



**HIGH SCHOOL
ATHLETIC AND EXTRACURRICULAR ACTIVITIES
HANDBOOK**

Adopted: July 2001
Revised: July 2019

Table of Contents

Section 1: Introductory Information	5
SUPERINTENDENT’S LETTER TO PARENTS/GUARDIANS	5
INSTRUCTIONS AND NOTE	6
Instructions to Participants and Families	6
Special Note on Code of Conduct Violations	6
RELEVANT POLICIES	6
COMMITMENT TO SAFE ENVIRONMENT	7
STATE AND DISTRICT RULES	8
Section 2: Athletic Handbook	9
ROARING FORK SCHOOL DISTRICT ATHLETIC PHILOSOPHY	9
ROARING FORK SCHOOL DISTRICT BELIEF STATEMENTS	9
ATHLETIC GOALS	9
Varsity Programs	10
Sub-Varsity Programs	10
ATHLETIC OFFICIALS AND ATHLETIC CONTESTS	10
GENERAL ELIGIBILITY RULES	11
General Eligibility	11
Regaining Eligibility	11
Non-District Student participation in Athletics and Activities	12
AGE AND ATTENDANCE REQUIREMENTS	12
Age Requirements	12
School Attendance Requirements	13
Practice Attendance Requirements	13
Participation in Multiple Sports in the Same Season	13
GENERAL AWARDS RULE	14
ATHLETIC AMATEUR STATUS	14
TRANSFER RULE	14
Residence Transfer	14
Eligibility Below The Varsity Level	15
Undue Influence - Recruited Students – Following A Coach – Athletically Motivated	15
HARDSHIP CONSIDERATION	15
UNSPORTSMANLIKE CONDUCT	16
Penalty For Player Unsportsmanlike Conduct/Ejection	16
COACH EJECTION	16
POLICY ON FIGHTING IN INTERSCHOLASTIC COMPETITION	17
ATTITUDES, APPEARANCE AND BEHAVIOR OF ATHLETES AND SPECTATORS	17
OUTSIDE COMPETITION/PRACTICE	18

SUNDAY AND WINTER VACATION PRACTICE	18
SUMMER PARTICIPATION	19
SPECIALIZED SPORTS CAMPS	19
SCRIMMAGES	19
FIVE-DAY PRACTICE RULE	20
PHYSICAL EXAMINATION/PARENT PERMISSION	20
INSURANCE	20
EMERGENCY CARDS	20
ATHLETIC FEE ASSESSMENT GUIDELINES	21
EQUIPMENT	21
INJURIES	21
VACATION POLICY	21
PROCEDURES FOR “SELECTIONS” IN ATHLETIC PROGRAMS	21
OBSERVING PRACTICE SESSIONS	22
PARENT–COACH COMMUNICATION	23
COMMUNICATION AND CONFLICTS	24
ATHLETIC CODE OF CONDUCT	24
Expected Behaviors Of Athletes	25
Drug And Alcohol Policies	25
Contests Missed Due To Athletic Code Of Conduct Infractions	28
Roaring Fork School District Bullying And Harassment	28
Section 3: Extracurricular Handbook	30
ROARING FORK SCHOOL DISTRICT EXTRACURRICULAR ACTIVITY PHILOSOPHY	30
ROARING FORK SCHOOL DISTRICT BELIEF STATEMENTS	30
EXTRACURRICULAR ACTIVITY GOALS	30
STATE AND DISTRICT RULES	31
GENERAL ELIGIBILITY RULES	31
Eligibility Rules	31
Regaining Eligibility	31
School Attendance Requirements	32
Practice Attendance Requirements	32
GENERAL AWARDS RULE	32
ATTITUDES, APPEARANCE AND BEHAVIOR OF PARTICIPANTS AND SPECTATORS	32
PARENT–SPONSOR COMMUNICATION	33
COMMUNICATION AND CONFLICTS	33
EXTRACURRICULAR ACTIVITY CODE OF CONDUCT	34
Expected Behaviors Of Extracurricular Participants	35
ALCOHOL AND DRUG POLICIES	35

INSURANCE	36
PARENT VOLUNTEERS	36
SIGNATURE PAGES	38
ELIGIBILITY INFORMATION	39

Section 1: Introductory Information

SUPERINTENDENT'S LETTER TO PARENTS/GUARDIANS

Dear Students and Parents/Guardians:

Athletics and activities are integral parts of our mission to ensure that every student develops the enduring knowledge, skills, and character to thrive in a changing world. We are deeply committed to equitable access in our athletics and activities, and work to provide opportunities for all students to participate. We work in our athletic and activities programs to provide a place where all students feel a strong sense of safety and belonging, can engage and develop their passions and talents, cultivate their physical and emotional wellness, and master new skills and abilities.

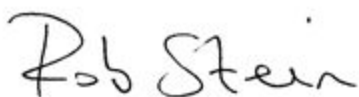
This Athletic and Extracurricular Activities handbook was created after many hours of discussion by students, parents, staff, coaches, and sponsors. The results of the discussion were deliberated and passed by the Board of Education as policy by the Roaring Fork School District. The guidelines presented in this Board of Education approved handbook are provided as a communication device to outline the privileges, expectations, and rules that govern participation in athletics and extracurricular activities for our students in the Roaring Fork School District.

Sections for Athletes and Extracurricular Activities are contained in one handbook. Please take time to read the appropriate section or sections for the activity or sport that you and your parents are considering for participation.

The second to last page of this document is the signature page for insurance as well as the contract for which you will be responsible during the school year while you participate in athletics or activities. This information is also contained in the online registration. The signed contract is in effect for the entire school year, excluding summers, with the exception of coach-supervised summer camps. You will also be asked to complete the data information in the online registration form as a requirement for participation.

In order to keep information as up-to-date as possible, you will be asked to complete the online registration at the beginning of each sport season. The signature page must be on file with the school either with an electronic copy through the online registration or through the paper form.

Thank you for your participation in the programs in your school and for upholding your commitments to safe, healthy, and ethical engagement in athletics and activities.



Rob Stein
Superintendent
Roaring Fork Schools

INSTRUCTIONS AND NOTE

Instructions to Participants and Families

The material in the athletic and activities handbook, including relevant policies, should be reviewed in detail with parents before the beginning of each season.

The signature page indicating that the student will abide by the expectations outlined in the handbook should be signed by both the student and the parent before the student begins practice. This signature page must be on file with the school either with an electronic copy through the online registration or through paper form.

Special Note on Code of Conduct Violations

The consequences for violations of the Code of Conduct as outlined in the handbook must be followed with no exceptions. As noted in the handbook, coaches may institute a code of conduct that **exceeds** the policy. In no cases shall it be less.

Students whose violation of the Code of Conduct is also in violation of other district policies will serve the required school suspensions associated with the violation in addition to their loss of eligibility.

- Loss of eligibility must be initiated immediately following the incident and will pertain to consecutive games.
- The investigation of the incident must be completed prior to the next scheduled game or contest.
- Students who opt to take a drug and alcohol class to reduce their game suspensions must have registered for the class. Completion of the class will be documented and kept in a file in the administrator's office. The class offered must have district approval and should contain the same number of sessions and time commitment as the course approved through YouthZone.
- Students start with a clean slate each year unless otherwise noted in the handbook, due to the date of the violation.

RELEVANT POLICIES

Please make time to review relevant policies by clicking the links below:

- AC: [Nondiscrimination/Equal Opportunity](#)
- ADC: [Tobacco and Nicotine-Free Schools](#)
- ADF: [School Wellness](#)
- IGAE: [Health Education](#)
- IGAG: [Teaching About Drugs, Alcohol and Tobacco](#)
- IJOC: [School District Volunteers](#)
- JIC: [Student Conduct](#)
- JICDA: [Code of Conduct](#)
- JICDD: [Violent and Aggressive Behavior](#)
- JICDE: [Bullying Prevention and Education](#)
- JICH: [Drug and Alcohol Use by Students](#)
- JJH: [Student Travel](#)
- JJH-R: [Student Travel](#) -- regulation
- JJJ: [Extracurricular Activity Eligibility](#)
- JK: [Student Discipline](#)
- JKD: [Suspension/Expulsion of Students](#)

COMMITMENT TO SAFE ENVIRONMENT

Coaches, athletic directors, and activity sponsors in the Roaring Fork School District are committed to providing an environment to support the “promotion of physical, mental, moral, social, and emotional well being of students.”

To that end, we require that:

1. Athletic Directors and principals meet with coaches and sponsors at the beginning of each school year, and/or prior to the beginning of each sport or activity, to convey that we have a no tolerance policy for bullying, teasing, harassment, or hazing, not only in our schools, but in every aspect of school sponsored programs. This includes, but is not limited to, such spaces as: Locker Rooms, Athletic Fields, Weight Rooms, Gymnasiums, Buses, Hotel Rooms on Overnight Trips, and/or Summer Camps.
2. Coaches and sponsors are required to attend a clinic, to be held at each school, prior to the beginning of a season or activity that details the expectations the school and the district has for adults who work with students. The clinic will be conducted by the principal, athletic director, or their designee. Coaches and/or sponsors who have not attended the clinic will not be allowed to work with students until attendance at the clinic has been verified. Following the clinic, coaches and sponsors are required to sign an agreement stating they understand the expectations outlined and will use their position to uphold the expectations of the district regarding student safety.

The following expectations will be included in the Coaching/Sponsor training:

1. Locker rooms/weight rooms will be free from any form of bullying, harassment, or hazing, including behaviors that students may view as consensual “teasing. The same expectation will be held for students during athletic contests or sponsored activities. Any behavior viewed as detrimental to the wellbeing of students will not be tolerated.
2. Locker rooms/weight rooms will be supervised and be considered as structured environments where students are to conduct themselves in an appropriate manner.
3. Cameras, including those contained in a cell phone, may not be used in locker rooms/weight rooms.
4. Buses transporting students to activities or athletic competitions will be supervised by the head coach and at least one assistant coach with the supervisors located throughout the bus to ensure effective supervision. If there is no assistant coach, the head coach may serve as the only supervisor. Coaches may assign seating to students at their discretion.
5. The district will develop an Athletic Code of Conduct that aligns with the expectations outlined in this document. Students violating the Athletic Code of Conduct may be subject to game/contest/school suspension, including expulsion, or legal action. It is critical to convey to students the coach’s/sponsor’s expectations that students will inform an adult if they are being subjected to any behavior that violates these expectations.
6. Coaches and athletic directors will inform parents of the expectations and/or consequences for students at all parent meetings and through written communication to parents prior to the beginning of athletic seasons or programs. Parents will be asked to inform the school if they have concerns about student behavior that they believe is detrimental.
7. The athletic director will mentor coaches new to the district during their first year of employment. Mentoring will include:

- a. Evaluation and feedback regarding the coach's enforcement of the no tolerance practices
- b. Evaluation and feedback regarding supervision of students
- c. Payroll Procedures
- d. Policies
- e. Peg League expectations for middle school coaches
- f. CHSAA rules and regulations.

STATE AND DISTRICT RULES

The Colorado High School Activities Association (CHSAA) rules have the best interest of all students in mind. These rules are published in the CHSAA handbook and selected rules are summarized here.

The Roaring Fork School District has established rules that cannot supersede CHSAA, Western Slope League, or P.E.G. League rules. The rules of the school district govern behavior and in-house problems such as attendance at contests, use of drugs and/or alcohol, and unsportsmanlike conduct.

Section 2: Athletic Handbook

ROARING FORK SCHOOL DISTRICT ATHLETIC PHILOSOPHY

It is this school district's philosophy that all athletic programs be an extension of the classroom and that learning is the primary objective for each program.

ROARING FORK SCHOOL DISTRICT ATHLETIC BELIEF STATEMENTS

We believe that...

- Athletic programs promote leadership training, mental and physical health, self-discipline, and responsibility.
- Athletic programs provide a positive alternative to drug and alcohol related activities.
- Athletic programs have a positive effect on the general school climate.
- Athletic programs are responsible for a significant number of students graduating from high school.
- All participation should be voluntary.
- There is a value in promoting healthy competition between individuals and teams.
- Athletic programs provide a good balance between individual efforts and team cooperation.
- Athletic programs are an important part of the school community.
- Athletic programs should provide equal and equitable opportunities to to all, including gender parity under Title IX.

ATHLETIC GOALS

The Roaring Fork School District supports the concept that a wide variety of athletics should be made available to all students. However, participation in athletics is a privilege and not a right. Athletics shall be conducted in accordance with the following guidelines:

1. To emphasize sportsmanship, ethical conduct and fair play.
2. To show courtesy and establish good relationships with visiting teams and officials.
3. To respect the integrity and judgment of sports officials as well as rights of others.
4. To develop leadership and good judgment by the players on the team.
5. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
6. To remind everyone that an athletic contest is only a game -- not a matter of life or death for a player, coach, school, official, fan, or community member.
7. To promote understanding of the rules essential to playing the game and emphasize the value of playing by the rules.
8. To improve the individual's ability to work within the framework of a team.
9. To demonstrate and appreciate the values of teamwork.

Participation in high school athletics is a privilege and not a right. Athletes should remember that their schools and their coaches devote a considerable amount of resources to provide them with an interscholastic athletic program. For this reason, athletes owe schools, coaches, and their teammates a great deal of commitment both on and off the field. Poor decision-making and behavior may lead to the loss of athletic privileges. Athletes should relinquish their place on the team if they cannot remain committed to their school, coaches, themselves and their team both on and off the field.

Varsity Programs

These programs are focused towards the competitive level that is required by the league and state classification. The coach will be required to place on the courts or the fields the most competitive team available. The School District acknowledges that wins and losses are a part of the game; yet, the expectation of our coaches is that our teams are well-prepared and competitive.

Sub-Varsity Programs

These programs are focused towards the development of life skills and fundamentals necessary for the participation on the varsity level. The coach of any sub-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many athletes as possible. The Roaring Fork School District acknowledges that once qualification for the particular team has been met, practice time is the only surety. Coaches will then play those members that, in the coach's opinion, are ready for actual interscholastic participation.

ATHLETIC OFFICIALS AND ATHLETIC CONTESTS

The Roaring Fork School District appreciates the work that officials do with our athletic programs.

As officials, you can expect that:

- Spectators will be informed that we expect their behavior at athletic contests to be respectful toward officials and in compliance with CHSAA regulations.
- Spectators who violate those expectations will, in most cases, be given a warning regarding their behavior, and if additional incidents occur, they will be ejected from the game. A second ejection will result in the spectator being banned for the remainder of the season.
- Contests that have a history of rivalry will be supervised by school personnel from both of the schools represented to provide additional support for crowd control whenever possible.
- Officials will be provided with a secure location before, during, and after games with support from school officials to and from the location as necessary. Water is always provided, and any additional requests will be honored if at all possible.
- The schools will provide supervision of the spectators at the games and will respond to concerns voiced by officials concerning spectator behavior or safety conditions. The game supervisor(s) will be identified to the coaches and officials and will be available throughout the contest.
- When possible, a police presence will be provided at athletic contests.

As school officials, we can expect that:

- Officials will request the assistance of school personnel when they have concerns about spectator behavior.
- Problems or concerns resulting from officiating will be directed to the school principal and/or the athletic director within three days of occurrence. If the issue is not resolved, contact will be made with the superintendent regarding the nature of the problem and the concerns over the resolution, or lack thereof.
- Officials will access the "chain of command" to resolve the problem before taking actions that impact student athletes.
- Officials will work through principals and athletic directors to address any concerns from parents. Concerns will be reviewed by the association.
- Athletic directors or superintendents are welcome to attend officials' meetings any time

- Officials avoid any actions or words that could provide spectators with an assumption of bias regarding how the game is officiated.

For parents and spectators, we view our athletic fields, courts and competition venues as an extension of the classroom. Therefore, we expect that behavior in those areas reflect the same behavior that would be expected in our classrooms. We expect that:

- You will serve as a model of sportsmanship to the students and other adults.
- You will refrain from speaking directly to an official in anything but a positive manner before, during, or after a game.
- If you have concerns about officials, you will contact your school's principal and or athletic director directly to allow them to address the issue. They will contact the officials to share your concerns.
- You understand that officials have the authority to eject you from a game without a warning.

GENERAL ELIGIBILITY RULES

For the purpose of this handbook, a competitor is defined as an athlete in a CHSAA sanctioned program, or any sport that participates in an out-of-school competition. This would include all interscholastic athletics.

General Eligibility

To be eligible to represent a high school or middle school in any athletics, an athlete:

1. Must abide by all rules of the CHSAA, the Western Slope League and District High Schools.
2. Must meet the Building Principal and/or Athletic Director's standards of conduct and sportsmanship.
3. Must be an undergraduate of a school; and have attended no more than eight (8) consecutive semesters after the start of the declaration of CHSAA 9th grade status.
4. Must be enrolled in a minimum of 6 courses after the start of the declaration of CHSAA 9th grade status.
5. Additionally, during the period of participation, the high school athlete may not fail any two classes. Eligibility is checked on a weekly basis. Any athlete failing two classes at the end of the week may be required to practice, but will not be allowed to compete. Although academic eligibility must be considered on a week-to-week basis, it should be calculated on a cumulative basis for the semester (e.g. if a student has passing grades for the first four weeks of a grading period, but receives a failing grade during the fifth week, he/she would still be eligible to compete if his/her grade for the total five weeks was a passing grade.)

Regaining Eligibility

Athletes failing two (2) classes at the end of a semester will be ineligible to compete for the succeeding semester. Ineligible athletes may regain eligibility in the following manner:

1. Except for first semester ninth (9th) graders, an athlete who fails two (2) classes at the semester will regain eligibility according to the CHSAA eligibility dates. These dates are the sixth Thursday following Labor Day for the first semester, and on the Friday immediately prior to March 10th for the second semester. Students, who are not currently participating, may regain eligibility according to the CHSAA regulations regarding the reinstatement of eligibility.

2. Must complete make-up work prior to the close of a semester for the purpose of becoming eligible. A “conditional” or “incomplete” grade shall be considered the same as a failure when determining eligibility.
3. Courses taken after the close of the second semester may be used to replace any units failed. Equivalent courses taken must be accepted by the school toward graduation. The equivalent units must be completed by the Thursday prior to Labor Day. Units made up through units must be in the same curricula area and be accepted to meet graduation requirements of classes previously failed.

Non-District Student participation in Athletics and Activities

In the event that state law requires the school district to accept out-of-district students, each student would be eligible to participate in the school offering the program that is closest to the sending school.

Students attending Yampah, Bridges, or who are home schooled would be eligible to participate in the program in their attendance area.

AGE AND ATTENDANCE REQUIREMENTS

Age Requirements

A high school athlete is eligible to enter interscholastic competition if his/her 19th birthday falls on or after August 1. A student will be declared a CHSAA athlete when they would have chronologically become a 9th grader, or 9 years after they enrolled in Kindergarten. Transfer students will keep their status from their previous district, or will be declared based on their starting enrollment in their Kindergarten year.

EXCEPTION: An undergraduate who exceeds the age limit by no more than one year may become eligible to participate in all or part of the upcoming school year under the following conditions:

1. The student experienced a delayed start or interruption in his/her educational progression through the eighth grade due to an identified profound handicap. For the purposes of this exception, handicapped shall be defined as persons, who by reason of one or more of the following conditions, are unable to receive reasonable benefit from ordinary education: long term physical impairment or illness; significant limited intellectual capacity; significant identifiable emotional disorder; identifiable perceptual or communicative disorders; or speech disorders.
2. The Principal of the school, on behalf of the student, presents a formal request for an exception to the Commissioner.
3. The Commissioner, upon examination of all documents, may grant approval of the exception for any part of the school year. Under no conditions may approval be granted for participation in more than four seasons (three in a 3-year high school) in a specific activity if the student requires an exception to the consecutive or total semester rule.

In a RFSD school, an athlete is eligible to compete for eight (8) consecutive semesters. (Cases involving unusual circumstances must be submitted to the Athletic Director.)

In a RFSD school, an athlete is eligible to compete in four (4) seasons in a particular sport.

School Attendance Requirements

All athletes are expected to demonstrate regular and punctual attendance at school.

If an athlete has an unauthorized absence from school he/she will not be allowed to participate in the next scheduled competition for that week.

When athletes are absent from school for more than one-half of the day, or any afternoon classes, they will not be allowed to participate in events for that day. Exceptions to this will be an appointment that cannot be scheduled at another time or an excused absence other than illness. If an athlete is absent because of an illness, the sponsor or school administrator may refuse the student to participate in the event. A student absence because of illness MUST inform the school of the illness by 9:00 A.M. and be in school by the start of afternoon classes to participate in competition and practices on that day.

Practice Attendance Requirements

All athletes must attend regular team practices.

The coach must give permission before a student may miss any practice session. The athlete is responsible for notifying the coach in person or via telephone, of his/her reason for being absent from a practice session prior to the practice time.

Unexcused absences from practice will be dealt with by each specific coach. Unexcused absences from practice may result in the student being dismissed from participation.

If an athlete is injured and attending school, he/she will be required to attend and watch all practices and should be in continual contact with the team trainer and/or physician. An athlete who has seen a doctor due to an injury, must provide a written medical clearance to return to practice.

An athlete will not be allowed to change to another sport (e.g. from basketball to wrestling) after two weeks of that activity season unless both coaches agree to the change. Athletes must come out for a sport within the first five (5) days of practice for the sport unless an exception is granted by the coach and Principal. Unless it is school excused, athletes must go out for their sport at the beginning of the season. There is a two-day grace period at the beginning of the season. For 3-5 days late, the athlete will miss the first contest, for more than 5 days (if allowed to go out) the athlete will miss the first two contests. Students will not be allowed to go out for a team once the cuts have been made (if applicable).

When an athlete has been suspended from a sport, he/she shall not be allowed to participate in another sport during that sport season.

Participation in Multiple Sports in the Same Season

Athletes wanting to participate in two (2) sports during the same season will be strongly discouraged.

1. Athletes and their parents will meet with both coaches and the Athletic Director prior to the season.
2. The athlete will choose a primary and a secondary sport.
3. A practice (as defined by CHSAA) and competition schedule must be agreed upon by **all** parties.
4. An athlete will not quit a primary sport to compete in the secondary sport. If the athlete quits the primary sport, he/she will not be able to practice or compete in the secondary sport until the conclusion of the primary sport season.
5. The athlete will pay the \$100 fee for both sports.

GENERAL AWARDS RULE

The general awards rule applies only to those athletics sponsored by CHSAA. An athlete may not accept any award except those presented by his/her school, CHSAA, or a group approved by his/her school or CHSAA. The award may not exceed \$50 in value. Do not confuse the awards rule with the amateur rule that appears below.

ATHLETIC AMATEUR STATUS

The amateur rule applies to those athletic activities that are recognized by the CHSAA as part of the interscholastic program. A member of a high school basketball team, for example, may accept cash awards in sports not sanctioned by the CHSAA (e.g. bowling or rodeo). Students should be aware that although accepting cash in non-sanctioned sports does not endanger their high school eligibility, it could endanger their status with other amateur groups or governing bodies.

In order to retain amateur status, high school athletes must not:

1. Compete with professionals as a member of the same team or against a team composed all or in part of professionals.¹
2. Accept money or sign a professional contract.
3. Compete under an assumed name.
4. Accept an award in a non-school activity and convert it to cash.

TRANSFER RULE

Residence Transfer

The residence transfer rule addresses athletic eligibility only as it relates to transfer. Rules related to age, semesters, academic requirements and other CHSAA bylaws may result in a residentially eligible student being declared ineligible.

A student entering high school for the first time (9th grade - 4 yr., 10th grade - 3 yr.) shall be eligible for all interscholastic athletic competition.

A student who transfers schools with an accompanying change of domicile by the parents or legal guardians (bonafide family move) into the new school's attendance area shall be eligible for all interscholastic competition.

Students who have not participated in an interscholastic contest or scrimmage in a specific sport at any level (varsity, junior varsity, freshman) during the 12 calendar months preceding the date of transfer shall be eligible at all levels in that sport.

¹NOTE: Playing with, or against professionals in golf or tennis is excluded from Section 1. In these sports, the amateur rules of the United States Golf Association and the United States Tennis Association will be in effect from the closing date or the sports season to the time the individual reports from practice in the succeeding year.

A student may transfer schools without an accompanying change of domicile by the parents or legal guardians provided he/she enrolls in the new school at the beginning of the school year.²

EXCEPTION: A student, regardless of past participation, who transfers without an accompanying change of domicile by the parents or legal guardians at the beginning of the school year but after becoming a team member in any high school (reports out for formal practice and is actively in contention for a berth on the team), will be ineligible for varsity competition in that sport for the remainder of that sports season.

A student who transfers at a time other than the beginning of a school year will be ineligible for varsity competition for the remainder of that school year, except as noted elsewhere, and is subject to the provisions of CHSAA Bylaw 1800.5 for the following school year for up to one calendar year after the school transfer.

Students who have not met academic requirements at the close of a semester may regain academic eligibility on the sixth Thursday following Labor Day for the first semester and on the Friday immediately prior to March 10th for the second semester. If a student does not meet academic standards at that time, he/she would not have the potential to become eligible until the beginning of 2nd semester.

Eligibility Below The Varsity Level

A student declared ineligible based on Section 4(A) & (B) may be granted sub-varsity eligibility following the approval of a restricted residence waiver by the CHSAA Commissioner. The waiver must be signed by the Principals or Athletic Directors of the sending and receiving schools.

Undue Influence - Recruited Students – Following A Coach – Athletically Motivated

A student who transfers schools because of the recruiting efforts of school athletic staff members and/or school representatives of athletic interests (as defined in the by-laws) shall be declared ineligible for a period of time to be determined by the Commissioner. Such period may exceed one year. Those who transfer for athletic reasons or to follow a specific coach shall be declared ineligible for one calendar year at the varsity level in any sport(s) they participated in during the twelve months prior to the transfer.

HARDSHIP CONSIDERATION

A hardship is an unforeseeable, unavoidable and uncorrectable act, condition or event that causes the imposition of severe and non-athletic burden upon the student or his/her family. This is to include the case of orphans, children of overseas military transfers, foreign exchange students, children who are wards of the state or of a court and children from broken homes.

The Commissioner, after receiving the recommendation of the school, the league and the sending school, may grant eligibility for transfer due to hardship.

No considerations for waiver may be granted if doing so the action would result in a student who was ineligible in the sending school becoming eligible in the receiving school.

² For purposes of this rule “the beginning of the school year” shall be defined as that period of time prior to a student’s enrollment and attendance for 15 days or his/her participation in an interscholastic contest or scrimmage.

Hardship appeals must be processed by the Principal of the receiving school on the appropriate CHSAA form and in concert with the specific guidelines. Waiver approval may be obtained from the league with a documented phone or fax poll.

In the event either Principal declines to approve said waiver, the Principal must delineate in writing the reasons for denial. The student by way of the Principal of the receiving school may appeal to the Commissioner. Each case shall be reviewed on an individual basis.

UNSPORTSMANLIKE CONDUCT

Penalty For Player Unsportsmanlike Conduct/Ejection

Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest.

In addition, the player shall be ineligible for the next match or contest of the same level (freshman, junior varsity, or varsity). He/she may not take part in any other contests at any level during this time. If such ejection occurs in the final match or contest of the season, then that player shall be ineligible for the first match or contest of the next season of sport that player elects to play.

Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level. He/she may not take part in any other contests at any level during this time.

Any player ejected from a third match or contest during the same season shall be subject to a penalty to be determined by the Commissioner. He/she may not take part in any other contests at any level during this time.

Any player leaving the bench area when a fight occurs during a match or contest will be ejected for the remainder of the match or contest. Player ejection will carry over to the next match or contest.

Taunting is considered as any action(s) or comment(s) by coaches, players or spectators that are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport. Penalties under these rules may include ejection or other penalties for flagrant unsportsmanlike offenses. Taunting in all sports and/or activities is an unsportsmanlike offense that may result in a game ejection with penalties as outlined in the student ejection policy.

NOTE: ANY PLAYER EJECTED FROM A CONTEST FOR AN UNSPORTSMANLIKE ACT WILL NOT BE ELIGIBLE FOR ALL CONFERENCE HONORS.

COACH EJECTION

A coach ejected from a game is automatically placed on probation according to policies established by the Executive Committee (for necessary action by the school administration, see CHSAA by-law 2420.11).

POLICY ON FIGHTING IN INTERSCHOLASTIC COMPETITION

Fighting in any contest shall be construed to consist of: an invitation to fight; closely following an opponent during a disturbance and making any taunting gestures or sounds; punching or slugging with fists whether or not a punch is landed; or wrestling or tackling an opponent outside a legal play situation.

Violation of this rule shall bring an automatic suspension for the remainder of that contest plus suspension from the next scheduled contest. The same suspension applies to any member of the participating squad who leaves the designated team area during a fight.

A second violation by the same athlete during the same season brings automatic expulsion from that program for the remainder of the season plus suspension from any and all tournament contests of that same season. Should the original violation of this rule occur during the final contest of the season, the athlete would be suspended from any and all tournament contests of that season as well as the remainder of that contest. If tournament contests are not a consideration, the athlete will be suspended from the first contest in the next season in which he/she participates.

ATTITUDES, APPEARANCE AND BEHAVIOR OF ATHLETES AND SPECTATORS

Athletics is not the most important thing that a school does, but it is one of the most visible. Therefore, athletes should remember that participation in high school athletics is a privilege and not a right and that the community, school, teammates and parents expect student athletes to behave appropriately. Athletes should remember that their schools and their coaches devote a considerable amount of resources to provide them with an interscholastic athletic program. For this reason, athletes owe them and their teammates a great deal of commitment both on and off the field. Poor decision-making and behavior may lead to the loss of athletic privileges.

At School:

1. Athletes are expected to meet standards of personal behavior that are related to model the school mission.
2. Athletes are encouraged to serve as positive role models for peers.

At Practice:

1. Athletes in sports programs are expected to approach practices as an opportunity for personal growth and achievement.
2. Athletes should take practice sessions seriously and should not behave in a manner that disrupts the practice session.
3. Displays of temper should be controlled. An athlete who loses his/her composure may cause problems for the individual and for the team.

At Games/Contests:

1. Athletes, coaches, and spectators are representatives of the school and community and have a responsibility to behave in a manner consistent as positive role models for others.
2. The captain of the team is the only athlete permitted to speak to an official. All other athletes must refrain from speaking to or showing negative emotion toward officials.

3. Athletes should respect the position of the coaches and should only discuss strategy, methods, ideas, etc. of the coach at appropriate times (not immediately following the contest) and in an appropriate manner.
4. Through CHSAA bylaws, schools have the responsibility to ban spectators who do not comply with educational goals that the schools in the association have adopted for high school contests.
5. Parents and other spectators are expected to model exemplary behavior at games and contests.
6. Athletes and coaches are expected to dress appropriately on game days and when traveling as part of the school they represent, as defined by the expectations of the Athletic Director and building Principal.

OUTSIDE COMPETITION/PRACTICE

Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the Principal or Athletic Director.

Permission shall be granted if:

1. the student's class attendance is not compromised; and,
2. the student is in good academic standing under the school's athletic policy applicable to all students.

As a participant in any high school sport, an athlete may not practice with a non-school team while he/she is a member of his/her school team **WITHOUT THE PRIOR CONSENT OF HIS/HER PRINCIPAL OR ATHLETIC DIRECTOR.**

Members of high school teams may compete on non-school teams following the completion of the final state championships in that sport.

If an athlete is asked to participate in a non-school game or tournament, he/she should notify his/her coach. An athlete's participation in a non-school activity could jeopardize his/her eligibility as well as his/her team's eligibility. This includes games and/or tournaments conducted for the benefit of charity.

NOTE: A student becomes a member of his/her high school team when he/she reports out for practice and is in contention for a berth on the team: when he/she has been issued the necessary equipment for game competition; or when he/she has been certified to another school as eligible to participate.

SUNDAY AND WINTER VACATION PRACTICE

No practices of any nature are permitted on Sundays during the school year, or during the period from December 24 to December 27th and January 1, inclusive. Practice includes any gathering of team members. Athletes are advised not to jeopardize their team's eligibility for district and state competition by practicing on Sunday or during Winter Vacation dates. Any scheduled practices from December 28th through December 31st are voluntary.

Note: No faculty member or coach may have contact with any of his/her school's Athletes from December 24 to December 27 and January 1.

SUMMER PARTICIPATION

It is the philosophy of the CHSAA that the summer belongs to the student. Coaches who have claimed the student's time and loyalty throughout the school year should not force him/her to continue training during the vacation period. Specialized sports camps are permissible under the provisions, listed below; but **NO STUDENT SHOULD BE REQUIRED TO PARTICIPATE IN ANY CAMP, WEIGHT-TRAINING PROGRAM, OR COMPETITIVE ACTIVITY** as a condition of competing during the regular season. Students who attend camps or weight training programs are expected to adhere to school policy and athletic expectations that are required during the regular school year. It is violation of these rules for a coach to tell an athlete that he/she must appear at any such sessions (or for the coach to imply that he/she will not participate during the following year if he/she does not attend.) Athletes should report any such violations to their Principal or Athletic Director.

SPECIALIZED SPORTS CAMPS

An athlete may not attend a specialized camp or clinic in which his/her coach or any faculty member of his/her school is involved during the period from December 24 to 27 or January 1.

Violations of the rules involving specialized sports camps could result in the loss of an athlete's eligibility and his/her team's disqualification from district and/or state playoffs.

Coaches shall not require participation in a specialized sport camp as a precondition to participation in high school athletics.

Students who attend camps or weight training programs are expected to adhere to school policy and athletic expectations that are required during the regular school year.

SCRIMMAGES

A scrimmage is the meeting of any number of individuals or teams from two or more high schools on a single date for participating under the conditions enumerated below:

A school in each sanctioned sport will be permitted two scrimmage dates.

Two additional interscholastic scrimmages will be allowed those wrestlers qualifying for the state wrestling meet the week after district tournaments.

Teams still involved in district, regional or state competition shall be permitted one additional scrimmage to occur between the end of the regular season and the beginning of the state championships.

Scrimmages may be held only on dates between the sixth day (not including Sundays) after the start of formal practice and the conclusion of the final championship, in all sports except football. Football may not scrimmage until the 10th day after the start of formal practice.

All athletes in interscholastic scrimmages must have completed five days of practice in the sport they are representing, except football that must have nine (9) days of practice. (See Five-Day Practice Rule below).

EXCEPTION: Golf, softball, and tennis scrimmages may be conducted from the start of the competitive season until the final state championship.

Scrimmages may not be held with non-high school teams or individuals.

All athletes in interscholastic scrimmages must be eligible in accordance with "General Eligibility" of the Administrative and General By-laws, and must be eligible in all other ways.

No score may be kept, as instruction is the primary reason for a scrimmage. The scrimmage may not be advertised and no admission may be charged. No officials may be paid.

FIVE-DAY PRACTICE RULE

Before competing in an interscholastic contest or scrimmage, each competitor must have a minimum of five (5) days (excluding Sundays) of supervised practice in that sport. Football must have nine (9) days of supervised practice. Practice days with double sessions are counted as one day at practice. Practice must be with the rest of the team -- not one coach and one athlete working out together.

EXCEPTION: Athletes in state playoff games completed less than five (5) days before the start of the next competitive season are exempted from this requirement.

PHYSICAL EXAMINATION/PARENT PERMISSION

In order to participate in athletics, each athlete must file with the Principal, or his/her designee, a statement signed by the athlete's parents (or legal guardian) and a practicing MD, DO, Nurse Practitioner, Physicians Assistant, Doctor of Chiropractic who is school physical certified certifying that the athlete has passed an adequate athletic examination within the past year, and has his/her parent's permission to participate.

If, at any time during participation, a doctor removes an athlete from participation because of illness or injury, the athlete must have a written release from a doctor before participating again. NOTE: The release may be satisfied if upon removal the doctor specifies the duration of the student's restriction from participation.

INSURANCE

Prior to participating a student must be insured through school purchased insurance, be insured by a private insurance company or acknowledge the waiving of insurance coverage. Prior to participation the insurance company name and policy number must be filed with school Athletic Director. Parents/Guardians are responsible for making certain that their child(ren) is/are adequately insured.

EMERGENCY CARDS

An emergency card containing all pertinent emergency information about each athlete **MUST** be on file. This card will be in possession of the head coach during contests and/or the athletic trainer during practices and games.

ATHLETIC FEE ASSESSMENT GUIDELINES

Athletic fees, gate receipts and fund raising are an essential source of revenue for athletic programs, therefore:

- There will be a \$100 fee per sport for high school athletes and a maximum of \$400 per family per year.
- Fees will be collected by each school. They will be collected online or in the office of each school at which time a receipt will be given to the athlete.
- The student fee is to be paid or waived prior to an athlete participating in practice in any athletic program.
- Students with financial need may request a waiver of the fee through the Principal or Athletic Director of his/her school. In order to qualify for a waiver, the student must qualify for the free or reduced lunch program. Those students on reduced lunches will pay half fee and those on free lunch program will have the fee waived.
- After the initial tryout period, this fee is non-refundable. **EXCEPTION:** Extenuating circumstances may be appealed to the Principal, Athletic Director and coach (appeal committee).

EQUIPMENT

Any athlete that has not returned equipment from the previous sport will not be issued equipment for the current sport.

Athletes are not to wear school issued uniforms (jerseys, warm-ups, etc.) except for practice and games. They are not to be worn in school or out of school except on days set by the coach.

INJURIES

All injuries are to be reported to the coach/athletic trainer regardless of how minor they may seem to be. The coach/trainer will administer first aid and/or arrange for emergency medical care. The coach is responsible for contacting the parents/guardians of the student when, in his/her judgment, the injury may require medical treatment.

VACATION POLICY

Vacations during an athletic/activity season are disruptive to the team and thus discouraged. Parents/Students wishing to do so may wish to reassess their commitment to athletics.

In the event an absence due to a vacation is unavoidable, a student must:

1. Contact the head coach prior to the vacation.
2. Practice one day for each day missed prior to resuming competition.
3. Be willing to assume the consequences related to their status on that team.

PROCEDURES FOR “SELECTIONS” IN ATHLETIC PROGRAMS

Our general philosophy in the Roaring Fork School District is to encourage all students to be involved in activities and to try to provide adequate programs and coaching for all students who want to participate. In the event that the number of students trying to make a team exceeds the safety and comfort level of the coaching staff and/or the number of spots available for participation with the maximum number of coaches employed, the following procedure will be followed in establishing a priority for “selections.”

Criteria will include but not be limited to the following:

1. Knowledge of the sport
2. Game skills
3. Attitude and Sportsmanship

Specific criteria will be developed by the coaches for each activity subject to review and approval by the Building Principal and/or Athletic Director at the start of each season. After a minimum of 4 and a maximum of 10 practice days, a team roster will be determined by the coach and submitted to the Athletic Director.

In order of priority for being “selected” last:

1. Senior students trying out for a team and not making the varsity level, where they will be used regularly during the season. NOTE: Seniors will not be allowed to participate at the sub varsity level (with the exception that the need to fill a team roster to avoid cancellation of games.
2. Any student of any level whose attitude, work ethic, training ethic or behavior is judged to be of a potentially negative nature to the team or to other individual team members.
3. After determining the maximum number of spots on J.V. and Varsity teams, junior students whose abilities are rated lower than the abilities of those listed in the maximum number of spots taken on the squads.
4. After determining the maximum number of spots on J.V. and Varsity teams, sophomore students whose abilities are rated lower than the abilities of those listed in the maximum number of spots taken on the teams.
5. After dividing the freshman team into the maximum number of “sub- teams” to allow for an equal participation by all students, freshman students whose abilities are rated lower than the abilities of those listed in the maximum number of spots on the freshman team.

If selections are necessary the coach of that team is expected to discuss the action with each athlete, providing feedback in strengths, skill level, and specific reasons for the decision.

In all cases of selections made prior to the beginning of the regular season, a full refund of athletic fee will be made to the family of the student. Any refund or proration of fees after the start of the regular season will be made at the discretion of the Athletic Director.

Individuals wanting to try-out after the original starting date may not be guaranteed a try-out. The final decision will be made by the Principal and Athletic Director.

OBSERVING PRACTICE SESSIONS

It is the Roaring Fork School District's policy that parents/guardians³ are welcome to observe practice sessions. Observing practice is discouraged until after the selections have been made (where applicable).

A successful team, in large part, is the result of the development of the relationship between the coach and his/her athletes and their parents. It is recognized that there is the need for a parent to be a part of the program, and it is important to define a way to meet the needs of both the parent and the team in a way that is mutually beneficial. Practice time is limited and very valuable. With concentrated effort and attention, a team can achieve a great deal.

Athletics are an extension of the classroom, therefore, the observers need to be as unobtrusive as possible. Because any break in routine is a distraction, the coach will designate an area he/she feels will be the least disruptive. The observer will be asked to remain in that area. Any interaction or distraction of the student athletes and/or coach will not be permitted before, during or after practice. Any parent wanting to speak with the coach about a concern is expected to call and/or make an appointment for a meeting at a mutually convenient time to both coach and parent.

PARENT–COACH COMMUNICATION

Parents and coaches are two of the most important role models in a student's life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

Communication that parents expect from coaches:

- Philosophy of the coach.
- Expectations the coach has for the student and the team.
- Location and times of all practices and games.
- Team requirement: i.e. practices, special equipment, out-of-season training.
- Procedures to follow should the student be injured during participation.
- Disciplinary action that may result in the student being denied the right to participate.

Communication that coaches expect from parents:

- Concerns regarding a coach's decision, philosophy and/or expectations.
- Notification of any illness or injuries or missed practices.

Appropriate concerns to discuss with coaches:

- Treatment of the student, emotionally and physically.
- Ways to help the student improve.
- Concerns about the student's behavior.

It can be very difficult for a parent/guardian to accept that their student is not playing as much as the parent/guardian hopes. Coaches understand this concern. They make decisions based on what they believe to be best for all students involved. The amount of participation time is at the discretion of the coach. As you have seen from the above list, certain things can and should be discussed with your coach. Other things, such as those listed below, must be left to the discretion of the coach.

³NOTE: To prevent scouting, individuals wanting to observe practice will be limited to parents/guardians, unless otherwise approved by the head coach.

Issues not appropriate to discuss with the coach:

- Playing time.
- Other student athletes regarding participation or skills.
- Team strategy.
- Play calling.
- Personnel Decisions – Personnel decisions regarding hiring or retention of coaches are made by the Athletic Director and the Principal. While parents' views of the coach's ability or conduct may differ from that of those responsible for evaluation and hiring, the final decision rests with school personnel and ultimately, the Board of Education.

COMMUNICATION AND CONFLICTS

It is inevitable, because of the nature of high school athletics that student athletes or their parents and coaches are going to have disagreements. The District would encourage parents to resolve conflicts in a respectful manner. Our District goal would be to resolve any and all conflicts at the building level; therefore the following conflict resolution plan must be followed in sequence. Please do not attempt to confront a coach immediately before, during, or after a contest. These can be emotional times for both parents and coaches. Meetings of this nature do not promote conflict resolution.

It is important that problems and concerns be addressed as soon as possible. At times, coaches may be difficult to contact, however, each building has an Athletic Director who is available when coaches are not. We encourage student athletes to contact the appropriate coach or Athletic Director when problems arise. If satisfaction is not found at the building level, the Principal or Athletic Director will work with parents and coaches to meet and present their concerns and problems to the Superintendent.

The following sequence is the preferred way when dealing with conflicts:

1. Student athlete and coach/head coach.
2. Student athlete and athletic director.
3. Student athlete, parent, coach and athletic director.
4. Student athlete, parent and athletic director.
5. Coaches and athletic director.
6. Student athlete, parent, principal, athletic director, coach.
7. Student athlete, parent, principal, athletic director, coach and Superintendent.

ATHLETIC CODE OF CONDUCT

Participation in athletics as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet all the standards of personal behavior and academic performance of the school district, including those outlined in policy (see especially policies in section J, including but not limited to JIC, JICDA, JICH, and JJJ). However, at times athletes are held to a higher standard of conduct. In this regard, the Colorado High School Athletics Association (CHSAA) and its member schools may exercise the fullest discretion permitted by law to uphold behavioral and academic expectations. Athletes in extracurricular activities must respect the schools' ideals in matters of citizenship, conduct, and sportsmanship. Therefore, any individual athlete or team that participates in competition is subject to the following athletic code of conduct requirements.

The district endorses and supports choices for healthy lifestyles that do not include the use of tobacco products, illegal drugs, underage and illegal alcohol consumption, or other unlawful behavior (see, e.g., policies JICH, ADC, JIC, JICDA, JK). The Roaring Fork Schools promote healthy living through instruction of the district health curriculum (see policy IGAE and IHAMA), through policy (see, e.g., ADF), as well as by modeling healthy living through our athletic programs.

The district encourages the coaching staff to regularly discuss and promote these healthy lifestyle choices for the benefit of our students. Additionally, opportunities for discussion and clarification of current district policy regarding these issues must be provided. At the very minimum, these discussions shall take place at the beginning of each season⁴ for athletes.

These policies will be enforced from the date of the first practice through the end of that season the following year, excluding summers, with the exception of coach-supervised summer camps. Handbooks will be discussed at the first organizational meeting and contracts will be signed before the first practice.

Individual coaches may institute additional code of conduct requirements that exceed policy requirements through a written agreement between the athlete, parent, and the Athletic Director.

Expected Behaviors Of Athletes

1. Student athletes are important representatives of our schools and the community and have a responsibility to behave in a manner consistent with their role as positive role models for others. Students charged with violations of the law, other than traffic offenses, that result in confirmed involvement in misdemeanor or felony activities fall under the drug and alcohol policies established for the Roaring Fork Schools code of conduct (see, e.g., JICH, ADC, JIC, JICDA, JK).
2. In season athletes suspended for behavioral or attendance problems may not attend or participate in any athletic games for the duration of the expulsion (per policy JKD) and will lose eligibility for the next contest⁵ after the suspension is served, and within one week of the suspension. The Principal or Athletic Director may also suspend eligibility for conduct that violates CHSAA citizenship standards.
3. All athletes traveling on a bus or van to an athletic event must return home with the team. An athlete may be released to his/her parents or legal guardians upon signing the parent release form that the coach has at the site. Athletes may not be released to anyone other than their parents even if a note is given.

Drug And Alcohol Policies

The use of tobacco products, alcoholic beverages or illegal drugs (e.g., beer, liquor, marijuana, cigarettes, cigars, pipes, e-cigarettes, vapor pens, etc.) is strictly forbidden. In addition to the rules outlined in district policies regarding tobacco, alcohol, and/or illegal drugs (see, e.g., JICH, ADC, JIC, JICDA, JK), athletes have additional behavior standards they are expected to uphold, including that they take the initiative to remove themselves from potentially dangerous situations. Therefore, students need to find ways to get themselves out of these situations. Athletes involved in situations in which drugs or alcohol are present must excuse themselves and leave immediately, or they will be considered in violation of this contract. It is expected that athletes who find themselves in a situation in which they are unable to leave safely must notify parents, school officials, or police immediately. While the district understands

⁴ Season is defined: From the first practice until completion of state playoffs in that sport.

⁵ Contest is defined: Scrimmages are not considered contests.

that students feel obligated to give aid to others who have participated in illegal consumption of illegal substances, there is the possibility that serving as a designated driver could result in an unintended consequence of danger or liability for students. At all times, the district encourages students to rely on responsible adults for assistance.

For Athletes: All students are permitted an **out-of-season opportunity to self-report a violation** of the drug and alcohol policy. This will result in a “no consequence” outcome. This opportunity exists only once in a four (4) year period of CHSAA eligibility. Students utilizing this opportunity must report this incident to the Athletic Director, Principal, and/or Assistant Principal at the first available opportunity during the next school day. The school official will contact the parent/guardian to inform them of this opportunity being utilized.

**Violations are accrued over the course of a student’s high school career. Violations are not wiped clean at the beginning of each year.

The **first violation** of this policy will result in a loss of athletic eligibility of 30% of the allowable games played for the season. Students may be required to continue to practice with the team during this time. If they are not able to serve their full suspension during the season, they will finish serving the suspension in the next sport in which they participate. Students who violate this policy while in season are not eligible to letter nor will they be eligible for postseason awards, unless the following actions are completed within the same season (this only applies to a first violation):

- The participant will write a letter of apology explaining what violating the athletic code of conduct means and how they violated it. It will be read to the team and coaches before reinstatement.
- The participant will serve six (6) hours of school service with the athletic director before reinstatement.
- During this time of consequence, participants can attend practice and meetings and be in attendance at all home games during the suspension. Participants are not allowed in uniform or allowed to sit on the team bench during games.
- Each activity may have additional requirements set forth by the coach/advisor.

NOTE: With the following choice, this policy allows students to be proactive in their consequence.

An athlete under first violation may exercise the following option:

If, after the first violation, the athlete chooses to lessen the games missed they may complete a district approved drug and alcohol class paid for by parent or guardian. The loss of Extracurricular Activity eligibility will be 10% of allowable games played.

Participants are still required to complete the following:

- The participant will write a letter of apology explaining what violating the athletic code of conduct means and how they violated it. It will be read to the team and coaches before reinstatement.
- The participant will serve six (6) hours of school service with the athletic director before reinstatement.
- During this time of consequence, participants can attend practice and meetings and be in attendance at all home games during the suspension. Participants are not allowed in uniform or allowed to sit on the team bench during games.

- Each activity may have additional requirements set forth by the coach/advisor.

A **second violation** will result in termination of athletic eligibility for the remainder of the current season and the next season of participation regardless of sport, which could carryover to the following school year. Students will also forfeit 30% of the contests of any other athletic season in which they participate for one calendar year from the date of infraction.

Another option for an athlete with a second violation is to choose drug and alcohol evaluation, paid for by the parent or guardian. An athlete choosing this option will serve the following consequences: 30% of their current season or if not currently participating in a sport; they will be suspended for 30% of their allowable contests in the next interscholastic sport in which they participate. If they are not able to serve their full athletic suspension during the season, they will finish serving the athletic suspension in the next sport in which they participate.

- The participant will write a letter of apology explaining what violating the athletic code of conduct means and how they violated it. It will be read to the team, school staff and administration before reinstatement.
- The participant will serve 12 hours of school service with the athletic director before reinstatement.
- During this time of consequence, participants CANNOT attend practice and meetings and may only attend games during the suspension as a spectator.
- Each activity may have additional requirements set forth by the coach/advisor.

Students with a more than one violation while in season are not eligible to letter nor will they be eligible for postseason awards.

A **third violation** will result in termination of athletic eligibility for the remainder of the current sport season plus the next three sport seasons⁶.

Another option for an athlete with a third violation is to complete the following steps for reinstatement.

1. Submit a written plan for counseling and assessment.
2. Receive approval of plan prior to implementation by the school administration.
3. Undergo a drug or alcohol test (weekly for 6 weeks, the results of which must show a decline in the levels originally reported) as appropriate, prior to reinstatement.
4. Student/parents will pay all expenses for treatment and test services.
5. Provide documentation of attendance at doctor appointments, test results, counseling, sessions, and other pertinent information.
6. This plan must be in practice, initial appointments, and sessions must be attended prior to reinstatement. If the student should fail to complete the plan, then the suspension may be carried over into the next sport season.
7. No reinstatements will be considered during the course of a tournament, or regional, or state competitions.
8. Reinstatement is an option for the mandatory suspension only and may be petitioned for only once during a student's high school tenure.
9. When tobacco is involved, the student's plan will include a healthcare professional's plan to help monitor the breaking of this habit.

⁶*Sport Season is defined: Fall, Winter, Spring.*

An athlete choosing this option will serve the following consequences: 50% of their current season will be suspended. If not currently participating in a sport, he or she will be suspended for 50% of their allowable contests in the next interscholastic sport in which they participate. If they are not able to serve their full suspension during the season, they will finish serving the suspension in the next sport in which they participate.

Contests Missed Due To Athletic Code Of Conduct Infractions

SPORT	ALLOWABLE CONTESTS	50% SUSPENSION	30% SUSPENSION	10% SUSPENSION
Baseball	23	9 contests	6 contests	2 contests
Basketball	19-23	9/11 contests	6/7 contests	2/3 contests
Cross Country	11	5 contests	3 contests	1 contest
Football	10	5 contests	3 contests	1 contest
Golf	11	5 contests	3 contests	1 contest
Hockey	19	9 contests	6 contests	2 contests
Lacrosse	15	7 contests	5 contests	2 contests
Soccer	15	6 contests	5 contests	2 contests
Softball	19	9 contests	6 contests	2 contests
Spirit	Building level decision based on schedules - normally 30% of season			
Swimming	11	5 contests	3 contests	1 contest
Tennis	10+2 tournaments 11+1 tournament	6 contests 6 contests	3 matches 3 matches	1 match 1 match
Track	11	5 contests	3 contests	1 contest
Volleyball	19/23	9/11 contests	6/7 contests	2/3 contests
Wrestling	28 points	14 points	9 points	3 points

Roaring Fork School District Bullying And Harassment

To support the policies of the Roaring Fork Schools (including JICDE, JICDD, JICDA, and JIC), athletes are expected to agree to the following behavior that promotes physical, mental, moral, social and emotional wellbeing of all students:

- Locker rooms/weight rooms will be free from any form of bullying, harassment, or hazing, including behaviors that students may view as consensual “teasing.” The same expectation will be held during athletic contests. Any behavior viewed as detrimental to the well-being of students will not be tolerated.
- Locker rooms/weight rooms will be supervised and be considered as structured environments where students are to conduct themselves in an appropriate manner.
- Cameras, including those contained in a cell phone, may not be used in locker rooms/weight rooms.
- Buses transporting students to activities or athletic competitions will be supervised by the head coach and other assistant coaches as needed with the coaches located throughout the bus to ensure effective supervision. Athletes are expected to adhere to the same guidelines on the bus that is expected before, during and after athletic contests or training situations, and that are codified in policy (e.g., JICDE) for all students. This includes camps conducted throughout the school year or during the summer.
- Students violating this athletic code of conduct and the district’s code of conduct policy JICDA may be subject to game, contest, and/or school suspension, including expulsion, or legal action. It is critical for the wellbeing of all athletes that students inform an adult if they are being subjected to any behavior that violates these expectations. Students who observe violations but do not take appropriate action may also be subject to disciplinary actions listed above.
- Parents are expected to inform the school if they have concerns about student behavior that they believe is detrimental.
- Students participating in activities are expected to adhere to policies and procedures dealing with bullying, teasing, harassment or hazing that are listed on page 4 of this handbook and in the district’s policy (see especially section J). At times there may be incidents not covered in the handbook and it will be left to the discretion of the Principal and/or Athletic Director as to the handling of these incidents.

Section 3: Extracurricular Handbook

ROARING FORK SCHOOL DISTRICT EXTRACURRICULAR ACTIVITY PHILOSOPHY

It is this school district's philosophy that all extracurricular activity programs be an extension of the classroom and that learning is the "primary" objective for each program.

ROARING FORK SCHOOL DISTRICT BELIEF STATEMENTS

We believe that...

- Extracurricular activity programs promote leadership training, mental and physical health, self-discipline, and responsibility.
- Extracurricular activity programs provide a positive alternative to drug and alcohol related activities.
- Extracurricular programs have a positive effect on the general school climate.
- Extracurricular programs are responsible for a significant number of students graduating from high school.
- All participation should be voluntary.
- There is a value in promoting healthy competition between individuals and teams.
- Extracurricular programs provide a good balance between individual efforts and team cooperation.
- Extracurricular programs are an important integral part of the total school.
- Extracurricular programs should provide equal and equitable opportunities to both boys and girls.

EXTRACURRICULAR ACTIVITY GOALS

The Roaring Fork School District supports the concept that a wide variety of extracurricular activities should be made available to all students. However, participation in such extracurricular activities is a privilege and not a right. Extracurricular activities shall be conducted in accordance with the following guidelines:

1. To emphasize ethical conduct.
2. To show courtesy and establish good relationships with visiting teams and judges.
3. To respect the integrity and judgment of contest judges as well as rights of others.
4. To develop leadership and good judgment by the participants.
5. To recognize that the purpose of extracurricular activities is to promote the mental, moral, social, and emotional well being of the individual participants.
6. To improve the individual's ability to work within the framework of a team.
7. To demonstrate and appreciate the values of teamwork.

Participants should remember that their schools and their sponsors devote a considerable amount of resources to provide them with an extracurricular activity program. For this reason, participants owe them and their teammates a great deal of loyalty. Participants should relinquish their place on the team/activity if they cannot be loyal to their school, sponsors, themselves and their team/activity.

STATE AND DISTRICT RULES

The Colorado High School Activities Association (CHSAA) rules have the best interest of all students in mind. These rules are published in the CHSAA handbook and selected rules are summarized here.

The Roaring Fork School District has established rules that cannot supersede CHSAA, Western Slope League, or P.E.G. League rules. The rules of the school district govern behavior and in-house problems such as attendance at contests, use of drugs and/or alcohol, and unsportsmanlike conduct.

GENERAL ELIGIBILITY RULES

Eligibility Rules

For the purpose of this handbook, a competitor is defined as a participant in any class, club, or organization that participates in an out-of-school competition. This would include, but not be limited to, all band, choir, spirit squads, student council, speech team, vocational clubs, knowledge bowl, mock trial and all middle school academic competitions.

To be eligible to represent a high school or middle school in any extracurricular activity, a participant:

- A. Must abide by all rules of the CHSAA, the Western Slope League and District High Schools.
- B. Must meet the Building Principal's or designee's standards of conduct and sense of fair play.
- C. Must be an undergraduate of a school; and have attended no more than eight (8) consecutive semesters after the start of the declaration of CHSAA 9th grade status.
- D. Must be enrolled in a minimum of 6 courses after the start of the declaration of CHSAA 9th grade status.
- E. Additionally, during the period of participation, the participant may not fail any two classes. Eligibility is checked on a weekly basis. Any participant failing two classes at the end of the week may be required to practice, but will not be allowed to compete. Although academic eligibility must be considered on a week-to-week basis, it should be calculated on a cumulative basis for the semester (e.g. if a student has passing grades for the first four weeks of a grading period, but receives a failing grade during the fifth week, he/she would still be eligible to compete if his/her grade for the total five weeks was a passing grade.)

Regaining Eligibility

Participants failing two (2) classes at the end of a semester will be ineligible to compete for the succeeding semester. Ineligible participants may regain eligibility in the following manner:

- A. Except for first semester ninth (9th) graders, a participant who fails two (2) classes at the semester will regain eligibility according to the CHSAA eligibility dates. These dates are the sixth (6th) Thursday following Labor Day for the first semester, and on the Friday immediately prior to March 10th for the second semester. Students, who are not currently participating, may regain eligibility according to the CHSAA regulations regarding the reinstatement of eligibility.
- B. Must complete make-up work prior to the close of a semester for the purpose of becoming eligible. A "conditional" or "incomplete" grade shall be considered the same as a failure when determining eligibility.
- C. Courses taken after the close of the second semester may be used to replace any units failed. Equivalent courses taken must be accepted by the school toward graduation. The equivalent units must be completed by the Thursday prior to Labor Day. Units made up through units must

be in the same curricula area and be accepted to meet graduation requirements of classes previously failed.

School Attendance Requirements

All participants are expected to demonstrate regular and punctual attendance at school.

If a participant has an unauthorized absence from school he/she will not be allowed to participate in the next scheduled competition for that week.

When participants are absent from school for more than one-half of the day, or any afternoon classes, they will not be allowed to participate in events for that day. Exceptions to this will be an appointment that cannot be scheduled at another time or an excused absence other than illness. If a participant is absent because of an illness, the sponsor or school administrator may refuse the student to participate in the event. A student absence because of illness MUST inform the school of the illness by 9:00 A.M. and be in school by the start of afternoon classes to participate in competition and practices on that day.

Student participants who lose 5 units in any combination of classes will lose eligibility. The loss of five (5) units will be treated as an "F" and the participant will be ineligible and will have the option of making up the units through summer school or waiting until the CHSAA date for reinstating credit, if at the time all classes are being passed.

Practice Attendance Requirements

All participants must regularly attend practices.

The sponsor must give permission before a student may miss any practice session. The participant is responsible for notifying the sponsor in person or via telephone, of his/her reason for being absent from a practice session prior to the practice time.

Unexcused absences from practice will be dealt with by each specific sponsor. Unexcused absences from practice may result in the student being dismissed from participation.

GENERAL AWARDS RULE

The general awards rule applies only to those non-athletics sponsored by CHSAA.

A participant may not accept any award except those presented by his/her school, CHSAA, or a group approved by his/her school or CHSAA. The award may not exceed \$50 in value.

ATTITUDES, APPEARANCE AND BEHAVIOR OF PARTICIPANTS AND SPECTATORS

At School:

- Participants are expected to meet standards of personal behavior that model the school mission.
- Participants are encouraged to serve as positive role models for peers.

At Practice:

- Participants in Extracurricular Activity programs are expected to approach practices as an opportunity for personal growth and achievement.
- Participants should take practice sessions seriously and should not behave in a manner that disrupts the practice session.
- Displays of temper should be controlled. A participant who loses his/her composure may cause problems for the individual and for the team.

At Events/Activities:

- Participants, coaches/sponsors, and spectators are representatives of the school and community and have a responsibility to behave in a manner consistent as positive role models for others.
- Participants should respect the position of the sponsors and should only discuss strategy, methods, ideas, etc. of the sponsor at appropriate times (not immediately following the event) and in an appropriate manner.
- Parents are expected to model exemplary spectator behavior at events.
- Participants are expected to dress appropriately on event days and when traveling as part of the school they represent.

PARENT–SPONSOR COMMUNICATION

Parents and sponsors are two of the most important role models in a student’s life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

Communication parents expect from sponsors:

- Philosophy of the sponsor.
- Expectations the sponsor has for the student.
- Disciplinary action that may result in the student being denied the right to participate.

Communication sponsors expect from parents:

- Concerns regarding a sponsor’s decision, philosophy and/or expectations.
- Notification of any illness or injuries or missed practices.

Appropriate concerns to discuss with sponsor:

- Treatment of the student, emotionally and physically.
- Ways to help the student improve.
- Concerns about the student’s behavior.

It can be very difficult for a parent/guardian to accept that their student is not participating as much as the parent/guardian hopes. Sponsors understand this concern. They make decisions based on what they believe to be best for all students involved. The amount of participation time is at the discretion of the sponsor. As you have seen from the above list, certain things can and should be discussed with your sponsor. Other things, such as those listed below, must be left to the discretion of the sponsor.

Issues not appropriate to discuss with sponsor:

- Other student participants regarding participation or skills.
- Team strategy.

COMMUNICATION AND CONFLICTS

It is inevitable, because of the nature of high school extracurricular activities that student participants or their parents and sponsors are going to have disagreements. The District would encourage parents to resolve conflicts in a respectful manner. Our District goal would be to resolve any and all conflicts at the building level; therefore the following conflict resolution plan must be followed in sequence. Please do not attempt to confront a sponsor immediately before, during or after an event. These can be emotional times for both parents and sponsors. Meetings of this nature do not promote conflict resolution.

It is important that problems and concerns be addressed as soon as possible. At times sponsors may be difficult to contact, however, each building has a Building Principal or his/her designee who is available when sponsors are not. We encourage student participants to contact the appropriate sponsor immediately when problems arise. If satisfaction is not found at the building level, the Principal will work with parents and sponsors to meet and present their concerns and problems to the Superintendent.

The following sequence is the preferred way when dealing with conflicts:

1. Student participant and sponsor.
2. Student participant and Principal.
3. Student participant, parent, sponsor.
4. Student participant, parent and Principal.
5. Sponsor and Principal.
6. Student participant, parent, Principal, sponsor.
7. Student participant, parent, Principal, sponsor and Superintendent.

EXTRACURRICULAR ACTIVITY CODE OF CONDUCT

Participation in extracurricular activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance, which are related to school purposes. Participants in extracurricular activities must respect the schools' ideals in matters of citizenship, conduct, and fair play. Therefore, any class, club, or organization (as well as student council) that participates in an out-of-building competition is subject to the following code of conduct requirements.

This Code of Conduct and its consequences is intended to apply only to extracurricular activities for which no academic credit is given.

The District endorses and supports choices for healthy lifestyles that do not include the use of tobacco products, illegal drugs, underage and illegal alcohol consumption, or other unlawful behavior. The Roaring Fork School District promotes healthy living through instruction of the District Health Curriculum as well as by modeling healthy living through our extracurricular activity programs.

Students participating in activities are expected to adhere to policies and procedures dealing with bullying, teasing, harassment or hazing that are listed on page 6 of this handbook.

The District encourages the extracurricular activity sponsors to regularly discuss and promote these healthy lifestyle choices for the benefit of our students. Additionally, opportunities for discussion and

clarification of current District policy regarding these issues must be provided. At the very minimum, these discussions shall take place at the beginning of each season for participants and at the beginning of each term for other applicable activities.

These policies will be enforced from the date of the first practice/meeting, through the end of that season the following year, excluding summers. Handbooks will be discussed at the first organizational meeting and contracts must be signed within 7 days of receipt of the handbook.

Individual sponsors may institute a code of conduct that exceeds policy requirements through a written agreement between the participant, parent and the Principal or his/her designee.

Expected Behaviors Of Extracurricular Participants

Student participants are important representatives of our schools and the community and have a responsibility to behave in a manner consistent with their position as positive role models for others. Students charged with violations of the law other than traffic offenses that result in confirmed involvement in misdemeanor or felony activities would fall under the drug and alcohol policies established for the Roaring Fork School District code of conduct.

In season participants suspended for behavioral or attendance problems will result in the loss of eligibility for the next contest after the suspension is served, and within one week of the suspension.

All participants traveling on a bus or van to an athletic event must return home with the team. Participants may be released to their parents or legal guardians upon signing the parent release form that the sponsor has at the site. Participants may not be released to anyone other than their parents even if a note is given.

ALCOHOL AND DRUG POLICIES

The use of tobacco products, alcoholic beverages or illegal drugs i.e. beer, liquor, marijuana, cigarettes, cigars, pipes, e-cigarettes, vapor pens, etc. is strictly forbidden. The intention is that students take the initiative to remove themselves from potentially dangerous situations. Therefore, students need to find ways to get themselves out of these situations. Participants involved in situations in which drugs or alcohol are present must excuse themselves and leave immediately, or they will be considered in violation of this contract. It is expected that participants who find themselves in a situation in which they are unable to leave safely must notify parents, school officials, or police immediately.

While the District understands that students feel obligated to give aid to others who have participated in illegal consumption of illegal substances, there is the possibility that serving as a designated driver could result in an unintended consequence of danger or liability for students. At all times, the district encourages students to rely on responsible adults for assistance.

For Activities:

All students are permitted an out of season opportunity to self-report a violation of the drug and alcohol policy. This will result in a “no consequence” outcome. This opportunity exists only once in a 4 year period of CHSAA eligibility. Students utilizing this opportunity must report this incident to the Athletic

Director/Principal/Assistant Principal at the first available opportunity during the next school day. The school official will contact the parent/guardian to inform them of this opportunity being utilized.

The **first violation** will result in loss of extracurricular activity eligibility accordingly: DECA, FBLA, HOSA, VICA, Speech Team, Band, Choir, Dance Team, Knowledge Bowl, Mock Trial – one (1) competition or performance. Student Council – member will lose office for 7 weeks. Students may be required to continue to practice/meet with the team/group during this time. Students who violate this Code of Conduct during their season are not eligible for post-season honors or awards. This provision shall not apply to any extracurricular activity that has a co-curricular component.

NOTE: With the following choice, this policy is allowing students to be proactive in their consequences.

A participant under first violation may exercise the following option: If after the first violation the participant chooses to complete a district approved drug and alcohol class paid for by parent/guardian the loss of extracurricular activity eligibility will be as follows: DECA, FBLA, HOSA, VICA, Speech Team, Band, Choir, dance team, Knowledge Bowl, Mock Trial – zero (0) competition or performance. Student Council – member will lose office for 4 weeks. Additionally, with this option all consequences for student council representatives are considered completed at the end of the year with no carry-over into the next year.

A **second violation** will result in termination of extra curricular activity eligibility for the remainder of the current season and the following season that could carry-over to the following school year. Students will also forfeit 30% of the competitions of any other activities season in which they participate for one calendar year.

Another option for a participant with a second violation is to choose drug and alcohol evaluation, paid by the parent/guardian. A participant choosing the second option will serve the following consequences: loss of EXTRA CURRICULAR activity eligibility accordingly: DECA, FBLA, HOSA, VICA, Speech Team, Band, Choir, dance team, Knowledge Bowl, Mock Trial – one (1) competition or performance. Student Council – member will lose office for 7 weeks.

A **third violation** will result in termination of extracurricular activity eligibility for one academic year.

Another option for a participant with a third violation is to choose to attend a district approved drug and alcohol prevention class and submit to a drug and alcohol evaluation, all paid for by the parent/guardian. With this option the participant regains eligibility after one full academic year from the date of violation, at the beginning of the second academic year.

At times there may be incidents not covered in the handbook and it will be at the discretion of the Principal or his/her designees to the handling of these incidents.

INSURANCE

Prior to participating, a student must be insured through school purchased insurance, be insured by a private insurance company or acknowledge the waiving of insurance coverage. Prior to participation the insurance company name and policy number must be filed with school activity sponsor.

PARENT VOLUNTEERS

Parents who volunteer to supervise activities are subject to the district's volunteer policy that requires supervisors of overnight trips, or those volunteering to supervise more than three times to be fingerprinted. This practice is to ensure the safety of students. Contact your school office for specific information regarding the fingerprinting process.

SIGNATURE PAGES

I fully understand the Roaring Fork School District does **not** provide accident or health insurance coverage for my son/daughter while he/she is participating in interscholastic athletics or extracurricular activities. However, such insurance is made available by the School District through an authorized agent. I further understand that it is my responsibility to provide accident insurance coverage for my son/daughter.

This statement releases the Roaring Fork School District and The Roaring Fork School District of financial responsibility in case of accident/injury to my son/daughter while he/she is participating in interscholastic athletics and/or extracurricular activities.

I feel my present insurance coverage is adequate: YES NO

Insurance Carrier _____ Policy # _____

I am purchasing student insurance through the authorized agent for the school district. YES NO

I hereby certify that I have read the Roaring Fork School District Athletic Handbook and or the Roaring Fork School District Extracurricular Activities Handbook and further certify that we understand and agree to abide by its contents. I further certify that I have read and understand the Roaring fork School District insurance policy.

Parent/Guardian Signature

Date

Student athlete and/or extracurricular participant

Date

Please sign and return this page

ELIGIBILITY INFORMATION

NAME _____ GRADE _____

BIRTH DATE _____

I have been enrolled in high school _____ semesters.

I have been enrolled in _____ High School _____ semesters.

I transferred from _____ High School _____/_____.
Month Year

I was enrolled in _____ classes last semester.

I failed _____ classes last semester.

I made up _____ classes during summer school or correspondence.

I am enrolled in _____ classes this semester.

Please sign and return this page