LINCOLN-SUDBURY REGIONAL HIGH SCHOOL
Athletic Program Code of Conduct

STATEMENT OF PHILOSOPHY

Participation on Lincoln-Sudbury Regional High School interscholastic athletic teams is considered an integral part of the L-S curriculum. The primary role of interscholastic athletics at Lincoln-Sudbury Regional High School is to promote learning. With each of our many teams, students will have the opportunity to acquire new knowledge and skills that will facilitate their social, personal, and psychological development. Through every practice and competition, we strive to provide learning experiences that enhance citizenship, sportsmanship, healthy lifestyles, and improved life skills. Students who accept the privilege of representing L-S athletics will learn that this responsibility involves more than simply having physical skills. Being a true student-athlete involves making responsible choices in the areas of attitude, effort, and behavior. Our expectation is that students who participate on L-S athletic teams will challenge themselves to do some self-examination of choices, which fall under their control. At L-S, we want student-athletes who lead by serving the team. We will do our best to teach students how to put others before themselves. Embracing a team-first disposition is one of the foundations of the L-S athletic mission. Academics come first at L-S. The athletic program further emphasizes the school’s core values and overall educational mission: a. Promotion of cooperative and caring relationships, b. Respect for human differences, c. Satisfaction with the pursuit of excellence. In addition, we put a face on our athletic teams through our athletic program covenants, which are defined in detail in the athletic handbook on our website. These covenants, or binding agreements, are respect, commitment, and success. With respect, student-athletes should never let their teammates or school down. Commitment is a team-first attitude where you show up every day and give your best. L-S success is an experience beyond victory. It is when the entire focus is on collective accomplishment.

It is our hope that students who participate in the athletic program will have fun, learn about themselves and others, and contribute to a cause larger than them.

If accepted, this privilege carries certain responsibilities, and this co-curricular code presents these responsibilities.

ELIGIBILITY

These Rules of Eligibility are established by the Massachusetts Interscholastic Athletic Association (MIAA) and are supplemented with the Lincoln-Sudbury Regional High School rules and expectations. Parents and students should familiarize themselves with the MIAA rules through their homepage at MIAA.net. Schools, coaches, students and parents must agree to follow all rules listed in the MIAA Handbook on this site.

1. Enrollment in L-S as a full-time student.
2. Proof of a physical exam, dated within 13 months of the start of the season. Doctor’s notes indicating that the student is cleared for participation will not be accepted. An actual physical exam is required.
3. A permission slip, which includes a duty to warn, must be signed and returned each academic year (one per year).
4. Payment of a user fee (actual amount may vary each year) is required to participate. Scholarship forms are available on the website for those seeking assistance.
5. Athletes need to have a signed, student and parent, Concussion form each year. This explains the current state law.
6. A signed, student and parent, participant code of conduct contract. This is what you are currently reading. The contract form for signing is on the L-S athletic website.
7. Students must be carrying and passing a minimum of 4 major subjects or the equivalent. Fall season academic eligibility is determined by overall grades in the previous year. For winter and spring, quarter grades are used to determine eligibility.

GOALS
Interscholastic athletics are an integral part of our educational curriculum. Educational athletics provide opportunities for learning experiences difficult to duplicate in other school activities. L-S athletics has the following goals:

• To develop the skills necessary to participate competently.
• To demonstrate knowledge of the rules and conventions of the sport or event.
• To demonstrate knowledge of the strategies of the sport or event.
• To demonstrate a level of physical conditioning and fitness sufficient to participate competently.
• To demonstrate knowledge of healthy behaviors including nutritional issues.
• To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.
• To show team spirit, encourage others and contribute to good morale.
• To be fair and treat others as one wishes to be treated.
• To promote teamwork, with the development of such qualities as loyalty, sacrifice and cooperation.
• To practice self-discipline and gain the emotional maturity to make decisions under pressure.
• To keep commitments to team.
• To promote the ideals of good sportsmanship and fairness that make for winning and losing graciously.
• To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches, Officials, Team Leaders).
• To accept responsibility to set a good example for teammates, peers, younger students, fans and school community.
• To help student-athletes realize that participation in interscholastic athletics is a privilege with accompanying responsibilities.
• To develop leadership skills and responsibility
• To generate a sense of pride and unity in L-S athletics for students, staff and community.

MIAA (Massachusetts Interscholastic Athletic Association) GUIDELINES for Athletic Participation

1. A student-athlete must meet school requirements defining a full-time student.
2. A student-athlete must remain in good academic standing in order to compete in any sport.
3. A student-athlete must be an amateur in all recognized sports of the MIAA in order to compete in any sport.
4. A student-athlete may not receive reimbursement for play in the form of salary, cash or merchandise.
5. A student-athlete may not accept merchandise awards such as jackets, sweaters, watches, rings, billfolds, balls, etc.
6. A student-athlete may not permit the use of his/her name, picture, or personal appearance, as an athlete, in the promotion of any commercial endeavor.
7. A student-athlete may not play in a contest under a name other than his/her own.
8. A student-athlete may not miss a practice or a competition in order to compete for a non-school sport that is recognized by the MIAA. This is the Bona-fide Team Rule.
9. A student-athlete shall be suspended from interscholastic athletics (competition) for acts at any time during the school year involving buying, selling, use and/or possession of alcohol, tobacco or other drugs.
10. In order to compete, a student-athlete must be under nineteen years of age. S/he may compete, however, if s/he turns nineteen (19) on or after September 1 of that year.

11. Students who transfer to L-S from another school must check with the athletic office in order to ensure eligibility.

Note: A complete list of MIAA guidelines and procedures for review are available in the L-S athletic office or on the MIAA homepage (click on MIAA Handbook).

RESPONSIBILITIES

It is important to understand that participating in L-S athletics is a privilege and not a right. You are also expected to share in the responsibility for this opportunity, as follows.

Responsibilities to You: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. To live a healthy lifestyle and to respect your health both physically and mentally at all times. This may require choosing the difficult right over the easy wrong.

Responsibility to your Academic Studies: Your academic studies and your participation in other co-curricular activities prepare you for your life as an adult. Co-curricular activities, while very important to young people, are only a small part of life.

Responsibilities to Your School: Another responsibility you assume as a team member is to your school. L-S cannot maintain its position as having an outstanding program unless you do your best in the activity in which you are engaged and are a good role model. Other students and faculty are watching you. They know who you are and what you do. Make them proud. Be an example. Do not do anything to let them down.

Responsibility to your Community: The community and school tax monies, as well as L-S Booster Club donations, make this athletic experience possible. For that reason, we must remember that we hold a clear and paramount responsibility to our community. You assume a leadership role when you are involved with an athletic activity. The student body and citizens of the community know you. You are very visible, and often in the spotlight. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. We believe that our students will act with respect and class. Our hope is to be viewed as a program of character, good sportsmanship, and excellence. Make L-S proud of you, and your community proud of your school, by your consistent demonstration of these ideals.

Responsibility to Others: As a team member you also bear a heavy responsibility to your home and your team. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day and that you have participated in the activity “all out”, we will be proud of you, win or lose.

Responsibility to Younger Students: The younger students at L-S are watching you. They know who you are and what you do. The older student-athletes should be role models for the younger students. Be an example. They will copy you in many ways.

CODE OF CONDUCT RULES, MISDEMEANORS, AND VIOLATIONS

Please note that this code of conduct program is not designed to be a punishment but a deterrent to your becoming involved in risky and dangerous behaviors. It is also to insure that you have the best possibilities to succeed in your activity and to learn the valuable lessons that interscholastic athletics can teach. Both mental and physical wellbeing are essential to your success. We want you to reach your full potential. Therefore, we are asking you to become an active part of the solution, not to become part of the problem. Violations of our expectations and rules are choice behaviors. Students who choose to break these rules will be choosing to receive the appropriate consequences.
CODE OF CONDUCT RULES
The following rules will apply to each L-S athletic program participant and will be in effect at all times during the season. Each coach also has the prerogative to establish and implement additional rules specific to his/her particular program. Coaches are expected to share these in writing with their participants and their parents/guardians on or before the first day of practice.

**Academic:** A student must be enrolled as a full-time student and pass a minimum of 4 major classes (or the equivalent) to be eligible to compete/perform/participate in athletics. If a student does not meet these criteria, s/he will be ineligible until the next report card comes out. If incompletes result in ineligibility, the student will only be reinstated when the incomplete becomes a passing grade.

**Attendance:** A co-curricular participant must be in attendance by 11:00 a.m. in order to be eligible to compete. Exceptions to this rule would include: School-sponsored activity, family emergencies, doctor/dentist appointments and/or others at administration’s discretion. Unexcused absences will not be tolerated. A participant suspended or expelled from school shall be barred from participation in athletics during that period of time.

When a student joins an athletic team, s/he may be expected to dedicate the time specified for practice by the coach. If practice is required, regular attendance at practice is required to remain as part of the team. It is the student-athlete’s responsibility to notify the coach, in advance, of any circumstances which would prohibit attendance at practice(s) or contest(s) other than absence from school. Failure to comply may result in disciplinary action ranging from a verbal warning to dismissal from the team dependent upon the nature and/or frequency of the offense. Please refer to Trip/Vacation Rules listed on the L-S athletic webpage.

**Dress:** Every student-athlete is expected to maintain appropriate standards of dress and grooming while representing their school or team.

**Equipment:** Student-athletes are responsible for any uniforms and/or equipment issued to them. Each participant is financially responsible for all lost, damaged (through negligence), or unreturned items issued by school officials in that student’s name. Students will not be allowed to participate, practice, or compete in another sport until s/he has returned or paid for all uniforms and equipment that were issued to them in a previous season.

**Quitting:** A student who quits or is dropped from a team for disciplinary reasons is not eligible to compete in another team for the same season without the mutual agreement by both coaches and the athletic director. A student who quits or is dropped from a team will not receive a user fee refund. Any student who is cut from a team may compete/participate in another team during that season, if there is space available and the team selection criteria have been met.

**Honesty Clause:**
1. The student-athlete shall be truthful.
2. The student-athlete shall be forthcoming with information.
3. The student-athlete shall be cooperative.

If an LS coach, teacher, or administrator has a reasonable suspicion that a specific student-athlete may have violated the district’s code of conduct, s/he may question that student about a possible violation. In responding to any such questioning about his/her personal actions, it is expected that the student shall answer truthfully. Also during the questioning process, a
student may not attempt to mislead or misrepresent himself/herself, which may impede the investigation. Please keep in mind that these are all choice behaviors.

CODE OF CONDUCT MISDEMEANORS
The following misdemeanors will apply to each student-athlete and will be in effect at all times during the season. These violations accumulate during each school year. The following misdemeanors are unacceptable, and the principal and/or athletic director reserve the right to impose a penalty as deemed appropriate by the severity of the infractions which may include the suspension from practice and/or competition. Each coach also has the prerogative to establish and implement additional misdemeanors specific to his/her particular program.

Behavior and Conduct: Respect, courtesy, manners and good sportsmanship are basic to good citizenship, and shall form the basis for all behavior. Since athletic team participants represent the school in public, their behavior frequently determines the opinion outsiders have of the school and community. It is expected that the conduct of student-athletes will be exemplary at all times. Below is a list of examples that are considered behavior unbecoming of an L-S student-athlete, but is not an exhausted list:

- Unexcused absences, and frequent unexcused tardies to school or classes.
- Academic dishonesty
- Bullying/Cyber bulling/Harassment
- Vandalism or Property Destruction
- Poor sportsmanship including name calling, obscene gestures, and/or fighting.
- Being suspended from school
- Hazing/Initiation Ceremony: L-S will not permit, nor will any student-athlete stage, any type of “initiation ceremony” or hazing at any time and on any level. This prohibition includes locker/shower pranks, etc.
- Engaging in or being an accomplice to any other immoral or unacceptable conduct contrary to the philosophy of the L-S Athletic Code, the regulations within MIAA, or the ideals, principles and standards of L-S.

CODE OF CONDUCT VIOLATIONS

Code of Conduct Violations will apply to each student-athlete on an academic calendar year basis in all locations, including non-school activities. Violation of the Code will result in penalties, which are consistent with those identified within the code as determined by the school. All Code of Conduct Violations will be cumulative each year. Each coach also has the prerogative to establish and implement additional misdemeanors specific to his/her particular program. Please note that a vital part of the consequence includes an educational component. With this restorative approach, learning is the focus.

Criminal Behavior: An athlete who participates in activities resulting in his/her arrest or formal charges being filed in a court of law. If the school district has adequate and competent evidence that the student participated in the offense for which he or she is charged, a penalty may be imposed pursuant to this Code prior to completion of the criminal proceeding. If the school district does not have such evidence and the student is convicted of a crime (misdemeanor or felony), the penalty pursuant to this code will be imposed upon conviction. In the latter case, the student-athlete may continue to participate in his/her sport until resolution of the matter by the judicial system.

Chemical Health Violation: A chemical health violation includes Possession, Use, Buying, Selling and/or Being Under the Influence of Any Drugs and Drug Paraphernalia: (Note drugs are defined as tobacco, alcohol, illegal drugs, performance enhancing drugs, or medications without a prescription or use not in accordance to prescription directions.)
**Presence in a bar or tavern:** Being present or loitering in a bar or tavern without a student’s parents/guardian.

**Presence at party** or gathering where alcohol or drugs are being illegally consumed: If a student-athlete attends a party where alcohol or drugs are being illegally dispensed, the student must LEAVE IMMEDIATELY. To remain in the presence of this illegal activity shall constitute a violation of the code of conduct. *

*Note: Student-athletes should encourage as many classmates as possible to leave with them.*

*The intent of the “presence at a party” is not to deny participation with adult family members in gatherings such as weddings, anniversaries or other family gatherings.*

**Hosts of Parties Lose the Most:** There may be a greater consequence for a student-athlete, if it is determined, who is involved in the organization, facilitation, promotion, or hosting of any gathering or social event where alcohol or drugs were known to be available or used.

**Cyber Image/Digital Citizenship:** Any identifiable image, photo or video which implicates a student-athlete to have been in possession or presence of alcohol and/or drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student-athlete must assume. It must also be noted that there may be persons, who would attempt to implicate a student-athlete, by taking such images, to place them in a situation where they might be in violation of this code standard. This is one rationale for expecting that our student-athletes not place themselves in such environments.

**PENALTIES FOR CODE OF CONDUCT VIOLATIONS**

- The penalty for that season will be imposed immediately following the violation.
- When calculating the number of suspended contests, any amount that results in a decimal remainder of .5 or less will be rounded down to the next whole number.
- The student will be ineligible for all contests during the period of suspension and prior to a reinstatement request.
- During the period of the suspension, the student is required to attend team meetings and practices and must participate in every team/group activity, but may not compete.
- For sporting activities in which the number of suspended contests is greater than the number that remains in the season, the remainder will be carried over to the next sporting season in which the student-athlete participates.

**First Violation:** Automatic suspension from competition for 25% of that competitive season’s scheduled contests. As well, the student-athlete and parents are required to attend a confidential and supportive meeting with an L-S clinical counselor or member of STAT (student assistance team).

**Second Violation and Subsequent Violations:** Automatic suspension from competition for 60% of that competitive season’s scheduled contests. If, after the second violation or subsequent violations, the student of his/her own volition becomes a participant in an L-S approved chemical dependency program or treatment program, the student may serve a 40% suspension. This will be at the expense of the student and his/her parents. If the student does not honor the agreement to participate in such a program, there will be an automatic suspension of 60% of the contests in the next athletic season. If this situation arises in the final season of the student’s high school career, the student will not be permitted to participate in any postseason banquets or receive any team-related awards.

**CODE OF CONDUCT VIOLATIONS REINSTATEMENT**

*Note that the reinstatement is a restorative justice model and not a punitive approach. It holds the student accountable to actions and makes them think through their actions.*
All students must seek reinstatement after any code of conduct violation to regain eligibility.

1. The student must attend all practices/meetings and be present at all competitions while under suspension. If, however, a student is suspended from school, s/he can not participate in any afterschool activities.

2. The student must submit a written request for reinstatement to the coach and athletic director. This letter should include an understanding of the “whys” behind the suspension, how the student plans to remain in good standing, and the benefits for the student to return to competitive performance.

3. The student must make a verbal apology to the team, and resign the code of conduct contract.

CODE OF CONDUCT VIOLATIONS REPORTING PROCEDURE
A violation of the co-curricular code of conduct must be reported to an administrator in the district (including the athletic director) within the school year of the alleged violation. The report should indicate the nature, date and time (if appropriate) of the violation.

CODE OF CONDUCT VIOLATIONS SUSPENSION PROCEDURE
When an alleged violation of the code is reported to the coach or administration, the coach or administrator, or his/her designee, shall meet with the student. The student will continue to participate in co-curricular activities until this meeting is held.

1. In the event that the student admits to the allegation of a violation at this meeting, the coach and athletic director shall impose the appropriate penalty for the violation as specified, effective immediately. The student and his/her guardians shall be given notice of the violation and the discipline imposed.

2. In the event that the student denies the alleged violation, the coach and athletic director, or his/her designee, shall determine whether there is sufficient evidence to warrant further action. If there is sufficient evidence that the student has committed the alleged violation, the coach and athletic director shall impose the penalty for the violation as specified, which begins immediately. It is also important to remind the student of the honesty clause and the expectation for truthfulness. The student and his/her guardians shall be given notice of the violation and the discipline imposed, and shall be informed of the opportunity for appeal.

CODE OF CONDUCT VIOLATIONS APPEAL PROCESS
Student-athletes and their guardians may appeal the decision. The first step is a meeting with the coach and athletic director. If, after this meeting, it is determined that the student-athlete is still in violation, guardians may then appeal to the principal. This is the final appeal step. The decision of the principal will stand.

Lincoln-Sudbury Athletic Code of Conduct Contract

Our tradition has been to run an educationally sound athletic program, and to develop young people of character. We strive to win with honor to our students, our school, and our community. Such a tradition is worthy of the best efforts of all concerned.

SUPREME COURT UPHOLDS SUCH CODES
Co-Curricular Codes of Conduct have been upheld five times by the Supreme Court of the United States of America. They have never lost when challenged in the courts. The basis for that support is due to the fact that in co-curricular activities we must insure the health and safety of those that partake in high-level physical activities. The Supreme Court of the United States supports the efforts outlined in Co-Curricular Codes of Conduct.

Parent/Guardian:
By signing this document, I (print)_________________________parent/guardian, indicate that I have knowledge, understanding and agreement to these standards, set forth in order for my son/daughter ________________ to be afforded the privilege of representing Lincoln-Sudbury Regional High School as a participant in a co-curricular athletic activity. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy.

__________________________________________________________________
Signature __________________________ Date

Student-Athlete:
By signing this document, I (print)_________________________co-curricular participant, indicate that I have knowledge, understanding and agreement to these standards, set forth in order for me to be afforded the privilege of representing Lincoln-Sudbury Regional High School as a participant in a co-curricular athletic activity. I am also aware that any violation to any of these standards shall result in the consequences contained within this policy.

__________________________________________________________________
Signature __________________________ Date

Student-athlete must sign below as well.

Parent/Guardian:
By signing this document, I (print)_________________________parent/guardian, indicate that I acknowledge that I am aware of the MIAA standards and can receive this information through the MIAA homepage by clicking on MIAA Handbook.

__________________________________________________________________
Signature __________________________ Date

Student-Athlete:
By signing this document, I (print)_________________________the student athlete, indicate that I acknowledge that I am aware of the MIAA standards and can receive this information through the MIAA homepage by clicking on MIAA Handbook.

__________________________________________________________________
Signature __________________________ Date