

ATHLETIC PROGRAM HANDBOOK

GENERAL INFORMATION:

The Foxborough High School Athletic program is available to all students in grades 9-12 who are enrolled at Foxborough High School. Foxborough High School is a member of the Hockomock League and the Massachusetts Interscholastic Athletic Association. Therefore, we support and endorse the MIAA Mission Statement. The Athletic Department staff strives to provide a positive and worthwhile experience for all student-athletes.

Philosophy:

Participation in athletics is a privilege that carries with it a responsibility to teammates, the school, and the community. The Athletic program provides experiences to help student-athletes acquire confidence, self-esteem, and self-discipline. Through competition, the qualities of sportsmanship, leadership, pride, respect, and maturity are fostered. The Athletic program is an extension of the classroom and reflects the philosophy of Foxborough High School.

Foxborough High School has a strong tradition in athletics and when a student-athlete wears “the navy and gold,” he/she commits him/herself to the responsibilities and traditions of the program. Student-athletes automatically assume a leadership role as team members since they are highly visible throughout the community. They are judged by their attitude and conduct both on and off the field.

MIAA Mission Statement:

The mission of the Massachusetts Interscholastic Athletic Association is to serve member schools and the maximum number of their students by providing leadership and support for the conduct of interscholastic activities which will enrich the educational experiences of all participants. The MIAA will promote interschool athletics that provide **lifelong** and **life-quality** learning experiences to students while enhancing their achievement of educational goals.

Rules of Good Sportsmanship:

As student-athletes on a Foxborough High School Athletic Team, students are expected to show good sportsmanship at all times. In order to practice good sportsmanship, the following apply:

- Be generous in winning
- Be graceful in losing
- Be fair at all times
- Follow the rules of the game
- Accept gracefully all the decisions of game officials
- Respect your opponent at all times
- Conduct yourself at all times with honor and dignity
- Recognize the efforts of your teammates and opponents in a positive way

Athletic Eligibility:

Foxborough High School student-athletes are bound by MIAA rules for interscholastic athletics. The following rules apply to all student-athletes participating in any of our athletic programs offered at Foxborough High School. Coaches may institute additional rules for his/her student-athletes playing on his/her team.

1. Academic Requirements:

- a. A student must be attending full time, as defined by enrollment in six major subjects, and may not be 19 years old before September of the upcoming school-year.
- b. A student must not have 2 or more failing grades in any current course
 - i. Incomplete grades would be considered failing grades for the purposes of determining eligibility
 - ii. Students who are ineligible due to Incomplete grade(s) will be allowed to tryout while they work toward resolving the Incomplete grade. Upon the conclusion of tryouts, a student will remain ineligible until the Incomplete grade(s) is resolved and is no longer failing 2 or more current subjects.
- c. Fall academic eligibility is determined based on the previous year's final grades.
 - i. For fall sports still competing beyond the close of the 1st quarter grades, a student-athlete could become ineligible following the issuing of 1st quarter report cards.
- d. Winter and Spring Eligibilities are based upon 1st, 2nd and/or 3rd quarter report card grades respectively.
 - i. Winter student-athletes that are eligible following 1st quarter report cards can become ineligible following the issuing of 2nd quarter report cards.
 - ii. Spring student-athletes that are eligible following the 2nd quarter report cards can become ineligible following the issuing of 3rd quarter report cards.

2. Attendance Requirements:

- a. A student who is absent from school may not participate in any athletic activity on that day, unless administration has excused this absence in advance.
- b. A student who is absent on a Friday may not participate in any practices or games that weekend.
- c. Students must be in the classroom on time for the start of second block or not be dismissed until the conclusion of block five in order to be eligible to participate that day, unless administration has excused the tardy or dismissal in advance.
 - i. Please note that parental notes do not constitute an excused tardy or dismissal.
- d. Coaches may institute more strict policies regarding tardiness to school.

3. Registration for Athletic Participation:

- a. **Online Registration through Family ID:**
 - i. All student-athletes must register online each season via Family ID prior to the appropriate deadline for each sport season in order to participate/try-out on the first day.
 - ii. Late registration is subject to a penalty at the discretion of the Athletic Director and/or Coach.

- b. **Updated Physical Exam:**
 - i. Every student-athlete must have a current physical on file with the Athletic Office prior to participating (consistent with 105 CMR 200.100 (B)(3), Physical Examination of School Children). Physicals are considered valid for 13 months from the date of the physical.
 - ii. A student-athlete can become ineligible during his/her sport season, if his/her physical expires. It is imperative that student-athletes renew his/her physical within this 13 month period and brings an updated form to the Athletic Office.
4. Preseason Athletic Night:
- a. The Athletic Department hosts an informational night for parent(s)/guardian(s), student-athletes and coaches each season.
 - b. This event is mandatory for at least 1 parent/guardian and all student-athletes to review relevant sport specific information as well as allows coaches an opportunity to review their expectations for the upcoming season.

General Rules of Participation:

1. Team Selection:
 - a. Choosing members of athletic teams is the sole responsibility of the coach. All coaches are encouraged to keep as many student-athletes as possible without jeopardizing the integrity of their sport. Some sports will involve cutting for a selection of teams and others will not.
2. Cutting Procedure: When cuts become necessary, the following procedure will be followed:
 - a. All candidates will be given a minimum of 3 tryout sessions
 - b. Any candidate who is cut will be informed personally by the coach and will be
 - i. Given reasons for the decision
 - ii. For candidates who are cut, coaches will discuss alternative possibilities for participation in another sport or other areas of the school activities program.
3. Commitment to the Team - Absence from a Team Due to Involvement in Other School Activities or During a School Vacation:
 - a. Even though it is the hope that students experience a variety of activities while attending high school, student-athletes should realize that the commitment and the responsibility as a team member might limit their availability to participate in some other co-curricular activities.
 - b. If a student-athlete misses a game or practice as the result of participating in another co-curricular activity, he/she may be given limited playing time or excluded from participating in the next contest.
 - c. Also, during the course of a sports season, some families may decide to go on a vacation during the school vacation period. Although the right of a family to go on a vacation is respected, being a member of a Foxborough High School athletic team carries a commitment. Due to this commitment, all student-athletes are expected to attend any and all practices and games that are held during a school vacation period.
 - d. If a student-athlete misses a game or practice due to a family vacation, he/she may be excluded from participating in the next contest.

4. Make-Up School Work/After School Help:
 - a. Make-up schoolwork, after-school help and teacher detention take priority before students are allowed to participate in co-curricular activities including athletic practices and games. Student-athletes are encouraged to seek the academic help that they need and are asked to bring a note from the teacher if they are going to be late for a practice or game. No student will be penalized for receiving extra help and arriving late to practice.
5. Changing Sports:
 - a. Once a student-athlete has played in an official contest, that student is not allowed to change sports. This is also a M.I.A.A. and Hockomock League rule.
6. Playing Time:
 - a. Playing time for all sports and all levels is to be left up to the discretion of the coach. The Athletic program at Foxborough High School is an interscholastic program and not an intramural or recreational program.
7. Transportation:
 - a. All student-athletes must travel to and from away contests by school transportation. Part of being a member of a team is developing team camaraderie and unity.
 - b. If there are extenuating circumstances in which a student-athlete needs to be driven to or from a contest by a parent/guardian, or potentially drive himself/herself, the following procedure should be followed:
 - i. The student-athlete explains the situation and asks his/her coach for permission
 - ii. A parent/guardian must send the Athletic Director a written note or an email for approval at least one day prior to the athletic contest.
8. Equipment:
 - a. Student-athletes are responsible for any equipment issued to them. All student-athletes must return all equipment at the conclusion of their season. Student-athletes who fail to return equipment become ineligible to participate in athletics until restitution is made or the equipment is returned.
9. Unsupervised Use of School Facilities:
 - a. At no time may a student-athlete use the wellness center or any other school facility without adult supervision. No student-athlete should be in the building unsupervised. All Coaches are responsible to follow and enforce this policy.
 - b. Violation of this policy can result in school discipline including suspension from school, as well as athletic consequences.

ADDITIONAL MEDICAL INFORMATION:

1. Injuries:
 - a. All injuries should be reported to the coach and athletic trainer immediately. If a student-athlete is sent to a doctor or hospital due to an injury, the student will not be allowed to resume participation unless he/she has written medical clearance and authorization by a physician. This medical note must be reviewed by our athletic trainer.
 - b. ***Upon clearance from a medical doctor, our trainer will have the final say in when a student-athlete returns to participation.
 - c. During game and practices, the athletic trainer will determine if a student-athlete is able to continue to participate or not.

2. Insurance:

- a. It is recommended that all student-athletes be covered with an adequate program of health insurance. The Foxborough Public Schools has insurance coverage for all student-athletes who are not covered by insurance, which covers claims that are not specifically covered by the student-athlete's own health insurance. Claim forms can be obtained at the office of the School Business Administrator, in the central office.

THE PREVENTION AND MANAGEMENT OF HEAD INJURIES AND CONCUSSIONS IN CO-CURRICULAR ATHLETIC ACTIVITIES

Policy Adopted 1-30-12

A concussion is a head injury to the brain and concussions are serious. A concussion may be defined as the immediate and transient impairment of neurological function. It may be a consequence of an athlete's head striking an object (such as a floor or another head), an object striking the head (such as a ball, bat, stick, or another head), or as a result of a sudden change in the direction of the head and neck (such as in a whiplash type of injury). Concussions generally cause specific signs that can be observed by others and symptoms that are reported by the athlete. Recognition and proper management of concussions can prevent further injury and even death. Recognition and appropriate management of concussions requires coordinated effort of a number of people as outlined in M.G.L.c.111, section 222 and 105 CMR 201.00.

Notification of Parents of Suspected Head Injury or Concussion

A player's coach shall notify the students' parent in person, or by telephone, immediately following the practice or competition in which a player has been removed from play due to a suspected head injury, concussion, signs and symptoms of a concussion or loss of consciousness.

Annual training for coaches is required per 105 CMR 201.007 regarding the prevention and recognition of sports-related head injury, and associated health risks including second impact syndrome, utilizing the online course developed by the National Federation of High School Coaches located at this website:

<http://www.nfhs.learn.com/electiveDetail.aspx?courseID=15000>

Annual training for parent(s)/guardian(s) and students is included in the participation form. Parent(s)/Guardian(s) and students must sign-off that they have read and understand the information found at:

http://www.cdc.gov/concussion/pdf/Parents_Fact_Sheet-a.pdf

ImPACT Testing:

All freshmen and junior student-athletes along with any student-athlete that is new to Foxborough High School Athletics are required to take an ImPACT Test prior to athletic participation.

What is ImPACT?

ImPACT is a computerized neurocognitive assessment tool to help licensed healthcare providers evaluate and manage a suspected concussion. ImPACT is the industry leader in concussion management and trusted by teams and organizations around the world.

ImPACT comes in two forms:

1. **Baseline Test** – Administered by a licensed healthcare provider or a trained baseline administrator before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our privacy compliant servers. ImPACT Applications recommends re-administering the baseline test every two years.
2. **Post-Injury Test** – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and normative data scores as part of a healthcare provider's assessment of the injury. Multiple post injury tests may be given to an individual during the course of treatment and rehabilitation. (Source – ImPACT Applications, Inc)

Medical Clearance and Return to Play:

Each student who is removed from practice or competition and subsequently diagnosed with a concussion shall have a written graduated reentry plan for return to full academic and co-curricular athletic or marching band activities. The plan will be developed by the student's teachers, the student's guidance counselor, school nurse, certified athletic trainer, neuropsychologist if available or involved parent, members of the building based support and assistance team or individualized education program team as appropriate and in consultation with the physician who is managing the student's recovery and will be responsible for clearing the student to return to academic and co-curricular athletic activities. The student must be completely symptom free and medically cleared in order to begin graduated re-entry to co-curricular athletic or marching band activities.

COMMUNICATION AND CONFLICT RESOLUTION PROTOCOL:

Expectations of Parents/Guardians and Fans:

Any parent/guardian or fan deemed by any Foxborough High School representative to be acting in an inappropriate or in an unsportsmanlike manner may be asked to leave the event and may be prohibited from attending any further athletic events, either at home or at an away site. Taunting or calling a player by name or number will not be tolerated. The Principal may also decide on any further disciplinary action that may be deemed appropriate. Parents/guardians and fans are expected to demonstrate the following behaviors:

- Respect all fans, coaches, and participants
- Respect the decisions made by game officials
- Respect the entire playing of the National Anthem
- Keep winning and losing in a proper perspective

Parent/Guardian-Coach Communication:

By establishing communication and an understanding of the roles of parents/guardians and coaches, all involved are better able to accept the actions of the other and provide greater benefit to our student-athletes. It is understood that at times, things may not proceed in the manner that a parent or student-athlete desires. Parents and guardians should be realistic as to their child's skill and ability level. Coaches make decisions based on what they believe is best for the team and for all of the student-athletes involved. If there are concerns, a discussion with the coach is encouraged under the following guidelines:

Areas of concern that should be discussed with a coach:

1. Ways to help your child improve
2. Concerns about your child's behavior, or the treatment of your child

Areas of concern that are not appropriate to discuss with the coach

1. Playing time
2. Team strategy or play calling
3. Comments relative to other student-athletes and team members

If a student-athlete and/or a parent/guardian have a concern with a coach, the following protocols should be observed at all times:

1. Student-Athlete Contacts Coach:
 - a. One of the most important teaching and learning opportunities in educational athletics is for young people to learn to address and resolve issues and problems affecting them. Therefore, unless there are extenuating circumstances, parents should only approach a coach regarding an issue after the student-athlete has spoken to the coach and attempted to resolve the issue.
2. Parent/Guardian Contacts the Coach:
 - a. In order for the discussion to be productive the following times to approach must be avoided:
 - i. Either prior to or immediately following a game/match/contest
 - ii. During a practice session
 - iii. During a time when other teammates are present
 - iv. A time when it is apparent that there will not be sufficient time to allow for complete discussion
 - b. The Parent/Guardian should email or call the coach to set up an appointment
3. Student-Athlete or Parent/Guardian Contacts the Athletic Director:
 - a. If the coach cannot be reached or if after meeting with a coach, a student-athlete and/or their parent/guardian feel that the issue has not been satisfactorily resolved, then the student-athlete and/or parent/guardian should contact the Athletic Director to set up a meeting
4. Student-Athlete or Parent/Guardian Contacts the Principal
 - a. If the student-athlete and/or parents/guardians still do not feel that the issue has been resolved, then the student-athlete and/or parent/guardian should contact the Principal. A meeting will be arranged with the student-athlete, parent/guardian, coach, Athletic Director and the Principal.

ATHLETICS - CODE OF CONDUCT AND DISCIPLINE RESPONSES

A continual violator of the Code of Conduct will be subject to suspension and/or removal from all co-curricular activities, including athletics. Any behavior that occurs during school or at a school-sponsored event that violates the spirit of positive participation in student life may cause the administration or Athletic Director to take further disciplinary action, including temporary suspension and/or removal from the co-curricular activity. These offenses may include but are not limited to the following: any act that compromises the reputation of Foxborough High School; assault and/or fighting, vandalism, insubordination, theft, academic dishonesty, disruption of school; outstanding school bill for owed materials and/or continual disregard of school rules.

Code of Conduct – Unacceptable Behavior as a Student-Athlete:

1. All of the following behavior is unacceptable and will result in discipline ranging from suspension, dismissal from team and potentially disqualification from athletic participation. All circumstances will be reviewed by the Athletic Director and may be reviewed by the administration.
 - a. Insubordination to a coach by a student-athlete will be taken very seriously.
 - b. Any use of foul language or the use of an obscene gesture directed towards an official, opponent or spectator.
 - c. Any student-athlete who uses a slur based on race, ethnicity, disability, religion, or sexual orientation or gender identity, whether verbal or in symbolic form, before, during or after a contest, whether directed at an opposing player or anyone else, will in addition to any consequence imposed under the FHS Code of Conduct, be subject to athletic consequences.
 - d. Theft of personal or Athletic Department property will result in dismissal from the team while in season.
 - e. Deliberate destruction of personal or Athletic Department property, before, during or after an athletic event or practice
 - f. Any other acts deemed inappropriate by coaching staff or the administration while representing Foxborough High School
 - g. Unexcused absence from practice
 - h. Unexcused absence from a game/contest/match
 - i. Repeated unexcused absences from practice and/or games/contests/matches will be viewed as quitting and the student-athlete will no longer be considered a member of the team, nor will a meeting take place to remove the student from the team
2. Procedure for removing a player from a team:
 - a. This does NOT need to be a gradual process; one incident could result in removal from the team.
 - b. The coach, Athletic Director and/or Principal has the right to remove a player from a team
 - c. A meeting will be held with the student-athlete, parent/guardian, coach and Athletic Director to inform them of the decision to remove the student-athlete from the team and provide reasons for this decision

Effect of School Issued Discipline on Athletic Participation

1. Assignment to a D-Hall during the season will result in the following:
 - a. **1st offense:** Suspension from practice or game on the D-Hall or suspension day.
 - b. **2nd offense:** One game suspension immediately following the D-Hall or suspension day.
 - c. **3rd offense:** Expulsion from the team for the remainder of the season.
2. A student-athlete who is suspended from school will be subject to the following:
 - a. May not practice or play while serving the suspension. The suspension ends on the day the student-athlete returns to school.
 - b. Suspension occurring prior to a vacation period may be reviewed by the administration.

MIAA RULES AFFECTING DISCIPLINE AND ELIGIBILITY

MIAA Rule #62 - Chemical Health Rule: Student (and Coach) Eligibility: Chemical Health/Alcohol/Drugs/Tobacco:

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance (Broadening this window from “in season” to the “entire academic year reflects that chemical health of our students is not simply a seasonal concern). This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor. This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

Minimum PENALTIES:

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school Principal. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests (regular season and tournament) totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season. If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events provided the student was fully engaged in the program throughout that penalty period. The high school Principal in collaboration with a Chemical Dependency Program or Treatment Program must certify that student is attending or issue a certificate of completion. If student does not complete program, penalty reverts back to 60% of the season. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year, but serving the penalty could carry over for one year. Or, if the penalty period is not completed during the season of violation, the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year. (e.g. A student plays only football: he violates the rule in winter and/or the spring of same academic year: he would serve the penalty [ies] during the fall season of the next academic year).

If a student is not an athletic participant for one full year after affirmation of a violation, then the penalty period would close and the student would face no consequence.

Prior to any chemical health violation a student's request for and enrollment in a substance abuse treatment shall not in and of itself constitute a violation of the chemical health/alcohol/drugs/tobacco Rule 62.

Note: First or second offenses may carry a permanent suspension from co-curricular activities/sports programs, and loss of captainship, if applicable. A decision to exclude a student after either offense will be at the discretion of the Principal and based on the student's discipline record.

MIAA Rule #45 - Loyalty to the High School Team: Bona Fide Team Members (MIAA Rule # 45):

A bona fide member of the school team is a student who is consistently present for and actively participates in all high school team practices and competitions. Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the M.I.A.A. Students cannot be given special treatment (late arrival, early dismissal, etc) for non-school athletic programs.

1st Offense: Student-athlete is suspended for 25% of the season.

2nd Offense: Student-athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

- i. A student-athlete must be a Team Member for 50% of the regular season schedule for that sport to participate in any MIAA Tournament competition (team member: any student-athlete who attends practices or games for his/her sports teams – e.g. freshman basketball player moved to JV and then to Varsity)
- ii. If ineligible, cannot be in uniform. Attendance at event to be determined by the High School Principal.

MIAA Rule #48 - Sportsmanship: Taunting

48.1 Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics.

Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including "in the face" confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.

48.2 Athletic participants may wear sun glare black only under their eyes.

48.3 In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.

48.4 At all MIAA contest sites and tournament venues, contest management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

MIAA Rule #49 - Sportsmanship: Athlete and Coach Contest Disqualifications/Suspensions:

49.1 The contest official who disqualifies a student or coach under the provision of this rule should immediately inform the coach of each team, official scorer (if any), and state the violation. If the game official fails to file his/her written coach/student contest disqualification form, the individual is nevertheless bound by the suspension. An Official who fails to complete the form required as a result of an athlete or coach disqualification shall be suspended from officiating any MIAA contest in that sport for at least two weeks or until the form is completed and received by the Principal of the disqualified athlete or coach. Judgments of game officials are not subject to appeal. If the event does not have officials (e.g. golf, tennis) it is the responsibility of the site manager to report any disqualification to the Athletic Director who in turn will complete the MIAA Coach or Student Contest Disqualification Form.

49.2 The Athletic Director in charge of the contest, or his/her designee, is responsible for: (1) having the official disqualification forms available for game officials, and (2) sending copies to the Principal of each school involved, the Athletic Director of each school involved, and the Executive Director of the MIAA. Contest official(s) should complete the forms before leaving the site of the contest.

49.3 Any student-athlete, who is disqualified from a competition, including a jamboree, scrimmage, etc., shall not participate in the next scheduled interscholastic competition that is part of their regular season schedule, or in tournament play. The disqualified student-athlete is ineligible to participate in any contest at the same level of play in that sport until the next contest, or the next two (2) contests in the sports of baseball, ice hockey, and soccer, have been completed. (Note: In the sport of wrestling, the disqualified student-athlete is ineligible to participate in any and all contests during the next scheduled date of competition). Disqualifications in the following sports per specific sport rules: field hockey-Rule 68.3; basketball-five (5) personal fouls; girls' lacrosse (2) yellow cards; ice hockey - six (6) minutes in penalties and game misconduct (Rule 72.16); wrestling-technical disqualification, do not apply to the above prescribed penalties. During the suspension the disqualified student may not be in uniform and his/her attendance at the competition site is determined by the high school Principal.

49.3.1 A two (2) game suspension will be given to any student-athlete who is ejected from any contest for the following reasons:

- o Fighting
- o Punching or kicking an opposing player
- o Spitting at someone

49.4 Any coach disqualified by an official from an inter-school competition (including a jamboree, scrimmage, etc.) is ineligible to coach any competition in that sport at the same level (e.g. junior varsity, varsity, etc.) until the next contest, or the next two (2) contests in the sports of baseball, ice hockey, and soccer, has/have been completed. (Note: In the sport of wrestling, the disqualified coach is ineligible to participate in any and all contests during the next scheduled date of competition). During the suspension the disqualified coach may not be present at the competition site. Whenever a coach is disqualified by an official from an inter-school competition, the official shall file a written report of the incident with the coach's Principal. The coach also shall file the completed form designated for that purpose. Both reports should be completed and forwarded by the official and coach within 24 hours of the competition. The Principal should immediately forward copies of the reports to the Athletic Director, Superintendent, and MIAA Executive Director. If the game official fails to file his/her report, the coach is still bound by the suspension. An official who fails to complete the form required as a result of an athlete or coach ejection shall be suspended from officiating any MIAA contest in that sport for at least two weeks or until the form is completed and received by the Principal of the disqualified athlete or coach.

49.5 A student or coach ruled out of a contest (pre-season, scrimmage, jamboree/play-day, regular season or MIAA Tournament) twice in the same season shall be suspended from further participation in that sport and in all sports during that season for a year from the date of his/her second disqualification. A senior and/or a student in his/her last year of eligibility, who has a second disqualification at any point in the season, will be penalized during the next season in which he/she is a participant. (Exception: See soccer rule 78.2.6 and 78.2.7).

49.5.1 A coach who is twice disqualified in a season must officially enroll in the Coaches' Education course or recognized MIAA certified program before returning from suspension. The course must be completed before the start of the next season for that sport (also see Rule 49.11).

49.6 A student or coach who physically assaults an official shall be expelled from the activity immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

49.7 Any student in any sport who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall be ineligible in all sports for one year from the date of the incident. ("Fighting" does not apply to this section unless warranted in the judgment of the game official.)

49.8 Fighting and unsportsmanlike conduct penalties will be within the authority of the official at all times at the contest site. The official's authority extends to pre and post-game oversight.

49.9 Some of the reasons that an official may disqualify a student or coach from a contest that would lead to a game disqualification are:

49.9.1 Fighting

49.9.2 Flagrant unsportsmanlike conduct which is defined but not limited to violent action toward a player, official, or spectator, the use of foul or abusive language, taunting, trash talk, and the like.

49.10 If a coach or student is ruled out of the last contest, or the next to last (in some sports) contest, of the season, the penalty carries over to the following year in that same sport season. However, if a team is playing in tournament competition, it is considered an extension of the sport season. A senior and/or a student in his/her last year of eligibility who is disqualified from the last contest, or the next to last contest, of the season will be penalized at the start of the next season in which he/she is a participant.

49.11 Any coach who is disqualified from an MIAA interscholastic athletic contest or had three (3) student-athlete disqualifications during his/her sport season will be required to attend a Sportsmanship Compliance meeting before being eligible to coach interscholastic events the following year in that sport or before coaching any other sport at any MIAA member school.

49.11.1 Any coach who fulfills the Sportsmanship Compliance meeting requirement stated in rule 49.11 and is then suspended from another MIAA interscholastic athletic contest, either in the same sport or a different sport, or had three (3) student-athlete disqualifications during his/her sport season, will be required to officially enroll in the Coaches' Education course or a recognized MIAA certified program. The course must be completed before the start of the next season for any sport that the coach is eligible.

49.11.2 Any third and subsequent coach contest disqualification (over his/her coaching career) will result in the school Principal, Athletic Director and coach being required to meet with the MIAA Sportsmanship Committee on the coach's eligibility.

49.12 In addition to being in violation of Massachusetts General Laws, hazing is a most flagrant example of lack of respect for both self and others. Massachusetts General Law Chapter 269, section 17-19 was enacted in 1988. The law requires that secondary schools provide all school groups (e.g. athletic teams) a copy of the law.

49.13 Any student-athlete who is disqualified (see Rule 49.3) from any interscholastic contest must complete the National Federation Sportsmanship on-line course – “Sportsmanship”, before reestablishing eligibility. This course is free.

ALL OF THE ABOVE M.I.A.A. RULES FOR INAPPROPRIATE BEHAVIOR ARE REVIEWABLE BY THE PRINCIPAL AND THE ATHLETIC DIRECTOR.

AWARDS:

1. Certificates of Participation:

- a. All student-athletes who complete the sports season in good standing will be awarded a certificate of participation from the coach at the end of the season.

2. Varsity Letter:

- a. All student-athletes who participate in varsity practices and contests, regardless of playing time or points earned/scored during the season, and finish the season in good standing will receive varsity credit with the following exception:
 - i. For sports that have a League Championship competition (i.e. cheer, cross-country, indoor track and field, swimming, wrestling and outdoor track and field), members must qualify for those competitions or similar competitions to earn varsity status
- b. Student-athletes must fulfill the commitment expectations of his/her coach to be considered in good standing.
 - i. These expectations will be reviewed at the beginning of the season.
- c. If we only offer a sport at the varsity level, but a student-athlete has the opportunity to compete in freshmen, JV or exhibition level contests, it will be up to the coach’s discretion whether or not that student-athlete has earned varsity credit.
- d. If a sub-varsity player is brought up to the varsity team for post-season play, it will be up to the coach’s discretion whether or not that student-athlete has earned varsity credit.
- e. Student-athletes will receive 1 varsity letter for each sport they play at the varsity level. Each year after that, the student-athlete will receive a pin to add to their letter.

3. Selection of Captains:

- a. Captains are elected by team members and/or coaches. Prior to the selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain is one of honor, leadership, and responsibility. Captains are elected/selected to be leaders of not only their teams, but the school. As a result, they are expected to be role models for others and conduct themselves in an exemplary manner both in and outside school – IN SEASON AND OUT OF SEASON!!! **The tenure of a captain is defined from the moment of election/selection through the completion of the final game of captaincy.**
- b. Expectations of Captains
 - i. Refrain from violating the Athletic Code of Conduct and refrain from being suspended from school during his/her tenure as captain.
 1. Violations of the Athletic Code of Conduct and/or suspension from school may result in the loss of his/her captaincy
 - ii. Refrain from violating the Chemical Health Policy.

1. If a captain violates the Chemical Health Policy at any point during their tenure as captain, he/she will lose his/her captaincy.
 - iii. Remain academically eligible at all times.
 1. If a captain becomes academically ineligible, regardless of whether it is in or out of season, he/she will lose his/her captaincy
 - iv. Model good citizenship and respectful behavior at all school events.
 - c. Removal of Captaincy
 - i. The Coach, Athletic Director and/or Administration reserves the right to remove a student's captaincy for poor decision-making and/or behavior.
 1. The Athletic Director and/or the Coach will provide the student with the reasons for the proposed removal and offer an opportunity to respond.
 2. The Principal/Assistant Principal may review the decision at the request of the student.
 - ii. A student removed as captain will not be allowed to hold another leadership position for the remainder of the school year.
4. Additional Awards:
 - a. End of Season Awards
 - i. Any awards recognized at an end of season banquet is at the discretion of the Coach (i.e. Team MVP, Unsung Hero, etc...)
 - b. Hockomock Awards
 - i. The Hockomock League Head Coaches meet at the end of each season to award a League MVP, League All-Stars and League Honorable Mentions.
 - ii. Recipients will receive a plaque (MVP and/or All-Stars) or a certificate (Honorable Mentions) from the Athletic Department.
5. College Athlete Breakfast:
 - a. On the final National Letter of Intent Signing Day (usually in April), the Athletic Department will host a breakfast for our student-athletes who have committed to playing a sport at college the following year.
 - b. Parent(s)/Guardian(s) and Head Coaches will be invited to attend this celebration.

COLLEGE/CAREER GUIDANCE:

College Athletic Scholarships:

The NCAA offers athletic scholarships for Division I and II colleges and universities. There are no athletic scholarships given at the Division III level of colleges and universities. The college recruiting process starts in earnest at the end of a student-athlete's junior year in high school. We are fortunate to have a knowledgeable coaching staff with tremendous expertise in dealing with the collegiate recruiting process. The Athletic Department strongly discourages any student-athlete's paying a fee to a collegiate recruiting company. The coaching staff, Athletic Department, and guidance staff are very capable of facilitating any recruiting process. If there are any questions regarding athletics and college, the coach should be contacted at the end of the student's junior year. If additional information is needed, contact the Athletic Department at 508-543-1632.

NCAA Clearinghouse Information:

If a student is fortunate enough to be a college scholarship athlete, he/she will need to submit a clearinghouse form to the NCAA during the senior year of high school to verify his/her academic record. Failure to submit the clearinghouse form will make a student-athlete ineligible to participate in college until it is complete. Students should see their guidance counselor during senior year for additional information.