

**Macomb School District #185**  
**Extracurricular**  
**Handbook**



**2019-2020**

**Macomb Jr/Sr High School**

## STUDENTS

### Conduct Code for Participants in Extracurricular Activities

It is the wish of the administration and the School Board that we provide a quality program to all of our students. The following rules pertain to both athletics and to all extracurricular activities. Any student representing the Macomb Schools is accountable for displaying these high standards. The following policies apply to all students participating in scheduled activities which occur outside of school hours. This District discipline policy applies to all students 24 hours a day, 7 days a week, 365 days a year, especially in the case of disrespect, threatening District employees, etc. This District policy does not apply to activities receiving academic credit. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations. All students remain subject to the Board's student discipline policy and/or student handbook and the disciplinary measures listed in them.

Prior to the beginning of each season or activity, a student and parent/guardian orientation meeting shall be conducted by the designated building administrator for the purpose of assuring understanding of Policy 7:240 as it pertains to participation in athletics and extracurriculars in the Macomb Schools.

The Superintendent or designee, using input from coaches and sponsors of extracurricular activities, shall develop a conduct code for all participants in extracurricular activities consistent with Board policy. The conduct code shall: (1) require participants in extracurricular activities to conduct themselves as good citizens and exemplars of their school at all times, including after school, on days when school is not in session, and whether on or off school property, and (2) emphasize that hazing, bullying, and cyberbullying activities are strictly prohibited; and (3) notify participants that failure to abide by these conditions could result in removal from the activity. The conduct code shall be reviewed by the Building Principal periodically at his or her discretion and presented to the School Board.

Participants in extracurricular activities must abide by the conduct code for the activity and Board policy 7:190, Student Behavior. All coaches and sponsors of extracurricular activities shall annually review the rules of conduct with participants and provide participants with a copy. In addition, coaches and sponsors of interscholastic athletic programs shall provide instruction on steroid abuse prevention to students in grades 7 through 12 participating in these programs.

#### Extracurricular Drug and Alcohol Testing Program

All participants in extracurricular activities will comply with the IHSA drug testing policy.

### **I. GENERAL RULES FOR MACOMB ATHLETES AND EXTRACURRICULAR PARTICIPANTS**

For all students, grades K through 12: Selection of members or participants is at the discretion of the teachers, sponsors, or coaches, provided that the selection criteria conform to the District's policies. Students must satisfy all academic standards and must comply with the activity's rules and student conduct code.

- A. Participation in extracurricular activities is dependent upon course selection and successful progress in those courses. In order to be eligible to participate in any school-sponsored high school athletic or high school extracurricular activity, a student must maintain a cumulative 1.5 grade point average (GPA), be enrolled in a minimum of five (5) academic classes, and be earning a passing grade in each course in which the student is enrolled. Any student-participant failing to meet these academic criteria shall be suspended from the activity for seven (7) calendar days or until the specified academic criteria are met, whichever is longer. In addition, any student-participant who fails to maintain the required 1.5 GPA for the semester or fails any class for the semester shall be declared ineligible for the following semester.
- B. Participants are expected to conduct themselves in a positive and mature manner at all times. Good behavior is a realistic goal for all participants. All school rules pertain to athletics and extracurricular activities. In addition, each sport or club may have its own rules, regulations, and stipulations which shall be followed. Please contact the head coach or the sponsor for further information.

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- C. An annual medical exam is necessary for athletics. A parental consent form is necessary for athletics and extracurricular activities. These forms must be completed and on file before an individual may participate in any organized practice or event.
- D. An athlete must provide proof of health/medical insurance to the Director of Athletics/Activities before participating in any sport. No special health/medical insurance is needed for participation in other extracurricular activities unless requested by the sponsor.
- E. High school participants must meet IHSA eligibility standards and junior high school participants must meet IESA eligibility standards.
- F. Prior to participating in any activity, a student must have all equipment from previous activities turned in or paid for and the student participation fee must be paid in advance of a student's participation in a fee required activity.

**II. ATTENDANCE**

- A. Any person whose absence is excused for any reason other than illness or injury for any portion of a day may participate in an activity at the discretion of the coach or sponsor.
- B. Participants are expected to be in school the entire day following an event. Any person who does not attend will be subject to suspension as determined by the sponsor or the coach.
- C. Students that are ineligible to participate in an activity or athletic event will not be dismissed before the end of a school attendance day to accompany their group or team to an extracurricular event. Students ineligible for early dismissal will not be required to attend an activity or event for which they do not have District transportation.
- D. Participants are expected to attend all regularly scheduled practices and events. Students ineligible for early dismissal will not be required to attend an activity or event for which they do not have District transportation.
- E. Any person who violates any of the above rules will be subject to suspension as determined by the sponsor or the coach.
- F. Any person whose absence is unexcused for any portion of a day may not participate that evening.
- G. Any person who is absent due to illness or injury after 11 o'clock will not be allowed to participate that day or evening.
- H. If a student is truant from school the day before a weekend activity or a holiday activity, then the student may not participate in activities during that weekend or that holiday.

**III. CONFLICTS IN SCHEDULING**

Conflicts are unavoidable with as many activities which are available to each student. Parents, students, and the coach or sponsor should resolve conflicts. In order to help avoid conflicts, all individuals involved in scheduling activities should make themselves aware of any event which might cause potential conflicts.

**IV. HOLIDAYS AND/OR SNOW DAYS**

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All practices must be held during the legal calendar dates for each activity or sport. No Sunday practices may be held unless prior written approval is received from the Superintendent.

Practice may be held during a snow day for those who can attend. Reasonable care must be used on snow days. Practice cannot be mandatory.

Regular practices may be held on holidays except for Christmas Day and Thanksgiving Day. All varsity and sophomore athletes are expected to attend regularly scheduled practices and games on all holidays, during Thanksgiving vacation, winter vacation, and spring break. This rule includes the varsity cheerleaders.

Freshman and junior high athletes may not be expected to attend practices during these times.

#### **V. REDUCTION OF TEAMS/ACTIVITIES**

Each program may reduce squads at all levels based on what is manageable by the available coaches or sponsors. Manageable would be defined by each program in the meeting with parents and students held prior to the start of the activity.

#### **VI. TRANSPORTATION**

Participants must ride the school bus or other form of school transportation to and from all events. However, if the parent/guardian of a student is present at the activity site, then the parent or guardian may ask to take their student home via their own transportation. If the sponsor/coach allows this, then the parent/guardian must personally sign out the student at the event site. All other requests involving transportation must be pre-arranged and approved by the coach and/or the appropriate administrator.

#### **VII. ALCOHOL/DRUGS/INHALANTS/STEROIDS/STEALING/DISRESPECT**

The following steps may be followed as a general guideline in dealing with infractions. Additional consequences may apply if the incident occurs during the school day or during an activity. See the discipline section of the student handbook for more information.

If the activity does not allow the student to complete the suspension (1st, 2nd, or 3rd offense, depending upon the infraction), the suspension would carry over to the next activity in which the student participates (sport to sport, club to club, etc.). The suspension would start on the date of the first contest/performance. The student will be expected to participate in all scheduled practices/meetings and attend all events during the suspension. A suspension that begins in Jr. High and cannot be completed at the Jr. High must be completed at Macomb High School; however, once that suspension has ended, the student will start with a new athletic/extracurricular disciplinary record.

To be considered in violation of this policy, a student must have admitted guilt or be personally observed violating the policy by law enforcement officials, District 185 employees, or other responsible adults. The person who observes the violation must promptly report it to proper school personnel and be recognized by the student as the individual making the report.

Evaluations of students found to be in violation of this policy will be done free of charge for the student by the McDonough District Hospital Behavioral Health Services. Any further counseling or treatment that is recommended by the MDH Behavioral Health Services will be at no expense to the Macomb Unit School District #185. If the parent/guardian or student wishes to have the evaluation done at another facility, all expenses incurred will be at the parent/guardian or student's expense.

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The only evaluations and treatments that will be honored will be those that are provided by and delivered through individuals or institutes who are properly certified by the Illinois Alcohol and Other Drug Abuse Professional Certification Association or the National Association of Alcoholism and Drug Abuse Counselors.

All suspensions will be rounded up to the next whole activity. Sponsors/Coaches will not allow a student to participate who begins an activity serving a disciplinary suspension.

- A. The sale, distribution, possession or use of alcohol, illegal drugs, inhalants, drug paraphernalia, look-a-like drugs, or illegal steroids are prohibited.

- 1st Offense:
- a. A suspension from all athletic and extracurriculars as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).
  - b. If the student chooses to complete an evaluation by MDH Behavioral Health Services, complete any recommended counseling through MDH, or another properly certified provider, the suspension will be reduced to 25% of scheduled contests/performances (1 contest/performance minimum).

- 2nd Offense:
- a. A suspension from all athletic and extracurriculars as a participant for 90% of scheduled contests/performances (2 contest/performance minimum).
  - b. If the student chooses to complete an evaluation by MDH Behavioral Health Services, complete any recommended counseling through MDH, or another properly certified provider, then the suspension will be reduced to 50% of scheduled contests/performances (2 contest/performance minimum).

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

- B. The involvement in any situation where alcohol, illegal drugs, inhalants, or steroids are illegally present is also prohibited. If a student is observed in one of these situations, the following penalties will be imposed.

- 1st Offense:
- a. A suspension from all athletic and extracurriculars as a participant for 10% of scheduled contests/performances (1 contest/performance minimum).
  - b. If the student chooses to complete an evaluation by MDH Behavioral Health Services, complete any recommended counseling through MDH, or another properly certified provider, then the suspension will be waived.

- 2nd Offense:
- a. A suspension from all athletic and extracurriculars as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).
  - b. If the student chooses to complete an evaluation by MDH Behavioral Health Services, complete any recommended counseling through MDH, or another properly certified provider, then the suspension will be reduced to 25% of scheduled contests/performances (2contest/performance minimum).

- 3rd Offense:
- a. A suspension from all athletic and extracurriculars as a participant for 90% of scheduled contests/performances (2 contest/performance minimum).
  - b. If the student chooses to complete an evaluation by MDH Behavioral Health Services or another properly certified provider, complete any recommended counseling through

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MDH, or another properly certified provider, then the suspension will be reduced to 50% of scheduled contests/performances (2 contest/performance minimum)

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

- C. Possession, use, purchase, or sale of tobacco products will not be tolerated.

1st Offense: Suspension from all athletic and extracurricular events as a participant for 10% of scheduled contests/performances (1 contest/performance minimum).

2nd Offense: Suspension from all athletic and extracurricular events as a participant for 25% of scheduled contests/performances (2 contest/performance minimum).

3rd Offense: Suspension from all athletic and extracurricular events as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

- D. Stealing, theft, or burglary will not be tolerated.

1st Offense: Suspension from all athletic and extracurricular events as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).

2nd Offense: Suspension from all athletic and extracurricular events as a participant for 100% of scheduled contests/performances (3 contest/performance minimum).

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

- E. Possession of stolen articles will not be tolerated.

1st Offense: Suspension from all athletic and extracurricular events as a participant for 10% of scheduled contests/performances (1 contest/performance minimum).

2nd Offense: Suspension from all athletic and extracurricular events as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).

3rd Offense: Suspension from all athletic and extracurricular events as a participant for 100% of scheduled contests/performances (3 contest/performance minimum).

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

- F. The disrespect, insubordination, or open or persistent defiance of school authority and/or school rules and regulations will not be tolerated. Included are verbal abuse and recognizable derogatory gestures.

1st Offense: a. Student must complete evaluation by the MDH Behavioral Health Services (or another facility).

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- b. Student must complete any recommended counseling through MDH or another provider of choice to the student.
- c. Suspension from all athletic and extracurricular events as a participant for 10% of scheduled contests/performances (1 contest/performance minimum).
- d. Failure to complete steps a and b (evaluation and counseling) will result in suspension from all athletic and extracurricular events as a participant for 25% of scheduled contests/performances (1 contest/performance minimum).

#### 2nd Offense:

- a. Student must complete evaluation by the MDH Behavioral Health Services (or another facility).
- b. Student must complete any recommended counseling through MDH or another provider of choice to the student.
- c. Suspension from all athletic and extracurricular events as a participant for 25% of scheduled contests/performances (1 contest/performance minimum).
- d. Failure to complete steps a and b (evaluation and counseling) will result in suspension from all athletic and extracurricular events as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).

#### 3rd Offense:

- a. Student must complete evaluation by MDH Behavioral Health Services (or another facility).
- b. Student must complete any recommended counseling through MDH or another provider of choice to the student.
- c. Suspension from all athletic and extracurricular events as a participant for 50% of scheduled contests/performances (2 contest/performance minimum).
- d. Failure to complete steps a and b (evaluation and counseling) will result in suspension from all athletic and extracurricular events as a participant for 90% of scheduled contests/performances (2 contest/performance minimum).

All Additional Violations: Student will not be allowed participation in athletics or extracurricular activities for a period of one calendar year.

#### G. Disciplinary Procedures

The administrator initiates disciplinary action by investigating the infraction. The administrator collects information from the sources available. The administrator will give the student an opportunity to present information concerning his/her role in the incident. At the conclusion of the investigation, the administrator will contact the parents/guardians and inform them of the results of the investigation.

If the situation is such that the physical well-being of the student, other individuals, or the property of the School District is in jeopardy, the student may be suspended from the team/activity immediately and the student and parents/guardians provided an opportunity to meet with the administrator and coach to discuss and respond to the alleged infractions within 24 hours, or as soon thereafter as the meeting may be scheduled.

It has been proven that smoking or chewing tobacco, drinking alcohol, and the illegal use of chemical substances are physically harmful to you. The harm you cause by using illegal drugs, inhalants, alcohol or tobacco not only pertains to your health, but also harms the activity and the school. The people who follow your progress are careful to note your habits, and any deviation from the acceptable rules marks you as unwilling to "pay the price" of being a Macomb student. A single member who breaks rules can reflect on all members of an activity. Therefore, the use of illegal drugs, alcohol, inhalants, and tobacco is prohibited for the entire year regardless of whether the student is in or out of school.

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Any other acts deemed detrimental to Macomb athletics or Macomb extracurricular activities will be given, as a minimum, the same penalties as imposed in Part E. More severe penalties may be imposed.

#### Performance Enhancing Drug Testing

State law requires the Illinois High School Association (IHSA) to prohibit a student from participating in an athletic competition sponsored or sanctioned by IHSA unless the student has agreed, (a) not to use any performance-enhancing substances on IHSA's current banned drug list, and (b) to submit to random drug testing for these substances in the student's body if the student is in high school. In addition, the student's parent/guardian must sign a statement for IHSA containing specific acknowledgements including that the student, if in high school, may be subject to random performance-enhancing substance testing and that violating the laws regulating the use of performance-enhancing substances is a crime.

IHSA, with oversight from the Illinois Department of Public Health, administers a performance-enhancing substance testing program under which high school participants in athletic competition sponsored or sanctioned by IHSA are tested at multiple times throughout the athletic season for the presence in their bodies of performance-enhancing substances on the IHSA's banned drug list.

LEGAL REF.: Board of Education of Independent School Dist. No. 92 v. Earls, et al., 122 S.Ct. 2559 (2002)  
 Clements v. Board of Education of Decatur, 478 N.E. 2d 1209 (Ill.App. 4<sup>th</sup> Dist. 1985)  
 Kevin Jordan v. O'Fallon THSD 203, 706 N.E.2d 137 (Ill.App. 4<sup>th</sup> Dist., 1999)  
 Todd v. Rush County Schools, 133 F.3d 984 (7<sup>th</sup> Cir. 1988)  
 Veronica School Dist. 475 v. Acton, 515 U.S. 646 (1995)  
 105 ILCS 5/24-24, 5/27-23.3, 25/

CROSS REF.: 5:280 (Duties and Qualifications), 6:190 (Extracurricular Activities), 7:180 (Prevention of and Response to Bullying, Intimidation, and Harassment), 7:190 (Student Discipline), 7:300 (Extracurricular Activities)

Adopted 9-16-97  
 Revised 6-15-98  
 Revised 12-14-98  
 Revised 6-21-99  
 Revised 6-10-02  
 Revised 02-18-03  
 Revised 05-19-03  
 Revised 3-21-05  
 Revised 12-19-05  
 Revised 02-18-09  
 Revised 08-17-09  
 Revised 02-17-10  
 Revised 07-18-11  
 Revised 04-25-13  
 Revised 11-17-14  
 Revised 02-23-15  
 Revised 10-17-16



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### Extracurricular Athletics

Student participation in school-sponsored extracurricular athletic activities is contingent upon the following:

1. The student must meet the academic criteria set forth in the Board policy 6:190, Extracurricular and Co-curricular Activities.
2. A parent/guardian of the student must provide written permission for the student's participation, giving the District full waiver of responsibility of the risks involved.
3. The student must present a current certificate of physical fitness issued by a licensed physician, an advance practice nurse, or a physician assistant who assures that the student's health status allows for active athletic participation.  
The Pre-Participation Physical Examination Form, offered by the Illinois High School Association and the Illinois Elementary Association, is the preferred certificate of physical fitness.
4. The student must show proof of accident insurance coverage by a parent(s)/guardian(s) written statement that the student is covered under a family insurance plan.
5. The student must agree to follow all conduct rules and the coaches' instructions.
6. The student and his or her parent(s)/guardian(s) must: (a) comply with the eligibility rules of, and complete any forms required by any sponsoring association (such as, the Illinois Elementary Association, the Illinois High School Association or the Southern Illinois Junior High School Athletic Association), and (b) complete all forms required by the District including, without limitation, signing an acknowledgement of receiving information about the Board's concussion policy 7:305, Student Athlete Concussions and Head Injuries.

The District Athletics and Activities Director (1) is authorized to impose additional requirements for a student to participate in extracurricular athletics, provided the requirement(s) comply with Board policy 7:10, Equal Educational Opportunities, and (2) shall maintain the necessary records to ensure student compliance with this policy.

LEGAL REF.: 105 ILCS 5/10-20.30, 5/10-20.54, 5/22-80, and 25/2  
23 Ill. Admin. Code § 1.530(b)

CROSS REF.: 4:170 (Safety), 6:190 (Extracurricular and Co-Curricular Activities), 7:10 (Equal Educational Opportunities), 7:240 (Conduct Code for Participants in Extracurricular Activities), 7:305 (Student Concussions and Head Injuries), 7:340 (Student Records)

Adopted 6-15-98  
Revised 12-14-98  
Revised 10-20-03  
Revised 02-18-09  
Revised 02-17-10  
Revised 12-20-10NA  
Revised 05-16-16

## JR. HIGH EXTRACURRICULAR ACTIVITIES

### Sports\*

Boys/Girls Cross Country  
Boys/Girls Basketball  
Boys/Girls Track  
Cheerleading

Boys Football  
Boys Wrestling  
Girls Volleyball

\*Requires paid activity fee, annual physical, proof of insurance, signed parent consent slip and attendance at a mandatory parent meeting.

### Student Activities\*

School Play/Musical  
Newspaper  
Swing Choir  
Girls Ensemble

Yearbook  
Jazz Band  
Science Club  
Scholastic Bowl

\*Activity fee required.

### Student Council

Student Council is organized to represent the student body. They coordinate events and activities for the benefit of MJH students.

### Builder Club

Builder Club is an organization associated with the Kiwanis's club. It is a community service organization.

### Dances/Parties

Only MJH students are invited to attend MJH dances or parties. Dress for ALL dances is casual. Spaghetti straps, strapless dresses are not allowed. A good guide...if you can wear it to school, you can wear it to a dance.

### Extracurricular Conduct Code for Participants and Spectators

Please consult Board Policy #8:30 for specific behavioral expectations at extracurricular events.

## **JR. HIGH EXTRACURRICULAR ELIGIBILITY POLICY**

### **FOOTBALL**

Any football participant receiving a discipline referral will miss one quarter/rotation for every referral. Three referrals result in one game suspension. Six referrals result in dismissal from the team.

### **BASKETBALL**

Any basketball participant receiving a discipline referral will miss one quarter/rotation for every referral. Four referrals result in one game suspension. Eight referrals result in dismissal from the team.

### **VOLLEYBALL**

Any volleyball participant receiving a discipline referral will miss one quarter/rotation for every referral. Four referrals result in one match suspension. Eight referrals result in dismissal from the team.

### **WRESTLING**

Any wrestling participant receiving a discipline referral will be advised of consequences determined by the coach/ sponsor. Three referrals result in one match suspension. Six referrals result in dismissal from the team.

### **CROSS COUNTRY/TRACK**

Any cross country/track participant receiving a discipline referral will be advised of consequences determined by the coach/ sponsor. Three referrals result in one match suspension. Six referrals result in dismissal from the team.

### **CHEERLEADERS**

Any cheerleader receiving a discipline referral will miss one quarter/ rotation for every referral. Four referrals result in one game suspension. Eight referrals result in dismissal from the team.

### **OTHER EXTRACURRICULAR ACTIVITIES**

Any participant receiving a discipline referral will consult with the sponsor of that activity. Six referrals result in dismissal from the activity.

### **CITIZENSHIP**

If a student receives one "Unsatisfactory Behavior" (1) in one subject area or two "Behavior Needs Improvement" (2) in Citizenship in two different subject areas, the student will be ineligible for a minimum of one week (Sunday-Saturday) or until citizenship improves. Practice and attendance at home activities will be at the coach/ sponsor's discretion. The student may not travel with the team to away games while ineligible.

## **Discipline Referrals**

Discipline referrals that impact eligibility will begin the week following the referral (Sunday-Saturday). This includes detentions, suspensions and bus disciplinary reports. When a student is ineligible, they must attend practice unless the coach/sponsor determine otherwise. Ineligible students must attend home games in street clothes, but may not travel with the team to away games. If a student is no longer participating in an extracurricular activity due to disciplinary action, the activity fee will not be refunded.

If an activity does not allow the student to complete a suspension (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> offense, depending upon the infraction), the suspension would carry over to the next activity in which the student participates (sport to sport, club to club, etc...). The suspension would start on the date of the first contest/performance. The student will be expected to participate in all scheduled practices/ meetings and attend all events during the suspension. A suspension that begins in Jr. High and cannot be completed at the Jr. High must be completed at Macomb High School; however, once that suspension has ended, the student will start with a new athletic/extracurricular disciplinary record.

## **PHYSICALS AND ELIGIBILITY**

Students are required to have an up to date physical to participate in extracurricular activities that require physical exercise. Copies of the physicals must be on file in the school office prior to participation. Physicals for extracurricular activities are good for one year.

Eligibility is checked weekly. At mid term and the end of each quarter, the mid term grade and the quarter grade will be used to determine eligibility for the following week. Students must be passing all course work in each subject and cannot receive one "Unsatisfactory Behavior" (1) in one subject area or two "Behavior Needs Improvement" (2) in two different subject areas to remain eligible. Prior to participating in any activity, a student must have all equipment from the previous activities turned in or paid for.

If a student activity fee is required, the fee must be paid before the activity begins. A student receiving an unexcused absence for any portion of a day may not participate that evening. Any student who is absent due to illness or injury after 11 o'clock will not be allowed to participate that day or evening. If a student is truant from school the day before a weekend activity or a holiday activity, then the student may not participate in activities during that weekend or that holiday.

If a student serves an In-School or an Out of School suspension the day of an extracurricular event(s), the student may not participate in any activities that day.

**Students that are ineligible to participate in an activity or athletic event will not be dismissed before the end of a school attendance day to accompany their group or team to an extracurricular event. Students ineligible for early dismissal will not be required to attend an activity or event for which they do not have District transportation. Please consult Macomb School District #185 Athletic and Extracurricular Policies (#7:240) & (#7:300) for further rules and responsibilities.**



# Athletes



## YOU ARE ELIGIBLE FOR IESA ACTIVITIES IN 2019-2020:

1. If you are representing a school where you are in attendance in grades five through eight or have been approved for a cooperative team activity.
2. If your birthday is on or after:

September 15, 2003 for Boys and Girls Golf	March 15, 2004 for Boys Wrestling
September 29, 2003 for Girls Softball	March 15, 2005 for 7 <sup>th</sup> Grade Girls Volleyball
October 6, 2003 for Boys Baseball	March 22, 2004 for 8 <sup>th</sup> Grade Girls Volleyball
October 20, 2003 for Boys and Girls Cross-Country	April 26, 2004 for Boys and Girls Bowling
December 13, 2004 for 7 <sup>th</sup> Grade Girls Basketball	May 9, 2004 for Scholastic Bowl
December 20, 2003 for 8 <sup>th</sup> Grade Girls Basketball	May 17, 2005 for 7A Boys and 7A Girls Track and Field
January 26, 2004 for Cheerleading Competition	May 17, 2004 for 8A Boys and 8A Girls Track and Field
February 14, 2005 for 7 <sup>th</sup> Grade Boys Basketball	May 24, 2005 for 7AA Boys and 7AA Girls Track and Field
February 21, 2004 for 8 <sup>th</sup> Grade Boys Basketball	May 24, 2004 for 8AA Boys and 8AA Girls Track and Field
March 1, 2004 for Chess	
3. If you try out only for those activities for which you are eligible by age.
4. If you have provided your principal with a birth certificate or hospital record. A baptismal record is not acceptable.
5. If you have a licensed physician's certificate of physical fitness to participate issued within 395 days preceding your current participation.
6. If you are doing passing work in all of your school subjects.
7. If you have not competed in the same academic grade during a previous school year in the same sport. This is true whether or not you attended a member or non-member school.
8. If you transfer to a different school during the school year, you are not eligible to participate for your new school in any sport if the IESA season for the sport has passed. The IESA season is defined as the date practice may begin until your school's last contest.
9. Please contact your school principal to determine your eligibility to participate on a non-school team in a sport during the IESA season for the sport.

NOTE: IESA By Laws are published in the official handbook. Your principal should be contacted to check with the Executive Director on any questions you may have concerning your eligibility. There are minor exceptions to the above regulations, which may need further clarification.

(PLEASE POST ON BULLETIN BOARD)



## Illinois High School Association

(For 2019-20 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-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at [www.ihsa.org](http://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 five (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.

#### 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 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.

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- 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.
- H. **The IHSA Executive Director may grant limited eligibility if you transfer schools prior to the start of your sophomore year and are not otherwise in compliance with the transfer eligibility by-laws.**

### 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 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 of a sport, a junior affiliate of the National Governing Body of a sport or an official Illinois affiliate for the sport, your principal/official representative must request approval through the Schools Center 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.