

Saline Athletic Department
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1300 Campus Parkway, Saline, MI 48176-1606

Located in Saline High School
Office Hours: 8:00 a.m. - 4:00 p.m.

Athletic Director: Rob White
Athletic Department Secretary: Nancy Crosbie
Saline Area Schools

For more information about teams, schedules, directions, athletic forms, etc., go to
www.salinehornets.com and www.highschoolsports.net.

Saline Area Schools does not discriminate on the basis of race, color, national origin, sex, age, religion or disability in admission, access to, or treatment of employment in any of its programs, activities or policies. Any person having inquiries concerning this School District's compliance with the regulations implementing Title IV, Title IX, the ADA, or Section 504 is directed to contact: Nancy Brenton, Saline Area Schools, Historic Union School, 200 N. Ann Arbor Street, Saline, Michigan 48176.

Saline Area Schools
Athletic Department
Rules and Regulations

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The following rules and regulations apply to all participants in all sports at Saline Area Schools, but are not intended to be all inclusive. They cover areas specific to participation in Saline School sports and are in addition to all rules and regulations outlined in the High School and Middle School Student Handbooks and Michigan High School Athletic Association rules. *(Current copy of MHSAA rules and regulations available in the Athletic Department - 429-8021.)*

Violations of any rule will subject a student athlete to penalties as outlined here or in the Saline High School or Saline Middle School Student Handbook, MSHAA regulations, and/or rules specific to the sport in which the student athlete is competing.

In addition to all general rules outlined in this document, each coach will present in writing to the student athletes the rules and expectations specific to that sport and season as approved by the Athletic Director. The specific sport rules should not be in conflict with the following rules.

I. IN-SEASON

- A. Season for the team starts with the first day for practice allowed by the Michigan High School Athletic Association (MHSAA).
- B. Season for the team ends based on whatever occurs last:
 1. The banquet for that sport.
 2. The last competition in that sport.

II. PRACTICE

- A. All athletes are expected to be at all practices and competitions.
- B. All athletes are expected to start practice the first day of the season as allowed by the MHSAA.
 1. Exceptions (to be excused by the coach):
 - a. When an athlete's seasons overlap
 - b. Family emergencies (illness, death in the family, etc.)
 2. An athlete who starts practice later than the first day of the season:
 - a. Must make up all missed work as prescribed by the coach
 - b. Will be withheld from interscholastic competition as outlined below:

For all non-cut teams

| <u>Missed Practice(s)</u> | <u>Penalty</u> |
|---------------------------|------------------------|
| 1-5 | 1 week of competition |
| 6-10 | 2 weeks of competition |
| 11 or more | 3 weeks of competition |

For all cut teams

| <u>Missed Practice(s)</u> | <u>Penalty</u> |
|---------------------------|----------------------------------|
| 1 | 1 competition |
| 2 | 2 competitions |
| 3 or more | Not allowed to come out for team |

3. For athletes who have been excused to start after the first day, their season begins when they report to their first day of practice.
- C. An athlete who misses practice(s) once his/her season has started will be withheld from interscholastic competition as outlined below:

| | | |
|----|---------------------------|---|
| 1. | <u>Missed Practice(s)</u> | <u>Penalty</u> |
| | 1 | 1 competition |
| | 2 | 2 competitions |
| | 3 or more | To be determined by the coach. Athlete could be suspended from the team. |

***Note:** Certain sports, in which there are extenuating circumstances (such as only a handful of competitions per season), may offer alternatives. See your sport's team rules – any exceptions will be noted there.

2. Exceptions (to be excused by the coach):
 - a. Family emergencies (illness, death in the family, etc.)
- D. Practice during School Vacations, Family Vacations and Holidays.
1. It is expected that once an athlete commits himself/herself to a sport, he/she will not interrupt this responsibility by going on vacation.
 2. Practices and competitions for some sports may be held on holidays, during vacations or on the day of prom. We attempt to minimize these conflicts, but circumstances beyond our control do not allow us to eliminate team responsibilities during those time periods.
 3. All athletes are expected to practice and compete during these times deemed necessary by the coach.
 4. Missed practices may result in suspension of up to 3 competitions or expulsion from the team.

III. CURFEW

- A. All athletes participating in a sport will have a curfew while in season.
- B. Times established for all athletes to be home are:

| | |
|---|----------------|
| <i>Sunday - Thursday & before competition</i> | <i>10:30pm</i> |
| <i>Friday & Saturday</i> | <i>1:00am</i> |
- C. Exceptions to curfew may be granted by the coach for:
 1. Special occasions (e.g., Homecoming and Prom - 2:30am curfew).
 2. An emergency.
 3. When returning too late from a competition.
- D. Requests for exceptions must be made in advance to the coach.
- E. Curfew violations:
 - 1st Offense: TBD by coach.
 - 2nd Offense: Suspension from one competition.
 - 3rd Offense: Suspension or expulsion from the team.

IV. ATTENDANCE

- A. Attendance.
 1. A student athlete is expected to attend school and classes at all times unless he/she has an acceptable excuse.
 2. Student athletes must be in class three (3) full periods in order to practice or compete on that day.
Exceptions to this rule can be approved by submitting a written request to the Athletic Director prior to the day missed.

3. Truancy is defined in the Student Handbook as being absent from a class or classes, or an assignment, without permission and/or knowledge of Saline High School staff.
The following are examples of truancy and are not all inclusive:
 - a. Leaving school grounds (including during lunch).
 - b. Not attending an assigned class but being in the building or on school grounds.
 A student athlete who is truant:
 - a. Will not be allowed to practice either the day of, or the day after, the reported truancy.
 - b. Will not be allowed to compete in the next competition following the reported truancy.
 - c. On a recurring basis may receive additional suspension or expulsion from the team.
4. When an athlete is going to be absent from school the parent/guardian must notify the school office as per the student handbook. In addition, the parent/guardian must notify the coach. Failure to do so may result in suspension, or for repeated violations, expulsion from the team.
5. All violations of rules and regulations outlined in the Student Handbook that result in a student athlete being assigned to in-house suspension, Saturday school, detention, or any other form of discipline, will result in suspension from the next competition. Recurring violations may result in further suspension or expulsion from the team.

V. ACADEMIC ELIGIBILITY

In addition to the MHSAA Eligibility Rules, the following will also apply:

- A. Eligibility will be determined on a weekly basis using one of the following:
 1. Progress Report or Report Card, **or**
 2. Weekly eligibility report, filled out by the teaching staff and turned in to the Athletic Department. Weekly reporting methods include:
 - a. *A weekly grade based on homework, tests, quizzes, papers, or projects is reported as a checkmark for a satisfactory grade (A - C) or a zero (for a D or E).*
 - b. *A cumulative grade for the marking period.*
If the teacher feels that the student has slipped in her/his responsibilities, and reporting the cumulative grade of a D or an E is necessary, it can be reported as such and will result in the following:
 - *Two D's - ineligible for the week*
 - *One E – ineligible for the week*
- B. A student is ineligible:
 1. If on the progress report or report card the student earns one (1) E or two (2) or more D's. (Since each of these is a cumulative grade, they would indicate a serious need for monitoring of progress.)
 2. If on the weekly grade report the student earns two zero's (D or E) for the week.
 3. Reinstatement of academic eligibility:
 - a. If allowed by the teacher, the student will make up necessary work to the satisfaction of that teacher. If after doing so the athlete feels that his/her grade has improved, he/she may pick up a grade card from the athletic office and request an updated grade from the teacher prior to the weekly grade submission.
 - b. The student works to perform at the necessary level in class that week so the following week's report is improved.

- C. A student is on academic probation if, during the current sport's season, he/she is ineligible for two or more consecutive weeks.
 - 1. An athlete on academic probation may continue to practice, but may not compete.
 - 2. The coach will monitor the athlete's efforts to get extra help from the teacher, etc.
 - 3. Reinstatement of eligibility after probation:
 - a. Student athlete must have two (2) successive satisfactory weekly reports.
 - b. Student athlete must have the consent of his/her coach.

- D. Recurring academic probation: if the student athlete receives another unsatisfactory report, a conference with the athlete, a parent/guardian, teacher(s) and the coach will be necessary before eligibility can be reinstated.

VI. FACILITIES AND EQUIPMENT

A. Facilities

- 1. Only athletes and coaches in season shall use the facilities designated for their particular sport. The Athletic Director must approve the use of all facilities.
- 2. The training room and coaches' offices are off limits for all athletes except under the following conditions:
 - a. Under the supervision of the trainer, coach or manager.
 - b. Student has expressed permission of a coach or trainer.
- 3. All athletes will be housed in their respective varsity locker rooms. The physical education locker rooms are off limits after 2:30pm for athletes in season.
- 4. An athlete using any facility of Saline High School must be under the supervision of a coach at all times.
- 5. During the school year, the following will apply to out-of-season conditioning:
 - a. Must not involve athletes who are in season.
 - b. Must follow MHSAA guidelines
 - c. The Athletic Director must grant permission and/or exceptions.

B. Equipment

- 1. All athletes are financially responsible for equipment issued to them throughout the year.
- 2. Equipment issued to athletes is to be worn only for practice or competition.

***Violation of the above standards will result in appropriate discipline ranging from corrective action prescribed by the coach, to suspension from competition(s), or expulsion from the team.**

VII. BEHAVIOR

The behavior of Saline student/athletes will be held to the highest of standards. Athletes must understand that they represent the community and the school. Proper behavior in school, at athletic contests, and during bus rides shall be exhibited at all times.

- A. Coaches will deal with poor sportsmanship, vulgarity and other forms of poor behavior and disrespect. Any action by athletes that violates behavior standards will result in appropriate discipline ranging from corrective action prescribed by the coach, to suspension from competition(s), or expulsion from the team.

- B. Hazing is defined as harassment, abuse, or humiliation by way of initiation. This definition, however, can include both physical and mental forms of hazing. Hazing is associated with, but not limited to being initiated into, or pledging a team. Athletes participating in hazing activities will be subject to discipline appropriate to the offense. Depending on the severity of the violation, penalties may range from suspension to expulsion from the team.

VIII. MISCELLANEOUS

- A. If an athlete receives care from any physician, including a physician's assistant (PA) or certified nurse practitioner (CNP), for any injury or illness, then that athlete is required to present a written note to the coach and trainer stating the status of the athlete. (Can the athlete practice or compete?) Athletes will not be allowed to practice or compete until such a note is submitted.
- B. Transportation to and from competition:
1. When the school (bus, van, etc.) provides transportation, all athletes must travel to and return from the destination together nonstop.
 2. Parents seeking exception to the above should request the same in writing, in advance, from the coach. The athlete then delivers the note to the Athletic Director's office to be filed. A 24-hour notice is preferred.
 3. Exceptions will be made only for extenuating circumstances.
- C. Coach/Parent meetings:
1. Prior to the opening competition, all coaches shall afford the parent(s)/guardian(s) of the players an opportunity to meet with the coach(es) to discuss particulars of the upcoming season.
 2. All families will receive an explanation of and copies of the schedule, rules, regulations, expectations, etc. for that specific sport.
 3. If a parent cannot be present at such a meeting, the athlete will not be allowed to compete until a copy of the rules of that particular sport is signed by a parent/guardian and filed with the coach. The parent/guardian's signature shall serve to acknowledge acceptance of the conditions to participate in athletics in Saline Area Schools.
- D. All injuries must be reported to the coach promptly. The coach, trainer and/or athlete will then notify the parents of this injury.
- E. Unless otherwise designated, MHSAA rules will govern all athletes.
- F. Rules established by the varsity coach are applicable to the programs at all levels. The head coach must approve differences for all levels.
- G. An athlete's amateur status can be jeopardized if a student receives money or valuable consideration for participation in sports sponsored by Saline Area Schools. The period of ineligibility shall be not less than the equivalent of one full school year (per MHSAA).
- H. A student who plays a sport for a team other than a Saline Area School team during the season he/she is a member of the same sport team at SAS will be ineligible for not less than three (3) days competition (per MHSAA).

- I. Food consumed before and after an athletic event must be eaten in an area other than the gym or on the bus.

IX. AWARDS

- A. Only members of a team finishing the season in good standing will be awarded certificates or a chenille for participation.
- B. Team members dismissed for team violations will not receive a team award.
- C. Any freshman receiving a varsity letter will also receive numerals.
 1. An athlete will receive a maximum of one (1) varsity letter (chenille) while participating as a high school athlete. All other letters or awards won will be recognized via certificates. Clutch back pins may be purchased by the athlete from the school store signifying the number of varsity letters won in the various sports.
- D. Awards accepted for participation in athletics may not exceed \$25 in value. Violation of this rule will result in the loss of eligibility for not less than one full semester (per MHSAA).

X. OTHER VIOLATIONS

- A. Violations
 1. The following will result in immediate expulsion from the team:
 - a. Vandalism is defined in the Student Handbook. An athlete will be financially responsible for acts of vandalism of athletic facilities, home and away.
 2. If a student athlete breaks the law (felony, misdemeanor, other than minor traffic violations):
 - a. And the action results in a conviction (or a separate school investigation determines culpability), discipline will be administered. Penalties could include suspension from competition or expulsion from the team.
 1. During an investigation (police or school), the student athlete in question may be temporarily suspended from all team activities.
 - b. And it is also a violation of the regulations in the Student Handbook or the Athletic Rules and Regulations, discipline will be administered. Penalties could include suspension from competition or expulsion from the team.

XI. APPEALS, etc.

- A. Any suspension or expulsion of an athlete from practice(s) or competition(s) because of a violation of the rules may be appealed to the coach involved.
- B. If the appellant is not satisfied with the decision at that level, he/she may appeal to the Athletic Director, followed by the HS or MS Principal.
- C. If the appellant is not satisfied with the decision at that level, he/she may appeal to the Superintendent.
- D. Any problems not covered by the Student Handbook, MHSAA Rules, individual sport requirements, or the Rules and Regulations of the Saline Athletic Department, will be resolved by the Head Coach and the Athletic Director.

XII. USE OF ILLEGAL SUBSTANCES

Saline Area Schools recognizes that the use of tobacco, alcohol and other drugs interferes with the physical, intellectual, social, and emotional development of our students. Reflecting the prevention philosophy of both our athletic program and our school system, this policy's intent is to send a clear and consistent message to all athletes, coaches, parents, and program administrators regarding tobacco, alcohol, and other drugs. The adolescent use of tobacco, alcohol, and other drugs is illegal and presents a significant threat to an athlete's health and safety and to the orderly conduct of athletic programs. The additional safety factors associated with active, competitive participation give the athletic community an added responsibility to provide the safest and healthiest environment for all concerned.

SUBSTANCE ABUSE VIOLATIONS

Refer to complete Student Assistance Policy, (in SHS Handbook or in SMS Handbook)

A. Violations

1. The following is not allowed and will result in immediate expulsion from the team and invoke the Student Assistance Policy:
 - a. Possession, sale, distribution or use of any controlled substance or look-a-likes.

Athlete and Parent signatures to acknowledge the participant contract:

I have chosen to participate in athletics at Saline High School. I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or the best interest of my team and school. I agree to remain free from tobacco, alcohol, and other drugs. I fully understand this pledge extends to seven days a week. If I have a problem or need help fulfilling this contract, I understand that the coaches, the substance abuse coordinator, and school counselors will be available to help me. I have read and understand the athletic policies and the consequences for violations of these policies. I pledge to keep all rules and policies and to help all of my teammates abide by the same athletic rules and policies. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation.

Signed _____

Date _____

Please print your name (student) _____

As the parent/guardian of _____, I understand and support this contract regarding substance abuse violations and pledge that my son/daughter has signed. Optimum health is the goal of our athletic program, and I support the school system in the efforts to attain this goal. I acknowledge the consequences stated above for athletes who violate the substance abuse policy of Saline Area Schools. In addition, my signature below acknowledges that I have read the Athletic Department Rules and Regulations and accept the rules and regulations as a condition of participation for my child.

Signed _____

Date _____

