

APPENDIX A



Warrensburg-Latham Community Unit School District #11

Extracurricular and Athletic Code of Conduct



This Extracurricular and Athletic Activities Code of Conduct applies, where applicable, to all school-sponsored athletic and extracurricular activities.

Requirements for Participation in Athletic Activities

A student must meet all academic eligibility requirements and have the following fully executed documents on file in the school office before being allowed to participate in any athletic activity:

1. A current certificate of physical fitness issued by a licensed physician, an advanced practice nurse or physician assistant. The preferred certificate of physical fitness is the Illinois High School Association's "Pre-Participation Physical Examination Form."
2. A permission slip to participate in the specific athletic activity signed by the student's parent/guardian.
3. Proof the student is covered by medical insurance.
4. A signed agreement by the student not to ingest or otherwise use any drugs on the IHSA's most current banned substance list (without a written prescription and medical documentation provided by a licensed physician who performed an evaluation for a legitimate medical condition) and a signed agreement by the student and the student's parent/guardian agreeing to IHSA's Performance-Enhancing Substance Testing Policy.
5. A signed agreement by the student and the student's parent/guardian authorizing compliance with the School District's Extracurricular Drug and Alcohol Testing Policy.
6. Signed documentation agreeing to comply with the School District's policies and procedures on student athletic concussions and head injuries.
7. Submit payment of \$60 for athletic fee per sport or activity (fee for 4th sport or activity will be waived), and pay for any curriculum fees prior to the first competition.

Illinois Elementary School Association/Illinois High School Association

Eligibility for most athletics is also governed by the rules of the IESA/ IHSA and, if applicable, these rules will apply in addition to this Extracurricular and Athletic Activities Code of Conduct. In the case of a conflict between IESA/IHSA and this Code, the most stringent rule will be enforced.

Academic Eligibility

In agreement with the philosophy of the coaches and administration at Warrensburg-Latham Schools, participants in extra-curricular activities are students first and athletes second. Grades will be checked from the grade book program, and/or teachers will submit names to the athletic director of middle and high school students who are failing each class each Friday.

Eligibility is based on grades from Friday to the following Friday; however, if an athlete becomes ineligible, the athlete will not be able to participate starting the following Monday through Saturday. Eligibility for the semester will not be counted until there is a minimum of four (4) grades recorded in the teacher's grade book. Grades that are indicated on the weekly eligibility sheet shall be cumulative for the semester. At the end of each semester, the grade evaluation period starts over. Therefore, the following scholastic guidelines have been established for the middle school and high school:

Middle School: All participants must pass all subjects taken each week. A student receiving a failure (F) for the semester will be ineligible until the next midterm report. During the participant's ineligibility, he/she will attend all practices if the coach so chooses.

High School: Students who fail more than one course will be deemed ineligible for activities at Warrensburg-Latham High School. Students who are enrolled in co-op, vocational, or Richland classes must pass all classes to be eligible.

End of Semester High School Eligibility: If a student fails two courses or if the student is enrolled in the co-op, vocational, or Richland program and fails ANY class at the end of the semester, he/she is ineligible for the next semester.

Absence from School on Day of Extracurricular or Athletic Activity

A student must be at school by **9:00 a.m.** in order to be able to participate in or attend any extracurricular or athletic activities on that day. Anyone who is absent from school after 9:00 a.m. is ineligible for any extracurricular or athletic activity on that day unless the absence has been approved in writing by the principal. Also, any HTA student must be in attendance during their designated class time or they will not be eligible to participate in extracurricular activities. Exceptions may be made by the administration, designated teacher, sponsor or coach for: 1) a pre-arranged medical absence; 2) a death in the student's family; or 3) a religious ceremony or event.

A student who has been suspended from school is also suspended from participation in all extracurricular and athletic activities for the duration of the suspension.

A student who is absent from school on a Friday before a Saturday event may be withheld from Saturday extracurricular or athletic activities at the sole discretion of the administration, designated teacher, sponsor or coach.

Team Rosters

Middle School

1. **Baseball/Softball:** Boys baseball/Girls Softball are open to all middle school students. Each sport's roster will be composed of the top (18) players.
2. **Track:** Track needs no roster adjustments, because all boys and girls are allowed to participate.
3. **Boys and Girls Basketball:** The 7th grade team will be open to all 6th and 7th grade boys/girls who try out. There will be open competition for up to 15 roster spots on the 7th grade team. The 8th grade team will be limited up to a roster of 15. The roster will be filled, up to 15, with only 8th graders. If fewer than 15 8th graders try out, the 8th grade coach can select any 7th grade team member(s) to fill his/her roster. This process will be done at the conclusion of tryouts. No roster can be finalized until the coaches, AD, administration, children and parents in question have been consulted. The roster, turned in at the end of tryouts, will be final until regional play. There will be no regular season adjustments after tryout rosters are complete. The 8th grade roster may be adjusted for the postseason. Seventh grade team members will be eligible to play in the 8th grade postseason only after the 7th grade team has been eliminated from post-season play. The 7th grade roster selected in tryouts will be the regional roster for the 7th grade postseason play.
4. **MS Wrestling:** The MS wrestling team will involve a co-op with Maroa-Forsyth MS with Warrensburg-Latham serving as the host school. This co-op will allow for students in 5th - 8th to participate in MS Wrestling.
5. **Girls Volleyball:** The 7th grade girls volleyball team will be limited to 15 players, consisting of 6th and 7th grade girls who try out for the team. The 8th grade team will be limited to 15 players. If fewer than 15 8th graders try out, the 8th grade coach can select any 7th grade team member(s) to fill his/her roster. This process will be done at the conclusion of tryouts.

6. Cheerleading: The cheerleading squad will consist of no more than twelve 6th, 7th and 8th graders. Squad will be selected by try-outs. The Middle School Cheerleaders will cheer at home boys' or girls' basketball games as determined by the cheerleading coach and athletic director, boys' and girls' IESA tournaments, and may cheer at conference tournaments, pending administrative approval.
7. Managers: Managers will be defined as non-playing members of the team.

No roster may be finalized or publicized without the approval of building administration.

High School

1. At the high school level, rosters are determined by the coaching staff of that sport and are typically based upon the IHSA guidelines.
2. The cheerleading squad will have a Fall Season and a Winter Season which will consist of separate try-outs prior to each season. Cheerleading is piloting allowing more than 14 team members for the 2024-25 and 2025-26 seasons. Any team member beyond the 14th team member will be the financial responsibility of the team to cover the cost of uniforms. The traveling cheerleading squad for football and basketball games will consist of no more than 14 members. Cheerleaders cheer at home/ away Varsity football games, and home and away JV/ Varsity boys' or girls' basketball games as determined by the Cheerleading coach and athletic director.
3. The dance team will consist of no more than (14) members.
4. Members of the dance team and cheerleading squad must have administrative approval to wear something other than the provided uniform.

No roster may be finalized or publicized without the approval of building administration.

General Regulations

Any athlete who is removed from a sport or quits a sport may not be allowed to participate in another sport during that season without the agreement of both coaches and the athletic director.

Travel

All students must travel to extracurricular and athletic activities and return home from such activities with his or her team by use of school approved transportation. A written waiver of this rule may be issued by the teacher, sponsor or coach in charge of the extracurricular or athletic activity upon advance written request of a student's parent/guardian and provided the parent/guardian appears and accepts custody of the student. Oral requests will not be honored and oral permissions are not valid.

Code of Conduct

This Code of Conduct applies to all extracurricular and athletic activities and is enforced 24 hours a day from the first day of fall sports' practices as established by the IESA/IHSA and ending with the finals of the IESA/IHSA activities in the spring.

This Code does not contain a complete list of inappropriate behaviors. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. A student may be excluded from extracurricular or athletic activities while the school is conducting an investigation into the student's conduct.

The student shall not:

- Violate the school rules and School District policies on student discipline including policies and procedures on student behavior
- Ingest or otherwise use a beverage containing alcohol (except for religious purposes)
- Ingest or otherwise use tobacco or nicotine in any form

- Ingest or otherwise use, possess, buy, sell, offer to sell, barter, or distribute any product composed purely of caffeine in a loose powdered form or any illegal substance (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia
- Use, possess, buy, sell, offer to sell, barter, or distribute any object that is or could be considered a weapon or any item that is a look alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in athletics, such as archery, martial arts practice, target shooting, hunting, and skeet
- Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors
- Act in an unsportsmanlike manner
- Violate any criminal law, including but not limited to, assault, battery, arson, theft, gambling, eavesdropping, vandalism and reckless driving
- Haze or bully other students
- Violate the written rules for the extracurricular or athletic activity
- Behave in a manner that is detrimental to the good of the group or school
- Be insubordinate or disrespectful toward the activity's sponsors or team's coaching staff
- Falsify any information contained on any permit or permission form required by the extracurricular or athletic activity

Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. *Bullying* includes cyber-bullying (bullying through the use of technology or any electronic communication) and means any physical or verbal act or conduct, including communications made in writing or electronically, directed toward a student or students that has or can be reasonably predicted to have the effect of one or more of the following:

1. Placing the student or students in reasonable fear of harm to the student's or students' person or property
2. Causing a detrimental effect on the student's or students' physical or mental health
3. Interfering with the student's or students' academic performance
4. Interfering with the student's or students' ability to participate in or benefit from the services, activities, or privileges provided by a school.

Examples of prohibited conduct include name-calling, using derogatory slurs, stalking, sexual violence, causing psychological harm, threatening or causing physical harm, threatened or actual destruction of property, or wearing or possessing items depicting or implying hatred or prejudice of one of the characteristics stated above.

Due Process Procedures

Students who are accused of violating the Code of Conduct are entitled to the following due process:

1. The student should be advised of the disciplinary infraction with which he or she is being charged.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:

LEVEL ONE VIOLATIONS

Drug, Alcohol, Random Drug Testing, or Criminal Misconduct-Level One Violations include, but are not limited to, use, being under the influence of or possession of alcohol, drugs, being charged with a criminal violation, or attendance at a party or riding in a vehicle where alcoholic beverages and/or controlled substances

are being consumed by minors. The cost of the assessment and related counseling and testing will be the responsibility of the parent and/ or student. Results must be sent to the principal or athletic director. Proof of ongoing participation must be provided by the parent or guardian.

First offense:

- Tobacco Related Misconduct (including e-cigarettes/vapor devices/cigarettes) - Suspension from all competition and/or participation for 15 contact days (practices or game days).
- Drug, Alcohol, Random Drug Testing, or Criminal Misconduct - Suspension from all competition and/or participation for 30 contact days (practices or game days). To return to participation the student must provide written documentation of completing a minimum of three CADC (Certified Alcohol and Drug Counselor) counseling sessions and produce a 10- Panel drug test with a negative test result from a Physician.
- Students may practice during the suspension at the coach's discretion.

Second offense:

- Tobacco Related Misconduct (including e-cigarettes/vapor devices/cigarettes) - Suspension from all competition and/or participation for 30 contact days (practices or game days).
- Drug, Alcohol, Random Drug Testing, or Criminal Misconduct - Suspension from all competition and/or participation for 60 contact days (practices or game days). To return to participation the student must provide written documentation of completing a minimum of three CADC (Certified Alcohol and Drug Counselor) counseling sessions and produce a 10-Panel drug test with a negative test result from a Physician. Students may practice during the suspension at the coach's discretion.

Third offense:

- Drug, Alcohol, Random Drug Testing, or Criminal Misconduct - Suspension from all competition and/or participation for a minimum of one calendar year through the remainder of the student's high school career. To return to participation the student must provide written documentation of completing a minimum of three CADC (Certified Alcohol and Drug Counselor) counseling sessions and produce a 10-Panel drug test with a negative test result from a Physician.

LEVEL TWO VIOLATIONS

Drug, alcohol, or criminal misconduct-Level two violations include, but are not limited to, sale, distribution, intent to sell, or deliver drugs including look alike drugs or being charged with a criminal violation.

First Offense:

- Suspension from all competition and/or participation for 60 contact days (practices or game days). To return to participation the student must provide written documentation of completing a minimum of three CADC (Certified Alcohol and Drug Counselor) counseling sessions and produce a 10-Panel drug test with a negative test result from a Physician.

Second Offense:

- Suspension from all competition for a minimum of one calendar year through the remainder of the student's high school career. The appropriate administrator will make a written report of his or her decision and rationale. The student may appeal the decision to the Principal or Principal's designee. - To return to participation the student must provide written documentation of completing a minimum of

three CADC (Certified Alcohol and Drug Counselor) counseling sessions and produce a 10-Panel drug test with a negative test result from a Physician.

Additional rules and regulations are at the discretion of each individual coach. These regulations must be written by the coach and approved by the school administration. Athletes will be informed of these regulations before they go into effect.

All students, athletes, and parents remain subject to the School District's policies, the school's Student/Parent Handbook, and IESA/IHSA sportsmanship guidelines.

IHSA Performance-Enhancing Substance Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Policy. A full copy of the policy and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for policy implementation in the IHSA Schools Center.

As a prerequisite to participation in IHSA athletic activities, we have reviewed the policy and agree that I/our student will not use performance-enhancing substances as defined by the policy. We understand that failure to follow the policy could result in penalties being assigned to me/our student either by the my/our student's school or the IHSA. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances. No student athlete may participate in IHSA state series competitions unless the student and the student's parent/guardian consent to random testing.

IHSA PES Policy

http://www.ihsa.org/documents/sportsMedicine/2017-18/2017-18PES_policy.pdf

IHSA Banned Drug Classes

http://www.ihsa.org/documents/sportsMedicine/current/IHSA_Banned_Drugs.pdf

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

<ul style="list-style-type: none">● Headaches● "Pressure in head"● Nausea or vomiting● Neck pain	<ul style="list-style-type: none">● Amnesia● "Don't feel right"● Fatigue or low energy● Sadness
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<ul style="list-style-type: none"> ● Balance problems or dizziness ● Blurred, double or fuzzy vision ● Sensitivity to light or noise ● Feeling sluggish or slowed down ● Feeling foggy or groggy ● Drowsiness ● Change in sleep patterns 	<ul style="list-style-type: none"> ● Nervousness or anxiety ● Irritability ● More emotional ● Confusion ● Concentration or memory problems (forgetting game plays) ● Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers questions slowly ● Slurred speech ● Shows behavior or personality changes ● Can't recall events prior to hit ● Can't recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness
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What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Youth Sports Concussion Safety Act requires athletes to complete the Return to Play (RTP) protocols for their school prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Acknowledgement and Consent

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Substance Policy. *Form is electronically signed via online registration

STUDENT

Student Name (Print): _____ Grade (9-12): _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____