

RULES AND REGULATIONS FOR ATHLETES

Below is a list of requirements and rules governing persons participating in athletics. Violations of the Athletic Code will result in appropriate consequences as outlined in the Student Handbook.

1. In school, out of school, and out of town, conduct of the highest type should be the goal of all participants.
2. Courtesy and sportsmanship will be extended to all opponents, officials, or persons in authority at all time.
3. Before athletes can practice or participate, they must pass a doctor's physical exam and have the form filed with the school annually (per MHSAA guidelines, physicals must have been conducted after April 15th in order to be valid).
4. All equipment is the responsibility of the person to whom it is issued. All lost or ruined equipment is to be paid for by the athlete. All equipment must be turned in or paid for before a student may participate in another sport.
5. Before athletes can practice, they and their parents must sign the Saranac High School Athletic Code form and have it on file with the school.
6. Eligibility lasts for four years.
7. Athletes must be under nineteen (19) years of age on or before September 1st of the current school year
8. Amateur status must be held at all times. An athlete may receive no merchandise, money, or awards for participation in any athletic event, even if sponsored by an agency other than the school.
9. Athletes must not accept any award for athletic performance other than an emblematic award. The value of an emblematic award may not exceed fifteen dollars (\$15.00).
10. Athletes must not participate in any athletic competition during the season in a sport not under the sponsorship of Saranac Community Schools, after he/she has represented his/her school in that sport.
11. Any student going out for a team must be out at least one week before they can compete. (Special cases are at the discretion of the Athletic Director and may be appealed to the athletic council.) This rule does not apply to transfer students who have been participating in athletics.
12. Athletes are not permitted to possess, distribute and/or use alcohol, tobacco, or drugs (including performance-enhancing drugs or PEDs). If the Athletic Director determines that an athlete has violated this rule during the calendar year, then the parents and the athlete will be notified in writing. For possession and/or use of alcohol and tobacco, the athlete will be suspended for one-third of their scheduled season dates (all fractions are rounded up to the next whole number). Drug possession (including PEDs) and/or use will result in the athlete being suspended for one calendar year (as defined in the high school student handbook).
 - Attendance at an illegal party or get-together at which alcohol or other illegal drugs are being consumed or used will be considered a violation of this policy. If an athlete is proven to have been in attendance at such a party for any length of time, the athlete will be suspended for one-third of their scheduled season dates. If it can be proven beyond a reasonable doubt, the student athlete was not participating in any illegal activity; the suspension may be reduced up to 50% by the Athletic Director (all fractions are rounded up to the next whole number).
 - If an athlete violates the illegal substance rule a second time, he/she will be

suspended from all athletics for one calendar year. The second violation of drug possession and/or use will result in permanent suspension from athletics. The Athletic Director may reduce this suspension if the athlete participates in a rehabilitation program.

13. If an athlete is guilty of violating civil law or rules of acceptable behavior or conduct, the Athletic Director will administer an appropriate penalty. Minimum penalty of 1/3 of the season to permanent suspension.
14. Consequences for violations of these athletic policies will be carried over from **one season and/or** one school year to the next if it is impossible for the punishment to be enforced during the current school year.
15. Unless **prior approval** is granted by the Principal or Athletic Director, an athlete must be in attendance **the entire day** in order to practice or play. Consequently, athletes are expected to be in attendance the entire school day following a contest.
16. Athletes must practice and attend all team functions while on suspension for violating training rules (any deviation of the suspension is at the discretion of the Athletic Director and coach). He/she must ride the bus and sit with the team at the contest. He/she may not **wear any part of their uniform** for any contests.
17. If for any reason an athlete feels the need to terminate his/her association with a team it must be communicated with the Athletic Director and coach. Appropriate measures will be taken to retain the athlete. If the athlete leaves the team without being released by the coach and/or Athletic Director then he/she will forfeit one-third (1/3) of the next sports season in which he/she participates. This applies if the athlete terminates his/her association with the team after cuts have been made, or one week before the first scheduled contest. This policy may be waved if a parent, due to extenuating circumstances, decides the student athlete can no longer keep their association with their team. This is at the discretion of the Athletic Director, coach, and building Principal.
18. Letter Requirements:
 - a. Coaches will establish requirements to receive a letter (certificate for non-varsity sports) prior to the beginning of the season. These requirements must be approved by the Athletic Director and communicated to the athletes and their parents prior to the season.
19. All athletes are expected to ride to and from athletic contest on the team bus. Only in unusual situations may they ride with their parents, and only with prior approval of the coach and/or Athletic Director. While riding the team bus, athletes are expected to conduct themselves in a proper manner.
20. Violation of school rules not covered in this policy will be handled at the discretion of the Athletic Director or Principal.
21. If an athlete in grades **7-12** has been assigned an in-school suspension for any part of the day he/she must forfeit half of that day's athletic contest.
22. **No athlete will play in a contest until the pay-to-participate is paid in full (unless other arrangements have been made with the Athletic Director).**