Selection and decisions regarding game/performance situations are the sole responsibility of this staff. At times, there are limited opportunities for students due to our school size and the competitive nature of high school athletics/activities. While this is not our desire, it is a reality. It is extremely difficult for coaches/sponsors to tell young people they will not be placed on the team/performance group for which they want to participate, or that they have not made any team/performance group at all. All students, regardless of their grade in school, should understand that these are real possibilities.

If selected, a student should be prepared to accept placement at any level and complete the season in good standing. Parents should also prepare themselves for this and accept the coach's/sponsor's decisions. Coaches/sponsors are expected to assemble the most

competitive team possible, by selecting individuals, filling positions according to need and appropriately placing students on the proper team/performance group, then defining each individual's role, based on certain criteria, including but not limited to, citizenship, sport/activity specific ability, sport/activity specific skills, ability to work together, and willingness to learn.

Underclass students have the same opportunity to make a varsity team/performance group as a senior does. In order to make a varsity team/performance group as a senior, a student must be willing to fulfill a role that the team/performance group needs. Our program structure dictates that there will always be more underclass students than upper class in the total program. There are many non-school teams/performance groups sponsored by different organizations through which students can gain valuable experiences by participating on these teams/performance groups. However, it is very important that students and parents understand that participation on a non-school team/performance group does not guarantee any player a place on the high school team/performance group.

The main goal of any level of competitive athletics/activities is to put the most deserving members of any team/performance group in competition to win the contests, deserving is at the discretion of the coaches. Starting positions and playing time are not guaranteed to anyone. Each member of a team/performance group is valuable to the team's/performance group's overall progress. Some members may play a great deal of the time in a contest while others may not play what a parent would consider "significant playing time." Regardless of time spent in actual competition, simply by being part of a team/performance group, a student can learn many valuable lessons such as: sportsmanship, working together to meet team/performance group goals, commitment, placing team/performance group above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

SPORTSMANSHIP

All players, coaches/advisors, parents, and other fans are expected to:

- Emphasize the proper ideal of sportsmanship, ethical conduct, and fairness.
- Eliminate all possibilities that tend to destroy the best values of the activity. Hazing and initiations are not acceptable or condoned on or off school grounds.
- Stress the values derived from participating fairly.
- Show cordial courtesy to officials, visitors, and each other.
- Establish a courteous relationship between visitors and hosts.
- Respect the integrity and judgment of coaches/advisors, judges, and officials.
- Achieve a thorough understanding and acceptance of the rules and expectations of the activity and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by the participants in the activity.
- Recognize that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
- Promote good school citizenship standards and use them as a barometer for participation.

All school discipline policies and rules apply directly to Rock Port R-II students at school activities whether they are held on school property or away from school. **Noncredible citizenship may result in disciplinary action or removal from participation.**

According to the Missouri State High School Activities Association By-Law 710:

A school may be suspended from membership in the MSHSAA and from participating in interscholastic activities with other member schools for the unsportsmanlike conduct of teams, coaches, students, and fans. Each school is responsible for the conduct of its teams, coaches, students, and fans at games both at home and away. Please support the players in a positive manner rather than possibly placing them in a position of being penalized for unsportsmanlike conduct. Thank you for your understanding and cooperation in the spirit of high school athletics.

AWARDS

OUTSTANDING ATHLETE SELECTION PROCEDURE

The following point system has been developed to help in the selection of the Rock Port High School Outstanding Boy and Outstanding Girl Athlete. There are 660 possible points (not including bonus points) – 600 of which can be earned through the criteria laid out below. The remaining 60 possible points can be earned through a vote to be taken from the coaches in the Rock Port School District – this process is covered more in depth following the criteria below. The boy and girl with the highest total number of points will be the winner. If two individuals tie, then both individuals will be awarded the honor.

1. 5 points for participating in and completing a sport. Points awarded for only one sport per season.

2. 5 points for lettering in each sport (not a provisional letter). Points awarded for only one sport per season.

3. Cross Country Scoring:

- 5 points for earning a top 10 finish in an event with 10 or more teams (once per season)
- 15 points for earning a top 10 finish at the District Meet
- 10 points for earning a high enough finish to qualify for the State Meet (not top 10)
- 20 points for earning a top 15 finish at the State Meet
- 15 points for earning All-State Honors outside of the top 15 (16th-25th)

4. Football/Basketball/Volleyball Scoring:

- 5 Points for earning 1st Team All-District Team Honors
- 2 Points for earning 2nd Team or Honorable Mention All-District Honors
- 15 Points for earning 1st Team All-Conference Honors
- 10 Points for earning 2nd Team or Honorable Mention All-Conference Honors
- 20 Points for earning 1st Team All-State Honors
- 15 Points for earning 2nd Team or Honorable Mention All-State Honors

5. Wrestling Scoring:

- 5 Points for earning a top 2 finish at the meet with 10 or more teams.
- 2 Points for earning a 3rd or 4th place finish at a meet with 10 or more schools.
- 15 Points for earning a top 2 finish at the District Wrestling Tournament
- 10 points for earning a 3rd or 4th place finish at the District Wrestling Tournament
- 20 points for earning a top 6 finish at the State Wrestling Tournament

6. Golf Scoring:

- 5 Points for earning All-Conference Honors at the Conference Golf Meet
- If no Conference Tournament exists, then 5 points will be awarded if a player earns a top 5 placing at a tournament with 8 or more teams
- 5 Points for earning a top 10 finish at the District Golf Tournament
- 2 points for qualifying for the Sectional Golf Tournament through a high enough placing at the District Golf Tournament (outside of the top 10)
- 10 Points for placing high enough at the Sectional Golf Tournament to qualify for the State Tournament
- 20 Points for earning a top 15 finish at the State Tournament

7. Track Scoring:

- 5 points for earning All-Conference honors in any individual event at the Conference Track meet (not multiple events – highest point value applies). This means placing in the top 3 in any individual event or relay (relays count as .25).
- 2 points for placing 4th, 5th, or 6th in any individual event or relay (counts as .25) at the Conference Track meet
- 5 points for earning a top 2 finish in an individual event or relay (not multiple events – highest finish point value applies – relays count as .25) at the District Track Meet
- 2 points for placing 3rd or 4th in an individual event or relay at the District Track Meet
- 10 points for earning a top 4 finish in an individual event or relay (not multiple events – highest finish point value applies – relays count as .25) at the Sectional Track Meet
- 20 points for earning a top 8 finish in an individual event or relay at the State Track

Meet (not multiple events – highest finish point value applies – relays count as .25)

8. Scholar Bowl Scoring:

- 5 points for earning All-Conference Honors at the Conference Meet
- 15 points for earning All-District Honors at the District Meet
- 20 points for earning All-State Honors at the State Meet

9. • 10 bonus points will be awarded for any student who wins an individual event (places 1st) at any state meet. This includes any normal wrestling weight class, an individual track event (not multiple events) or relay (.25 of points awarded for a relay), golf, or cross country. These points will be added onto any points already accumulated using the outlined procedure. One can earn bonus points in each season, not just one.

10. • 10 bonus points will be award for any student lettering on a state championship team in the following sports: football, basketball, volleyball, or Scholar Bowl. One can earn bonus points in each season, not just one.

Coaches' Vote Procedure:

The coaches' vote will take place among the coaches at the Rock Port School District – coaches involved with the sports in the criteria used above along with the Athletic Director and Superintendent. The coaches will be instructed to consider sportsmanship and citizenship as a portion of their vote as well as the student's athletic accomplishments. The coaches will be asked to rank the athletes in order from 1st to last (depending on the number of athletes in a particular year). The scores will be tallied and the winner will receive 60 points, 2nd place will receive 40 points, and 3rd place will receive 20 points. In the event of a tie there are two tiebreaking procedures: 1) the athlete with the most first place votes will be declared the winner of the vote, if the athletes are still tied after tiebreaker number one then 2) a revote of the coaches will be taken involving only the two athletes in question, a winner of the points will then be declared. After these points are added to the points accumulated through the criteria above, a winner(s) will be determined.

REQUIREMENTS TO LETTER

The following is a list of requirements to qualify for a letter in those activities at Rock Port High School that offer varsity letters. Factors of earning a letter are as follows:

1. Behavior patterns and injury are factors considered by the administration and coaches on percentage of points previously earned.
2. One letter per year will be given by the school.
3. One emblem will be awarded for each sport.

All Sports

1. Student must be a member of the team and in good standing at the end of the season.
2. Good school citizen.
3. Maintain MSHSAA eligibility rating and local standards as prescribed by the coaches and administration.
4. Seniors without the participation (quarters, matches...) requirements may letter if the coach feels he/she has earned it and if he/she has participated in the sport all fours years in high school.
5. Letters, bars, symbols, etc., will not be presented until the appropriate awards ceremony.

Scholar Bowl

30 points needed to letter

- 7 points - participation in Conference Tournament
- 5 points - participation in all day competition such as Peru State College
- 5 points - participation in each tri-meet
- 5 points - named to All Conference Scholar Bowl team
- 3 points - actively helping to set up and work whenever Rock Port hosts a competition
- 3 points - High Honor Roll (2nd and 3rd quarter)
- 2 points - "B" Honor Roll (2nd and 3rd quarter)
- 2 points - year of successful participation
- 2 points - working at fundraisers
- 1-3 points - coaches' discretion

Football

- One-half plus one of scheduled quarters in varsity contests.
- In case of injury, if a player has played one-half of the quarters possible previous to the injury, he is entitled to one-half of the remaining quarters.
- 4 quarters of special teams is equal to 1 quarter of offensive/defensive play.

Volleyball

- One-half plus one of scheduled games in varsity contests.
- One-half plus one of scheduled games in varsity tournaments.
- In case of injury, if a player has played one-half of the games possible previous to the injury, she is entitled to one-half of the remaining games.

Girls and Boys Cross Country

- Compete in, and finish, six 3.1 mile, or equivalent distance, meet races.
- Automatic letter for:
 1. Sub-19:00 minute meet performance for boys and sub-23:00 minute meet performance for girls.
 2. Qualifying for state level competition.

Girls and Boys Basketball

- One-half plus one of scheduled quarters in varsity contests.
- In case of injury, if a player has played one-half of the quarters possible previous to the injury, he is entitled to one-half of the remaining quarters.
- Junior varsity quarters may be used toward earning a varsity letter. Junior varsity quarters will be halved when used toward a varsity letter. The player must also have a varsity uniform.

Girls and Boys Golf

- One-half plus one of the scheduled varsity matches/tournaments.
- Meet district and MSHSAA good citizenship standards during the entire season. Athlete must be a creditable citizen. Creditable citizens are those students whose conduct - both in school and out of school - will not reflect discredit upon themselves or their school.
- In case of injury, if a golfer has played one-half of the varsity matches possible previous to the injury, he/she is entitled to one-half of the remaining matches and may letter.

Wrestling

To earn a varsity letter, participants must earn one hundred points. Points may be earned in the following manner:

- Five points - match participation and forfeits
- Fifteen points - decision
- Twenty points - superior decision (8 to 11 points of margin in winning)
- Twenty-five points - superior decision (12 or more points margin of victory)
- Thirty points - fall
- Fifty points - for placing in the top four at an eight or more team tournament
- Automatic letter for placing in the top four finishers at the district meet.

All junior varsity participants can also earn letter points to be applied to a varsity letter when they become varsity wrestlers. The above point system will be used for the junior varsity; only the scale will be halved for all junior varsity participants. Wrestlers cannot combine points from two junior varsity seasons. When a junior varsity team member becomes varsity, only the previous year's points apply toward a varsity letter.

Girls and Boys Track

- Fifteen points in dual or triangular meets.
- Any fraction of a point in any major meet.

Drama

Upon successful completion of the play production, the student must earn a total of 500 points in any combination to earn a letter. The points are awarded as follows:

- Twenty points for each rehearsal attended.
- Thirty bonus points for perfect rehearsal attendance.
- Forty points for a speaking part of fewer than twenty lines in a play.
- Ten points for every ten lines over twenty for any speaking parts in a play.
- Forty points for having a non-speaking part or being a member of the stage crew for a play.
- Twenty points for participating in a speech or drama contest.
- Thirty points for attending a speech or drama camp, seminar, etc.
- Twenty points for seeing a live stage play (outside of school), with a limit of five plays.
- Five points for each session of work for extra production work (i.e., painting, building, publicity).

Cheerleading

- Active participation in practices and games.
- Meet performance evaluation standards will be outlined at the start of the season.

Wearing of a Letter

A letter will be worn on an official jacket on the left side, or on a coat type sweater on the left side, or in the middle front of a pullover. Services bars will be worn on the left sleeve for the years lettered. The numerals for the year of graduation will be worn on the right sleeve. Only individuals who have earned a letter may wear the letter.

ROCK PORT SCHOOL POLICIES ON ACTIVITIES AND ATHLETICS

STUDENTS

(Regulation 2920)

Policy 2920

Activities and Athletics

(Form 2920)

Interscholastic Activities and Athletics

The District provides opportunities for students to participate in interscholastic activities and athletics. The interscholastic programs should encourage participation by as many students as possible and should be carried on with the best interests of the students as the primary consideration. The programs are expected to be well organized and well conducted and to have a positive influence on the students and the community.

Participation in interscholastic and extracurricular activities is a privilege and not a right. Interscholastic competition may be withheld from any student as a condition of discipline. Furthermore, all policies that apply to the regular school day apply also to interscholastic competition. Coaches and sponsors may establish policies for their groups in addition to those set out by the Missouri State High School Activities Association.

Hazing

Student hazing is inconsistent with the educational goals of the District and poses a significant risk to the physical and mental welfare of District students. Hazing of students, on or off District property, is prohibited and may result in suspension or expulsion from school and from activity/athletic participation.

FINANCIAL OPERATION

Revenue Fund Raising

Policy 3370

All fund raising activities and planning for fund raising shall be done after school hours unless prior permission is received from the building principal.

Any fund raising activity which involves student or staff personnel of the school system shall require the approval of the unit principal and Superintendent of Schools. Involvement may be defined as: any activity which mentions any student or students as being students of the school in advertisements or any activity which mentions any school organization or any oral mention of students or organizations.