



# ATHLETICS HANDBOOK

2025 • 2026

Table of Contents

Message from the Athletic Director	2	Duration of Athletic Training and Behavior Rules	12
Hudson Falls Philosophy	3	Dual Sport Participation	13
Athletic Program Structure	3	NCAA Eligibility	13
Participation in Athletics	4	Community Engagement	14
Health and Safety	5	State and Regional Resources	15
Student-Athlete and Family Expectations	6	Field Maps	16

Message from the Athletic Director

Fitness and wellness are high priorities for the Hudson Falls Central School District. Participation in school sports teaches students some of life’s most valuable lessons. We are proud to foster traits such as giving your personal best for the team and showing sportsmanship in the face of both victory and defeat. Opportunities within our interscholastic athletics allow students to exhibit character traits such as responsibility, leadership, respect, loyalty, health and wellness, and good citizenship.

The Hudson Falls Central School District’s athletic program offers extensive opportunities for our student-athletes – nearly 25 sports across all three seasons. Our program is governed by the rules and regulations of the New York State Department of Education, New York State Public High School Athletic Association, and the Foothills Council.

Our athletes are expected to respect their opponents, maintain self-control, and always respect the decisions of game officials. The athletic code of conduct stresses that participation is a privilege, not a right. Participants in the interscholastic athletic program at Hudson Falls Central School District are expected to act responsibly and follow established rules. The training and behavior rules in this handbook form the basis of building the discipline, pride, and respect necessary for athletic success, and apply to all students participating in any athletic program at Hudson Falls Central School District.

**Ryan Carpenter**  
*Hudson Falls CSD Athletic Director*

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# Hudson Falls Philosophy

Participation in interscholastic athletics teaches students some of life's most valuable lessons. We are proud to foster traits such as giving your personal best for the team and showing sportsmanship in the face of both victory and defeat. Opportunities within our interscholastic athletics allow students to exhibit character traits such as responsibility, leadership, respect, loyalty, health and wellness, and good citizenship.

Hudson Falls Central School District's athletic program offers extensive opportunities for student-athletes in nearly 20 sports across all three seasons. Our programs are governed by the rules and regulations of the New York State Department of Education, New York State Public High School Athletic Association, Section 2 and the Foothills Council.

Our student-athletes are expected to respect their opponents, maintain self-control and always respect the decision of game officials. We remind you that participation is a privilege, not a right.

## Athletic Program Structure

### Varsity

Varsity competition is the culmination of every athletics program. It is vital that each team member has a role and understands the importance of that role. The number of roster positions is relative to a student's acceptance of their individual roles in pursuit of team goals. While contest participation throughout the season is desirable, a specified amount of playing time at the varsity level is never guaranteed. A sound attitude and advanced skills are prerequisites for varsity team participation, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment often extends into weekends and vacation periods for all athletic seasons.

### Junior Varsity

The junior varsity level is intended for student-athletes who demonstrate that they have the potential to develop into productive varsity-level performers. Student-athletes are expected to make a visible commitment to the program, team, and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, and socio-emotional development. Participants at the junior varsity level are expected to prepare themselves for a six-day-a-week commitment, including weekends and vacations.

### Modified - Seventh & Eighth Grade

The opportunity to participate in a modified sports program is available to all seventh and eighth graders. Teams offered are determined by the existence of leagues, student interest, and relationship to the high school athletics program. At this level, the focus is on learning athletic skills, game rules, fundamentals of team play, social-emotional growth, and healthy competition. Practice sessions are vital for the development of the adolescent athlete and the team. Occasionally, practices and contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist throughout the season.

### Commitment to Interscholastic Team

As members of an interscholastic team, student-athletes should expect that their top athletic priority is their team during the entire season. Participation on another team or in any outside, non-school-sponsored event should never conflict with fulfilling the responsibilities to the interscholastic team and/or violate school, Foothills Council, Section 2 or NYSPHSAA rules. Such events include, but are not exclusive to, club games, college showcases or prospect days. Any violation of this policy may result in the student compromising their role on the team.

# Participation in Athletics

## Eligibility

Per the New York State Education Department, a student shall be eligible for interschool competition or inclusive athletic activities in a sport during a semester, provided that they:

- Are a bona fide student, enrolled during the first 15 school days of such semester;
- Are registered in the equivalent of three regular courses;
- Are meeting the physical education requirement; and
- Have been in regular attendance 80 percent of the school time, bona fide absence caused by personal illness excepted.

A student is eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport starting with the student's entry into ninth grade and prior to graduation. An athlete who reaches age 19 prior to July 1 may not participate in interscholastic athletics during that school year.

Seventh and eighth-grade students between the ages of 12-15 may participate in the "Modified Program." A student who reaches age 16 during a sports season may complete that season and must play varsity or junior varsity the next sports season.

A student-athlete shall be eligible for only four years in any one interscholastic sport unless advanced by the Selective Classification process.

## Athletic Registration

All potential athletes must be registered and cleared for participation through Arbiter Registration. If you have played a sport in the past, you will not need to make a new account but will still be required to register and update your Arbiter Registration for each new season's registration. Arbiter Registrations must be completed by a parent or guardian.

Arbiter Registration is a secure registration platform that provides users with an easy, efficient way to register for our programs while helping us streamline the process for all athletes. When you register through Arbiter Registration, the system keeps track of your information in your Arbiter profile. Entering your information once for each student-athlete allows for easy future registration in all programs.

## Updated Physical Requirements

Students who want to participate in athletics must show proof of an updated valid physical exam no more than one year before participation in athletics, or be examined by the Hudson Falls Central School District medical director. A student-athlete WILL NOT be able to participate or practice in athletics without the Hudson Falls Central School District medical director's approval.

## Parental Consent and Emergency Medical Authorization Form

All forms will be available via Arbiter Registration. The student and parent will complete the Arbiter Registration in its entirety prior to the first day of sanctioned participation. Arbiter Registration does not open until 30 days prior to the first day of sanctioned participation.

Arbiter Registration accounts MUST be registered under a parent/guardian name and email.

## NYS Selective Classification (Athletic Placement Process)

Hudson Falls Central School District participates in the New York State Education Department approved program that can provide students in grades 7-12 with the opportunity to safely participate at the appropriate level of competition based on their individual readiness, rather than age and grade. Placing students at the appropriate level of competition is likely to result in increased opportunity, a fairer competitive environment, reduced injury, and greater personal satisfaction.

Please note that APP is not designed to be used to fill positions on teams. Instead, it is aimed at the few, select students who can benefit from such placement because of their level of physical and emotional readiness. Individual recommendations must first be brought to the athletic director by the intended team's coach, in consultation with the athletic director and the student's physical education teacher. In addition to the mentioned criteria, the social emotional maturity of each student-athlete is also considered, especially in situations where student-athletes would be participating at an advanced level.

## Health and Safety

### Injuries and Accident Reports

It is extremely important to report any injury to your coach immediately. If a student-athlete is injured during a practice or contest, an accident report will be filled out by the coach and submitted to the health office. Student athletes will not be eligible to return until they have been cleared by a doctor and show proof to the district health office.

### Return to Play After Injury, Illness, or Extended Absence

Any student-athlete whose safe participation is in question as a result of injury or prolonged absence due to illness must be reevaluated by the school nurse prior to participation.

### New NYSPHSAA Handbook Language - "Fully Cleared" (Pending)

A student must be fully cleared for participation by their physician in order for practices to be counted toward the minimum number of practices required.

### Concussion Information

Though the most severe head/brain injuries can be recognized at the time of the incident, the signs and symptoms of others may be delayed. If an athlete reports or shows one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, he/she will not be allowed to return to play/activity in the current game or practice, and parent/guardian will be informed by the head coach.

Following the initial injury, the student must follow up with their primary care physician, school district physician, or with an urgent care/emergency care facility within the first 24 hours. It is recommended that a student see a healthcare professional who has had proper training in the evaluation and management of sports concussions.



## Recognition and Return to Play Protocol

The cornerstone of proper concussion management is rest until all symptoms resolve followed by a graded program of exertion before returning to a sport/activity. A Return to Play protocol has been developed by the NYSED regulations. It is important to remember the physical and mental well-being of the students at Hudson Falls Central School District is a primary concern. Return to play must follow a medical clearance and successful completion of the six-day progressive Return-to-Play protocol. The information contained below is to be used as a summary to be implemented in the time following a concussion event.

The school nurse will supervise and document the return-to-play process. The director of athletics, district head nurse, interscholastic coaches, and physical education teachers may also be used to evaluate each situation as well. The school district medical director has the final determination for the student's return-to-play status.

## Student-Athlete and Family Expectations

When a student-athlete and parent/guardian verify and submit their athletic registration through Arbiter Registration, they agree to abide by all rules and guidelines stated on Arbiter Registration, in the Athletic Training and Behavior Rules, the Student Handbook, as well the Dignity for All Students Act. Serious violations will be considered by the Athletic Rules Committee. This committee will be composed of the director of athletics, the high school principal, and the coach. Parents or guardians will be notified of all penalties and an informal conference will be offered to ensure due process. Students who exhibit a pattern of behavior leading to multiple disciplinary actions may be referred to the district's Athletic Rules Committee as needed for additional consequences.

## Code of Conduct and Character

In accordance with Hudson Falls Central School District Board of Education policy, all student-athletes, parents/guardians, and spectators are expected to follow the Hudson Falls Central School District Code of Conduct. Please review the important sections of the code of conduct outlined below.

## Dignity for All Students Act (DASA)

The Hudson Falls Central School District seeks to create an environment free of harassment, bullying, and discrimination; to foster civility in its schools; and to prevent conduct that is inconsistent with its educational mission. The district, therefore, prohibits all forms of harassment and bullying of students by employees or other students on school property and at school functions. The district further prohibits discrimination against students, including, but not limited to, discriminatory acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex by school employees or other students on school property and at school functions that take place at locations off school property. In addition, other acts of harassment, bullying, or discrimination that can reasonably be expected to materially and substantially disrupt the education process may be subject to discipline or other corrective action. Additional information related to DASA is available on the district's website at [hfcsd.org](http://hfcsd.org).

## Disruptive Conduct

Student-athletes are expected to avoid engaging in any willful act that disrupts the normal operation of the school community, such as: running in hallways; making unreasonable and excessive noise; using language or gestures that are profane, lewd, vulgar, abusive or discriminatory; purposefully obstructing vehicular or pedestrian traffic; trespassing; engaging in inappropriate and/or unauthorized use of electronic devices during the school day, including but not limited to cell phones, smart watches, earphones/buds, smart rings, or other electronic smart devices. This also includes cameras, pagers/beepers, radios, iPods, MP3 players, tablets, laptops, cd players and other portable recording, video, photographic devices. This includes both school owned and personally owned devices.

## **Insubordination**

Student-athletes failing to comply with the reasonable directions of teachers, school administrators, or other school employees in charge of students or otherwise demonstrating disrespect will be considered insubordinate.

## **Vandalism and/or Theft**

Any athlete who is proven to have intentionally committed an act of vandalism or theft, either at a Hudson Falls CSD school or at an opponent school while representing a Hudson Falls team, will be suspended from that team for the remainder of that sports season.

It should be noted that the facts of an incident may warrant immediate removal from the team if the head coach and/or administration believe that the offense committed by the student warrants such action. Further, the administration holds discretionary rights when assigning a strike(s) and penalty to a student. Administrative discretion may include but is not limited to the following (i.e. developmental level of the student, participation level of student, and other extenuating circumstances).

## **Violence**

Violence is considered hitting, kicking, punching, or scratching upon a student, teacher, administrator, or any other person lawfully on school property or attempting to do so; intentionally damaging or destroying the school's or someone else's property; having and/or displaying a weapon or what appears to be a weapon; threatening to use a weapon; engaging in repeated harassing, bullying and/or discriminatory conduct which has or would have the effect of unreasonably and substantially interfering with a student's educational performance.

## **Academic Misconduct**

Plagiarism, cheating, copying, altering records or helping another student do any of the above is considered to be academic misconduct.

## **Endangering the Safety, Morals, Health, or Welfare of Others**

Making false statements or representations; discrimination of any kind; stealing; harassment of any kind; intimidation; hazing; bullying; vulgar or abusive language; cursing or swearing; using or possessing obscene material; smoking or using tobacco; possessing, using, selling, distributing, or exchanging alcoholic beverages or illegal substances is considered to be endangering others.

## **Off-campus Misconduct**

Off-campus misconduct is behavior that endangers the health and safety of students or staff within the school or negatively affects the educational process; cyberbullying; threatening or harassing over the phone or internet; using social media or message boards to convey threats, derogatory comments, or pornographic photos.

## **Detention**

A student-athlete may not participate in any extracurricular activity until detention has been served. A student-athlete who fails to serve a scheduled detention without permission will not be allowed to participate in any practices or games until detentions are served.

## Suspension from School

Students who are assigned in-school suspension for any reason will be ineligible to participate for the number of days equal to the number of days of ISS. Whenever possible, the period of athletic ineligibility will begin on the day of the infraction, regardless of when the suspension is scheduled to be served. Student-athletes may not attend practice on days when they are ineligible due to ISS. Student-athletes will continue to support their teammates by attending competitions, but not dressed in uniform.

Student-athletes placed on out-of-school suspension may not participate in or attend any extracurricular activity on or off campus, including weekends and evenings, until the suspension period has concluded and the student has been formally readmitted to school.

Repeated suspensions may affect eligibility as determined by the coach and athletic director.

## Training Rules Violations

Any student-athlete found to be using, in the possession of, or in the company of others who are using, abusing, or in possession of tobacco products, e-cigarette or vaping devices, alcohol, non-prescribed drugs, or drug paraphernalia, whether on or off school grounds, will be in violation of the Athletic Training Rules of Hudson Falls Central School District. If the Athletic Rules Committee determines the student-athlete left the area of others immediately upon discovery of the inappropriate behavior, that student-athlete will be held harmless. Failure to comply with these rules will result in the following penalties:

### First Offense

Suspension from participation in 25% of the number of allowed games in that sport. In addition, completion of a mandated participation in a program which is dedicated to the skill of decision making that may include alcohol or substance abuse classes and decision making skills programs. The parent/guardian agrees to take responsibility for ensuring the student-athlete gets to and attends all the classes. \*Proof of completion must be received within two weeks of the violation. Failure to complete the program will result in further consequences. The student athlete will be expected to practice with the team during this entire period. A scrimmage is counted as a practice and tournament play is counted as one game. The 25% will be carried in the student-athlete's next sport season, if applicable.

### Second Offense

Suspended from participation in 50% of the total number of allowed games in that sport. The student-athlete will be expected to practice with the team during this entire period. A scrimmage is counted as a practice and tournament play is counted as one game.

### Third Offense

The student-athlete will be suspended for 12 months from participating in interscholastic athletics starting from the date of the infraction. Participation beyond that date will be determined by the Athletic Rules Committee.

### Fourth/Subsequent Offenses

The student-athlete will be precluded from any further participation in interscholastic athletics while a student at Hudson Falls Central School District.

## Athletic Attendance

Student-athletes are required to be at every practice and game on time unless they are injured or sick. Coaches must

be notified if an athlete cannot attend practice or a game. Injured athletes are expected to attend practices and games unless they are restricted. Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness or injury. Prior notification to the coach is expected. Practice is for planning and preparing for upcoming competitions. Coaches expect their athletes to be present at all team related activities. In the event of such absences, a student may compromise their role on the team. At the discretion of the coach, this may include loss of playing time, suspension from competition or dismissal from the team.

## School Attendance

Student-athletes are required to be in attendance at school in order to participate in practice and/or games on that day. A student is considered in attendance if they are in school by 9:00 a.m. Tardiness or early dismissal due to sickness or fatigue are not valid excuses and the student-athlete will not be entitled to participate unless the principal and athletic director give prior approval. If a student is out sick or has an unexcused absence, they are not able to participate in practice or a game that day.

Exceptions will be granted to those who provide valid medical excuses. Additional pre-arranged tardies/absences or situations that are beyond the control of the student will be considered on a case by case basis.

Should school open on a one-hour or two-hour delay, students must be in attendance for the entirety of the academic day.

If the event/contest is on a non-school day, the student must be present on the last school day preceding the event/contest, unless legally excused, to be eligible to compete.

## Excused vs. Unexcused

Absences, tardiness and early departures will be considered excused or unexcused according to the following standards:

**Excused:** An absence, tardiness or early departure may be excused if due to personal illness, illness or death in the family, impassable roads due to inclement weather, religious observance, quarantine, required court appearances, attendance at health clinics, approved college visits, approved cooperative work programs, military obligations or other such reasons as may be approved by the Board of Education's designee.

**Unexcused:** An absence, tardiness or early departure is considered unexcused if the reason for the lack of attendance does not fall into the above categories (e.g., family vacation, hunting, babysitting, haircut, obtaining learner's permit, oversleeping, etc).

## Excessive Tardiness

Students are tardy to school when they fail to report to their first block class by 7:35 a.m. without a valid excuse. Repeated tardiness to school may result in the student-athlete not participating in after-school or weekend interscholastic athletics programs.

When a student-athlete is tardy to school without a valid excuse three times during the same athletic season, they will be notified by their coach that they are approaching a consequence for their late arrivals.

Once a student-athlete is tardy to school without a valid excuse five times, they will be ineligible for practice or competition on the day of or on the day after their fifth unexcused late arrival.

Once a student-athlete is tardy to school without a valid excuse eight times during the same athletic season, they will be ineligible for practice or competition on the day of or on the day after their eighth unexcused late arrival. The student-athlete will continue to be ineligible for practice or competitions for all subsequent unexcused late arrivals the remainder of the season.

## Athletic Academic Eligibility

The opportunity to participate in interscholastic athletics is a privilege that is earned and can be maintained through consistent effort and academic success. Further, it is the expectation that all students who represent Hudson Falls Central School District in interscholastic athletics will live up to a set of standards that make them a credit to their school, team, and community. It is the expectation that all student-athletes who represent the Hudson Falls Central School District will maintain good academic standing. Solid effort put forth is an integral part of a student's ability to maintain this status.

## Academic Eligibility Procedures

At all times, the school building administration and the athletic director shall have the right to consult with parents/guardians, teachers, school counselors, and coaches to determine whether student participation in interscholastic athletics should be modified to address academic performance.

Each sports season, a comprehensive list of students participating in athletics will be generated in the Athletics Office and shared with the faculty and staff. Any staff member who has concerns with the academic performance of a student-athlete can initiate an intervention process. This process will include, but is not limited to:

1. Email or call to the coach requesting support of the student-athlete's need for additional academic support.
2. Email or call to the student's counselor.
3. Email or call to request a meeting with the student, parent, counselor, administrator (school building level or athletic director) and teacher.
4. Email or call to the athletic director to review the possible need for a modification to the student-athlete's competition eligibility.

Student eligibility will be reviewed based on the marking period immediately preceding the onset of the season and every five weeks throughout the season once rosters are finalized.

If a student failed two or more classes based on the initial review of their grades, they will spend the first two weeks of the season on Academic Probation. During this period, the student will still be allowed to continue to practice, attend meetings, as well as participate in games and competitions. However, the student will need to demonstrate evidence of academic improvement and be required to seek additional help and time to make up work with a teacher during Tiger Time.

If the student, who is on Academic Probation, does not return the Student Academic Progress Report, or if the student submits a report that shows no academic improvement or effort to do so, they will be placed on Academic Suspension. During Academic Suspension, student-athletes will be allowed to practice, but not compete in games or competitions. Students on Academic Suspension will need to demonstrate evidence of getting extra help in the classes they are failing. Students will be required to continue to meet with their teachers Monday-Friday during Tiger Time. If the student is no longer failing two or more classes, they will be removed from Academic Suspension.

If a student, who is on Academic Suspension, does not demonstrate academic improvement, they will remain on Academic Suspension. The review cycle will continue weekly until the student demonstrates academic improvement and is no longer failing two or more classes. Until then, they will not be allowed to fully participate in athletic games and competitions.

We believe it is important for students to have support and intervention from their families, teachers and administration when it becomes apparent that academic achievement cannot be maintained. This cooperative effort is designed to encourage and motivate students to continue to perform at their academic potential.

## Physical Education Participation

Regardless of participation in any athletic program, all students are required to participate in physical education class. This requirement is outlined in Hudson Falls Central School District Board of Education policy as required by the Commissioner of Education and the Board of Regents. A student-athlete must maintain a passing average in physical education at all times.

## Tryouts/Quitting Teams

Coaches will establish a fair and equitable tryout process pertaining to their respective sport and may involve a student-athlete being cut from the team based on an evaluation process. During this time, a student may voluntarily withdraw from the team by conferring with the coach, stating his or her reasons and turning in all issued equipment.

After the roster has been set, a player who quits or leaves a team for any reason must notify the coach immediately in person and will become ineligible for participation with another team in the same sport season, unless consent is granted from the first coach and athletic director.

If a student-athlete is asked to leave a team for disciplinary reasons, they cannot, under any circumstances, become a member of another team in that sport season.

A student-athlete must complete their sport season to the full satisfaction of the team in order to receive awards and recognitions. Failure to do so may result in the student-athlete not being recognized for their participation.

A student-athlete who quits a team without the approval of the coach and director of athletics may not be allowed to participate in that sport the following year.

## Other

Student-athletes may participate in a sport team activity outside of school as long as it does not conflict with their commitment to the school team.

## Care of Equipment and Uniforms

All equipment and uniforms issued by the school will be the responsibility of the individual athlete. Any equipment or uniform that is carelessly or purposely lost, damaged or destroyed by a player, must be paid for or replaced by the student. A student-athlete may not try out for another sport until all equipment and uniform pieces have been returned or paid for.

## Student-Athlete Personal Items

All personal items are the responsibility of the owner. The district is not responsible for lost, damaged or stolen items.

The district acknowledges the widespread use of electronic devices, however, it is the responsibility of each student and his/her family to use all devices in accordance with school protocols. Students who do not follow school building expectations may be subject to additional disciplinary consequences at the discretion of the building administrator or their designee.

## Transportation

Only team members listed on the official team roster may ride on school transportation. All student-athletes are expected to ride the school transportation to and from all scheduled events. Coaches shall allow parents or guardians reasonable requests to transport their own child when those requests are communicated in person and/or in writing at least 24 hours in advance. When team travel is deemed necessary, coaches shall communicate their requirements prior to the start of the season.

## Vacation Policy

When the immediate family's vacation conflicts with a sports season, the athlete shall not compromise his or her membership on the team by joining the family. If an athlete goes on vacation without their immediate family, they may give up the opportunity to be on the team.

In the event of an absence due to vacation with immediate family, the student-athlete must:

1. Contact the head coach at least two weeks prior to the vacation.
2. Be willing to assume the consequences related to their status on that team as a starter, second string, third string, etc.
3. Accept the specific program rules and regulations.

## Sportsmanship and Communication

It is the responsibility of the student-athlete, parents/guardians, and spectators to demonstrate self-control and respect for others at all times, by officials, spectators or other student-athletes.

Participation in athletics is a privilege and should not be abused by unsportsmanlike conduct. Student-athletes are expected to demonstrate sportsmanship during competitions, which includes shaking hands after competition and always respecting the integrity and judgment of the officials.

## Questions, Concerns, and Communications

During the course of a student-athlete's career, parents/guardians and/or students may have questions or concerns that need to be addressed. We encourage our student-athletes to advocate for themselves and communicate with their coach on the role they play and how to improve their status on the team. The team's coach is always the best source of information and the first step in the communication process. The initial step should involve the coach and the student-athlete. Any follow-up conversation would involve parents/guardians, athlete, and coach; all meetings must be set up by email or phone. No meeting shall occur at a contest or practice site. Please understand that playing time, coaching philosophy or discussion of other athletes will not be part of any meeting.

## Spectator Code of Conduct

In the belief that good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of athletes, the following guides for conduct will be implemented as a means of continuing and strengthening the ties that exist between member schools.

All spectators are encouraged to enjoy the competitions between our student-athletes and cheer for their team in a positive manner. Spectators should be respectful toward all players, coaches, officials and other spectators.

Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative. Failure to adhere to the Spectator Code of Conduct may result in being removed from or banned from attending future contests.

# Duration of Athletic Training and Behavior Rules

## Middle School

The Athletic Training and Behavior Rules are in effect for middle school student-athletes from the first day of legal practices in the fall of the year they enter seventh grade through the last day of eighth grade for students in June. All

student discipline cases that occurred while in middle school and playing on modified teams will stay a part of the middle school record and not transfer to the high school.

Any middle school student who successfully completes the Athletic Placement Process to compete at the high school level (junior varsity or varsity) is subject to the high school standards for Athletic Training and Behavior Rules violations and the progression of consequences. More specifically, when a student who meets these conditions has a violation while in middle school, that violation will carry over to the high school. For example, a student who commits one violation in middle school while playing on a junior varsity or varsity team will begin high school with one violation. The next violation for that student while in high school would be considered a second violation.

## High School

The Athletic Training and Behavior Rules for all high school student-athletes will be in effect July 1 of the year they enter ninth grade and continue through graduation of their senior year. This applies to any student-athlete who has or intends to participate in a sport. Any known violations of the Athletic Training and Behavior Rules will be recorded and documented as such. The consequences associated with a violation to these rules, whether it be the first, second or third violation, will be applied to the student-athlete:

1. During the season in which they are currently participating.
2. The next season in which the student participates.

## Dual Sport Participation

Dual sport participation is approved on a limited basis for student-athletes with unique abilities and schedules. Student-athletes interested in participating in two activities during the same season will need to complete the request form and be approved by the coaches and athletic director. Once approved, they must follow the guidelines established by the athletics department involving dual-sport participation.

For questions or to discuss eligibility for this opportunity, please contact the athletic director.

## NCAA Eligibility

Hudson Falls Central School District is proud to provide the forum and opportunities to jumpstart student-athlete careers at the collegiate level. To play sports at a Division I or II school, students must complete 16 NCAA-approved core courses, graduate from high school and earn a minimum core-course GPA. Only courses that appear on our school's list of NCAA core courses will count toward the 16 core-course requirement.

Students interested in pursuing athletics at the collegiate level should consult with their counselor for more specific information on NCAA eligibility and go to the NCAA Eligibility Center for more specific information.

## Signing Days

A ceremony will be held to recognize student-athletes who have signed or will be signing with a Division I, II or III college/university, and any Community College. For a student-athlete signing a National Letter of Intent (NLI), a ceremony will be held in accordance with the NCAA signing days.

All student-athletes must provide written verification and/or celebratory signing form from the coach. Student-athletes are responsible for providing this information to their coach and the Athletic Director prior to the Varsity Awards Ceremony at the end of the year.

# Community Engagement

## Game Schedules

Game schedules are posted on the district website and can be found at [schedulegalaxy.com/schools/466](https://schedulegalaxy.com/schools/466). In addition, families can utilize the Schedule Galaxy app, available for iOS and Android, for updates and notifications about game times and locations.

## Streaming Contests

Select home contests are live streamed for spectators who cannot attend in person. To see these contests, subscribe to the Hudson Falls Tigers Athletics channel on Hudl TV.

## Social Media

Follow Hudson Falls Athletics on X under the handle @Tigers\_HF and Instagram under the handle @hftighersathletics for updates on scores, highlights and news from the department. Use the hashtag #HFTigerPride.

## Media Coverage and Photographs

Please note that anytime a student participates in a sporting event that is open to the school community and/or the public, the district has no control over photographs or videos taken by the media, other parents, guardians or community members in attendance. The district will do its best to honor families who have signed our media opt-out form for district communications.

## Tiger Trackers Booster Club

The Tiger Trackers Booster Club (TTBC) is organized by volunteer members to support and service the athletic programs at the Hudson Falls Central School District. The members strive to promote understanding and support the athletic activities at Hudson Falls among the membership, students, faculty, community, and especially among the athletes, parents and coaches. They seek to assist the program by cooperating with the director of athletics and the coaching staff to recognize and reward outstanding individuals and team members participating in varsity-level athletics. The TTBC supports individuals and teams by purchasing and presenting league, sectional, regional and state awards, sponsoring an award dinner for senior athletes, and contributing to the athletic programs and events.

## Awards and Banquets

All varsity student-athletes will receive an award certificate indicating their participation on a sports team and a pin. All junior varsity and modified student-athletes will receive an award certificate indicating their participation.

## Varsity Letter

Every student-athlete that participates in a varsity sport for the first time will receive a varsity letter.

## Individual Team Awards

Any individual team award a varsity coach would like to present to his/her team or team members may be requested to the athletic director or purchased through team fundraising efforts.

## League and Section 2 Varsity Awards

Individual awards and certificates are not generally awarded to league champions. Section 2 does present medals, ribbons and team trophies at their championship events.

## Sports Banquet

Each individual team/program will coordinate and organize individual banquets after each season to deliver certificates and individual team awards. The senior athlete awards banquet will be held at the conclusion of the school year where senior athletes will be recognized and celebrated.

# State and Regional Resources

## New York State Public High School Athletic Association (NYSPHSAA)

NYSPHSAA has a set of rules to govern each sport offered in any school in New York State. The state organization will be referred to often as we go through this handbook. Hudson Falls is a member of the NYSPHSAA and is in Section 2 with other local schools. Section 2 does have tournaments for most varsity sports and the winner of this tournament moves to a state level competition. Copies of the NYSPHSAA Handbook can be found on their website at [www.nysphsaa.org](http://www.nysphsaa.org) under the resources section.

## Section 2

Section 2 of the NYSPHSAA is a 501(c)(3) not for profit organization with 94-member high school/districts with a combined student enrollment of over 165,000. Most of its schools are public. Additionally, Section 2 contains 14 private, parochial, charter and special act school members. Annually, around 56,000 student-athletes participate in Section 2, competing in 30 different sports.

## Foothills Council

The Foothills Council is composed of nine member schools that cooperate together to promote and provide athletic competition in various sports. Individual and team champions are recognized by the league and league schedules are provided within the guidelines of New York state and Section 2. The Foothills Council is one of the most highly regarded leagues in New York State and has established as one of its goals the joining together of student-athletes and fans to emphasize the proper ideals of sportsmanship, ethical conduct and fair play.





## Field Map

- #1 Girls Varsity Soccer Field
- #2 Tennis Courts
- #3 High School Gymnasium
- #4 Varsity Softball Field
- #5 Football Game Field/Track
- #6 Boys Varsity Soccer (Fall), Boys & Girls Lacrosse (Spring)
- #7 Varsity/Modified A Baseball Field
- #8 JV/Modified A Softball Field
- #9 JV/Modified B Baseball Field
- #10 Girls Modified Soccer Field
- #11 Modified B Softball Field
- #12 Boys JV/Modified Soccer Field
- #13 Swimming Pool
- #14 Middle School Gymnasium
- #15 Modified Football Practice Field
- #16 JV/Varsity Football Practice Field



## Hudson Falls

CENTRAL SCHOOL DISTRICT

80 East LaBarge Street  
Hudson Falls, NY 12839

 HudsonFallsCSD

 hudsonfallscsd

 HudsonFallsCSD

### BOARD OF EDUCATION

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Michael Prendergast

### EDITOR

Zach Ribert, Public Information  
Specialist

### NONDISCRIMINATION POLICY/ EQUAL OPPORTUNITY POLICY

The Hudson Falls Central School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Kevin Polunci, Executive Director of  
Business and Human Resources  
80 E LaBarge Street  
Hudson Falls, NY 12839  
(518) 747-2121