

PEARL CITY HIGH SCHOOL ATHLETICS TEAM RULES

(rev 2/9/11)



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ATHLETE'S CONTRACT & CODE OF CONDUCT

I understand that it is an honor and a privilege to represent my team and Pearl City High School. Everything I do must be done for the betterment of the team and Pearl City High School. I must also remember that my conduct will be judged by others and, therefore, I must always be considerate, respectful and exemplary in my behavior at all times as an athlete and as a student.

I Will:

1. Maintain a good attendance record and remain eligible.
2. Be a positive role model in the school and community.
3. Respect all coaches, players, officials, teachers, administrators and other staff members.
4. Obey all team, athletic department, school and OIA rules.
5. Not use or possess alcohol, tobacco, drug products and paraphernalia.
6. Not fight or provoke a confrontation.
7. Show good sportsmanship at all times.
8. Not swear or use profane or inappropriate language at any time.
9. Notify my coach or athletic trainer immediately of all injuries occurring during practice and contests.
10. Take care of and be responsible for all equipment, facility and uniforms provided to me.
11. Only wear the team uniform for games or athletic department approved activities.
12. Dress properly and discreetly for school and games as a proud member of our athletic program.
13. Not haze or harass any person.
14. Keep my hair neatly groomed with no unusual haircuts, hairstyles, bleached and dyed or colored hair.
15. Take off any jewelry that may cause injury.
16. Not place any permanent or temporary tattoo on my body that depicts negative, violent, immoral, illegal or illicit messages, or gang signs. Any visible tattoos will be covered during school athletic events.
17. Get my grade check completed and submit on time.

I understand that should I disregard or violate any of the above CODE, it may result in forfeiture of awards, loss of playing time, suspension and/or dismissal from the team.

TEAM SELECTION PROCEDURES

Pearl City High School students, who choose to become involved in sports, must compete with other student-athletes in order to earn positions. Team members are chosen by the coaching staff based on established standards of performance.

Many of the teams are limited as to the number of participants based on several factors; safety or the ratio of students to coach is the most important factor. Facility overcrowding, uniform restrictions, the restriction of team size, etc. are examples of other constraints.

Sports are competitive in nature! Student-athletes are judged against their peers based on skill, attitude, potential, physical condition and/or academic standards. Since athletes are aware of this, many choose to increase their chances for success by competing or taking part in off-season activities. Summer clinics, summer leagues and pre-season training are but a few of the ways through which athletes can improve their skills and increase the quality of their performance. These activities are NOT mandatory for an athlete to be selected for a team during the regular season and some off-season activities are closed for returnees only.

Performance based criteria used in the selection process guarantee that the best prepared and most capable student-athletes represent Pearl City High School.

1. The head coach and coaching staff are responsible for team selection. The head coach establishes criteria for team selection with input from his/her coaching staff. This may be a highly subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.
2. We are not able to place every child on a team who wishes to participate. While it is not our desire to “release” anyone, it is a reality. The hardest thing our coaches have to do is tell young people they will not be on the team.
3. When your child tries out for a team, please be sure all of you understand there is a real possibility he/she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level. i.e. Junior Varsity (grade 9-10) and Varsity (grade 9-12).
4. Normally, coaches have a very short period of time to make team selections. They do their best to keep talented athletes, filling positions for play and appropriately placing them on the proper team. Any one of us might select different athletes for the team. It is the coaches’ responsibility and right to select the team with whom they will work with for the entire season.
5. A goal of a competitive athletic program is to put the most talented members of the team in competition to win a contest. Starting positions and playing time are not guaranteed to seniors or anyone on the team. Everyone is a valuable member of the team. Some players may play a great deal of time in a contest while others may not see what a parent would consider “significant” playing time. Each athlete should have personal improvement as one of his/her goals.

GRADE CHECK OVERVIEW

- Athletes must follow standardized grade check dates set by the OIA.
- At no time will an athlete tamper with and/or forge with a grade check.
- Only the athletic department’s grade check will be accepted.
- Late grade checks will result in team and/or athletic department consequences.
- All athletes’ representing a team must complete a grade check, even though the athlete is sick, injured, academically ineligible, etc...
- Student-athletes not participating because of numerous academic suspensions may be released from team.

COMPLETION OF SEASON

Any student who has been selected to a team (A) and decides to leave, or quit, the team voluntarily or without a legitimate reason before its season is over, maybe suspended from participating in any other sport for the current year and up to the following season when the sport in question starts again. The student may also be suspended from playing in early season contests. The date of departure shall be determined by the coach. The eligibility list will be the basis to verify that a student has been selected for the team.

PCHS SCHOOL UNIFORM AND ATHLETIC EQUIPMENT

- Issued uniform and equipment must be returned at the conclusion of the sport. Any outstanding items will result in an obligation and the athlete and/or immediate family members will not be allowed to participate in athletic program until the obligation is resolved.
- Any damaged, stolen, misplaced, excessively dirty and/or unusable items must be replaced and will be the financial responsibility of the athlete.

PERSONAL PROTECTIVE EQUIPMENT

Parents/Guardians and student athletes must understand and agree to the following:

- The Parent/Guardian assumes all risks inherent with interscholastic sports participation as stated on the Student Participation and Parent/Guardian Consent, Release, and Assumption of Risk Form (RS 07-0632).
- Protective equipment for personal use will provide no greater protection than school-issued equipment.
- The Parent/Guardian and Student assume responsibility for maintaining regular servicing as required by NOCSAE from an authorized sports equipment re-certification and re-conditioning company.
- Personal protective equipment must NOT be shared, traded, or lent to teammates. As a result of such practice, Parents/Guardians will be held solely responsible and release the Department of Education, State of Hawaii, its officials and agents of any and all claims and liabilities whatsoever from or by reason of any athletic injury to student, while participating in Pearl City High School athletics in sports activities that are sanctioned by the HHSAA, including travel, for any athletic injury incurred.
- Any issued school equipment replaced by personal equipment must be returned immediately.

ATHLETIC RECOGNITION

- Athletic recognitions are issued to student-athletes who meet the requirements set by the athletic department. These letter & pins and awards must be picked up during the season's Award's Night. Criteria for awards are as follows:
 - **LETTERS AND PINS**
 - Athletic letters and sport pins are awarded only to FIRST year varsity and FIRST year junior varsity players. Returning athletes will receive gold bars or other pins according to his/her team's achievements.
 - Change of Status: To qualify for a varsity award a junior varsity player must have been elevated to the varsity level and be an active player prior to the post-season. Junior varsity athletes elevated to the varsity level during post season shall qualify for JV awards only.
 - **SPECIAL CASES INVOLVING LETTER AWARDS**
 - Disciplinary Action: The coach and athletic director reserve the right to deny an athlete an award when his/her conduct is considered detrimental to and unbecoming of our program.
 - Injured Athletes: injured athletes may be awarded letters or pins on the coach's recommendation. To be considered for an award, the athlete must also continue to support the team by attending practices and games

SUSPENSION & MISSING OF SCHOOL

- Student-athletes that are suspended from school during season are not allowed to practice or participate in the sport until the suspension is completed.
- Student-athletes missing the entire school day are not allowed to practice or participate in any athletic event on that same day (i.e. truancy, sick, suspensions, etc...) **Special circumstances regarding missing school must receive prior approval from athletic director.**
- Student athlete must attend half-the-classes of that day and be present in school at the end of the school day to be eligible to participate in practice or any athletic event. **Special circumstances regarding missing classes must receive prior approval from the athletic director.**

TRANSPORTATION POLICY

- All students riding school buses under a private contractor will abide by the rules and regulations set forth by the agency.
- Students traveling to games must go and return with the team bus. (Unless with head coach's prior approval)
- Students will only be released to parents at the pick-up point of bus ONLY!

SPECIAL EDUCATION & 504 IN ATHLETICS

(DOE Handbook: Athletics and the Special Education Student)

- Law provides that students with disabilities must meet the same essential eligibility requirements as nondisabled students in order to participate in a program activity.
- Schools are not expected to incur undue financial burdens in modifying athletic and extracurricular programs to meet the special needs of a student with a disability.
- The athletic department is not required to alter essential eligibility requirements necessary for qualifying in competitive sports, or lower its standards simply to accept a student with a disability.

ATHLETIC INJURIES

- Athletes must report all injuries to their coach and/or an athletic trainer immediately.
- An athletic trainer will assess and treat the injury, and may recommend further examination with a licensed physician or medical emergency facility.
- Recovering athletes who need rehabilitation must attend all rehab sessions as prescribed by the athletic trainer(s).
- An athlete, who has been out of action for a period of time due to injury or illness, was under the care/treatment of a licensed physician, or medically referred by athletic trainers must:
 - 1) complete and submit a "Medical Referral Form for Athletes" signed by the physician to be considered for reinstatement for participation and competition, then
 - 2) Obtain a "Student Athlete Injury/Illness Report" from the athletic trainers to give immediately to the head coach. Athletic trainers shall make a final evaluation and recommend the athlete's participation status in this report.
 - 3) Athletes who alter or forge medical forms or deceive athletic department personnel will face disciplinary action.

SPORTSMENSHIP

As a parent or guardian, you have a right to attend your child's high school athletic event. To create a positive and fun atmosphere, the athletic department promotes the concept of cheering and showing good sportsmanship! Sports can offer positive life lessons for young adults like teamwork, good work ethics, discipline, and integrity! However, there are times when fans start to taint these valuable lessons and they become unruly, negative and/or abusive. These negative behaviors usually lead to jeering, yelling, vulgar language, threats, inappropriate gestures and physical altercations.

All fans should follow these guidelines to be a GOOD SPORT!

1. Have fun and enjoy the game.
2. Verbally praise your child and their teammates.
3. Never instruct or give advice during the game.
4. Cheer both teams for good plays.
5. Bite your tongue during bad calls and negative situations.
6. Take a short walk if feeling frustrated.

If unruly and disruptive fans become apparent, the Pearl City Athletic Department & School Administration will have to intervene and diffuse the situation. With the support of the Oahu Interscholastic (OIA), these are the actions that will be taken:

1st Offense: WARNING

The individual will be given a verbal warning to stop the unwanted behavior(s).

2nd Offense: MEETING

The individual will be removed from the venue and must meet with administration to discuss good sportsmanship before attending any future PCHS athletic events.

3rd Offense: BANNED

The individual will be removed from the venue and will be banned from all PCHS sporting events and venues for one complete year.

Athlete:

The goal of Pearl City High School's athletic program is to develop young adults who manifest the characteristics of a true sportsperson and who exhibits pride, courage, honor, sacrifice, loyalty, humility, integrity, respect and fairness. Any continued display of unsportsmanlike conduct, including the use of profanity during practices or games, will result in disciplinary action, which may lead to suspension or expulsion from the team.

Parents, Guardians, Family & Friends:

The purpose and value of interscholastic competition are misunderstood too often. Negative and irresponsible actions and words by thoughtless people seriously take away the true spirit of the game - that of good competition and fun. As spectators you must exercise tremendous restraint and demonstrate good sportsmanship at all times.

DISCIPLINARY POLICY

- **"Team Disciplinary Action Plan", pg. 6-7.**
- Regular school discipline is in effect for inappropriate behavior during an athletic event. When suspended from a contest, the suspension will begin as soon as feasible, following notification from the school administration
- A student-athlete suspended for violating school/team rules will be ineligible to participate in practices, games and trips while on suspension. The student-athlete may also be dismissed from the team or be denied the privilege to participate for a period of up to 12 months from the time of the violation.

PCHS ATHLETIC TEAM DISCIPLINARY ACTION PLAN:

The Pearl City High School Athletic Program believes that discipline in a positive direction is the cornerstone upon which a successful athletic program is built. Our established standards of conduct must be fully understood and be based upon reason, judgment and the consideration of the rights of others. The school, parents/guardians and community share the responsibility for helping students develop self-discipline. When self-control falters and self-discipline fails, disciplinary forces from outside the individual must be imposed to protect the rights of others and to uphold our athletic program's basic philosophy. The following outline various offenses and consequences are important for students and parents/guardians to understand should any violations occur.

ATHLETIC CLASS OFFENSES:

Class A Offenses

- Possession or use of firearms
- Use of a dangerous weapon
- Sexual assault
- Murder

Class B Offenses

- Possession, use or sale of illicit substances (e.g. drugs, alcohol, steroids, etc.)
- Possession of a dangerous weapon or instrument
- Sexual offenses / Sexual harassment
- Forgery (student on probation) of athletic department and personal documents/forms
- Assault or threatening a support staff (e.g. coach, official, faculty, athlete, etc.)

Class C Offenses

- Theft / Extortion / Burglary
- Smoking or any use of tobacco products
- Gambling
- Possession of drug paraphernalia
- Hazing
- Terroristic threatening
- Fighting (initiates or retaliates)
- Forgery (student not on probation) of athletic department documents/forms
- Disorderly conduct
- Property damage

Class D Offenses

- Harassment
- Insubordination (in or out of class environment)
- Class cutting, loitering, truancy

TEAM DISCIPLINARY ACTION:

Class Offense	1st Offense		2nd Offense (same year)		3rd Offense (same year)	
	Season	Off-season	Season	Off-season	Season	Off-Season
Class A	Expulsion from Athletic Program	Expulsion from Athletic Program				
Class B	1. Released from team 2. 15 hrs. teacher service or rehab. counseling	1. 2-4 reg. season game suspension from next participating sport 2. 10 hrs. teacher service or rehab. counseling	Expulsion from Athletic Program	Expulsion from Athletic Program		
Class C	1. 1-3 game suspension 2. 7 hrs. school service or rehab. counseling		1. Released from team 2. 15 hrs. school service or rehab. counseling		Expulsion from Athletic Program	
Class D	5 hrs. school service		1-3 game susp.		Released from team	

NOTES:

- Drug Education/Rehabilitation and Anger Management will be the responsibility of the athlete and family (optional)
- Teacher service to be done in conjunction with approved teachers.
- Athletes responsibility to clear consequences before any participation may occur
- Consequences will be adhered at any time when brought to coach or AD's attention.
- If suspension extends to end of season, player will be released from the team.
- An athlete is in season after tryout/start date is passed.
- Summer league athletes may be released from league team depending on infraction.