

# GUIDE FOR STUDENT ATHLETES AND PARENTS

## GENERAL STANDARDS AND FORMS FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

**PURPOSE:** This Athletic Brochure is designed to be useful as a guide to student-athletes and parents. The intent is to condense into one brochure that information which is necessary to effectively understand and participate in the athletic program in Frederick County. The brochure includes a collection of information pertaining to state and county procedures and regulations. There may be questions which arise that may not be covered in this brochure. Remember, this brochure is only a guide. Only open communications between coaching staff, athletic director, parents, students, and school administrators will ensure an effective athletic program.

**ENROLLMENT:** Students shall be officially registered, as required by Maryland school laws and attending a member MPSSAA school. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.

**AGE:** Students who are 19 years or older as of August 31 are ineligible to participate in interscholastic athletics for the school year ahead.

**PHYSICAL EXAMINATION:** A student shall be examined and certified as being physically fit to participate in any tryout, practice, or contest of a school team. This examination shall be performed by a licensed physician, certified physician assistant under the supervision of a licensed physician, or a certified nurse practitioner. Verification of physical examinations must be submitted beginning on April 1 or after for each academic year of participation. Student physical examinations cover one school year only.

**ATHLETIC INSURANCE AND PARENTAL PERMISSION:** Every candidate for and participant on an interscholastic team must provide proof of parental permission and have insurance covering possible accident or injury in school-sponsored games, practice sessions and travel to and from athletic contests. Such coverage may be provided through the purchase of scholastic accident insurance, or by providing proof of similar or superior coverage.

**FOOTBALL INSURANCE:** The Board of Education offers an insurance policy option which students participating in football may purchase. Students must show proof of similar or superior coverage and/or purchase the football insurance through the Board of Education. There is no guarantee that all medical bills and expenses will be borne by the football insurance. There are exclusions and limitations that are delineated in the football insurance brochure that every football candidate should receive from his respective coach. If an injury occurs, parents and/or guardians of athletes should anticipate the distinct possibility of incurring medical expenses that will not be covered by insurance.

The football insurance option available through the school system, if selected, will cover students participating in football only. Insurance for school time and other sports must be purchased separately.

**INTERSCHOLASTIC ATHLETIC FEE:** The school system will require that each student pay a nonrefundable fee of \$93 for each team in which he or she is a member.

Fees collected will contribute to the county athletic program to underwrite transportation, coaches salaries, officials' fees, equipment and uniforms.

**SEASON OF COMPETITION:** Students may participate in interscholastic athletic contests a maximum of four seasons in any one sport in grades 9, 10, 11, and 12.;

**OUTSIDE TEAM MEMBERSHIP:** The outside participation shall not conflict with the practice or contest schedule of the school including district, regional and state championship play. A principal and coach must authorize in advance an absence from a school scheduled practice or competition.

**ACADEMIC ELIGIBILITY:** Please refer to Regulation 500-24. To participate in extracurricular activities, a high school student must have a minimum 2.00 grade point average and no "F" grades. The following grades will be used to determine eligibility/ineligibility: "Traditional" FCPS grades, Dual Enrollment grades and Frederick County Virtual Outside of School (VOS) grades. Eligibility (except for 9th graders) for fall extracurricular activities is based on the 4th term grades from the previous school year. An ineligible student may practice but may not accompany the team or group, participate in any interschool competition (including scrimmages) or be excused from any class for the activity concerned. To ensure continued eligibility, monitor student grades using Pinnacle, the FCPS Grades Online system. Log in regularly to check grades and assignments or sign up for e-mail alerts. You choose how often, the day of the week and more. A student who believes an error has occurred in awarding a grade may appeal to the school principal.

**ATTENDANCE:** Each athlete is required to attend school and classes regularly. On the day of an event (game or practice) an athlete must attend for the entire day; in the case of extenuating circumstances, the school administration may waive this rule.

**DRUG, ALCOHOL, TOBACCO AND DRUG PARAPHERNALIA POLICY:** Alcohol, drug, and tobacco use are extremely serious offenses. Not only is the quality of life of the student athlete in jeopardy but the quality of life of innocent bystanders may be in jeopardy as well. Individuals participating in athletics depend on one another to be mentally and physically prepared to give their best effort each day. This cannot happen if the student athlete is using alcohol, tobacco, or drugs that are not prescribed by a physician. Athletes using, possessing, or distributing drugs, alcohol, or tobacco on school premises or at a school sponsored event shall be subject to discipline as outlined in FCPS Regulation 400-8 "Student Discipline."

**SERIOUS ACTS BY STUDENT LEADERS:** Students holding leadership positions or representing the school through academics, athletics and/or activities such as a club or organization, who commit an offense classified as a serious, unlawful act in the community or a serious suspendible offense may be removed from the position. Arrest, conviction, or legal judgment is not required.

**STUDENT CONDUCT:** Any behavior that is deemed disruptive or detrimental to the team may bring consequences ranging from diminished playing time to dismissal from the team. As a result of misconduct (as described by the principal and/or coach) the principal and/or coach shall be responsible for deciding appropriate punishment. Any player ejected from a contest will be suspended for the next contest.

**HAZING:** Hazing will not be tolerated to any degree and will be punishable as outlined in Board regulation 400-8. Any action taken or situation created that causes or is reasonably likely to cause harassment, physical harm, serious mental or emotional harm, extreme embarrassment, ridicule, or loss of dignity to another student for purposes of initiation into a student organization or activity will not be tolerated.

**TITLE IX:** FCPS BOE supports the provisions of Title IX and believes the implementation of the athletic program should reflect equity in funding, scheduling, and access to programs and facilities. The supervisor of athletics in cooperation with the athletic director and building principal will annually evaluate the following areas to insure equity in athletic programs at all FCPS high schools.

Questions or concerns about the application of Title IX should be directed to the executive director of legal services who serves as the Title IX coordinator for Frederick County Public Schools.

**STARTING DATES FOR PRACTICE:** Fall sports, August 10; winter sports, November 15; spring sports, March 1. If the first day of practice falls on Sunday, practice can begin on Saturday.

**OUT-OF-SEASON PRACTICE:** Member schools and coaches shall confine all organized or formal practices for all students or teams to the seasonal limitations. Any individual, group or gathering that has assembled for the purpose of instruction and is under the direction of any member of the school coaching staff during the school year would constitute a violation.

A coach may coach a team not representing his/her school during the summer months (MPSSAA rules apply). The team may not use a name connected with the school. The team may not use school uniforms or equipment.

**RECRUITING STATEMENT:** No coach or school personnel are to discuss or otherwise promote transfers or changes in residence or residence arrangements with any student, parent or other person of influence or knowingly permit such activity to take place for the purpose of facilitating athletic participation.

**EQUIPMENT RESPONSIBILITY:** It is the responsibility of the student-athlete to maintain and return all equipment and uniforms issued to them. Parents will be financially responsible for any equipment or uniforms which are lost, stolen, or misplaced during the time the student/athlete is responsible for them. The price of replacing these items will be the actual cost to the school for purchasing new replacement items. Until any charges for lost equipment have been paid, the student-athlete will not receive a report card or be eligible to participate on any other high school athletic team.

**DUAL SPORTS IN A SINGLE SEASON:** A student may not participate in more than one high school sport in any one season.