

# Monroe-Woodbury Interscholastic Rules and Regulations

The Monroe-Woodbury Central School District is a member of the New York State Public High School Athletic Association, Section IX Athletic Council and the Orange County Interscholastic Athletic Association and, therefore, adheres to the Rules and Regulations of these governing bodies.

If a student accepts the *privilege* of being a member of a Monroe-Woodbury athletic team, he or she *must* adhere to certain rules and regulations as outlined below.

## Goals of the Athletic Program

- A. To develop sportsmanship by learning to play fairly and to abide by the rules of the game.
- B. To train athletes to accept winning and losing graciously.
- C. To develop self-discipline and confidence.
- D. To develop a sense of responsibility and to make decisions.
- E. To develop leadership and followership.
- F. To develop the athlete's ability to express his or her emotions in a socially acceptable manner.
- G. To build character and learn that personal sacrifice may be required for the good of the team.
- H. To develop the respect for teammates, opponents and others.
- I. To develop a high state of physical fitness to meet the demands of today and tomorrow.

## Physical Examination

A student trying out for an athletic team *must* have a medical examination by the Monroe-Woodbury Central School District appointed physician or school nurse. If a Family Physician is used, the student must get a School District Medical Examination form from the Nurse's Office, to be completed by the Family Physician.

Once the examination is completed, return the District Medical Form to the Nurse's Office for clearance.

- A. The school physician has the *absolute* authority to determine the physical capability of a pupil to participate in a sport.
- B. *No* student will be *allowed* to begin practice until approved by the school physician or school nurse.
- C. The medical examination and approval of the school physician or school nurse is valid for one calendar year. Medical updates are required for each sport season.
- D. If a student is *medically* excused from Gym, the student cannot play or practice in any sport during this "Medically Excused Gym Time."

## Conduct

Members of a Monroe-Woodbury athletic team are required to conduct themselves as good citizens both in school and out in the community. Athletes are expected to act like ladies and gentlemen at all times when visiting other schools for an athletic contest.

## Hazing

"Hazing" is not permitted under any circumstances. "Hazing" is defined as any behavior exhibited by a student(s) toward a student, teacher, coach or individual, which degrades, demeans, humiliates and places at risk physical and/or emotional harm toward that individual(s). Hazing is against the law in New York State. Hazing resulting in an injury to a person is a Class "A" misdemeanor and hazing which creates a substantial risk of injury to a person is a law violation.

## Practices – Games – Team Affairs

Players are expected to attend all practices, games, and team affairs unless legally excused by the coach and/or school official.

- A. It is the *responsibility* of the player to notify the coach in advance if he or she cannot attend practice, game, etc.
- B. If a player is detained for academic reasons or school related activities, he or she must bring a signed note from the teacher stating the time of release for the coach's verification.

- C. If the athlete misses (Attendance Office) more than two periods in a day, he or she will not be allowed to participate in that day's practice session or athletic contest unless for medical reasons, which must be accompanied by a physician's note, or because of extenuating circumstances which must be verified by a note from a parent or guardian.
- D. If an athlete is illegally absent from school on Friday, he or she *cannot* compete in a Saturday or Sunday contest, unless a legal written excuse is received by the coach.

## Travel

- A. Team members are required to travel to and from an away athletic contest on the school bus or in transportation provided and/or approved by the school district.
- B. Requests by parents for exceptions to this rule must be made to the coach in writing. These exceptions may be granted at the discretion of the coach.

## Student Eligibility

The New York State Public High School Athletic Association (NYSPHSAA) states:

- A. "A contestant must be a bonafide student of the high school represented who is taking at least four (4) academic subjects including Physical Education".
- B. "A student may compete for no more than eight (8) consecutive semesters beginning with the semester in which he or she has entered the 9th grade and is between the 14th and 19th birthdays. If the age of 19 years is reached *on or after July 1st*, the student may continue to participate during that school year in all sports".

## In/Out of School Suspension

Any student athlete on in/out of school suspension *may not* participate in any practice or athletic contest during the day (s) of suspension. If the period of suspension includes a weekend or holiday, the student athlete may not participate during the weekend or holiday period of time.

## Leaving the Squad

Any player who joins an athletic team is expected to remain a member of that team until the season is completed.

- A. A student who is cut from one squad may go out for any other sport with the approval of the coach of *that* sport.
- B. It is the player's *responsibility* and *obligation* to inform the coach if he or she desires to *leave* or *quit* a team. Failure to accept the responsibility of notifying the coach, unless under justifiable or extenuating circumstances, will result in automatic suspension from further athletic participation for the remainder of the season and the next sport season.

## Equipment – Facilities - Property

Players are to *respect* the Monroe-Woodbury School equipment, facilities, and property as well as at the *away* school.

Players are responsible for all equipment and uniforms issued to them and they should return these items in the same state that they were issued.

- A. Equipment, uniforms, etc. issued to player is to be used *only* for the purpose of team practices or games. These issued items *are not* to be used in Physical Education classes or in any other way unless permission is granted by the teacher or coach.
- B. Lost or misused equipment will be charged to the player *responsible* for it and *restitution* will be required. No awards or further participation will be granted until restitution is made.
- C. Any player found to be in the possession of unauthorized Monroe-Woodbury or other property or willfully damages Monroe-Woodbury and/or fellow student athletes property, or other schools' property, will be subject to suspension from the team, possible arrest and/or legal action and restitution.

## Training Rules

Players are expected to abide by the training rules outlined by the coach. The Monroe-Woodbury Central School District recognizes that the use of alcohol, tobacco, steroids, synthetic cannabinoids, or other illegal drugs decreases long-term athletic activity performance, decreases the overall academic performance, increases the probability for physical injury and lessens the chance for a student to reach his or her full measure of excellence. Self-disclosure to the Coach, Athletic Director and/or Student Assistance Counselor concerning his or her substance abuse problem will result in *no disciplinary action* as long as the player follows the *recommended care plan* as outlined by the Student Assistance Counselor.

A player caught breaking Training Rules is subject to the following disciplinary action as outlined below:

#### **LEVEL I – Suspension from one contest**

1. Conduct unbecoming an athlete.
2. Illegally absent from school on the day of a contest. (If illegally absent on Friday student cannot participate in a Saturday or Sunday contest.)
3. Violation of any curfew established by a coach.
4. Receiving a disciplinary referral.

#### **LEVEL II – Suspension from the team for one week**

Suspension from the team for one week; however the player must attend but not participate in all practices.

1. Repeat of a *second* Level I violation.
2. Use or possession of alcohol, tobacco (to include smokeless tobacco), steroids, synthetic cannabinoids, or other illegal drugs:
  - a. Offender, with parent (s), has conference with Coach, Athletic Director and Student Assistance Counselor.
  - b. **To Be Reinstated as Eligible:** The player must meet the requirements as outlined by the school's Student Assistance Counselor.

#### **LEVEL III – Suspension from the team for two weeks**

1. Suspension from the team for two weeks; however the player must attend but not participate in all practices
  - a. "Hazing" of a student and/or athlete.

#### **LEVEL IV – Suspension for the sport season**

(cannot participate on any athletic team during the season of suspension, i.e., an athlete suspended from X-Country would also be ineligible for soccer).

1. Hazing – Resulting in an injury to a student.
2. Willfully damages facilities or property whether at Monroe-Woodbury or at another school.
3. "Harassment" of a coach/teacher.
4. Stealing
5. Quitting a team *without* prior discussion with the coach. (See IX-B).
6. Repeat of a Level II violation.
7. Repeat of a Level II violation (s) as outlined in Training Rules B-2.
  - a. Offender, with parent (s), has conference with Athletic Director, Student Assistance Counselor and School Administrator.
  - b. **To Be Reinstated as Eligible** for subsequent season(s), an assessment and adherence to the Recommended Care Plan as outlined by the Student Assistance Counselor.

#### **Post-Season Athletic Contests (League, Sectional and/or State Contests)**

If a **Level III** violation by an athletic team member occurs during post-season play, the athlete will be subject to disciplinary action affecting the next athletic season in which the athlete will participate, for a period not to exceed 2 sport seasons.

The athlete **can** practice with the athletic team, but he/she will not be able to participate in scrimmages or athletic contests during the suspension period as outlined below:

1. Fall-Winter -- 8-week suspension

2. Winter-Spring – 6 week suspension
3. Spring-Fall – 6-week suspension

(The disciplinary suspension period begins the first day of practice).

**Level V – One school year suspension**

1. The distribution of *illicit drugs*.
2. Physical abuse to a coach or teacher.
3. Repeat of a Level IV violation.

Any school violation or policy supersedes any level or area outlined above. The school administration has the prerogative of exceeding any of the aforementioned steps depending upon the seriousness of the situation.

**Student Appeal Process**

Any student who is suspended under Level I-V can exercise his “due process” rights by making an appeal as follows:

- A. The student has *two (2) school days* to appeal in writing to the Athletic Director.
- B. The Athletic Director should rule on the written appeal within (5) school days.
- C. A subsequent appeal can be made to the Building Principal.

**School District Insurance Coverage**

THE POLICY IS *EXCESS OVER YOUR OTHER INSURANCE COVERAGE*. THIS MEANS THAT BENEFITS WILL BE PAID ONLY FOR THAT PART OF THE EXPENSE, WHICH IS NOT COVERED BY YOUR OWN INSURANCE PLAN. *PAYMENTS ARE MADE ACCORDING TO A SCHEDULE OF BENEFITS*.

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FAILURE TO COMPLY WITH ANY ESTABLISHED RULES OR GUIDELINES STATED ABOVE WILL BE GROUNDS FOR IMMEDIATE SUSPENSION OR DISMISSAL FROM THE TEAM BY THE COACH, ATHLETIC DIRECTOR OR PRINCIPAL.

\_\_\_\_\_  
Student’s Name (print)

\_\_\_\_\_  
Team

\_\_\_\_\_  
Student’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date