

# Independent School District 199 Inver Grove Heights, Minnesota *Co-Curricular Activity Program Regulations*

The following are the Athletic Program Regulations of ISD 199. We are asking each parent and student athlete to read and sign this document. The form must be signed and on file (annually) before any student is able to participate in any co-curricular athletic program.

The primary purpose of the athletic program in ISD 199 is to promote the physical, mental, social, emotional and moral well-being of the participants. It is hoped that athletics in our schools will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy and loyalty to the program. He/she also accepts the training rules, regulations and responsibilities which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete and parent must willingly assume these obligations, as the role demands that the individual make sacrifices not required of others.

The Athletic Program Regulations apply to all athletes, cheerleaders and members of the Spartanette dance team. Participation is governed also by regulations in Student Handbooks and by regulations of the Minnesota State High School League (MSHSL).

Several of the regulations that follow may exceed similar regulations of the MSHSL. In those instances of conflicting regulations, the regulations in this document shall apply and are noted below with an asterisk (\*).

## Independent School District 199 Athletic Program Regulations

### I. General Regulations

#### A. Minnesota State High School League (MSHSL)

MSHSL rules must be followed in all cases of eligibility, transfer, physical examinations, starting dates, use of school equipment, etc. Each coach has the responsibility to inform team members and parents of school and MSHSL regulations as well as to enforce those regulations.

#### B. Civil/Criminal Offenses

Any civil/criminal law infraction or conduct by a student athlete that is determined by the head coach and school administrator to be detrimental to the athletic program, school or school district will result in consultation with the head coach and a school administrator with possible suspension.

#### C. Transfers

A student who wishes to transfer his or her participation from one activity to another after the season has begun shall seek the consent of the coaches of the two activities. If consent cannot be obtained from both coaches, the student may appeal to the activities director who shall, within three school days after the date of appeal, render a response to the appeal. The response by the activities director shall be a final decision.

#### D. Suspensions

1. Definitions - The term "suspension" as used throughout this document refers to suspension from participation in an athletic activity. It does not mean suspension from school attendance.
2. Procedure - Before any suspension under these rules shall take effect, the student shall be verbally advised by the head coach, activities director, principal, or principal designee of the alleged violation. The student will have an opportunity to explain or justify the action. If, after such a conference, the head coach and school administrator are satisfied that a suspension is justified, the student shall be provided verbal or written notice. A coach may, in an emergency situation, invoke a suspension that becomes effective immediately.
3. Terms - Student who have been suspended may, at the option of the coach, be permitted to practice with the team during the period of suspension.

#### E. Travel

When travel to and from interscholastic events is required, participants must travel in transportation provided by the school. The only exceptions are:

1. Injury or illness to a student which would require alternate transportation.
2. Arrangements made between a parent of a student and the coach, principal or activities director of the student to ride with the parent.
3. Time conflicts with other activities a student is a participant.

#### F. Unexcused Absence

Unexcused absence as determined by the coach from a scheduled practice or from a scheduled interscholastic event will result in:

1. Disciplinary action by the coach which may include suspension for one (1) interscholastic event following the first violation.
2. Disciplinary action by the coach which may include suspension for one (1) interscholastic event following the second violation.
3. Possible suspension for the remainder of the sports season.

#### G. Vandalism

Theft or malicious destruction of any school owned equipment or property is not to be tolerated. The school reserves the right to assess monetary damages for the destruction or theft of property or equipment.

1. First Offense - The student will be suspended from the squad 3 to 5 school days. At the end of this period, following consultation with the head coach and a school administrator, a decision regarding further competition will be made.
2. Second Offense - Suspension for the remainder of the sports season.

**Independent School District 199 Co-Curricular Athletic Program Regulations (Cont.)  
Inver Grove Heights, Minnesota**

**II. SCHOOL ACADEMIC AND ATTENDANCE REQUIREMENTS**

- A. Academic Progress - Student must abide by the District 199 Athletic Academic Policy.
- B. Daily Attendance - A student is not permitted to participate in an interscholastic event if she or he is not in attendance at school throughout the day of the event. Exceptions may be made by the coach provided the student has obtained an excused absence from the office of the principal for reasons other than illness or injury. Because all coaches do not have access to attendance information before each interscholastic event, the responsibility for obeying this regulation at the time of each event rests solely with the student. If a student does participate in an interscholastic event on a day during which that student was absent from school without having received an excused absence from the office of the principal for reasons other than illness or injury, the student shall be suspended from participation in the next interscholastic event in which the student would be a participant

**III. CHEMICAL USE**

A. Rule A - Use of alcoholic beverages and/or tobacco, or use or possession of drugs, narcotics or hallucinating agents by athletic program participants is prohibited.

B. Penalties

- 1. First Offense - Penalty same as MSHSL, with the addition that the student athlete will be referred to the school -pre-assessment team.
- 2. Second Offense - Penalty same as MSHSL, with the addition that the student athlete will be referred to the school pre-assessment team.
- 3. Third and Subsequent Offenses - Penalty same as MSHSL, with the addition that the student athlete will be referred to the school pre-assessment team.

\*C. Rule B - Remaining at the scene after discovering mood altering chemicals are being used will result in counseling and immediate suspension by the coach, 1 interscholastic contest for the first violation, 2 interscholastic contests for the second and subsequent violations. (Note: Not considered a MSHSL violation of Rule A above.)

**IV. RACIAL / RELIGIOUS / SEXUAL HARASSMENT / VIOLENCE**

Student athletes shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence bylaws of the Minnesota State High School League.

A. Racial/Religious/Sexual Harassment

- 1. First Offense - Penalty same as MSHSL.
- 2. Second Offense - Penalty same as MSHSL.
- 3. Third Offense - Penalty same as MSHSL.
- 4. Accumulative Penalties - Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

B. Racial/Religious/Sexual Violence

After determination of the violation of the racial/religious/sexual violence rules, the student shall lose eligibility for the next year, i.e., twelve (12) calendar months.

**V. INJURY**

Returning to practice after a major injury, the student must complete the necessary MSHSL forms.

**VI. INSURANCE**

The school district does not carry insurance that covers injuries to student athletes or loss of property. Parents or guardians will be solely liable in case of an accident, injury or loss of property.

**VII. CURFEW**

The ISD 199 coaching staff expects student athletes to observe a reasonable curfew hour. A. This curfew will vary from sport to sport and from event to event. B. Failure to comply with the individual coach's curfew procedure may result in consultation with possible suspension.

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**Participant's and Parent's Acknowledgements**

Participant:

I have read and understand the above regulations and promise to obey all school rules and regulations, to keep myself in good physical condition, to take proper care of school equipment and return it when called upon to do so, to give high priority and effort to my academic studies, to play hard but clean, to be loyal to my team and school, and to conduct myself at all times in a sportsmanlike manner. I further promise not to consume alcoholic beverages and/or drugs or knowingly attend activities where these mood altering chemicals are being used.

\_\_\_\_\_  
Signature of Student Participant

\_\_\_\_\_  
Date

Parent:

I have read and understand the above regulations and promise to assist whenever possible my son or daughter in adhering to the rules and regulations as written in this document. I further agree not to hose or knowingly let my home be used for activities for students where alcoholic beverages and/or drugs are used.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

