



ATHLETICS HANDBOOK

This handbook includes:

- 1- Responsibilities Agreement**
 - 2- Hazing Information**
 - 3- Concussion Management Information**
 - 4- Acknowledgement of Receipt of Information/Consent to Participate/Consent to Treat**
 - 5- Safeguarding Your Athletic Eligibility**
 - 6- Concussion Verification Form**
 - 7- Hydration Tips and Guidelines**
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- Keep the handbook, tear off the back page and fill out the information (front and back), return to the school office or to the coach of the activity.**

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Philosophy of extra-curricular activities:

Interscholastic activities are organized and conducted as an integral part of the total education program of the school. The objectives of the activities program must conform in every respect to the general purposes of the school.

Strong bodies, alert minds, a high sense of sportsmanship, enjoyment of the activity, learning important aspects of teamwork and responsibility should be the outcome of the activities program at the school. Values that come from participation should include but are not limited to the development of tradition, school spirit, sportsmanship and loyalty.

The student activities program is guided by the administration and designated coaching staff of the school, working jointly with the board of education.

Extra-curricular Responsibilities and Obligations (these are specific to athletics, school handbook rules also apply)

- 1- Physical Examinations: No student will be allowed to participate in any high school athletic contest or practice until there is a physical on file in the office. This requirement is set by the NDHSAA.
- 2- Academic Eligibility: Students receiving more than one failing grade will be declared academically ineligible to participate in activities. Eligibility will be checked every Wednesday. Eligibility runs from Wednesday through the following Tuesday.
- 3- Alcohol, Tobacco or Controlled Substances: Use or possession of tobacco, alcohol, or any controlled substance as defined by North Dakota Law is prohibited. Any participant caught using or being in possession of any of these substances will be suspended from all participation for a period of six school weeks for the first offense, and 18 weeks for any subsequent offense. The period of suspension shall begin from the date and time notification is given to the student by the school administrator. These regulations are in accordance with the rules set forth by the North Dakota High School Activities Association.
- 4- Criminal Acts: Involvement in an act which would be designated a crime under the laws of the state of ND, another state, or the United States of America will result in the student being suspended from participation in extra-curricular activities for a period determined by the coach and administration.

Minor motor vehicle violations do not fall in this category.

- 5- Out of Town Trips: Students representing our school will ride to and from an extra-curricular event on the bus or transportation provided by the school. A note or a phone call to the coach or administrator must be given by a parent in order to not ride the bus from an event. School-aged friends, siblings, etc will not be allowed to take a student to or home from an event.
 - a. If a student drives to an out-of-town event or practice **without making prior arrangements with either the coach or administration in advance**, he/she will not be allowed to participate.
 - b. Each coach will have a check-out form for their activity. If your child will not be riding the bus to or from an activity, the parent is expected to sign their child off on this form
- 6- School Attendance: If a student is involved in an extra-curricular activity, he/she will be required to be in school by noon on the day of the contest or practice, or they will not be allowed to participate in a contest or practice that day. Any exceptions will be handled by the administration (doctor, dentist appointments, funerals, etc)

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- 7- School Behavior: School behavior reflects the type of person you are. If classroom, hallway, lunchroom or extra-curricular event behavior is derogatory, the student should expect a reprimand. Students who are dismissed from class for disciplinary reasons will be subject to detention or suspension and will not be allowed to participate in extra-curricular activity on the day/evening they were suspended or served detention. The severity of the punishment will depend on the type of infraction.
 - a. **Extra-curricular activities are a PRIVILEGE, not a right.**
 - b. Coaches and teachers have complete authority over groups under their supervision. These people along with administration have the authority to deny participation to any participant in an extra-curricular activity due to behavior in school or on school sponsored trips/activities.
- 8- Sportsmanship: Advisors, coaches and athletes are all expected to uphold a high level of sportsmanship. Respect for the opposing team, coaches and officials, is something that has to be taken very seriously. Suspensions or dismissal from the team may result from acts of unsportsmanlike behavior or lack of respect shown to coaches and officials.
- 9- Hazing: Hazing or any form of forced initiation is strictly prohibited. (See attached Hazing information)
- 10- Complaints or Concerns:
Communication is one of the most important aspects of being a coach, an athlete and a parent. Positive, open and productive communication is the expectation of all parties involved in our athletics programs. Coaches understand their role is to be open to communication from parents and their athletes regarding many different subjects. Coach to athlete, athlete to parent, athlete to coach, parent to coach are all pieces of the communication puzzle with none being more important than the other. Communication between all entities can sometimes be fueled by very strong emotions. The expectation of all involved are for these conversations to be held in a responsible and professional manner at all times.

Below are the requirements for communication between parents and coaches:

- 1- DO NOT contact coaches at their homes unless it is an emergency.
 - 2- DO NOT confront coaches during practice.
 - 3- DO NOT confront coaches in front of students or other parents.
 - 4- DO NOT confront coaches on the day of a contest either before or after the contest unless it is an emergency.
 - a. Abide by the 24-hour rule in which parents involved will wait 24 hours before voicing their concerns through the proper channels.
 - 5- Be professional at all times.
 - 6- Coaches/advisors and administration will not talk to anyone on the phone who will not identify themselves.
- If a parent is going to meet with a coach or administration about any concerns, the player must accompany the parent at the meeting.
 - Coaches and administration will not enter into discussion regarding playing time or game strategy.

Failure to abide by the above will result in the following consequences: (administration may skip steps for the offenses based on the severity of the situation)

1st Offense: Parents will not be allowed to attend a contest until they have presented the administration with a completion certificate from the "Positive Parenting Within School Programs" course from the NFHS Learn website.

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2nd Offense: Parents will receive a 2-week ban from all contests and must present the administration with a completion certificate from the “The Parent Seat” course from the NFHS Learn website.

3rd Offense: Parents will receive a ban for the remainder of the season from all contests.

- 11- These are general rules and guidelines. Coaches may institute other rules, regulations and policies that are not covered in these guidelines. Coaches also reserve the right to institute any rules that are more strict than the above listed rules as long as parents and athletes are made aware of these rules or policies at the beginning of the season for that activity.

If there are any questions, please feel free to contact the Rolla or Rolette High School Administration.

What is hazing?

Definition of Hazing:

- The National Federation defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.
- Some practices associated with high school hazing carry the potential for serious bodily harm or even death. These practices may include: tattooing, piercing, head-shaving, branding, sleep deprivation, physical punishment (paddling and "red-bellied"), "kidnapping," consuming unreasonable/unacceptable foods or beverages, being deprived of personal hygiene and/or inappropriate sexual behavior.
- Coerced sexual activity, in addition to being classified as sexual assault and/or rape, is another form of hazing. Such activity puts victims at risk for injuries, sexually transmitted diseases, and pregnancy.
- Alcohol abuse is another significant factor in hazing incidents that feature forced consumption of large amounts of alcohol.

Prevalence of hazing among high school students

- *Initiation Rites in American High Schools*, a study by Alfred University revealed that 48 percent of students who belong to groups reported being subjected to hazing activities. Forty-three percent reported being subjected to humiliating activities and 30 percent reported performing potentially illegal acts as part of their initiation.
- Studies suggest that close to 1.5 million high school students have been subjected to some form of hazing. A notable number of students responding to the Alfred University survey reported that their first hazing experience occurred before the age of 13.

For more information from the Alfred University report, visit their website at:

http://www.alfred.edu/hs_hazing/

Recognizing hazing

- Like domestic violence victims, victims of hazing may hide the true cause of their injuries. Anyone working with those who may be hazing victims should assure them that they are safe and protected from possible retribution. Some risk factors to bear in mind are: age, participation in athletic or military activities, and involvement of alcohol use.
- A student who is being hazed may exhibit excessive fatigue, appear disheveled, or wear odd clothing. They may isolate themselves from friends and family, skip/miss classes due to lack of sleep at night, and/or feel depressed.

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- If you hear about "hell week" or even the innocent sounding, "help week" or "initiation," it may be wise to ask the student questions to find out exactly what is involved. Many times, innocuous-sounding terms are actually euphemisms for hazing.

Actual Examples of Hazing That Have Led to Litigation for “Hazers”:

- A would-be cheerleader is made to wear odd clothing in the opposing team's colors and to sing the opposing team's fight song in the school cafeteria, with the result that the crowded cafeteria patrons mock the humiliated student.
- Senior students visit the homes of juniors nominated for prom king and queen, wake them at 4 a.m. and videotape them getting ready for school. They then broadcast the videos over the school's closed circuit TVs.
- A student hoping to join his high school choir is beaten with a two-by-four and covered with peanut butter, vegetable oil and human waste during an initiation ritual by fellow choir members.
- Intoxicated high school seniors throw eggs at and urinate on high school sophomores and break a glass bottle over the head of at least one victim.
- A 15-year-old high school student athlete sustains internal injuries after being hazed by several fellow wrestlers who, he contends, penetrated him with a mop handle.

Effects of Hazing

- The view that hazing is a harmless rite of passage, designed to help develop comradery and respect among teammates or other peer groups, is unfounded. The reality is that hazing rituals are frequently dangerous, can often harm relationships among team or group members or even be life threatening.
- Hazing has negative effects on both victims and participants and these effects create feelings of apathy, mistrust or isolation rather than of bonding and respect. Hazing can destroy self-esteem, self-confidence, group unity/cohesion, friendships and more. It can create stress and may induce or aggravate psychological illnesses including depression, post-traumatic stress disorder, or anxiety.
- Hazing that involves poor nutrition or substance use has many deleterious effects including malnutrition, body image concerns, disordered eating (fad dieting, compulsive eating, anorexia, and bulimia), alcohol poisoning, alcohol, tobacco or other drug abuse or addiction.

Why hazing takes place

- Belonging to a group is a basic human need and we are social beings. For high school aged children, forming a sense of self-awareness and joining a group is a major developmental milestone. By joining a group, individuals can reduce the insecurity of standing alone and they believe they are stronger, have fewer self-doubts, and are more resistant to threats.
- Many people who join groups/are attracted to them because they believe they will gain a boost in status from membership. And there are many other reasons to join groups. People who join groups have been found to be healthier than those who remain alone.
- Difficulties arise however, when conforming to group norms and behaviors involves hazing.
- Some "in-groups" maintain their identity, values, and beliefs through hazing. Their members may feel "it was done to us, now it's our turn to initiate the new kids." They look at it as a harmless, bonding experience.

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- Newcomers wanting to be part of the in-group may subject themselves to hazing because they believe they will ultimately play a role in the group or organization. As the newcomers escalate their commitment to the group, activities or tasks that would normally be out of their comfort zone no longer seem out of bounds.

Connection between bullying and hazing

- In many respects, hazing is similar to bullying, but hazing has a tendency to be an institutionalized form of harassment/intimidation centering on initiation rites connected to certain school clubs and activities.
- Hazing can be seen as an organized form of bullying. One difference between these behaviors is that bullying typically attempts to exclude a person from the bully's activities while hazing is often a condition of acceptance or initiation into a group.
- While bullying may begin in early elementary school, hazing generally does not occur until children are older. As with bullying, however, hazing may involve a ringleader and bystanders who do nothing to stop the activity.
- In order to prevent both bullying and hazing, it is important to begin when children are young. Parents, families and elementary schools can explain what and how harmful bullying is to the victim, classroom, school, and community at large. Bullying and hazing should always be seen in the context of respect for self, respect for others.

Re-thinking hazing: the myths and realities

- If you think hazing has anything to do with bonding or friendship, you're caught up in the myths about hazing. At its best, hazing builds resentment between new members and initiates. At its worst, hazing can seriously injure or kill.

Myth: They (newcomers) want to be hazed.

Reality: No one wants to be abused, humiliated or embarrassed.

Myth: We only haze a little bit. It's really not that bad.

Reality: That's like saying, "I only steal a little bit. I'm not really a thief."

Myth: If we eliminate hazing, our members will be just like anybody else.

Reality: A truly well organized, positive program results in initiates who are eager to work for and help the group, and who can better serve as leaders.

Myth: If new members don't respect our principles or us, we haze them until they improve.

Reality: Hazing a new member makes the situation worse. Just like other forms of victimization, hazing breeds mistrust, apathy and alienation, not respect.

Myth: Hazing activities are the only methods we have of controlling the new members.

Reality: There are positive and negative ways to bring people into the fold. "You catch more flies with honey than with vinegar." Accountability should be the same for new members and ongoing members.

Myth: I went through it, so now the new members have to go through it.

Reality: It only takes one group of "veterans" to break this so-called tradition. The people who founded your group were not hazed. Why treat today's new members differently?

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NORTH DAKOTA STATE CENTURY CODE (STATE LAW):

§ 12.1-17-10. Hazing -- Penalty

A person is guilty of an offense when, in the course of another person's initiation into or affiliation with any organization, the person willfully engages in conduct that creates a substantial risk of physical injury to that other person or a third person. As used in this section, "conduct" means any treatment or forced physical activity that is likely to adversely affect the physical health or safety of that other person or a third person, or which subjects that other person or third person to extreme mental stress, and may include extended deprivation of sleep or rest or extended isolation, whipping, beating, branding, forced calisthenics, overexposure to the weather, and forced consumption of any food, liquor, beverage, drug, or other substance. The offense is a class A misdemeanor if the actor's conduct causes physical injury, otherwise the offense is a class B misdemeanor.

A Parent's Guide to Concussion in Sports

What is a concussion?

- A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete does not have to lose consciousness ("knocked-out") to suffer a concussion.

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Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

Appears dazed or stunned	Headache
Is confused about what to do	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

What should I do if I think my child has had a concussion?

- If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional. However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

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When in doubt, sit them out!

- All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

When can an athlete return to play following a concussion?

- After suffering a concussion, **no athlete should return to play or practice on that same day**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.
- Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that **no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate health-care professional before he or she are allowed to return to play in games or practices**. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.
- Once an athlete no longer has symptoms of a concussion and is cleared to return to play by health care professional knowledgeable in the care of sports concussions he or she should proceed with activity in a step-wise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule should proceed as below following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

How can a concussion affect schoolwork?

- Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases it is best to lessen the athlete's class load

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early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

What Can I Do?

- Both you and your child should learn to recognize the “Signs and Symptoms” of concussion as listed above.
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season’s sports.

Other Frequently Asked Questions

Why is it so important that an athlete not return to play until they have completely recovered from a concussion?

- Athletes who are not fully recovered from an initial concussion are significantly vulnerable for recurrent, cumulative, and even catastrophic consequences of a second concussive injury. Such difficulties are prevented if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete should return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.

Is a “CAT scan” or MRI needed to diagnose a concussion?

- Diagnostic testing, which includes CT (“CAT”) and MRI scans, are rarely needed following a concussion. While these are helpful in identifying life-threatening brain injuries (e.g. skull fracture, bleeding, swelling), they are not normally utilized, even by athletes who have sustained severe concussions. A concussion is diagnosed based upon the athlete’s story of the injury and the health care provider’s physical examination.

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What is the best treatment to help my child recover more quickly from a concussion?

- The best treatment for a concussion is rest. There are no medications that can speed the recovery from a concussion. Exposure to loud noises, bright lights, computers, video games, television and phones (including text messaging) all may worsen the symptoms of a concussion. You should allow your child to rest as much as possible in the days following a concussion. As the symptoms lessen, you can allow increased use of computers, phone, video games, etc., but the access must be lessened if symptoms worsen.

How long do the symptoms of a concussion usually last?

- The symptoms of a concussion will usually go away within one week of the initial injury. You should anticipate that your child will likely be out of sports for about two weeks following a concussion. However, in some cases symptoms may last for several weeks, or even months. Symptoms such as headache, memory problems, poor concentration, and mood changes can interfere with school, work, and social interactions. The potential for such long-term symptoms indicates the need for careful management of all concussions.

How many concussions can an athlete have before he or she should stop playing sports?

- There is no “magic number” of concussions that determine when an athlete should give up playing contact or collision sports. The circumstances surrounding each individual injury, such as how the injury happened and length of symptoms following the concussion, are very important and must be considered when assessing an athlete’s risk for further and potentially more serious concussions. The decision to “retire” from sports is a decision best reached following a complete evaluation by your child’s primary care provider and consultation with a physician or neuropsychologist who specializes in treating sports concussion.

I’ve read recently that concussions may cause long-term brain damage in professional football players. Is this a risk for high school athletes who have had a concussion?

- The issue of “chronic encephalopathy” in several former NFL players has received a great deal of media attention lately. Very little is known about what may be causing dramatic abnormalities in the brains of these unfortunate retired football players. At this time we have very little knowledge of the long-term effects of concussions which happen during high school athletics. In the cases of the retired NFL players, it appears that most had long careers in the NFL after playing in high school and college. In most cases, they

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played football for over 20 years and suffered multiple concussions in addition to hundreds of other blows to their heads. Alcohol and steroid use may also be contributing factors in some cases.

- Obviously, the average high school athlete does not come close to suffering the total number or sheer force of head trauma seen by professional football players. However, the fact that we know very little about the long-term effects of concussions in young athletes is further reason to very carefully manage each concussion. Some of this information has been adapted from the CDC's "Heads Up: Concussion in High School Sports" materials by the NFHS's Sports Medicine Advisory Committee. Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

INSTRUCTIONS FOR TAKING THE FREE CONCUSSION MANAGEMENT COURSE:

- 1- Go to the website: www.nfhslearn.com
- 2- Click on "Click Here to View All Available NFHS Courses"
- 3- Under "Free Courses", Click on "Concussion in Sports-What You Need to Know"
- 4- Click on "Please Login to Order"
- 5- Under "Sign in Here", Click on the "Register" button
- 6- You will be signing up for an account for NFHS Learn. There is no charge for any of this.
- 7- After you have signed up for an account you will be taken to the course.
- 8- The course is only about 15-20 minutes long. When you are finished with the course, you will be able to print out or save a certificate of completion if you wish.



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ATTENTION ATHLETES!

The four years in which you represent your high school in interscholastic athletic competition conducted under the auspices of the North Dakota High School Activities Association (NDHSAA) may be four of the most enjoyable years in your young life. As you compete, your school will have local rules and regulations you must follow in order that your interscholastic participation and competition can be a profitable educational experience. The NDHSAA also has rules and regulations incorporated into the Association's Constitution and By-Laws to which students, as well as school personnel and fans, must adhere.

The information contained in this document describes the By-Laws of the NDHSAA that apply to you and your athletic eligibility. It is designed to help you safeguard your athletic eligibility while you participate in interscholastic athletics. You are strongly urged to review the following material with your principal, coaches, and especially with your parents to be eligible for high school competition; you must comply with the By-Laws in the following areas:

ATTENDANCE

1. You may represent only the school you attend.
2. You must be enrolled and attending classes no later than the beginning of the 11th day of the semester.
3. If you enroll after the 1st day of the semester and before the 11th school day, you must have been in attendance as many school days as you missed before you can participate in an interscholastic contest.
4. If you are enrolled for 30 days in any one semester or participate in an interscholastic contest in a lesser period, it will count as one of the 8 semesters you are allowed for interscholastic eligibility during your high school career.

RESIDENCE

1. You are eligible at any school upon enrolling for the first time as a ninth grade student in that school.
2. Should your parents move to another school district, you do not lose your eligibility in the school in which you have been attending if you choose to remain at said school. You have the right to move with them when they move and be immediately eligible in the school in that district.

TRANSFER

1. If you transfer schools and your parents do not move into that high school district, you will be ineligible for varsity competition one (1) calendar year.
2. If your parents move to a new high school district and you transfer, you will be immediately eligible if your transfer is made within a reasonable time. This may be at the end of the semester or even at the end of the year under certain circumstances. However, it is best to secure a ruling from your principal if you do not transfer immediately when your parents move.
3. Should you transfer schools without a corresponding change in your parents' residence and then re-transfer to your home school, you are ineligible for varsity competition for one (1) calendar year.

SCHOLASTIC STANDING

1. You must be making satisfactory progress toward the school's requirements for graduation.

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2. You must have passed at least two and one half credits the previous semester to be eligible at the beginning of the next semester. If you do not pass at least two and one half credits you will be ineligible the first two weeks of the next semester.

AGE

1. You are eligible until the day on which the twentieth anniversary of your birth occurs.

PARTICIPATION LIMITATIONS

1. After you enroll in the 9th grade, you will be eligible for no more than eight semesters unless you are under 18 years of age.
2. Your seventh and eighth semesters must be consecutive.
3. After you enroll in the 9th grade, you will be eligible for no more than 4 years of competition in any sport.
4. Participation on a high school team as a 7th or 8th grade student does not count toward your 8 semesters of enrollment or your 4 years of competition as a high school student.

PHYSICAL EXAMINATION

1. Prior to participation (including practice), a student participating in NDHSAA sanctioned athletic activities and representing his/her school must have on file with the superintendent, principal, athletic director or school nurse an annual This form is on the NDHSAA website under Administrators & Coaches. Click Forms on the drop down menu. NDHSAA Physical Examination form completed by a qualified health care professional (i.e. Doctor of Medicine or Osteopathy, Nurse Practitioner or Physician Assistant under the supervision of a physician). The Physical Examination is valid for one school year; a physical examination completed before April 15 is not valid for participation the following school year.

AMATEUR STATUS

1. You will become ineligible in a sport if you receive cash for participating in an athletic contest.
2. You will become ineligible in a sport if you participate in athletic activities, schools, try-outs, or games sponsored by professional athletic organizations during the season of a sport.
3. You will become ineligible if you compete in any contest under an assumed name.
4. You may accept any award (not cash) for winning or placing in athletic competition providing the cost of such award does not exceed \$300.00.
5. You may accept prizes for winning or placing in athletic competition (not cash) provided the total value of the prizes does not exceed \$500 during the Association's year (July 1 – June 30).

PLAYING ON TEAMS OUTSIDE SCHOOL

1. When you are participating or under suspension in a sport that is in season at your high school, you may not play on an outside team or as an unattached individual in a nonschool meet in the same sport during the school season for that sport. However, you may do so at any time other than the high school season of the sport without affecting your eligibility.
2. You may play on a team outside of school or participate as an unattached individual in a sport other than the sport in which you are a member of a school team even during the

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season of your school sport team. (For example, if you are on a school basketball team, you may not play on any other basketball team during the high school basketball season, but you may play on a volleyball team in an independent league, or on any team other than a basketball team and still be eligible at school for basketball).

SUMMER CAMPS

1. Students may not participate in sports camps during the season of that particular sport, but may do so outside of the high school on their own. However, participation in such camps for fall team sports is not permitted after July 31.
2. Students may participate on city recreation or independent teams or as unattached individuals during the summer until the opening of the high school season in that particular sport.

USE OR POSSESSION OF ALCOHOL, DRUGS, AND TOBACCO

1. Use or possession of tobacco or alcohol and illegal use or possession of narcotics or habit-forming drugs is prohibited. Violation of this regulation results in a 6 week suspension for the first offense and an 18 week suspension for any subsequent offense. The use, possession or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited.

USE OF PLAYERS

1. You may never participate in an interscholastic contest representing your school while you are ineligible.

GAME LIMITATIONS

1. Individual players are restricted to a certain number of meets or a certain number of quarters of participation per night, per week, or per season in various sports. You should find out what the limitations are in your sport from your coach, so these rules are not violated. Violations can result in your suspension from future contests.

MISBEHAVIOR DURING CONTESTS

1. If you are found to be in gross violation of the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic activities, either as a participant or as a spectator, or both.

COACH/STUDENT CONTEST DISQUALIFICATION

Part Two, Article XIV, Section XII of the By-Laws under Rules of Eligibility shall read: Any student or coach ejected from an interscholastic contest by game officials for unsportsmanlike conduct, including but not limited to flagrant, violent or verbal misconduct will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition. When a non-typical schedule is involved, the ejection penalty may be administered on a case-by-case basis.

Any subsequent ejection in that season's activity carries a four (4) regularly scheduled game/meet ineligibility. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

Student: Any time a student is ejected from a game/meet, he/she does not participate the remainder of that day. The student is also suspended for the next scheduled, rescheduled or contracted contest at that level of competition and all contests in the interim at any other level of competition. Note: To meet this requirement, the contest must take place.

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Coach: When a coach has been ejected in accordance with Part Two, Article XIV, Section XII, he/she is not allowed to attend any of his/her team's contests or to be on site for any pre-game contact direct or indirect with participants during the suspension.

Updated 7/1/2021

HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with 6-8% CHO, 2-3 hours before exercise.
- Drink another 7-10 ounces of water or sports drink 10-20 minutes before exercise.
- Drink early—By the time you're thirsty, you are already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine lost.
- Within 2 hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of 2% of body weight or more.

WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of 6-8% CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than 7% CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10% have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intakes as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks and salt tablets should be avoided.
- Cool beverages at temperatures between 50-90 degrees Fahrenheit are recommended for best results with fluid replacement.

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**PLEASE KEEP THIS HANDBOOK FOR ANY
FUTURE REFERENCES AND INFORMATION.**

**WE ASK THAT YOU TEAR OFF THE BACK
PAGE AND FILL OUT BOTH FRONT AND BACK
AND RETURN TO THE COACH/ADVISOR OF
YOUR SPORT OR THE SCHOOL OFFICE.**

**GO COUGARS, and
NORTHERN LIGHTS!!**

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Signatures indicate acknowledgement of each of the following:

Acknowledgement of receiving and reviewing the letter designated to parents of specific sport.

Acknowledgement of receiving and reviewing rules/guidelines and understand the contents of the guidelines.

Acknowledgement of receiving and reviewing hazing information.

Acknowledgement of receiving and reviewing the Safeguards of Athletic Eligibility

Acknowledgement of receiving and reviewing Hydration Information

Acknowledgement of risk and warning/injuries/medical insurance:

As with any activity there are risks involved with participating in sports. Rolla and Rolette Public School does not subscribe to an injury/medical benefit plan. Each individual participating and his/her parents or guardians must assume any medical costs. Injury claims should be submitted to the participant's family insurance company.

Consent to Treat/Permission to Participate:

In the event of an emergency requiring medical attention, I hereby grant permission for emergency treatment for my daughter/son. I expect an effort will be made to contact me if an emergency occurs. I understand the cost for any medical attention will not be paid by the Rolla or Rolette Public School or the North Dakota High School Activities Association. I hereby approve participation in athletic activities.

Parent or Guardian (Please Print)

Student Name (Please Print)

Parent/Guardian Signature

Date

Student Signature

Address

Grade

City, State, Zip

Activity

Home

Work
TELEPHONE NUMBER

Cell

Medical Insurance Company

Policy Number

Preferred place of medical attention

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Concussion Management Information Verification

Rolla and Rolette Public School is providing the attached concussion management information as required by North Dakota State Law (NDCC 15.1-18.2). The statute requires that each student and their parent/guardian shall document that they have viewed information regarding concussions that may be incurred by students participating in athletic activities. This form must be signed and returned to the coach/school prior to the athlete beginning practice. By signing below, the student and their parent are verifying that they have reviewed the concussion information.

I have reviewed the attached concussion management information.

Athlete's Signature

Parent's Signature

Date

Date

Athlete's Name _____ Grade _____ School _____

PLEASE RETURN THIS SIGNED VERIFICATION FORM (BOTH SIDES) TO YOUR COACH OR SCHOOL OFFICE.

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