EXPECTED ATTENDANCE FOR TEAM ATTENDANCE

All athletes are expected to attend all practices, scrimmages and games, meets or matches. Attendance is a commitment that the entire family must agree on prior to the start of each sports season.

Limited participation in athletics is not allowed. (Example: special arrangements for individuals to practice less than the scheduled number of days per week for work, Driver’s Education, non-school activities). Excused absences include only those for (a) illness, (b) school concerts and class field trips, (c) doctor’s appointments, (d) religious holidays, (e) an educational experience may be considered an excused absence. The experience must be related to an activity in which the student has previously been engaged and be of minimum duration. School related trips (example: trips taken during vacations to Europe, Canada, etc.) and family vacations will not ordinarily be considered excused absences. Parents and students are asked to make these decisions prior to the beginning of the sports season. Realizing there may be extenuating circumstances, a student may request excused absences by a direct prior request, before the official season begins (in writing) from the parent/guardian to the Director of Physical Education & Sports.

For one unexcused absence from a practice/game or scheduled meeting, the athlete will be suspended for one (1) athletic contest. For two unexcused absences, suspension will be from two (2) athletic contests.

SCHOOL SUSPENSIONS:

Any assigned school suspension (whether it is In-School or Out-of-School) will result in; (1) No participation or attendance in practice or a contest on the day the suspension is served and; (2) a suspension of one athletic contest. If the athlete is suspended from school on a game day, that will be considered the suspended athletic contest. If the athlete is suspended on a “practice” day, they will not attend practice on the day of the suspension and miss the next scheduled contest.

NHIAA RULES:

Medical Exam: All incoming Freshmen and new-to-CHS students must have a current physical received by CHS prior to the first day of tryouts. Physicals MUST NOT BE OLDER THAN ONE YEAR FROM THE START OF THE SEASON. Only one physical is required throughout the high school years. NO PHYSICAL-NO TRYOUT!

Sportsmanship:

A. Any player who is disqualified before, during or after a game at the Freshman, Junior Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests. Any player who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA Tournament contests, will
cause that school’s game(s)/event(s) to be forfeited in the event of a win. In the event of loss(es), the matter will be referred to the Sportsmanship Committee for action. Note: During the period of disqualification, a player shall not be in attendance at the game(s)/event(s) for which the disqualification is imposed.

B. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of the season.

C. If the game disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and invoked at the first regular season game the following academic year. If a disqualification is administered to a graduating senior in his final game for that school, it is the expectation that the school will take immediate and appropriate disciplinary action.

D. Any player, who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area, shall receive a one-game disqualification for the next scheduled game.**

**Any player involved in a fight shall receive a two (2) game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balance of the sports season.

1. OTHER EXPECTATIONS

A. Every athlete is expected to travel to and from an athletic event with the team. Exceptions to this would be a direct prior request, in writing, from the parent/guardian to the Director of Physical Education & Sports.

B. All injuries, however slight, should be reported to the coach of that sport immediately. A $90.00 per student interscholastic athletic participation fee is required. Anyone unable to pay this fee should request a waiver while completing the on-line registration. This request will be reviewed by the Business Administrator.

C. The athlete is responsible for all equipment and uniforms assigned to him/her. They will be expected to pay in full for any lost or damaged items. All equipment (including uniforms) must be returned directly at the end of each sport’s season. Failure to accomplish this within one week of the final contest may result in no letter award.

D. All athletes must complete the on-line registration and supporting documents prior to the start of the season.

2. QUITTING TO CHANGE SPORTS

Once final cuts have been made and the team established for the season, no team member may quit and participate in another sport during the same season until approval has been given by both head coaches and the Director of Physical Education & Sports.

3. AWARDS:

For teams winning state championships, the coach is encouraged to conduct a fundraiser to provide an adequate award for such an accomplishment. This is the only such award that the Athletic Department recommends. It is felt that the letter award and certificate
presented at the Sports Award Banquets fulfills this need. We urge parents to cooperate in seeing that this concept is carried out. Organized Booster Clubs, which conduct fund raising activities for athletics, shall be allowed to allocate their contributions as determined by their Board of Directors and the coach of the sport, subject to approval of the Principal and Athletic Director. All apparel (jackets, sweatshirts, T-shirts, etc.) should reflect the appropriate school colors (cardinal & white)-CHS and (blue & white) RMS, and if necessary for a third trim color, black. 

**Informed Consent:** Spring Track is a vigorous contact sport with continuous and strenuous training. Injuries can happen. The following types of injuries may occur:

1. Sprains and strains
2. Contusions and abrasions
3. Broken bones
4. Stress fractures
5. Shin splints
6. Pulled muscles

The athlete, who following the training rules and properly prepares himself, should be able to avoid most injuries. The athlete should inform the coach of any problems when they occur. This will help the coach in making an appropriate recommendation to the athlete.

**Team Rules:**

1. Outside competition will not be permitted from the first day of practice through the date of the New England Meet. You may not enter any races, meets, etc. without receiving permission from the coach.
2. You are expected to conduct yourself in a manner that is consistent with the principles of good sportsmanship. A breach in conduct can lead to suspension or expulsion from the team.
3. You are responsible for all equipment provided you by the school. The equipment must be clean, and you will be held responsible for damaged or missing equipment.
4. Unexcused tardies to practice will not be tolerated. It is unfair to expect an entire team to postpone its activities because of one or two team members who have not planned their schedule to reflect their activities. After 2 unexcused tardies the athlete(s) will be suspended from the next scheduled meet. Please let Coach or a Captain know if you are going to be late for practice.

**Letter Criteria:**

Total Practice Points + 10 Meet Points = Varsity Letter

40 + 10 = 50

You will get one point for every practice attended. For each practice you miss, you must score another meet point so that your total will still be 50 points.

Other criteria that can count in earning a letter.

* qualifying for Class L
* participating in a relay at Class L
* running in a varsity race at an invitational
* coach’s discretion
* qualifying for Capital Area

-Athletes meeting the letter award criteria must finish the season eligible and in good standing to receive their Varsity letter.
Individual Rules
The sport of Track and Field is one that can lead to a number of minor overuse injuries. It is the recommendation of the coaching staff that CHS Track & Field members do NOT compete in outside track meets and/or road races unless suggested by the coach. Participation in weekend tournaments in other sports such as soccer and softball should be shared with the coach so that proper provisions can be made necessary. Participation in track practices and meets must preclude other weekend competition. Any questions should be directed to the coaching staff.

NHIAA-Non School Competition By-Law - A. A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an “out of school team”. Whenever a conflict arises between the high school team practice/competition and an “out of school practice/competition” on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the athletic director and principal on a case by case basis. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time, shall be declared ineligible for the next 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the day of his or her last participation in a high school sport. Any student who violates this rule, a second time, shall be declared ineligible for participation in any high school sport for the balance of the school year.

APPEAL PROCESS:
A student and/or his/her parents/legal guardians may appeal to the Principal only a limitation on extracurricular program participation resulting from a First Violation of Fourteen (14) calendar days under Section I or any consequence imposed under Section II.

A student and his/her parents/legal guardians may appeal a suspension resulting from a subsequent violation under Section I to the Principal, the Superintendent and from the School Board in this order.

(Updated: 2.3.20)