

M.S.A.D. #12/RSU 82 POLICY
FOREST HILLS HIGH SCHOOL ATHLETIC/EXTRACURRICULAR CODE
& AWARD CRITERIA

In order to continue the fine tradition in athletics that M.S.A.D. #12 has built over the years, the following Athletic/Extracurricular Code has been adopted. Parents, too, should be familiar with the code.

A. GENERAL RULES

1. Before any athlete can participate in any athletics, they must have returned to the coach or advisor:

a. a written statement confirming the student is physically fit to participate in athletics. This statement must be signed by the doctor completing the physical examination within one year and one month from the date of the last physical. This physical will be adequate for all sports unless there are restrictions placed on it. Any physical other than those given by the school physician at the scheduled time will be at the individual's own expense.

b. a written statement from the parent indicating the medical coverage in force for the student athlete during each particular sport season.

c. a signed parental permission slip to acknowledge the athletic code and the risk of injury involved while participating in interscholastic athletics.

d. the district could require a second physician's note if the child is injured or suffers an illness or condition which could further endanger the athlete's well-being. If the district has a factual basis to believe that the child's continuation/ participation in a sport would jeopardize the safety of that child or the safety of the other children involved in the sport, it could require a second physician's opinion, at the district's expense, by a physician mutually chosen by the district and the parents.

2. It is expected that all participants have a good attendance record, as well as good overall standing as school citizens. Student athletes are expected to be in attendance and on time the morning following a week night activity. All athletes are responsible for completing any work missed because of travel to any athletic contests. Arrangements are to be made with the teacher prior to departure.

3. Regular school attendance is a requirement for all athletes. All participants are required to be in attendance the at least half day (high school: a.m. or p.m. session) in order to participate in a game, event or practice. If absence occurs on Friday, the athlete cannot participate in a game on Saturday unless approved by the principal or the Athletic Director. A note from the parent and/or physician will be required before the student is allowed to resume active participation.

a. Exceptions--approved appointments. The student must present a doctor's appointment card to the office. It is advisable to receive prior approval for appointments through the athletic director whenever possible.

b. Other extenuating circumstances will be addressed by the principal and/or athletic director.

4. Participants should, by some method, notify the coach/advisor by the end of the school day if lateness or justified absence is anticipated the next day.

5. Athletes will assume responsibility for equipment and uniforms and will be assessed for any lost or damaged item(s).

6. Vulgar language cannot be tolerated and is just cause for reprimand.

7. On school sponsored trips and game-days, participants are to dress appropriately (such as travel suit, coat, sweater, tie, etc.). They will be briefed on behavior and related responsibilities by the advisor of each activity. Also, all participants are expected to live up to any written grooming codes set up by the coach/advisor.

8. Student support personnel shall be considered as active participants and shall meet the same requirements as the participants.

9. Athletes suspended from school shall not be allowed to practice or participate in contests while on suspension.

10. Individual coaches/advisors have the responsibility to take disciplinary action regarding any problem not previously mentioned. These recommendations should be submitted to the athletic director and the principal for review and approval.

11. All squad members will abide by any additional training regulations set forth by the coach. These rules must first be submitted and approved by the principal and athletic director.

12. Participation is strictly on a voluntary basis. Therefore, membership in any group implies understanding of, and adherence to, all sections of this code.

B. SPECIAL GUIDELINES FOR THE STUDENT ATHLETES

1. Members of a team/club shall recognize that they have the following responsibilities:

a. They are official representatives of Forest Hills School.

b. They represent their families, friends, and town.

c. They are expected to be leaders in promoting good school citizenship.

d. Their actions in and out of school build student respect and contribute to school spirit.

This responsibility implies that proper respect be given to the administration, teachers, coaches, officials, fellow athletes, and the student body.

2. Any violation that justifies dismissal from an extracurricular activity will be referred to the Athletic Director and/or Principal for action. The decision of the Athletic Director will be made known to the parents by letter. Appeals, in writing, should be directed to the Principal. Referrals regarding disciplinary actions will be acted upon promptly.

3. Team members are expected to go and return on a team bus. Students will follow all M.S.A.D. #12 Rules and Regulations for pupils in regard to bus transportation. Any change in transportation arrangements must be approved by the athletic director 24 hours in advance. Emergency situations will be handled on an individual basis by the athletic director and/or coach.

PUPIL ELIGIBILITY – FOREST HILLS SCHOOL

A. To be eligible to participate in extracurricular activities a student must meet all requirements of the Maine Principals Association which include passing four major subjects or its equivalent. In addition they must meet any special requirements of this school they represent.

B. To establish a student's athletic eligibility, checks will be made at the end of the four ranking quarters of the school year (eligibility or ineligibility begins at 2:04 of the day that report cards are issued). A student must not be failing any subject during any check point. Waivers may be granted with the approval of the teacher, athletic director and principal for honors/accelerated/Advanced Placement courses and incompletes.

C. In addition to academically qualifying, students must conduct themselves in and out of school, in a manner that is a credit to Forest Hills School.

SPECTATORS

The spectators of any school athletic contest are divided into two groups - students and general public. The student body must understand that they are either hosts of a visiting team or guest of another school and their attitudes and actions at all times must be of the same nature found in much smaller social settings. Acts of respecting the officials' judgment, supporting the cheerleaders, and appreciating good play by both sides should be second nature to the student body. Booing, jeering, applauding errors, using profane language, throwing things will not be tolerated by school officials. Offenders may be asked to leave the contest and may be denied future attendance at events.

The general public must assume the responsibility of setting the proper example for the youth of their community and country.

ATHLETIC AWARDS SYSTEM

Any player who participates and completes a season in a sports program at Forest Hills School will be able to earn a certificate, insignia, bar, varsity letter, or individual athletic award.

REQUIREMENTS FOR AWARDS:

1. Any player, who participated in a sport and completes the season in good standing with the coach, will receive a certificate for participation.
2. Any player who plays in 1/2 or more of the periods, quarters, or innings in a varsity sport and completes the season in good standing with the coach, will receive a Varsity Letter and insignia. **ONLY ONE VARSITY LETTER MAY BE EARNED PER STUDENT.**
3. Any player, who finishes in the top five of their respective varsity boys/girls cross country and/or golf team will receive a varsity letter and insignia.
4. A manager must manage three years in the same sport to receive a varsity letter and manager insignia in that sport.
5. A junior who has participated for three years in a varsity sport; but has not earned a varsity letter and insignia by fulfilling the letter requirements listed above, may be awarded a varsity letter their senior year at the discretion of the coach and athletic director.
6. A player may only receive one varsity letter and only one insignia per sport.
7. Any player who has previously earned a letter and insignia in a particular sport and fulfills the requirements for earning a varsity letter will receive a bar in that sport.
8. Individual awards may be presented in varsity and middle school sports. The individual awards may be presented at the annual Athletic Banquet that is sponsored by the Sports Boosters Club in May or June of each year.
9. All athletic participants and coaches will be recognized at the Athletic Banquet.
10. A boy/girl athlete will be chosen by the coaching staff, to have his/her name placed on the sportsmanship plaque annually.
11. The following is a list of individual team sports that are offered at Forest Hills School (provided appropriate student interest, funding and coaches are available):
 - 1) Varsity Boys & Girls Cross Country
 - 2) Varsity Boys & Girls Basketball
 - 3) Varsity Cheerleading
 - 4) Middle School Boys & Girls Basketball
 - 5) Middle School Cheerleading
 - 6) Varsity Baseball
 - 7) Varsity Softball

8) Varsity Golf

MAINE PRINCIPALS' ASSOCIATION
PUPIL ELIGIBILITY

A pupil shall be eligible to participate in any interscholastic secondary school athletic contest who:

- A. meets the eligibility rules established by the local school authorities.
- B. is regularly enrolled in the school which he/she represents.
 - 1. To be considered regularly enrolled, a student must be in attendance and academically active in the school which he/she represents. An academically active student must be pursuing a program of studies approved by the principal and superintendent of schools.
 - 2. Pupils in grade 9 in separately organized junior high schools are eligible to participate in the varsity athletics program of the senior high school in their school administrative unit. This rule does not prevent schools from limiting pupil participation in varsity athletics to the programs of the schools in which the pupils are enrolled.
 - 3. In order to make possible the formation of all interscholastic athletic teams in smaller secondary schools, a pupil may be drafted from grade eight (8) of the same school system provided that such pupil is in satisfactory physical condition and provided that the secondary school using the pupil does not have an enrollment of greater than forty (40) girls or forty (40) boys. It is further understood that this extra year of athletic competition does not penalize such pupils under the eight semester rule.
 - 4. Home schooled students will be exempt from the enrollment rule (Article III, Section 2, Paragraph B) if their equivalent instruction program has been approved by the Commissioner of Education as outlined in Chapter 130 (05-071). Home schooled students must meet all other eligibility rules in Article III, Section 2, of the MPA By-Laws.
 - 5. Out-of-district placement students shall be exempt from the regular enrollment provisions of Article III (B)(1) and may participate in the interscholastic program of the school in which they are placed if the following provisions are met: (1) the school accepting the out-of-district placement student requests a waiver from the Committee on Eligibility; (2) the waiver request is accompanied by a written consent from the principal of the sending school that a waiver should be granted; and (3) the Committee on Eligibility determines that it is in the best interest of the student to participate in the interscholastic program of the receiving school unless there is a change in placement of a waiver is granted under Article III, Section 6. For purposes of this paragraph, "out-of-district

placement students” shall be defined as students placed by the PET process in a private special purpose school. A private special purpose school is defined in 05-071, Chapter 101, Special Education Regulations, Section 2.17.

- C. competes using his/her own name, substantiated by a birth certificate. Otherwise, a pupil is ineligible for nine weeks from the time it is discovered a false name was used.
- D. has refrained from participating on an outside team to which objection is made by local school authorities. A violator shall be ineligible for nine weeks after the date of discovery of participation.
- E. is under twenty years of age at the time of participation.
- F. Who has maintained undergraduate status in a four-year course in a Maine secondary school or its equivalent as outlined in the MPA Constitution, Article II, Section 1.
- G. Who has yet to fulfill eight full semesters at an approved secondary school or its equivalent.
 - 1. A pupil is only eligible to compete for the first eight consecutive semesters after he or she first enrolls as a freshman in a four-year senior high school, or in the ninth grade in a junior high school.
 - 2. Upon application by a pupil’s principal, the Committee on Eligibility of the Maine Principals’ Association may grant no more than eighteen consecutive weeks of additional eligibility upon a satisfactory showing that:
 - a. A pupil has failed one or more semesters because of absence due to illness.
 - b. A pupil has been absent one or more semesters because of required military service.
 - c. A pupil withdrew from school in order to assume full financial responsibility for the support of the family because of illness or incapacity of a parent.
 - d. Special circumstances warrant an exception. Such cases will be reviewed on an individual basis.

EXPLANATION: The eight semester rule refers to eight consecutive semesters in time; it does not necessarily refer to eight semesters of attendance or competition. For example, a pupil who registers as a freshman in September 1998, is eligible to compete in interscholastic athletics insofar as this rule is concerned until the close of the school year 2002. The pupil is not eligible to compete after that date unless the pupil is granted added eligibility by the Committee on Eligibility.

If a pupil who enrolls as a freshman in September 1998 is forced to be absent from school to

work to support his/her family during the school year of 1999-2002 and returns in September 2000 as a sophomore, he/she would then be a senior in September 2002 and would be ineligible, since the date of the termination of his/her eligibility is set the day he/she enrolls as a freshman. This date is eight semesters from his/her enrollment as a freshman.

3. If a pupil is granted an additional semester of eligibility, such eligibility may be given for any eighteen consecutive weeks, not necessarily concurrent with a semester, during the pupil's fifth year of attendance at the specific request of the school.
 4. No student who has been enrolled in grades 9, 10, 11, 12 inclusive, in any approved school, shall participate in the same athletic activity for more than four seasons except that this does not apply to the eligibility rule affecting small schools who are permitted to use eighth grade pupils when there are not more than forty boys or girls in grades 9-12.
 5. It is the responsibility of each school principal to verify the eligibility of each pupil at the beginning of each semester.
- H. has completed and passed work in the equivalent of four (4) full-time subjects with credit toward graduation in the most recently completed quarter.
1. Failure to earn passing grades in four full-time subjects (or the equivalent) shall render a pupil ineligible for a period of time determined by the local school.
 2. The record at the end of the marking period shall be final and scholastic deficiencies may not be removed for the purpose of meeting minimum eligibility requirements except:
 - a. For those grades/credits earned in a regular accredited summer school program accepted by the school district
 - b. Incomplete grades which may be made up for credit during the first five (5) weeks of the subsequent quarter.
 3. It is understood that home schooled students will have completed and passed the equivalent of four (4) full-time subjects which meet the requirements of the approved home school program of instruction in the most recently completed quarter.
 4. It is understood that a special education student will not be denied participation in interscholastic activities solely because the student is enrolled in a reduced course load when the reduced course load is due to the student's exceptionality, provided that the student is satisfactorily completing the requirements of the educational component of an individual education plan and is otherwise in compliance with the plan. It is further understood that the special education student not satisfactorily completing the educational components of an individualized plan or is not otherwise in compliance with the plan shall have his/her

eligibility status determined in the same manner as the eligibility of a non-special education student who is not satisfying the applicable academic standards.

- I. A pupil who is otherwise eligible, but who was not enrolled in a given secondary school during the preceding semester, shall be considered eligible provided the pupil:
 1. Carried successfully during the preceding semester of attendance at another approved secondary school or its equivalent, the minimum scholastic requirement for eligibility of the receiving school.
 2. Completed successfully the work of an elementary or junior high school during the preceding semester.
- J. A pupil who fails to qualify, comply, or conform with the eligibility provisions, or who violates these eligibility provisions shall be ineligible to compete in any interscholastic secondary school athletic contest.

GUIDELINES FOR ACADEMIC ELIGIBILITY FOR STUDENTS FROM
EQUIVALENT INSTRUCTION PROGRAMS
(HOME SCHOOLING PROGRAMS)

The purpose of the MPA Athletic Eligibility Rule is to ensure that the athletic program is subordinate to the academic program. Students are allowed to participate in the athletic program only if they are successfully meeting the academic standards of their school.

Since students who are regularly enrolled in the public school must meet certain academic eligibility rules in order to participate, it is only fair that home schooled students should also meet basic academic standards in order to be considered eligible. This may be accomplished through the following steps which we believe are consistent with 20-A MRS Ac.211, sub-c, I-A, part 5021:

1. Prior to the sport season in which a student wishes to participate, the home school parents and student should contact the local high school principal in writing to determine the policy of the local school board regarding academic eligibility. The principal must determine that all MPA eligibility rules are met.
2. The parent must understand that the academic eligibility rules that apply to public school youngsters also apply to home schooled youngsters. The principal will develop standards by which the equivalency” of previous work can be determined. The principal may require that the student demonstrate mastery of specific skills in order to make an informed judgment.
3. The principal must determine to his/her satisfaction that the student is following the home school course of study approved by the Maine Department of Education and meeting the academic eligibility standards set by the local school board of education.
4. The principal, in accordance with appropriate school board policy, shall determine the academic standards and degree of rigor that will be maintained in order for all students to maintain academic eligibility. Just as public school students may lose

their eligibility if their grades drop, so home schooled youngsters may lose their eligibility if they fail to perform to these same standards. The principal may require that the home schooled student demonstrate continued academic progress in order to maintain eligibility. Such demonstration may take the form of essays, written or oral tests, performances, exhibitions, portfolios, or other assessment vehicles.

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