

## ATHLETIC TRAINING AND BEHAVIOR RULES HUDSON FALLS CENTRAL SCHOOL

### Eligibility for Try-outs and Participation

Any student who meets the age requirement, is a bona fide student in Grades 7-12, has passed the school physical examination and has parental permission.

### Training Rules

The training rules listed form the basis of building the discipline, the pride and the respect necessary for athletic success, and apply to all students (boys and girls) participating in any athletic activity sponsored by Hudson Falls Central School.

- 1. Smoking, use, abuse or possession of alcohol, tobacco, non-prescribed drugs or drug paraphernalia.**  
The use or possession of alcohol, tobacco, non-prescribed drugs, or abuse of over-the-counter or prescribed drugs, or possession of drug paraphernalia is a violation of the training rules.
- 2. Absence from practice and contests.** Athletes are expected to attend all practices and scheduled contests for a sport. Unexcused absences are a violation of training rules.
- 3. Conduct and behavior.** Personal behavior (either in or outside of school) resulting in temporary suspension from school automatically results in temporary suspension from athletics, (Practice and Games). Insubordination or behavior deemed detrimental to the good of the team, including unsportsmanlike conduct, is a violation of the training rules.
- 4. Academics.** Not making a **sincere academic effort** is also a violation of the training rules.

### PENALTIES

Violations of training rules will result in penalties. The severity of the penalty will be directly determined by the severity of the violation. Penalties will range from an official warning (parent and A.D. notified); to a three or five day suspension; to removal from the team and, in severe cases, extending the penalty into other sport seasons. The penalty for a minor violation will be determined by the coach. Serious violations will be heard and penalties determined by the Athletic Rules Committee composed of the high school principal, the A.D. and the coach. Parents will be notified of all penalties and an informal conference will be offered to insure due process.

- 1. Quitting Teams** - There will be a "cut period" for each athletic activity that is to be established by the individual coach. (This cut period will include all starting practice sessions and may go up to and include the first game). During this time, a player may voluntarily withdraw from a team by conferring with the coach, stating his or her reasons and turning in all issued equipment. After this "cut period", a player who quits a team without the approval of the coach may not be allowed to participate in that sport the following year.
- 2. Curfew and Absence from Practice and Contests** - The recommended hour to be at home on school nights and nights before athletic contests is 11:00 p.m.

Athletes are expected to attend all practices and make contests scheduled for a sport. If a student is in school, but cannot make a practice, he or she should contact the Coach, Athletic Director of Building Principal prior to the practice. If a student is absent from school because of sickness or is illegally absent, he is not to practice or play in a game that day. A student is considered to be in attendance if he is in school by 11:30 a.m. Any extenuating circumstances regarding attendance should be explained to the Principal prior to the absence.

An athlete, when injured, is still considered a bona fide member of the team. He/she must be present at all practices and games unless excused by the coach. It is understood that the student may not physically participate in any practices until approved by the school physician. The athlete will be eligible for awards given to team members.

If a student misses practice without proper reason as determined by the coach, the following penalties will be applied:

- A. First Offense:** Official warning, parent and athletic director notified.
  - B. Second Offense:** Suspension for three days, but not more than one contest. Athlete must be present at team practice during the suspension.
  - C. Third Offense:** Suspension for remainder of that sport season, or longer as determined by the Athletic Rules Committee.
- 3. Conduct and Behavior** - Personal behavior (either in or outside of school) resulting in temporary suspension from school automatically results in temporary suspension from athletics (practice and games).

Insubordination or behavior deemed detrimental to the good of the team is a violation of the training rules. Penalty will be determined after a meeting of the Athletic Rules Committee. This rule would also cover cases of gross misconduct or glaring unsportsmanlike conduct during practices or games.

- 4. Smoking, Use, Abuse or Possession of Alcohol, Tobacco, Drugs or Drug Paraphernalia** - Any athlete found to be using, in possession of, or in the company of others who are using, abusing, or in possession of tobacco products, alcohol, drugs (unless prescribed by a physician) or drug paraphernalia, whether on or off school grounds, shall be in violation of the Athletic Training Rules of the HFCSD (however, if the Athletic Rules Committee determines that the athlete left the area of others immediately upon discovery of the inappropriate behavior, the athlete will be held harmless.). **Use or possession of alcohol, non-prescribed drugs or drug paraphernalia, or abuse of over-the-counter or prescription drugs, will automatically be considered a SECOND OFFENSE.** Penalties will be cumulative over the course of the athlete's high school career.

**Violation of the terms of # 4 above will result in the following consequences:**

**A. First Offense:** (1) Mandated participation in a program, approved by the School District, which is dedicated to the skills of decision making. This could include, but is not limited to, the Decision Making Skills program associated with our Youth Court Program. Any related fees will be the responsibility of the student/parent. The student may also be referred to Youth Court; and (2) Suspension from participation in 25% of the number of allowed games in that sport. A scrimmage is counted as a practice and tournament play is counted as one game.

**B. Second Offense:** (1) Referral to Youth Court; (2) Mandated participation in an evaluation and treatment by a qualified service provider approved by the School District; and (3) Suspension from participation in 50% of the total number of allowed games in that sport. A second occurrence of the use or possession of alcohol, non-prescribed drugs, or drug paraphernalia, or abuse of over-the-counter or prescription drugs, will result in the suspension from participation in the remainder of the games for the season in that sport, or longer as determined by the Athletic Rules Committee. A scrimmage is counted as a practice and tournament play is counted as one game.

**C. Third Offense:** If there are three separate offenses, while in attendance at the high school, there will be no further participation in or attendance at any interscholastic athletic event for the remainder of the student's years at Hudson Falls Central School.

**Any violation not covered by these training rules will be addressed by the Athletic Rules Committee.**

## MISCELLANEOUS

- 1. Student Transportation** - Athletes are to travel to and from athletic contests in the transportation vehicles provided by the School District. In special cases, when prior arrangements are made between the coach and parent, the athlete may be transported to a contest by a parent or another school official. If a student desires to be released from the team to travel home with a parent, the coach is to release the student directly to the parent, and only the parent. The parent must also present a written request for the release of his child from the team. Ideally, this request should be made prior to the trip.
- 2. Care of Equipment** - Athletes are expected to show responsibilities in caring for equipment issued for Athletic participation. Equipment that is carelessly or purposely lost, damaged or destroyed by a player must be paid for or replaced by the student. Until such equipment is paid for, or replaced, further athletic participation will not be allowed.
- 3. Team and Individual Awards** - Any team member in good standing at the end of the sports season is eligible for an award. All athletes are required to be present at the awards banquet at the end of the season. Awards will not be given to athletes not present at the banquet unless the athlete has given prior notice to his/her Coach, Athletic Director or Principal.

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**PLEASE SIGN AND RETURN TO INDICATE THAT BOTH PARENT AND ATHLETE AGREE TO ABIDE BY THE ABOVE.**

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**SIGNATURE OF PARENT**

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**SIGNATURE OF ATHLETE**

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