



DISTRICT 99 ATHLETIC/ACTIVITIES HANDBOOK

Statement of Philosophy **Sport in an Educational Setting**

Positive Experiences

Extra-Curricular activities in District 99 provide students with opportunities for success and UNFORGETTABLE MEMORIES. In the history of athletics/activities at District 99, there have been many outstanding programs and individuals. Many conference, district, regional, and sectional championships have been won. Many teams have been state place winners and many individuals have received recognition at the state and even national level. It is now time for you to add to this rich tradition. What legacy will you leave...as an individual...as a teammate? Welcome to District 99--one of the best programs in the state. Enjoy every minute of the experience because before you know it you will be an alumni wondering where the time went. While you are here remember our mantra—"good things happen to good people who work hard!"

Student Centered Extra Curricular Program

Our program is student-centered and reflects that we maintain the proper perspective of extra-curriculars in an educational setting. That means we emphasize the core values of our program above all other things. **We seek to instill the values of hard work, discipline, team work, confidence, character, academic success, and love of the game.** We teach these values as we prepare our students to win. We feel that if we focus on these values we will build people of character that will be prepared to succeed after high school in whatever life endeavors they choose to pursue. Focusing on these values has also proven to bring us great success; a pleasant outcome of fulfilling the true purpose of activities in a school.

Sportsmanship

The IHSA and District 99 believe that good sportsmanship is a direct result of the core values and its promotion and practice are essential. The IHSA has outlined the following Sportsmanship Code and we ask all stake holders in our program to abide by it.

This code of conduct applies to all parents/fans involved in interscholastic athletics and activities.

1. Parents/Fans will promote academic, emotional, physical and moral well-being above desires and pressure to win.
2. Parents/Fans will teach, enforce, advocate, model, and promote the development of good character to include:
 - a) Trustworthiness
 - b) Respect
 - c) Responsibility
 - d) Fairness
 - e) Caring
 - f) Citizenship
3. Parents/Fans will respect participants, officials, opponents, and all other involved.
4. Parents/Fans will promote fair play and uphold the spirit of the rules in the activity.
5. Parents/Fans will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Sportsmanship and acknowledge that I may be forbidden from attending contests or practices if I violate any of its provisions. I acknowledge that my acceptance of this booklet indicates that I have read and understand this code.

We salute our students, parents, and fans who have demonstrated this positive ATTITUDE. Learning to win and lose in a proper manner is an important life skill to learn in District 99.

Extra-Curriculars are a Privilege

Participation in student activities and athletics is considered an extension of, but separate from, the regular school program. While the regular academic program is a right afforded to each student, participation in athletics and activities is a privilege. This privilege asks students to meet certain expectations beyond those found in the traditional classroom setting. Since participation is a privilege, the school has the authority to suspend or revoke this privilege for those who do not conduct themselves in a responsible manner as determined by District 99. Nothing in this handbook or Code of Conduct is intended, nor shall it be construed, as creating any right, contractual or otherwise, to participate in student activities or athletics, or to any procedure or process in connection with any suspension or revocation of the privilege of participating in student activities or athletics.

Expectations and Responsibilities

Participation in athletics carries with it certain responsibilities. Students owe it to themselves and their teams to strive for the best possible experiences while at District 99. Educational and athletic experiences prepare students for future endeavors. All athletes are expected to abide by all school rules and regulations as outlined in the Student Handbook and the current IHSA Athletic Eligibility Rules and Regulations (also in the Student handbook). Compliance is required year round and regardless of whether the particular sport or activity is in season or not. The District 99 Athletic Participation fee for an individual per sport is \$115—the third sport is free. The fee must be paid by the first contest and is non-refundable. The fee for participation in clubs and activities is \$55.

Team Concept

Spirit and unity begin and end with each individual. Students must be proud and happy about school and team accomplishments. Championships are built around students who are unselfish toward their teammates in and out of school. It is imperative that the athletes and parents support the team concept by putting the team before self-interests. District 99 has achieved numerous top finishes because athletes, parents, coaches, teachers, administration, and our communities have all been united toward achieving team goals. We need to continue this sense of unity and solidarity to maintain the level of success we have enjoyed. How will you answer the questions: “Can the team count on me?” and “Are my actions supporting the coach and the team?” A mandatory team meeting for both parent and athlete shall be held by each sport program in order to review and explain specific team rules, regulations, and guidelines.

Attendance

Students shall attend school daily and adhere to the specific attendance requirements for each activity/sport. We firmly believe that for students to attain their fullest potential, daily practice is essential. Non-attendance may result in a range of consequences from suspension from contests to dismissal from the team. Additionally, students shall NOT be allowed to participate in contests or practices unless they have attended at least a half a day of school (4 periods).

Academics

It is an Illinois statute that students meet academic requirements in order to be eligible for IHSA competition (No Pass, No Play). All athletes at District 99 must be passing five (5) classes (2.5 credit hours including P.E.). Initial eligibility shall be checked at the beginning of the semester. Any athlete who did NOT pass five classes shall be ruled ineligible for the entire next semester. Additionally, weekly grade checks shall take place while sports are in season. Athletes must pass five classes each week to be eligible to compete. Those NOT passing five classes shall be suspended for the entire following week. Thus, the grade report on Friday shall be applied to the following Monday-Saturday playing schedule. Athletes who are ineligible due to academics shall be expected to practice and follow all team rules as per the rules and guidelines outlined by each Head Coach.

All athletes are strongly encouraged to:

- complete assignments on time
- do quality work
- seek help immediately from the instructor or a classmate when having difficulty
- inform a coach if seeking help after school
- schedule home study time and adhere to it.

Parents are encouraged to:

- check homework
- review the Student Handbook with your student
- review progress reports and check grades and attendance on-line

- dialogue with teachers, attend conferences
- sign up to receive district and school newsletters

NCAA Eligibility Center

As a prospective college student-athlete at a Division I or II institution, there are certain requirements to fulfill before you may participate. Information concerning who needs to register with the Eligibility Center and determine what documents should be submitted can be found on this web site

http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA_EMS.html#. The DGN and DGS Counselors have all materials you need to get started. See your counselor or the web site above.

Removal from a Team

Athletes who quit or are removed from a team are not allowed to participate in another sport during the same season. The only exception would be the student who is advised by the coach to participate in another sport.

Equipment

An athlete is responsible for each item of equipment that is issued to him/her. Lost or stolen equipment must be paid for at the replacement cost. An athlete will not receive an award, or be allowed to participate in a subsequent sport until the equipment record is cleared. If necessary, students will be barred from registering for classes and even participating in graduation until the record is cleared.

Transportation

District 99 provides transportation to and from all athletic contests. All athletes are required to use school transportation. This is an excellent time for coaches and players to communicate informally and build team cohesiveness that is a vital part of the athletic experience. Athletes are not allowed to participate in an away contest if they drive themselves to the event or if they use alternate transportation without prior permission from the coach. Should there be an emergency or extenuating circumstances; an athlete may be released only to their parent/guardian. Athletes shall never be released to someone other than a parent/guardian without prior written permission. Certain sports that are housed off campus may deviate from this rule based upon school administrative guidelines.

Communication

Good communication is paramount for a successful experience. Mandatory parent meetings are held at the beginning of each sport season so that the coach may review rules, expectations, and other team guidelines. The coach shall provide contact information and outline the best method to reach him/her. Our coaches and sponsors all have District e-mails. In addition, coaches may use parent and student cell phones and e-mail to communicate pertinent information as per the District acceptable use policy for technology. If you do not want your child contacted in this manner, please make the head coach and the Athletic Director aware of this.

We have also launched web sites to help with communication. Each High School has a main site and athletics and activities can be reached through the portals on this page. Here you will find all essential information such as schedules, scores, stories, mandatory forms, directions to away sites, cancellations, postponements, changes, articles of interest, character education, and much more. We encourage your feedback in order to improve the site. Call or e-mail the Administration with suggestions.

The schools have also set up Facebook pages and Twitter accounts to help with recognition and to push important information. Please contact the school or check out the web sites to use these tools.

As with everything we do, we believe in the primacy of “teachable moments.” When athletes are having an issue, we need to seize this opportunity to teach life skills to resolve conflict. Therefore, we expect athletes and parents to follow the “chain of command” when dealing with issues.

1. Athlete contacts the coach
2. Athlete contacts the Head Coach
3. Parent contacts the coach
4. Parent contacts the Athletic Department
5. Parent contacts Principal.

If these steps are followed, concerns shall be heard by the appropriate person in the proper venue and resolution will follow.

Medical Concerns

Our first priority at District 99 is the safety of our students and we take precautions to ensure that safety. The Athletic Department and coaching staff understand that sports related injuries occur. If an athlete is injured, he/she must report to an athletic trainer! We have certified athletic trainers on staff who can effectively deal with injuries.

Should an athlete see a physician, he/she must have a WRITTEN RELEASE signed by a physician allowing the athlete to resume participation. If a student is excused from P.E. for medical reasons, he/she may not participate in athletics until released by a physician.

Athletic participation has **inherent dangers and risk**. Even when competition and practice is within the rules of the sport and athletes are following the instruction of the coach, catastrophic injury may still occur. These injuries may include, but are not limited to: serious head, neck or spinal injuries, complete or partial paralysis, brain damage, or death. Serious injury to any of the internal organs, bones, ligaments, muscles; tendons or other aspects of the musculoskeletal system are possible. The injuries that may occur may affect an athlete's future ability to: 1. participate in athletic programs and recreational activities, 2. engage in other business or social activities, 3. earn a living. To attempt to avoid the possibility of injury, athletes should follow the instructions of the coach and athletic trainer at all times regarding techniques, training and team rules; always participate within the rules of the sport.

An IHSA pre-participation physical examination is mandatory for all students wishing to participate in athletic programs at District 99. Incoming freshman may use their school physical to satisfy this requirement. Physicals are valid for 13 months and must be renewed in order to participate.

IHSA Random Drug Testing

The IHSA has a random drug testing program for athletes in place. A banned substance list can be obtained at ihsa.org. Athletes and parents must give consent to the program in order to participate in IHSA activities. Acceptance of this program is found in the registration process in the legal forms page. A paper form can also be used to consent to the program.

Performance Enhancing Substances

As a component of the above, the IHSA and State of Illinois have mandated that students and parents be educated about steroids and other performance enhancing substances. This education takes place at the mandatory healthy lifestyle meetings each season, or by viewing the healthy lifestyle presentation that is now available on line. Any student who has not viewed or submitted the proper signature form will be held from competition.

Concussions

As of 2011, the state of Illinois requires that schools make them aware of concussion and brain related injuries. Athletes and parents must acknowledge that they received this information by accepting this on the legal forms section of on line registration. A paper form is available and can also be used to fulfill this requirement. Those not in compliance with this requirement will not be allowed to participate.

Exemption for Participation in Interscholastic Athletics (Board policy 6.50)

An eleventh or twelfth grade student enrolled in a District 99 school may request exemption from physical education activity if he/she is participating in interscholastic athletics. The decision to exempt will be made on a case by case basis and shall not be automatically renewed. A P.E. Exemption form (available in the athletic office) must be completed by the student and the parent/guardian and submitted to the AD Office. A request for exemption from P.E. may be approved for one semester only, may be extended within the same school year pending verification of continued student eligibility. A student exempted from P.E. under the provisions of this policy must maintain a full schedule of classes during the entire period of the exemption. I understand that if a PE exemption is approved for participation in interscholastic athletics and I do not participate in the sports or if I drop out of the sport, I must re-enroll in a Physical Education class immediately. I also understand that it is my responsibility to initiate this action. If it is late enough in a semester where earning credit is not possible, I understand that I will be responsible for making up the PE credit in order to meet District 99 graduation requirements. Making up the PE credit may require changes in a student's schedule and loss of a scheduled course(s).

Athlete Code of Conduct

Application

1. This code shall apply year round to all students who participate in extra-curricular activities involving competition or public performance—it is not a seasonal code.
2. Violations are accumulated throughout a student's career at DISTRICT 99; thus the number of violations carryover from year to year as the athlete progresses from freshman to senior status.
3. *Reports of Code violations shall be reviewed by administration.*
4. *Any violations of the Code should be reported to the administration immediately. Any extended time between the violation and the reporting may limit administrative ability to enforce the Code.*
5. Students who violate the code must serve the penalties as outlined herein and/or complete prescribed programs as outlined prior to re-entry into extra-curricular activity.
6. While on suspension from an activity/sport, students must nevertheless practice, unless barred from practice as part of their disciplinary action, and follow all rules and regulations for the sport/activity if they intend to rejoin the team/squad.
7. Students who are serving a code violation consequence must complete their suspension during the season and finish the season in good standing. This means the suspension will not be declared served if the student quits the team or does not finish the season—even a partially served suspension.
8. If a Code suspension cannot be served in its entirety during a particular activity/sport, the remaining portion of the suspension shall continue to the next activity/sport season in which the student participates.
9. Failure to sign/accept the Code of Conduct does not exclude a student from being held accountable for the rules and regulations of this policy. Those choosing not to sign/accept the Code shall not be allowed to compete.

The Athlete Code of Conduct cannot anticipate every circumstance that may occur and, therefore, the District reserves the right to revise, supplement, deviate from or rescind any provision or portion of the Code from time to time **as school administration deems appropriate in its sole and absolute discretion**. The District will endeavor to post the most current version of the Code on the athletic web site and also make copies available in the Athletic Office. It is the responsibility of the student/family to check for updates and be aware of revisions regardless of the sport season in which they are active.

Violations

The following rules apply regardless of whether the conduct occurs on or off school property; before, during or after school hours; and apply year round regardless of whether the student's sport or activity is in season or not:

- A. Students shall not possess, actively seek, solicit, sell, or be under the influence of tobacco, alcohol, illegal drugs/controlled substances, look-alike drugs, steroids or other illegal performance enhancing drugs/supplements, or possess drug related paraphernalia.
- B. Students shall not attend or host a party primarily attended by students or for the benefit of students at which alcohol, tobacco, or any controlled substances are provided or at which the use of any such substances is permitted.
- C. Theft, possession of stolen property, or destruction of property.
- D. Hazing acts, initiations, or bullying (as outlined in Appendix 1)**
- E. Serious acts which are determined by the Administration to be detrimental to the individual, the coach, the team, or the school.
- F. Acts which violate the Student Handbook.

Consequences

The following consequences are guidelines which will be followed by the Athletic Director, Activities Director, or the Administration. Should such person or persons determine that the violation or violations committed are sufficiently serious to warrant such, any step may be omitted and any more serious consequence, up to and including permanent removal from athletics/activities, may be imposed.

1st Offense: The student shall lose eligibility for upcoming interscholastic contests or public performances totaling 25% of the total schedule. In cases of tobacco, alcohol, or drugs, a reduction to 10% of the total schedule may be awarded should a substance assessment and intervention program* be completed through the Student Assistance Coordinator. Programs must be approved by the Student Assistance Coordinator and all costs incurred are the responsibility of the student and his/her family. Please see below for specific regulations regarding the reduction option.

2nd Offense: The student shall lose eligibility for the next interscholastic contests or public performances the equivalent of one full season. The exact amount shall depend upon the activity in which the student has or shall be participating.

3rd Offense: The student shall be permanently suspended from participation in extra-curricular activities for the remainder of their high school career. The student may appeal the Principal in writing for reinstatement after one calendar year.

*Programs must be approved by the Student Assistance Coordinator OR Athletic Director, Activities Director, or Principal and all costs incurred are the responsibility of the student and his/her family. The assessment must occur within 10 business days of the first consultation with the Student Assistance Coordinator.

If a program is recommended by the assessor, the student/family are responsible for submitting written proof of registration to that program within 5 business days of that recommendation to the appropriate school Administrator. Failure to comply with these deadlines will result in the full 25% suspension being reinstated.

Students may participate in contests/performances while completing the recommended program from the assessor. Written notification of completion of the program must be presented to the Administration within 10 business days of the concluding date of the program as outlined in the initial enrollment in the program.

Voluntary Admission for Violations A and B

The purpose of this provision is to allow the student to seek help and be accountable for their decisions. At any time, the student may voluntarily admit a personal code violation prior to school official's knowledge. In these cases, the student may continue uninterrupted eligibility when it is verified that enrollment in and continuing participation is taking place in a school recognized substance assessment and intervention program. Programs must be approved by the Student Assistance Coordinator OR Athletic Director, Activities Director, or Principal and all costs incurred are the responsibility of the student and his/her family. The voluntary admission will be counted as one code violation. Voluntary admission may be used by a student one time during high school. All evaluations and treatments will be at the parent/student expense. Voluntary admission cannot be used for cases in which there was an arrest or other official documentation filed. Administration reserves the right to nullify the application of this provision if violations are of such a serious nature and are determined to be detrimental to the student, the team, or the school.

Internet Sites and Social Media

District 99 Administration feels obligated to warn students and parents about the dangers of social media. These sites are potentially damaging and can have the following affects:

- Identity theft
- Background checks when seeking employment
- Deleting information and pictures posted on the web is impossible
- Allows access by sexual predators and cyber stalkers.

Further, if images or blogs are found to violate the District 99 Code of Conduct outlined above, students shall be dealt with accordingly. Be very careful and remember that today's technology (like camera phones etc.) make it very easy to be caught off guard. Make good choices!

IHSA Eligibility Rules

*Illinois High School Association
(For 2014-15 School Term)*

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-laws provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of four (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester. (Beginning with the second semester of the 2012-13 school term)

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or

- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kind kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. ***You cannot be eligible when you transfer until this form is fully executed and on file in the school office.***
- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer **after the IHSA sport season has begun**, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 - 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 - 3. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.

- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.
- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.

- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an “athletic scholarship” or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - 1. During the school year, you may not participate on a non-school team coached by any member of your school’s coaching staff unless it meets specific criteria established by the by-laws.
 - 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school’s coaching personnel.

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school’s team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school’s team. You cease being a member of your school’s team when the team(s) of which you are a member terminates for the school term.

- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

The complete set of IHSA By-laws and Policies is available at www.ihsa.org.

Appendix 1

HAZING

It is the policy of Community High School District 99 (7.180) that no student organization or any person associated with any organization sanctioned by the School Board shall engage or participate in hazing.

Hazing is an act that subjects a student to electronic, written, physical, or verbal harassment, mental or physical discomfort, intimidation, embarrassment, ridicule, or demeaning activity committed by an individual student or group of students for the purpose of initiation, maintaining membership, or holding office in any organization, club, or athletic team.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as:

- whipping;
- beating;
- branding;
- forced calisthenics;
- exposure to the elements;
- forced consumption of any food, alcoholic beverage, drug or controlled dangerous substance;
- or any forced physical activity which could adversely affect the physical health or safety of the individual.

“Endanger the mental health” shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as:

- prolonged sleep deprivation,
- forced prolonged exclusion from social contact which could result in extreme embarrassment,
- or any other forced activity which could adversely affect the mental health or dignity of the individual.

Any hazing activity, upon which the initiation or admission into or affiliation with an organization sanctioned or authorized by the School Board is conditioned, directly or indirectly, shall be presumed to be a forced activity, even if the student willingly participates in such activity.

Examples of behavior that could be considered hazing include being forced to:

1. Destroy or steal property.
2. Be tied up, taped or confined in a small space.
3. Be paddled, whipped, beaten, kicked or beat up others.
4. Do embarrassing, painful or dangerous acts.
5. Be kidnapped or transported and abandoned.
6. Consume spicy or disgusting concoctions.
7. Be deprived of sleep, food or hygiene.
8. Engage in or simulate sexual acts.
9. Participate in drinking contests.
10. Be tattooed or pierced.

Hazing Complaint Procedure

Complaints

A student who feels that he or she has been bullied, hazed, harassed, or cyber bullied should inform a School District staff member. All school employees are required to report alleged violations of this policy to the principal or his/her designee. All other members of the school community, including students, parents/legal guardians, volunteers and visitors, are encouraged to report any act that may be a violation of this policy.

There are no express time limits for initiating complaints under this Board policy; however, every effort should be made to bring complaints to the attention of appropriate authorities as soon as possible while memories are fresh and witnesses continue to be available.

More Information and examples of hazing can be obtained at: **Stophazing.org**

Complete copy of Community High School District 99 School Board policy can be viewed on-line at:
<http://www.csd99.org/board-policies/>