

# FORT BRAGG HIGH SCHOOL EXTRACURRICULAR ACTIVITIES/ATHLETIC CODE

## INTRODUCTION AND STATEMENT OF PHILOSOPHY

In conjunction with their academic courses of study, Fort Bragg High School students are encouraged to pursue their extracurricular interests and participate in the activities and athletic programs available to them. Participation in these programs is a privilege which carries with it certain responsibilities. An athletic/activity participant at FBHS is expected to represent high standards and that the Activities/Athletics Code will apply to all participants in our district during the school year. We are concerned with maintaining PRIDE in our programs and we believe that academic achievement, outstanding physical condition, and high moral standards should be top goals for all participants in activities and athletics.

Participants are defined as any students actively participating on any recognized interscholastic athletic team, including managers and statisticians, or members of any student organization or club recognized by the Associated Student Body, or as student representatives in any capacity (i.e. to the Board of Trustees, Site Council, etc.). Activities include all athletic, musical, dramatic events, as well as field trips, dances, and the end-of-the-year graduation ceremony.

This code is designed to promote the ideals of sportsmanship and pride in representing the school and to ensure acceptable standards of participation at all athletic events and school related activities. It applies to all student participants from the date of first entering high school through the graduation ceremony.

## PROGRAM ADMINISTRATION

Athletics and extracurricular programs are administered by the Athletic/Activity Director, the Athletic/Activities Council, and FBHS administration.

### ATHLETIC/ACTIVITY COUNCIL:

1. The Athletic/Activity Council consists of at least one parent, in addition to the Athletic/Activity Director (who serves as chairperson), and other members who are employees of the FBUSD.
2. The prime function of the council is:
  - a. to enforce the rules of the CIF (California Interscholastic Federation).
  - b. to enforce the rules of the North Coast Section and the Coastal Mountain Conference.
  - c. to maintain and enforce the FBHS Activities/Athletic Code.
  - d. to serve as an appeal body.
3. The Athletic/Activity Council meets prior to each school year (and, for athletics, prior to each athletic season) and, if needed, prior to the conclusion of the school year for the purpose of reviewing and clarifying existing policies.

## ELIGIBILITY

Athletes, club officers, ASB members, and other school representatives (i.e. student rep to Leadership Team) must meet eligibility requirements as delineated below. In addition, there may be specific performance standards and/or local, regional, or state organizational requirements which apply to a particular activity or sport (i.e. behavioral eligibility requirements must be met before a student is allowed to attend dances).

## **RESIDENTIAL ELIGIBILITY:**

1. Athletes, club officers, ASB and other student representatives must be residents of the Fort Bragg Unified School District or have on file, with the Assistant Principal, a school board approved inter-district Attendance Agreement, or notarized statement of guardianship for educational purposes signed by the parent and naming a FBUSD resident to act on his/her behalf.
2. Additional CIF residential requirements specific to grade level, legal residence, and transfer status also apply to student athletics. Questions regarding athletic eligibility should be referred to the athletic director or the principal.

## **ACADEMIC ELIGIBILITY:**

1. Academic eligibility applies to athletes, club officers, and all student representatives of the school.
2. Incoming freshmen must have a grade point average of 2.0 (C) or higher in the prior grading period. All other students, including transfer students, must maintain a grade point average of 2.0 (C) or higher and receive no more than 1 "F/NC" (i.e. Fail or No Credit) grade in the previous grading period.
3. Students must be enrolled in at least 6 classes each grading period.
4. It is the student's responsibility to make up all school work missed due to participation in activities/athletics.
5. Although designated as "club" activities, certain band and choir events are integral, required aspects of the courses in which students are enrolled. The 2.0/1 'F' academic eligibility requirement, therefore, shall not prevent such students from participating outside of school time. However, field trips and other day activities for which students are seeking release from other classes will be subject to prior teacher approval by each affected teacher.
6. Should an athlete go academically ineligible prior to the start of a season he/she may have, at the discretion of the coach, the opportunity to try out for a sport, though he/she may not compete until academic eligibility has been established.
- 6a. Should an athlete go academically ineligible during the sport in which he/she is competing, he/she will still be able to continue to practice (but not compete) as long as when the suspension is lifted there is at least one contest remaining in the regular season.

## **BEHAVIORAL ELIGIBILITY:**

1. Students are expected to respect themselves, respect others, respect property, and to generally behave in ways that do not violate the FBHS Behavior Code. Failure to do so will jeopardize eligibility for any and all school activities.
2. Coaches and activity advisors are required to check to see if their athletes/participants are eligible for any given contest or activity.

## ATTENDANCE:

1. A student must be in attendance in all classes on the day of a practice, event, or contest in order to qualify to participate that day.
  - a. Medical and/or dental appointments, funerals, court or probation appointments, and religious activities are possible exceptions, subject to interpretation and approval by the assistant principal, or athletic director prior to the absence or on the day of the student's return to school. If an absence is not cleared in this manner the student will not be allowed to participate in the practice, event or contest immediately following evaluation of reason for the absence.
2. If a student misses a practice or a contest for any reason determined to be "unexcused", disciplinary action will be determined by the student's coach. Coaches' policies and team rules regarding consequences for absences (and other infractions) will be clearly explained to students, and submitted in written form to students and the athletic director prior to the start of any given season.
3. A student must be in school on the Friday before a Saturday game in order to be eligible to compete in that game, unless he/she is specifically excused by the principal or a delegated representative.
4. Monitoring athletic/activity absences is a dual responsibility. It is the coach's/advisor's responsibility to check the attendance of each of his/her students to determine if members of his/her team/club is ineligible for a practice, a game, or an activity. Conversely, it is the student's responsibility to inform his/her coach/advisor of an absence.

## NOTIFICATION OF ELIGIBILITY:

1. Conduct: If a student becomes ineligible due to improper conduct the assistant principal will notify coaches and/or advisors of date(s) of ineligibility.
2. Academics: Effective the first Friday following each grading period, the Athletic/Activities Director shall notify coaches/advisors of students who have not met the academic eligibility requirements.

## RULES

In addition to the academic, residential, and behavioral eligibility standards previously stated, the following rules and regulations established by the California Interscholastic Federation (CIF) and the Fort Bragg High School Athletic/Activity Council apply specifically to FBHS athletics and where indicated, to activities.

1. Students must attend, with parent/guardian, a pre-season athletics/activity meeting, at which time all rules, regulations, and expectations will be reviewed (Ath/Act).
2. At or prior to the time of the first team practice or club meeting, students must turn in to advisor or, in the case of athletics, have on file with the office/AD, the signed portion of the Activities/Athletic Agreement form and a signed copy of team rules. NOTE: Both the participant and the parent/guardian signatures are required (Ath/Act).

3. Student athletes must pass a physical examination conducted by a licensed physician (CIF/Ath).
4. Student athletes must have on file with the office/AD, a current physical form signed by the physician who supervised the examination (Ath).
5. Student athletes must submit certification that parents' medical insurance covers them, or that they have purchased athletic insurance. The name of the insurance company must be entered on the Athletic Release Form and signed by participant and parent/guardian (Ath).
6. Student athletes must sign the C.I.F. Ejection Policy form (Ath).
7. Student athletes and their families will be asked to make a donation to help defray the costs of the athletic program (the requested donation was formerly referred to as the sport athletic participation fee: \$50 – 1<sup>st</sup> sport, \$35 – 2<sup>nd</sup> sport, \$15 – 3<sup>rd</sup> sport, or \$150 family maximum). (Ath).
8. Student athletes may not play on an "outside" league team while participating in high school season of that sport (CIF/Ath).
9. Student athletes may not have reached 19 years of age prior to June 15 (CIF/Ath).
10. Student athletes (varsity football only) must have reached the age of 15 (CIF/Ath).
11. Students must be eligible at the time of election, to run for club, class, or student body office (Act).
12. Students are personally responsible for all school equipment checked out. All equipment must be returned in good condition. Students must pay for any equipment lost or misplaced. The participant understands that she/he will not be allowed to participate in the next sport, continue in the activity, or receive a letter or any award until all equipment is either paid for or returned (Ath/Act).
13. In order to earn a letter, student athletes must complete the season in good standing and be recommended by the head coach. Students ineligible at the start of a season may practice with the team and play when they become eligible. Students who become ineligible may be dropped from the team immediately and also will NOT letter. Ineligible students will NOT travel with the team (Ath). Likewise, students who are ineligible may be members of organizations but will not hold office, travel, or participate in events until they become eligible. Similarly, students who wish to earn their letter via academic performance must meet all eligibility requirements (Act).
14. Students must attend the awards ceremony concluding the season/activity unless permission to be excused is granted by her/his coach/advisor before the event. The participant must, when possible, contact the head coach/advisor personally to explain extenuating circumstances; otherwise her/his award/letter will not be issued (Ath/Act). Qualified participants in athletics shall be awarded the certificates, block letters, and or emblems as follows:
  - A. Junior Varsity participants – certificates.
  - B. Varsity participants – block letter, emblems and certificate.
    1. 1<sup>st</sup> year Varsity – certificate, block letter and/or emblem.
    2. 2<sup>nd</sup> year Varsity – certificate, service bar.
    3. 3<sup>rd</sup> year Varsity – certificate, small star.
    4. 4<sup>th</sup> year Varsity – certificate, large star.

NOTE: Block letters will be given by the coach of the first sport in which the student participates. Emblems and certificates will be issued by coaches of subsequent sports.

- 14a. Students who become ineligible before the end of their season and have no chance to become eligible prior to its conclusion will not finish the season in good standing; thus, they will not Letter.
- 15a. Students may not miss any scheduled activity/game unless for medical reasons or pre-authorized school activity. If there is an unexcused absence from practice, the athlete may be suspended or dismissed from the team. An athlete who has first committed her/himself to playing a sport will be expected to participate in that sport over other school activities. Conflicts between activities and sports are to be discussed between coaches, activity advisor, parents and participant and must be resolved at the beginning of the season (state organizations, competitions, conferences, etc.) (Ath/Act). Athletes must complete the required daily practice for both their primary and their secondary sport.
- 15b. Students must choose a primary sport if she/he is participating in 2 activities (i.e. drama, band) or a sport and an activity simultaneously during one season. The student must have on file in the office a signed statement naming his/her primary sport. The student is to arrange with both advisors/coaches for practice to comply with eligibility rules (Ath).
- 15c. Per CIF Constitution and Bylaws, no scholastic games or practices of any kind are to be held on Christmas Day or Sunday (Article 308). However, there may be certain practices, workdays and/or competitions to be held on Saturdays or during school vacation periods in which case coaches are to schedule at the beginning of the season and players notified if participation is required. NOTE: Make-up games may need to be scheduled on non-school days with short notice (Ath).
16. Student athletes must abide by all California Interscholastic Federation rules and the Fort Bragg High School Behavior Code (CIF/Ath).
17. Students must behave in an orderly manner (on and off the field in the instance of sports) and dress according to the standards of the activity (Ath/Act).
18. If an athlete quits one sport without consent of the coaches, she/he cannot participate in another sport until the completion of that season. There is a two week period to select one sport over another when trying out for more than one team. After two weeks of the season, starting with the first day of practice, no athlete will be allowed to try out for a team unless she/he is new to the district or is late because previous sporting season has just been completed (Ath).
19. Coaches/advisors may set standards of behavior and expectations for their sport/activity which, if violated, may result in the participant being dismissed for the remainder of the season/school year. Each coach shall furnish the participant with a copy of her/his rules and expectations at the beginning of the season (Ath/Act).
20. For all away athletic contests/activities, participants must ride to and from contests/activities in school provided transportation (i.e. district vans, buses, coaches' vehicles, contracted vehicles,) whenever such transportation is provided. At times when district transportation is unavailable, students are expected to ride with coach/district approved drivers (Ath/Act).
21. The FBHS athletic/activity philosophy holds that it is important students ride to and from events as a total team or group. Nonetheless, parents may elect to transport their student (and only theirs) home from a contest or activity if they put a signed "Travel Home With Parent" form on file in the school office before the contest or activity, and if they personally contact the coach/advisor to inform him/her of their intent (Ath/Act).

## MISCONDUCT

The examples below are intended to illustrate the types of behavior that are unacceptable for Fort Bragg High School students and the penalties which apply.

### A. Offenses involving law enforcement and/or administration

1. Students in possession of alcohol, drugs, or drug paraphernalia, or being under the influence of any drug or alcoholic beverage at any time at school, at a school related activity, or en route to and from either school or a school related activity will be directed to the school administration and/or law enforcement.
2. Law enforcement will be notified when a student is suspended from school for any offense serious enough to be referred to a law enforcement agency for prosecution such as, but not limited to, theft, vandalism, assault, battery, or possession of illegal weapons.

### Penalties resulting from such offenses:

1. **First Offense:** Unless expulsion is deemed appropriate or required by law, removal from participation in the current sport(s) and a suspension from all extra-curricular and co-curricular activities/sports participation, from athletic practices to senior end-of-year activities (to include picnic, banquet, and graduation ceremony (see letter following this document), for a period of 45 consecutive activity days. If less than 45 days of the school year or of the sports season remains, the penalty carries over to the next sport season and/or school year. Should this be the case, the athlete is allowed to practice, but not to travel or compete in the second sport, or to participate in school activities until the 45 day suspension is concluded. For offenses occurring while "in uniform", a more severe penalty may be imposed (see D. below).  
\*During the time of suspension from a co-curricular activity, students will be given alternative assignments to replace the required after school activity.  
\*An activity day is considered to be any day on which a contest or school activity can legally be held.
2. **Second Offense:** or in the event of a suspended expulsion for the first offense, students will be given a choice of consequences. One choice is to elect dismissal from all activities/athletics for one calendar year from the date of violation. The other is to choose to comply with the conditions of the alternative plan: maintain a 2.0 GPA or "work to potential", and no "F" grades, good attendance, participation in a counseling program, good citizenship/no behavioral referrals, and satisfactory weekly evaluation on the "pink sheet." A file is to be kept and presented for review by the Athletic/Activities Council at the end of 60 days. The council will determine if the one year activity suspension must be re-invoked.

### B. Offenses involving law enforcement and/or administration (Out of school)

1. Possession of alcohol, drugs, or drug paraphernalia, or being under the influence of any drug or alcoholic beverage at any time.
2. Any extreme offense serious enough that it may be referred to a law enforcement agency for prosecution such as, but not limited to theft, vandalism, assault, battery, possession of illegal weapons.

**Penalties resulting from such offenses:**

1. Removal from participation in the current sport(s).

**C. Offenses referred to school administration only**

1. Possession and/or use of tobacco products.
2. Acting in a manner that brings embarrassment to the school.
3. Disrespect/defiance of authority/disruption to the learning environment.

**Penalties resulting from such offenses**

1. First Offense: at administrative discretion, suspension from all activities/sports participation for a period of 5 consecutive school days for activities and/or 1 week of the season for athletics. If an Out-of-School suspension occurs, this penalty will begin upon the student's return to school. Depending on the duration of the suspension, followed by the 5 day activity suspension, a student could forfeit graduation should the infraction occur in the last two weeks of school. If less than 5 days of the school year remain, the penalty carries over to the start of the next school year. If an athlete is not currently participating in a sport, the violation will be recorded and considered as a first offense when participation in any sport begins. Possible dismissal from team/activity.
2. Second Offense: Same as above, or, in the case of activities, exclusion from all events (except graduation) for 20 consecutive school days.

**D. Suspension Penalties**

Any time a student's behavior results in an Out-of-School suspension, she/he is automatically suspended from activities/athletics participation during the same time period. Students ineligible for disciplinary reasons may neither travel with a school group/team nor attend an event/game while being disciplined.

**E. Appeal Process**

1. Students shall have the right to appear, with their parents or other designated advocates, to the Athletic/Activity Council.
2. Any offense, including those not specifically listed in the Activities/Athletic Code, may be considered by either the Activities Council or the Athletic Council. The ruling of the council may include a penalty more severe than the minimum penalties listed above.

**\*FBHS student activities participants are held to a higher standard for the privilege of participation in any school offered activity. As such, they are reminded that they have a moral and ethical commitment to their school and to the activity in which they participate.**

E. **List of clubs, activities and interscholastic sports teams to which this code applies**

**Clubs and Activities**

Associated Student Body Offices and Commissions  
Associated Student Body Student Council  
Band  
Key Club  
Car Club  
Choir  
Class Offices  
Culinary Arts Club  
Dances  
Field Trips  
Graduation Ceremony  
Healthy Living Club  
Interact  
International Club  
Lunch Bunch  
MESA  
Mock Trial  
Model U. N.  
National Honor Society (NHS)  
Odyssey of the Mind  
Poetry Slam  
Skills USA  
Theatre Arts  
Wilderness Club

**Sports Teams**

Baseball  
Basketball  
Cheerleading  
Cross Country  
Football  
Golf  
Soccer  
Softball  
Tennis  
Track  
Volleyball  
Wrestling