

# SHERMAN COUNTY JUNIOR/SENIOR HIGH SCHOOL INTERSCHOLASTIC ATHLETIC RULES AND REGULATIONS

## 1. OSAA Eligibility:

An eligible student is one who is enrolled in at least (5) credit classes, attending regularly, and during the immediate preceding semester was enrolled in and passed at least (5) credit classes and on course to graduate.

<u>Credits to Graduate</u>	<u>25</u>
Prior to Grade 10	4.5
Prior to Grade 11	10.5
Prior to Grade 12	17.5

## Sherman County Junior/Senior High School Eligibility:

Each participant must be passing all seven classes and be on course to graduate to maintain academic eligibility for sports. The school will publish a weekly list of students who are receiving “D’s” or “F’s”. A student who becomes ineligible due to grade problems must improve his/her grades so that he/she is not receiving a “D-“ or an “F” in any class before they will regain their athletic eligibility. Athletic eligibility will be restored the following Monday if all grades are a ‘D’ or above in all classes.

## 2. Violations which may cause immediate removal from a team:

- A. Violations of Code of Conduct, Training Rules & Regulations, and Citizenship Expectations.
  - B. Students who are a party to vandalism, theft or engage in any other activity which endangers the health or property of others. A conference with the athlete, parents and athletic director/principal will be held. Conditions for reinstatement to the athletic program and length of suspension will be reviewed. A contract will be signed in order for the athlete to continue in the program. This contract may include expectations in regards to academics, school attendance and behavior at school. Athletic sanctions will be in addition to school sanctions in most cases.
  - C. Violations of conduct which are unbecoming of an athlete and which are not specifically listed in these rules, may lead to suspension or removal from the athletic program by the athletic director/principal.
3. These rules and regulations are in effect throughout the school year. The school year is defined as the time period between the first practice in August and the last day of school.
  4. The first priority for the participant will be academic achievement. The classroom comes before athletics. Detentions and other disciplinary actions take precedence over all athletic activities.
  5. In order to participate in practice or a contest, the participant must be in attendance all day of such practice or contest. Any exceptions to this must be cleared through the athletic director/principal or their representative at least one day prior to the practice or contest. Possible exceptions may be medical, dental, or pre-arranged absence from school. When athletes are excused to participate in athletic events they should be aware that they are responsible for all assignments during their absence. Any assignments given to the athlete prior to his/her departure, are due at the regular due time.
  6. A participant who is removed from a squad for disciplinary reasons will not be allowed to participate in any other supervised extra-curricular athletic activity during that regular season.
  7. No athlete will be allowed to participate in a sport until all outstanding fees have been paid and all previously issued equipment in a prior sport has been returned or proper restitution made.
  8. Athletes will travel to and from all contests in District provided or approved transportation. The only persons allowed to transport the athlete home from a contest other than District employees is a parent who has parental custody. The parent will sign a form stating that they are accepting responsibility for the athlete. A note signed by the parent or a phone call to the coach at the game is not sufficient for an athlete

to ride home with a friend. A parent wishing to make a different arrangement will need to do so with the athletic director/principal at least one day prior to team departure from Sherman County Jr./Sr. High School.

9. The selection of team members is not based solely upon athletic performance, but also by attitude, effort, and a willingness to learn. The head coach shall be responsible for the assignment of athletes to junior varsity and varsity teams. Contest participation decisions are the responsibility of the coach.
10. An athlete who sustains a serious injury which requires a physician's attention shall be required to submit proof of a "physician's release" before being allowed to take part in practice or competition.
11. Coaches are responsible for the conduct and appearance of athletes under their supervision from the time they leave Sherman County Junior/Senior High School until they are returned to their parents/guardians. Dress codes for athletes on game days will be determined by the coach.
12. Stopping for meals on Friday and Saturday nights is at the coach's discretion. Athletes should not plan on stopping on school nights. Each athlete is responsible for his/her post game meals and should either bring money or a sack lunch as desired.
13. Parents are responsible for arranging to pick up their children following games and practices, unless activity busses are running. Athletes who are not promptly picked up may be suspended from the activity.
14. Sportsmanship is an integral part of the Sherman County Junior/Senior High School athletic program. Sportsmanship is not just the responsibility of the coach and the team. Parents and guests attending games will be expected to respect the competition and show good sportsmanship. Yelling at and criticizing your child is no more proper than criticizing someone else's child. Remember whether you agree or disagree with the coaching philosophy the coach is still your child's coach. Please do not criticize the coach in front of your child. Share any concerns you may have with the coach in private. Immediately following a contest is not the proper time to approach a coach with a concern. Please allow for a "cool down" period. Sherman County Athletic contests should be games that officials like to work. Please let the coaches coach, the kids play, and the officials officiate.
15. Sherman County athletes will be expected to leave all guest facilities including the locker room as clean as or cleaner than when they arrive.
16. In the event a participant should want to quit an activity and enter another activity, he/she may do so only with the consent or approval of the athletic director/principal and both coaches. The approval of the director from the activity he/she is dropping shall be obtained first.
17. An athlete shall have an appropriate period of training and physical conditioning prior to engaging in a contest. This period of time shall be determined by responsible athletic personnel and will depend on the physical condition of the athlete and the type of competition.
18. Student athletes are encouraged to get involved in the spirit activities of the school. They are encouraged to support their peers at all activities and pep assemblies, participate in dress-up days and other school activities, and be leaders in increasing school spirit.
19. Athletes and parents/guardians need to read the Sherman County Junior/Senior High School Student Handbook.
20. The administration reserves the right to add, delete, or modify any rule(s) as situations warrant.