



Lake Hamilton Public Schools

Revised 5/19/2023

Student-Athlete & Parent Athletic Manual

Lake Hamilton High School

Lake Hamilton Junior High

Lake Hamilton Middle School

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Useful Links

Lake Hamilton Web Site www.lhwolves.net

Lake Hamilton High School Athletic Website: lhwolvesathletics.com

NCAA Guide for College Bound Student-Athletes

<http://www.ncaapublications.com/productdownloads/CBSA15.pdf>

NAIA Eligibility Center: <http://www.playnaia.org/>

Arkansas Activities Association: <http://www.ahsaa.org/>

National Federation of High Schools: <http://www.nfhs.org>

Lake Hamilton Public School District School Directory

Lake Hamilton Public Schools District Administration

Superintendent, Shawn Higginbotham, shawn.higginbotham@lhwolves.net

Assistant Superintendent, J.J. Humphries, jj.humphries@lhwolves.net

Assistant Superintendent, Jeff Britt, jeff.britt@lhwolves.net

District Athletic Director, Rick Waters, rick.waters@lhwolves.net

District Assistant Athletic Director, Jeff Scott, jeff.scott@lhwolves.net

Lake Hamilton High School

Donald Westerman, Principal

Assistant Principals – Shane Aitken, Brian Bales

280 Wolf Street

Pearcy, AR 71964

501-767-9311

Fall Sports

Boys & Girls Cross Country	Head Coach: Robert Blades
9th Boys & Girls Cross Country	Head Coach: Robert Blades
Boys Golf	Head Coach: Brandi Higginbotham
Girls Golf	Head Coach: Brandi Higginbotham
Boys Tennis	Head Coach: Maribeth Richards
Girls Tennis	Head Coach: Maribeth Richards
Varsity Football	Head Coach: Tommy Gilleran
Junior High Football	Head Coach: Shane Taylor
Varsity Volleyball	Head Coach: Karen Smith
Junior High Volleyball	Head Coach: Andrew Williams
Senior High Cheer	Head Coach: Tara West
Junior High Cheer	Head Coach: Tara West
Senior High Dance	Head Coach: Tara West
Junior High Dance	Head Coach: Tara West

Winter Sports

Sr. Boys Basketball	Head Coach: Scotty Pennington
Jr. Boys Basketball	Head Coach: Bobby Tedder
Sr. Girls Basketball	Head Coach: Blake Condley
Jr. Girls Basketball	Head Coach: Maribeth Richards
Boys & Girls Bowling	Head Coach: Brooke Griffin
Boys & Girls Swim & Dive	Head Coach: Mac Hurley
Wrestling	Head Coach: Austin Weldon

Spring Sports

Baseball	Head Coach: Matt Weigand
Softball	Head Coach: Amy Teague
Boys Soccer	Head Coach: Cito Dickson
Girls Soccer	Head Coach: Lynn Strong
Sr. Boys Track	Head Coach: Brandon Starr
Jr. Boys Track	Head Coach: David Church
Sr. Girls Track	Head Coach: Brandon Starr
Jr. Girls Track	Head Coach: Lewis Hunt
Athletic Trainer	Heidi Balliet

Dear Parent or Guardian:

Welcome to the Lake Hamilton Public School Athletic Program. Throughout this manual you'll notice your child referenced as "student athlete" rather than athlete only. This is because we believe children are students first, and athletic participation is a privilege that ranks second in support of academic endeavors. Annually, over 40% of secondary LHS students participate in one of our athletic programs. This manual is intended to provide information for you and your child during their time in athletics at Lake Hamilton Schools. Additional information may be provided by your coach. It is our hope that your child will .have a positive experience being part of one of our teams

Sincerely

Rick Waters

Director of Athletics

Lake Hamilton Public School

Note: This manual will be updated as rules, procedures, guidelines are changed or modified. The National Federation of High Schools, Arkansas Activities Association, Arkansas Department of Education, and Lake Hamilton Public Schools may provide these to the athletic director at any given time. Updated manuals will be posted on the LHS district athletic website, as well as each athletic high school athletic website. A printed copy may be submitted in writing to the athletics office.

Superintendent of Schools

The executive function is the responsibility of the Superintendent of Schools, who establishes the ways and means of executing efficiently all policies adopted by the Board of Education. The Superintendent recommends to the Board of Education the appointment of all personnel who are given any responsibility for handling interscholastic athletics, and approves all policies and procedures recommended by staff; and is, in fact, directly responsible to the School Board for the successful performance of the organization.

The District Athletic Director

In cooperation with the superintendent and building principals, the district athletic director plans, coordinates, promotes, and supervises the total athletic program for the schools. The district athletic director also handles final appeals of athletic issues after they have run through the chain of communication of the coach, head varsity coach (for 7-12 program issues), then building level administration.

The School Principal

The school principal is the administrative head of interscholastic athletic activities, as well as all other activities of his/her school. As administrative head of the school, he/she is directly responsible to the Superintendent of Schools, to the AAA.

Supervision of athletic contests is a cooperative matter among principals, assistant principals, and/or designated supervisors. The District Athletic Director, along with other district administrators may also assist in supervision as needed/appropriate.

Athletic Department Organizational Structure

This athletic department organizational structure is only applied to athletic matters and it is secondary to the academic building organizational structure.

COMPETITIVE PROGRAM SELECTION

The Lake Hamilton Public Schools athletic teams'/performance groups are competitive in nature. The following holds true for squad selection:

Coaches/sponsors are hired by the school district to be responsible for establishing criteria for squad selection with input from their staff. This may be a highly subjective process. Selection and decisions regarding game situations are the sole responsibility of the staff.

At times, there are limited opportunities for students due to our large school size and the competitive nature of high school athletics. While this is not our desire, it is a reality. It is extremely difficult for coaches to tell young people they will not be placed on the team for which they want to participate, or that they have not made any team at all. All students, regardless of their grade in school, should understand that these are real possibilities.

If selected, a student should be prepared to accept placement at any level and complete the season in good standing. Parents should also prepare themselves for this and accept the coach's decisions.

Coaches are expected to assemble the most competitive team possible, by selecting individuals, filling positions according to need and appropriately placing students on proper team then defining each individual's role, based on certain criteria, including, but not limited to, citizenship, sport specific ability, sport/activity specific skills, ability to work together, and willingness to learn.

Underclass students have the same opportunity to make a varsity team as a senior does (unless AAA or conference rules prohibit this). In order to make a varsity team as a senior, a student must be willing to fulfill a role that the team needs.

Participation on any squad in prior years does not guarantee a spot on the same or similar team the following year.

There are many non-school/performance groups sponsored by different organizations through which students can gain valuable experiences by participating on these teams'/performance groups. However, it is very important that students and parents understand that participation on a non-school team/performance group does not guarantee any player a place on the school team. Participation on these teams/groups are at the expense of the student and family.

The main goal of any level of competitive athletics is to put the most talented members of any team in competition to win contests. Starting positions and playing time are not guaranteed to anyone. Each member of a team is valuable to the team's overall progress. Some members may play a great deal of the time in a contest while others may not play what a parent would consider "significant playing time". Regardless of time spent in actual competition, simply by being part of a team, a student can learn many valuable lessons such as: sportsmanship, working together to meet team goals, commitment, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, and being responsible for one's own actions.

As with any extracurricular participation, there will be costs associated with membership of those teams. While many of our sports and coaches give a conscientious effort to raise additional funds to help offset these costs, parents and students should expect these costs and be willing to bear the expense. Any unpaid balances should be paid by the conclusion of the season for which they are associated. In situations where the outstanding bill has not been paid, or no arrangements have been made by the family, the District may send information to collections. Additionally, students may not be allowed to try out for teams for the following year until the account is cleared by payment, or alternate payment plans put in place.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize dangers through the use of appropriate equipment, proper training methods, and common sense. Each sport offers its own set of risk and risk minimization and may be discussed with coaches and school administrators.

Multi-Sport Philosophy

Athletes who want to participate in two or more sports should have the opportunity without penalty. An in-season sport has priority over an out-of-season sport or off-season sport.

Athletic programs that are supported by the school district have priority over programs that are offered independently, through the city recreational programs, or other non-school programs. An athlete **may not** participate in the same sport in a recreational or non-school league during the same in-season school sport.

Coaches sharing athletes in the same season should try to take into account the nature of the competition of each sport in conflict and work it out before making the athlete choose between the sports. A priority order should be considered with the highest level of competition taking precedent:

- State championship
- State playoffs
- Conference or state qualifier contest
- Non-conference
- School Performance
- AAA benefit game or scrimmage
- Required Practices & Dress Rehearsals
- Regular Practice or team meetings

Parent Pre-Season/Pre-Tryout Meetings

Every head coach is expected to conduct a pre-season or pre-tryout parent information meeting. Communication is one of the best ways to avoid misunderstandings with all stakeholders. The pre-season parent meeting will provide an organized means to begin communications between coaches and parents each year. This meeting will typically address heat illness and sickness, proper hydration, and proper nutrition. Additional information such as practice and game expectations, tryout process, squad selection process, season information, etc. will be covered as well as other guidelines of the respective sport.

Statement of cost for all sports, including cheer and dance, should be given at the pre-tryout and pre-season parent meeting. This should be the cost that students and their family will be expected to cover. Additional information may be given to reflect what fundraising efforts will do to cover or reduce costs for participants.

Sportsmanship of Players & Spectators

The Lake Hamilton Public School District, in conjunction with the National Federation of High Schools, Arkansas Activities Association, expects all players and spectators to practice good sportsmanship in all aspects of competition. Expectations for each group are:

STUDENT-ATHLETES

Applaud along with spectators during introduction of players, coaches, and officials

Shake hands with opponents before/after the game

Accept the decisions of officials

Avoid offensive gestures or language

Display modesty in victory and graciousness in defeat

Follow the rules of the game

Exercise self-control

Show respect for public property and equipment

At no time may either team engage in any type of "animated huddle," "dance," or other similar activity at center court, midfield, or on any home team or conference insignia.

Upon entering the floor prior to the start of a ballgame, teams shall not interfere with the opposing team by circling the court and shall go directly to their warm-up area.

SPECTATORS

Positive encouragement and support of own team without being rude, negative or derogatory to opponents

Do not wear extreme or unusual clothing to the game.

No full face painting is permitted. Partial face painting is permitted such as small markings on the cheeks.

No derogatory or suggestive slogans on apparel

No bare chests are permitted; shirts must be worn

Do not throw trash on the playing field or throw objects at other spectators

No negative, demeaning, or obscene yells before, during, or after the contest

Do not turn one's back or hold up newspapers while teams are being introduced or when teams, cheerleaders, or dance teams are performing

Avoid criticism of game officials and sideline coaching

Stay off the playing area

Take part in cheers with the cheerleaders

Show respect for public property and equipment

BEHAVIOR EXPECTATIONS

ACCEPTABLE BEHAVIOR

Applaud during introduction of players, coaches, and officials.

Accept all decisions of the officials.

Shake hands with other student-athletes and coaches after the contest regardless of the outcome.

Treat competition as a game, not a war.

Search out opposing players to recognize them for outstanding performance or coaching.

Applause at the end of the contest for performances of all participants.

Show concern for injured players regardless of team.

Encourage surrounding people to display only sportsmanlike conduct.

During the National Anthem, students, participants, and fans should remove any hats, face the flag, not talk, and remain still until the end of the anthem.

During the National Anthem follow the music and lyrics precisely when singing.

Cheerleaders lead fans in positive school yells in a positive manner.

UNACCEPTABLE BEHAVIOR

Yelling or chanting at opponents.

Making derogatory yells, chants, songs, or gestures.

Booing or heckling officials or opposing teams.

Criticizing officials in any way; displays of temper with an official's call.

Refusing to shake hands or to recognize a good performance.

Blaming losses on contest officials, coaches, or participants.

Laughing or name-calling to distract an opponent.

Using profanity or displays of anger that draw attention away from the contest.

Doing their own yells instead of following the lead of cheerleaders.

Demeaning acts such as audible remarks, actions, or gestures (ex: turning backward during introductions, holding up newspapers, shaking car keys, comments after each player is introduced, etc.)

Spectators who choose to demonstrate inappropriate conduct while attending any LH athletic event, home or away, are subject to removal from the contest. No admission refund will be given if ejected or arrested. A severe violation of conduct by any fan may result in a ban from future games. Repeated offenses of inappropriate conduct may result in temporary or permanent suspension from LH athletic events.

Physical Examinations

Participants in the following extracurricular activities are required to undergo an approved pre-participation physical examination:

All interscholastic athletic activities including cheerleading and dance teams

Other activities, as determined by school officials

Prior to participation (including tryouts) all students must submit the results of a pre-participation physical examination to the appropriate coach/sponsor. Results must be submitted on a standard form, provided by the school district; this form will be one recognized or recommended by the American Academy of Pediatrics. **No other form will be accepted.** **Students/parents should obtain this form from the school and take it to the medical doctor (MD) or doctor of osteopathy (DO) when the physical examination is conducted. For the Lake Hamilton**

Public Schools, medical professionals allowed to perform physicals in addition to MD's and DO's are as follows: ANP (Associated Nurse Practitioner), NP (Nurse Practitioner), and PA-C (Physician Assistant Certified).

Parents will be responsible for the cost of the examination.

Prior to participation in all grades, students will be required to complete a health and inquiry questionnaire and a pre-participation physical examination as specified above. Review of that questionnaire by an athletic trainer or the Athletic Director will be done to ensure that all components of the physical and information is accurate and complete.

Negative findings within the Heart medical exam and Heart family history shall require a clearance from the athlete's Primary Care Physician with a recommendation of an ECG. This is a one-time requirement if no symptoms occur during the remainder of their athletic career.

The pre-participation physical examinations and the annual health reviews should not be used as a substitute for routine health checkups performed by the student's primary physician.

Insurance Claims

Lake Hamilton Public School District carries **supplemental** athletic insurance which may cover injuries which athletes receive in the course of practice or interscholastic competition. It should be noted however, that this insurance is **secondary** insurance which pays only after the parent's primary insurance policy pays. Although the Lake Hamilton Public School District takes every effort to purchase a quality athletic insurance package, this insurance in most cases, will not pay 100% of the athlete's medical bills. It is strongly suggested that parent's/guardians carry their own medical insurance on the child in case s/he is injured. The Lake Hamilton Public School District will **not** be responsible for the payment of medical bills beyond those payments that are made by our insurance company.

To file a claim:

Get insurance claim form from the **athletic trainer**. Parents need to fill out and mail to company

Athlete must see a doctor within 30 days of the injury

Form must be sent to insurance company **within 90 days of the injury**, bills can follow later

Report all injuries filed with insurance to the athletic trainer

If students have no insurance, the school's insurance may not pay the full amount

Academic Requirements & Eligibility

Participants must meet all guidelines established by the Arkansas Activities Association, the Arkansas Department of Education, and the school district. As a minimum, students must maintain a "C" average (2.00 GPA) (or be enrolled in an approved Supplemental Instruction Program) and pass 4 classes during the previous semester. (See Eligibility also)

ACADEMIC REQUIREMENTS: Junior High

A student promoted from the sixth to the seventh grade automatically meets scholarship requirements. A student promoted from the seventh to the eighth grade automatically meets scholarship requirements for the first semester. The second semester eighth-grade student meets the scholarship requirements for junior high if he/she has successfully passed four (4) academic courses the previous semester.

The first semester ninth-grade student meets the scholarship requirements for junior high if he/she has successfully passed four (4) academic courses the previous semester.

The second semester ninth-grade student meets the scholarship requirements for junior high if he/she has successfully passed (4) academic courses the previous semester which count toward his/her high school graduation requirements.

Ninth-grade students must meet the requirements of the senior high scholarship rule by the end of the second semester in the ninth grade in order to be eligible to participate in the fall semester of their tenth-grade year.

ACADEMIC REQUIREMENTS: Senior High

In order to remain eligible for competitive interscholastic activity, a student must have passed (4) academic courses the previous semester and either:

Academic eligibility must be verified by the coach for each athlete before the season starts. The high school registrar will then certify each student's grades for eligibility. Athletes must pass 4 solid subjects per semester and have a 2.0 GPA to be eligible. Parents and students alike should monitor their grades to ensure they do not fall into academic distress.

Supplemental Instruction Program (SIP)

If a player is not academically eligible to play (4 solid classes must have been passed the previous semester, but the GPA is below 2.0), the player may enroll in the Supplemental Instruction Program. SIP begins the first day of each semester. Each week students attend 100 minutes. Students who enter the SIP after the first day are required to make up the missed time before participating in games. After the 10th day of the semester, students will no longer be admitted into the SIP. Students are not allowed to remain in the program if they do not meet the minute requirements each week.

Standardized test scores will no longer be used to determine eligibility: Only the 2.0 GPA will be used for student eligibility without participation in SIP.

All students who do not have a 2.0 should be enrolled in the SIP no matter how many courses passed. Only students passing four subjects and not attaining a 2.0 will be eligible to participate if they are enrolled and attending the SIP regularly.

All Supplemental Instruction Programs will be approved through the AAA office.

All students in the SIP will have one semester to improve their GPA a minimum of one tenth of a point to maintain eligibility for a second consecutive semester.

The maximum length of involvement in SIP is two consecutive semesters. If a student earns a GPA of 2.0 and leaves the SIP, that student may later return to the SIP for a maximum of two semesters if the GPA drops below 2.0

The AAA will be requesting that the GPA of each student involved in the SIP be submitted each semester until the student makes a 2.0 or completes the maximum semester allowed.

Residency, Transfer, Age, & Eligibility (from Arkansas Activities Association)

ARTICLE III ELIGIBILITY (Items listed in red were approved for 2013-14 AAA Handbook)

SECTION 1. ATHLETIC COMPETITIVE ACTIVITIES

- A. Participation in competitive interscholastic activities as a part of a school's educational program is a privilege and not a right. The eligibility rules of this association are designed to promote the educational values derived from participation in interscholastic activities, prevent exploitation of youth by special interest groups, and to ensure that interscholastic activities shall remain an integral part of the educational program.
- B. Students wishing to participate in interscholastic activities shall have the opportunity to become eligible for these activities when they meet ALL eligibility rules. They will remain eligible for the opportunity to participate provided they do not: (1) exceed any limitations, (2) fail to meet any minimums, or (3) violate any other rules of the association. They may, however, regain their opportunity to participate at a later date by correcting any deficiencies that caused the ineligibility.
- C. Students who exceed the junior high age rule or junior high semester rule limitations may have the opportunity to be eligible for senior high activities.
NOTE: Students who exceed the senior high age rule or the senior high semester rule limitations shall have no further opportunity to be eligible.
- D. Eligibility rules apply to students in grades 7-12 inclusive; specific rules for junior high schools apply to students in grades 7-9 inclusive; specific rules for senior high schools apply to students in grades 9-12 inclusive. A ninth grade program is considered to be the varsity junior high team regardless of where the students are housed.

NOTE: In the rules that follow, the singular includes the plural and the plural includes the singular as the context requires or permits. Where appropriate, personal pronouns refer to either gender.

Rule 1. DOMICILE

A. Public Schools

- 1. A student's eligibility for interscholastic athletics shall be in the public school district of the parent's domicile. Refer to other domicile and transfer rules for limitations and situations. The AAA recognizes only one domicile for eligibility. A change in domicile consists of a complete and bona fide move from one domicile to another.
- 2. A student may meet the domicile requirement at another AAA member school after attending said member school for one calendar year (365 days from initial enrollment).

3. A student shall also meet the domicile requirement if the student receives a legal transfer (school board to school board) from one public school to another. Board to board transfers must take place by July 1 before a student enters grades 7-10.
4. For eligibility purposes, all transfers must take place by July 1 before a student enters grades 7-10 and require that CSAP forms be signed for public and boarding schools.
5. Students transferring after July 1 prior to entering the 10th grade year shall not be eligible for one calendar year (365 days) unless there is a bona fide move from one public school district into the public school district that the student will be attending.
6. When a public school is closed, any student from the closed school may transfer by school choice or legal transfer (school board to school board) by July 1 of the calendar year in which their resident district is closed and shall be eligible to participate in extracurricular activities. If the transfer is by school choice, the CSAP form has to be completed and filed with the receiving district and AAA.

B. Nonpublic Schools

1. Students who enroll at a nonpublic school must do so by July 1 before entering the 7th grade to be immediately eligible for interscholastic athletic participation. When a nonpublic school does not offer enrollment for grades 7 and/or 8, the student may become immediately eligible by enrolling by July 1 prior to the lowest grade offered by that school provided the CSAP form is signed. Students enrolling in a nonpublic school after the period provided for immediate eligibility above shall be ineligible for 365 days.
2. After July 1 prior to entering the 7th grade year, a student whose parents live outside a 25-mile radius of a nonpublic school must make a bona fide move within a 25-mile radius of the school that the student will attend to become eligible.

C. Complete and Bona Fide Change of Domicile.

Under the domicile rule, a complete (total) and bona fide change of domicile (move in good faith) shall occur when a student's parent(s) abandons their former home as a domicile and makes a permanent move into a home that is their sole domicile in another school district/attendance zone. A change of domicile shall be made with the intent that it is permanent.

Two legal domiciles shall not be allowed for eligibility purposes under the complete and bona fide change of domicile rule.

A change of domicile for the purpose of creating interscholastic athletic eligibility shall not be considered a complete and bona fide change of domicile and the student shall be declared ineligible at all AAA schools for one (1) calendar year.

Under the domicile rule, when a complete and bona fide change of domicile is made, the student may remain at the AAA school he/she has been attending and shall retain his/her eligibility, if he/she has been in attendance at the school for at least one (1) calendar year and has not enrolled in another school during this time.

Determination of what constitutes a complete and bona fide change of domicile shall depend upon the facts of each case, but in order for a change of domicile to be considered complete and bona fide at least the following facts shall exist:

1. The original domicile shall be abandoned as a domicile. It shall be either sold, in the process of being sold, or rented to a non-family member on a long-term lease (1 year).
2. It shall not be used as a domicile by any member of the family.
3. If the original domicile is not in the process of being openly advertised for sale or rent, the family shall have all the utilities disconnected in this domicile.

4. The parent(s) or family shall take all personal belongings, household goods, and furniture unless the original domicile is rented furnished and a legal lease agreement shall state exact furniture/items to remain in the domicile.
5. The parent(s) shall change their mailing address to the new address, assess property in the new district, register to vote in the new district, change all records to the new address, secure insurance covering property at the new address, place utilities in their name at the new address, register automobiles and/or boats at the new address, change their driver's license to the new address, stop mail delivery at the previous address, and completely abandon their relationship to the previous domicile.

D. Legal Attendance

1. A student's eligibility for interscholastic athletics with respect to the domicile rule may be in the public school that the student is legally attending provided the transfer was by July 1 before a student enters grades 7-10 and the CSAP form has been completed and filed with the receiving district and AAA.
2. Domicile, transfer, and legal attendance rules apply only to students whose parents reside in the state of Arkansas, transfer within the state of Arkansas, or meet the Changing Schools / Athletic Participation (CSAP) guidelines. CSAP forms may only be used by schools within the state of Arkansas.

E. Non-school Coach.

A student transferring, moving, or for any reason attending a new school where the student's non-school coach is a school coach, or is anyone assisting in any capacity with the coaching or training of the school team, is presumed to be attending for athletic purposes if the student participated in athletics the previous year.

F. Transfers

1. A student changing schools under the **Freedom of Choice** law, transferring other than a legal transfer (school board to school board) or any circumstance other than public school domicile rules 1 through 6 above, is assumed to have changed schools for athletic purposes if the student participated in athletics the previous year.
2. **Same Sport Season.** A student changing schools for any reason who has been a member of an athletic team may not participate in the same sport at the receiving school during the same defined sport season.
3. To gain eligibility through the legal attendance rule, the non-school coach rule, or the transfer rule, the following criteria must be met by using the CSAP (Changing Schools/Athletic Participation) form.

G. CSAP Forms

1. A Changing Schools/Athletic Participation (CSAP) document stating that the student was not recruited and did not change schools for athletic purposes must be signed **prior to participation** by:
 - a. The superintendent or designated administrator of the previous school.
 - b. The superintendent or designated administrator of the new school.
 - c. The parent(s) or legal guardian(s), witnessed by the new (receiving) school's administrator or a notary public.
2. CSAP forms may only be used for eligibility of public school students and boarding school students who are enrolled in the receiving school by July 1 before a student enters grades 7-10.

H. A student meeting all eligibility requirements except the transfer requirements shall be eligible to participate in junior varsity competition as long as the JV CSAP form is signed by both school administrations before the student participates interscholastically.

I. Return to the Resident District.

A student who transfers back to the public school district of his parent's domicile within the first eleven days of the fall or the spring semester of that district shall become eligible after attending one day of classes if the student would not be in violation of the Same Sport Season rule. (Article III, Eligibility, Section 1, Rule 1-F2)

***NOTE:** This rule does not apply to public charter schools because they do not have school district boundaries.*

J. Public Charter School.

For athletic eligibility purposes, a public charter school student must be enrolled by July 1 before a student enters grades 7-10 and requires that CSAP forms be signed. Students enrolling after July 1 prior to entering the 10th grade shall not be eligible for one calendar year (365 days).

K. HomeSchool.

In accordance with ACT 1469 of 2013, a homeschool student shall be given the opportunity to try out for an athletic or non-athletic competitive activity or team in their resident public school district if the following criteria are met:

1. Inform the principal of the resident school district in writing of their request to participate in the interscholastic activity before the signup, tryout, or participation deadlines established for students enrolled in the resident school district.
2. The superintendent of the student's resident district and the superintendent of the District both agree in writing to allow the student to participate in interscholastic activities at the District; or The student's resident school does not offer the interscholastic activity and the superintendent of the non-resident district agrees to allow the student to enroll in the interscholastic activity.
3. Inform the principal in the request that the student has demonstrated academic eligibility by obtaining: a minimum test score of the thirtieth percentile on The Stanford Achievement Test Series, Tenth Edition, or another nationally recognized norm-referenced test in the previous (12) months, or a minimum score on a test approved by the State Board of Education.
4. A student who meets the requirements for eligibility to participate in an interscholastic activity is required to register for no more than one non-academic course³ in the District's school where the student is intending to participate in an interscholastic activity that coincides with the interscholastic activity in which the homeschooled student participates and shall be required to be at school only when participation in the interscholastic activity requires other students who participate in the interscholastic activity to be at school.
5. In order to be eligible to participate, the student must be enrolled within the first (11) days of the fall or spring semester.
6. Meets the same requirements as enrolled students in regards to practice times, required drug testing, permission slips, waivers, physical exams, and participation fees.
7. The student cannot be required to be enrolled in more than (1) period per school day.
8. Be transported by the resident school district to and from interscholastic activities as the resident school district transports other students who are enrolled in the resident school district.
9. A home schooled student may begin participating in an interscholastic activity immediately upon being approved to participate by the District if (1) The home schooled student has not withdrawn from an Arkansas Activities Association member school or (2) The student has withdrawn from an AAA member school and enrolled in a home school but did not participate in an interscholastic activity that is a varsity sport at the student's resident district prior to the student's withdrawal from the AAA member school.

A student who withdrew from an AAA member school who participated in an interscholastic activity that is a varsity sport at the student's resident district during the previous three hundred sixty-five (365) days shall not be eligible to immediately participate in an interscholastic activity that is a varsity sport in the District. The student will not become eligible for full participation until the completion of the three hundred sixty-five (365) day period from when the student withdrew. A student who is not eligible for full participation may participate in tryouts, practices, classes, or other endeavors associated with the interscholastic activity until the completion of the three hundred sixty-five (365) day period from when the student withdrew.

Go to: <http://www.arkleg.state.ar.us/SearchCenter/Pages/historicalact.aspx> for a complete version of the ACT. Type in "1469" in the "Act Number" box and enter.

Rule 2. ELIGIBILITY IN OTHER SITUATIONS

- A. **Foreign Student Eligibility.** A foreign student attending an AAA member school may be eligible for competitive interscholastic participation for a maximum of one school year or two consecutive semesters under ONE, but not both, of the following circumstances.

1. **J-1 Visa.** A foreign student who holds a valid J-1 Visa and who is in a recognized exchange program must meet all eligibility rules except the domicile requirement, which shall be waived the first year of school attendance in the United States. Recognized exchange programs are those listed for the current year on the Council of Standards for International Education Travel (CSIET) Advisory List. Such students shall be eligible for only one school year beginning with their initial enrollment.
2. **F-1 Visa.** A foreign student who holds a valid F-1 Visa and who attends an AAA member school shall not be eligible for interscholastic competitive participation until he meets the domicile rule requirement established after attending said member school for one calendar year (365 days from initial enrollment). Such students shall be eligible for only the next two consecutive semesters. The student must also meet all other eligibility requirements.

***NOTE:** Additional periods of eligibility shall not be recognized when a student extends school attendance under a different visa or for any other reason. Eligibility requirements also include: bona fide student, dropout, semester, age, amateur, tryout, and scholarship (academic) rules.*

***NOTE:** A foreign student who has graduated in his home country shall not be eligible.*

***NOTE:** Foreign student eligibility applies to athletic competition.*

***NOTE:** The AAA will only recognize the legal adoption of a foreign student that occurs in a U.S. court.*

- B. **Foreign Student Residency.** No member of the school's administration, coaching staff, or athletic director, paid or voluntary, shall serve as the host family for any foreign students who participate in athletics.
- C. **Legal Adoption.** A student legally adopted and attending school in the district in which his adoptive parents reside meets the domicile requirement.
- D. **Parental Custody.**
1. A student whose parents are divorced or legally separated meets the domicile requirement in the district in which the parent having primary legal custody resides.
 2. In the case of joint custody, the student is eligible in the district of the parent with whom the student is living at the beginning of the school year.

***NOTE:** A legal separation is one requiring court action.*

***NOTE:** Legal guardianship cannot be used for eligibility purposes.*

- E. **Boarding School.** A student residing at a school consisting 50% or more boarding students meets the domicile requirement when enrolling in school by July 1 prior to entering grades 7-10. If a student is coming from an Arkansas school, CSAP forms must be signed.
- F. **Training Schools.** A student attending the training schools operated by the State of Arkansas or privately operated schools recognized by state courts or social services as serving the same purpose as a training school meets the domicile requirement on his initial enrollment in the public school assigned by these institutions.
- G. **Arkansas Virtual Academy.** The eligibility for interscholastic athletics and activities for students of Arkansas Virtual Academy shall be in the public school district of the parent's domicile provided the student meets all AAA eligibility rules with the exception of the bona fide student rule.
- H. **School Board Actions Recognized.**
 - 1. When a school district board of education with multiple middle or junior high or senior high schools makes specific assignments or defines attendance zones, the student meets the domicile requirement at the school specified by the assignment or in the school zone of his parents' domicile if the assignment takes place by July 1 before a student enters grades 7-10.
 - 2. After July 1 prior to beginning the 10th grade year, parents in districts having multiple high schools must make a bona fide move into the attendance zone of the school that the student will attend for the student to become eligible.
 - 3. When a school's board of education discontinues a nonpublic school, a student meets the resident requirement in the district of his parent's domicile or at another private school in the area.
- I. **Providing Incorrect Domicile Information.** If a parent or guardian either knowingly or unknowingly provides incorrect information concerning a student's domicile, the association may declare the student ineligible for athletic competition with any AAA member school for a period of up to 365 days from the date of the action on ineligibility.
***NOTE:** If false domicile information is provided to the school, the school may not be required to forfeit games.*
- J. **Transfers Involving Nonpublic/Non Member Schools**
 - 1. **From Public To Nonpublic School**
 - a. A student transferring from a public school to a nonpublic school may meet the domicile requirement and be immediately eligible for interscholastic athletic participation if the student enrolls by July 1 before entering the 7th grade. When a nonpublic school does not offer enrollment for grades 7 and/or 8, the student may become immediately eligible by enrolling by July 1 prior to the lowest grade offered by that school provided the CSAP form is signed. Students enrolling in a nonpublic school after the period provided for immediate eligibility above shall be ineligible for 365 days.
 - b. After July 1 prior to entering the 7th grade, a student whose parents live outside a 25-mile radius of a nonpublic school must make a bona fide move to within a 25-mile radius of the school that the student will attend to become eligible.
 - NOTE:** CSAP procedures as listed in the AAA Handbook must be followed if the student participated in athletics the previous year.*
 - 2. **From Nonpublic To Nonpublic School**
 - a. A student transferring from one nonpublic school to another nonpublic school may meet the domicile requirement and be immediately eligible for interscholastic athletic participation if the student enrolls by July 1 before entering the 7th grade. When a nonpublic school does not offer enrollment for grades 7 and/or 8, the student may become immediately eligible by enrolling

by July 1 prior to the lowest grade offered by that school provided the CSAP form is signed. Students enrolling in a nonpublic school after the period provided for immediate eligibility above shall be ineligible for 365 days.

- b. After July 1 prior to entering the 7th grade, a student whose parents live outside a 25-mile radius of a nonpublic school must make a bona fide move to within a 25-mile radius of the school that the student will attend to become eligible.

NOTE: *Students transferring to nonpublic schools who do not meet the nonpublic transfer rule, may become eligible after attending the nonpublic school for one year; (365 days).*

3. **From Non-Member to AAA Member School.**

- a. A student attending a non-member school (including a home-schooled student) who returns to the public school district of his parents' domicile shall become eligible immediately after attending one day of classes.
- b. A student meets the domicile requirement upon transferring to a nonpublic member school if the student has attended one full year at the non-member school and if the transfer occurs by July 1 of that school year.

Rule 3. PENALTY FOR USE OF INELIGIBLE PLAYERS.

The use of any ineligible participant/student in any interscholastic contest will result in one or more of the following actions based upon the facts and findings:

- A. Forfeiture of the contest
- B. The specific sport during which the ineligible player was used will be placed on probation status for up to one (1) calendar year
- C. The ineligible participant/student may be suspended from further competition and any activity, as determined by the Executive Director
- D. The school may be fined up to \$500.00

In determining the penalty concerning the use of an ineligible participant/student, the Executive Director may consider whether the participant/student had a significant impact on the game. What is a significant impact will vary with the sport and circumstances of the contest; however, such facts as follows will be among the items considered:

- A. Amount of participation
- B. Whether the ineligible participant/student scored points or participated in other plays that had an impact on the winning or losing of the game.
- C. What the school could have or should have known
- D. Whether a school self-reports

If the ineligible participant/student has provided the school false information upon which the student was certified to have been eligible, a penalty against the school may be set aside or modified. However, in the cases of transfer students, where legitimate errors or omissions in the official school transcript as received are proved, such player must be withdrawn from participation upon discovery of the error without penalty to the school.

Ineligible players may not dress out for interscholastic competitions.

Rule 4. RECRUITMENT

- A. Recruitment of students or attempted recruiting of students for athletic purposes, regardless of their residence, is a gross violation of the spirit and philosophy of the AAA By-Laws and is expressly prohibited.
- B. "Athletic recruiting" is defined as the use of undue influence and/or special inducement by anyone connected directly or indirectly with an AAA member school in an attempt to

- encourage, induce, pressure, urge or entice a prospective student of any age to transfer to or retain a student at a school for the purpose of participating in interscholastic athletics.
- C. Recruiting for athletic purposes is not only a violation by the student who has been recruited, but is also a violation by the school and/or the school personnel who recruited the student. It is a violation to recruit for athletic purposes regardless of a student's age or grade level. If proof is established that a school has secured an athlete under any of the conditions set forth in this section, the superintendent shall be required to appear before the Executive Committee and the Executive Director to answer the allegations against his/her school and the student(s) is automatically ineligible to participate in athletics for at least one calendar year.
 - D. If a student, parent, or any person regarding a student athlete transferring to a district contacts a coach or teacher, they must be referred to a school administrator immediately. A coach shall refrain from making any comments or gestures regarding a student athlete transferring to the district and participating in athletics.
 - E. A coach may not contact or be contacted by a student or the student's parents prior to enrollment in the school. If a student is to attend a camp, clinic, or tryout or participate on a non-school team with a school or school coach other than his or her domicile school, the student must have written permission from the coach and administrator of both schools using the AAA's Athletic Release Form.
 - F. It shall be a violation of this rule for a student-athlete to receive or be offered remuneration or special inducement of any kind that is not made available to all applicants who apply to or enroll in the school.
 - G. A student transferring from one AAA member school to another may be ruled ineligible for one calendar year from the date of enrollment because of "undue influence" if it is determined that a coach, including non-faculty, of the receiving school coached an out-of-school team on which the athlete played; or it is determined the coach, including non-faculty, at the receiving school acted as a private athletic instructor for the transferring athlete, regardless of whether the coach was paid for his/ her services and/or expertise.
 - H. The penalties for illegal recruiting of students may be one or more of the following:
 - 1. The school may be placed on probation in the sport(s) in which the violation occurred.
 - 2. The school may be fined not to exceed \$1,000 and billed for the cost of any investigation related to the violation.
 - 3. The school may be required to forfeit any contest(s) in which the student participated after the violation as determined by the executive director.
 - 4. A student found to be recruited in violation of this rule may be ineligible to participate in athletics for up to one calendar year (365 days).
 - 5. A coach or other licensed school personnel may be subject to a complaint for a violation of the Code of Ethics for Arkansas Educators.
 - 6. Other penalties may be imposed on the school to a degree in keeping with the severity of the violation.
 - I. **Guidelines.** Evidence of undue influence or special inducement of a student or the parents or guardians of a student by anyone connected directly or indirectly with an AAA member school includes, but is not limited to the following:
 - 1. Offer or acceptance of money or other valuable considerations such as free or reduced tuition during the regular school year and/or summer school.
 - 2. Offer or acceptance of room, board, clothing, or financial allotment for clothing.
 - 3. Offer or acceptance of pay for work that is not performed or is in excess of the amount regularly paid for such service.
 - 4. Offer or acceptance of employment or assistance in securing employment or contractual arrangement of any kind for which compensation may be paid for the

parents/guardian in order to entice the parents/guardian to move to a certain community. It makes no difference who makes the offer. The school is guilty because it plans to use the student to build a stronger team.

5. Offer or acceptance of a residence.
 6. Offer or acceptance of free or reduced rent for parents' or student's housing, vehicles or other.
 7. Offer or acceptance of cash or like items, such as credit cards, debit cards, gift cards, gift certificates or coupons.
 8. Offer or acceptance of gift of clothing, equipment, merchandise or other tangible items.
 9. Offer or acceptance of loans or assistance in securing a loan of any kind.
 10. Offer or acceptance of free transportation by any school connected person.
 11. Offer or acceptance of a privilege(s) not afforded to other students.
 12. Offer or acceptance of payment for moving expenses of parent(s) or assisting parent(s) with a move.
 13. Offer or acceptance of help in securing a college athletic scholarship.
 14. Offer or acceptance of free admission to AAA interscholastic activities in which the school is participating where an admission is being charged.
 15. Offer or acceptance of payments of fees to take the ACT and/or SAT examinations.
 16. Offer or acceptance of any other privileges or consideration made to induce or influence the student to transfer from one school to another because of his/her athletic ability.
- J. Other inducements or attempts to encourage a prospective student to attend a school for the purpose of participating in athletics, even when special remuneration/inducement is not given, shall be a violation. It shall be a violation for a school to offer and/or grant special favors, privileges or inducements of any kind including payment of fees to a student-athlete(s) under any circumstances not offered and/or granted to a non-student-athlete(s) who attends the school.
- K. The following individuals shall be considered school-connected:
1. Employees of the school, including but not limited to the superintendent, assistant superintendent, principal, assistant principal(s), athletic director(s), guidance counselor(s), faculty coaches, and teachers
 2. Non-faculty coaches (paid or voluntary) that coach any sport at the school
 3. A student-athlete or other student participant in the athletic program, such as a team manager, student trainer, etc., at that school
 4. The parents, guardians, or other relative of a student-athlete or other student participant in the athletic program at that school
 5. Relatives of a coach or other member of the athletic department staff at that school
 6. A volunteer worker in that school or that school's athletic program
 7. Members of the school's athletic booster club(s)
 8. Members of the school's alumni association
 9. Any independent person, business, or organization acting at the request or direction of the school to include students, parents, junior high coaches, former students, and other such individuals
 10. Any independent person, business, or organization that is otherwise involved in promoting the school's interscholastic athletic program
 11. Any independent person, business, or organization that is representative of the school's athletic interests when a member of the school's administration or athletic department staff knows or should know that the person, business or organization is promoting the school's interscholastic athletic program

12. Any independent person, business, or organization that makes financial or in-kind contributions to the athletic department or to an athletic booster organization of that school
 13. Any independent person, business, or organization that contributes money to a school that is used to provide legal financial assistance to a student-athlete attending the school.
- L. Specifically prohibited contact by school employees, athletic department staff members, and representatives of the school's athletic interests with a student who does not attend that school includes, but is not limited to, the following:
1. Visiting or entertaining the student or any of his/her relatives in an attempt to pressure, urge, or entice the student to attend the school to participate in interscholastic athletics.
 2. Sending, or arranging for anyone else to send, any form of written or electronic communication to the student or any of his/her relatives, in an attempt to pressure, urge, or entice the student to attend the school to participate in interscholastic athletics.
 3. Suggesting or going along with any effort by any person, whether a school employee or other representative of the school's athletic interests, or any other person such as an alumnus of the school, a coach or other person affiliated with a non-school athletic program (e.g., AAU team, club team, travel team, recreational league team, etc.) a coach of or recruiter for a collegiate athletic team, or a scout for a professional team, to pressure, urge, or entice the student to attend the school to participate in interscholastic athletics, or to direct or place the student at the school for the purpose of participating in interscholastic athletics.
 4. Making a presentation or distributing any form of advertisement, commercial or material that promotes primarily or exclusively the school's athletic program or implies the school's athletic program is better than the athletic program of any other school or suggests that the student's athletic career would be better served by attending that school.
 5. Answering an inquiry by the student or any of his/her relatives about athletic participation opportunities at the school with any response that pressures, urges or entices the student to attend that school. The student or his/her relatives instead should be immediately referred to the principal.
 6. Providing transportation to the student or any of his/her relatives to visit the school, to take an entrance examination for the school, to participate in an athletic tryout at the school, or to meet with a school employee, athletic department staff member or other representative or the school's athletic interests as part of an effort to pressure, urge to facilitate the student's attendance at that school to participate in interscholastic athletics.
 7. A coach may not contact or be contacted by a student or the student's parents prior to enrollment in the school.
 8. School-connected individuals shall refrain from statements to prospective students athletes such as, "we would like to have you play for us", "you would look good in our uniform", "you could make a difference for our team," etc. These types of statements are not normal or appropriate and could be considered recruitment.
 9. Any prospective student or parent/guardian who visits an AAA member school may only meet with the school's administration or guidance counselor. Athletic directors and coaches, paid or voluntary, may not conduct tours of school facilities.

NOTE: *This rule attempts to provide a thorough explanation of the AAA recruiting rule. While there are many explanations involved, this rule does not cover every conceivable example of recruiting. .*

Rationale - Recruiting an athlete is a serious offense as it creates an unfair advantage.

- M. **Tuition and Financial Aid Procedures.** If tuition is charged, it must be paid by parent, legal guardian, or other family member. If a parent, guardian, or other family member secures a loan for payment of tuition, it must remain an obligation of the parents, guardian, or other family member to repay the principal and interest in full with no exceptions. Financial aid will be allowed under the following conditions:
1. Financial aid may only be awarded on the basis of need. Proof of need must be filed in the AAA office on forms approved by the Executive Director. In order to determine the basis for need, all schools awarding financial aid shall use one of the following agencies: Financial Aid Independent Review, Financial Aid for School Tuition, Private School Aid Service, School and Student Service for Financial Aid, Tuition Aid Data Services, and FACTS Grant in Aid Agency. The use of any unapproved agency renders the student ineligible.
 2. Any loan program, grant program, educational foundation, scholarship, or similar program that is established and/or administered, in whole or in part, by a school or official of a school is considered financial aid.
 3. Schools shall remove any student from athletic eligibility whose accounts with the school are 60 days overdue.

All records pertaining to financial aid or tuition assistance shall be open to the AAA upon its request. Each school shall be responsible for securing necessary authorization to allow the AAA to review or audit such records.

- N. In addition, nonpublic member schools providing financial assistance programs for athletes shall present to the Executive Director of the AAA by October 1 of each year the following documents: Financial Aid for Non-public School Athletes and Financial Aid Form Supplemental List. Nonpublic member schools must also submit to the AAA a Student-Athlete Financial Aid Report Form for fall sports by December 7 of each year and a Student-Athlete Financial Aid Report Form for winter and spring sports by May 8 of each year.

Rule 5. BONA FIDE STUDENT

- A. A student participating in interscholastic activities must be a bona fide student of the school; a bona fide student is one who has not graduated from a high school nor received a GED or equivalency of a high school diploma and who is enrolled in and regularly attending at least four academic courses in the high school. These courses shall be from those identified in the Arkansas Department of Education Standards of Accreditation.
- B. Concurrent college courses may be used to meet the bona fide student rule.
- C. A local school may make an exception for a student in the last semester of the senior year provided the student is enrolled in and attending regularly at least one academic course and is meeting all requirements for graduation.
- D. The Arkansas Activities Association in cooperation with the Arkansas Department of Education makes an exception to the bona fide student rule for students in the Arkansas School for Math, Science and Arts.
- Because the ASMSA is an ADE accredited school, is a boarding school located in the Hot Springs School District, and is a member of the Arkansas Activities Association, students from ASMSA may participate at Hot Springs High School in those sports or activities not offered by the Arkansas School for Math, Science and Arts.

Rule 6. DROPOUTS.

A student dropping out of or leaving school, suspended with no credit, or expelled from school at any time during a semester must re-establish eligibility by returning to an Arkansas Activities Association member school and meeting the scholarship requirements for one full semester.

NOTE: *One full semester is considered to be either the fall or spring semester.*

If, however, the last semester attended was completed, eligibility shall be based on that semester.

Rule 7. SEMESTERS

- A. **Junior High** – A student has six semesters of opportunity for eligibility. A student repeating either the seventh or eighth grade for any reason shall not have the opportunity for eligibility during the complete year that is repeated.
- B. **Senior High** - *A student is limited to eight consecutive semesters of opportunity for eligibility beginning with the student's first enrollment in the ninth grade (or earlier as defined in Rule 7. Age, Note).*

Note 1: *A ninth grade student may compete for the junior high or for the senior high in the same member school district with separate campuses with permission from the involved principals. (Refer to Bylaws, Art. II, Section 7, Rule 1 - Classification of Students.)*

Note 2: *A student first entering an AAA member school at the beginning of the tenth grade shall have six consecutive semesters of opportunity for eligibility; at the beginning of the 11th grade shall have four consecutive semesters of eligibility; and, at the beginning of the 12th grade shall have two consecutive semesters of opportunity for eligibility.*

- 1. If a ninth grade student competes for the junior high, the student may then compete at the senior high level after the completion of that junior high sport season. A ninth grade student may not compete for the senior high and return later to compete for the junior high in the same sport.
- 2. Semesters are applied toward the limitations regardless of the following:
 - a. if the school doesn't offer a sport; or
 - b. if the student doesn't participate, or
 - c. if the student isn't eligible; or
 - d. if the student's earlier enrollment was in a different school system.

NOTE: *The fifth and sixth semesters (normally the 9th grade) are applied toward both the junior and senior high limitations. This is due to the rule allowing the school's administration to permit a 9th grade student to participate at either level. (Refer to Bylaws, Art.II, Section 7, Rule 1 - Classification of Students).*

- 3. A 7th or 8th grade student who is ineligible for junior high athletics due only to the age rule may be eligible to participate in senior high. (Refer to Bylaws, Art. II, Section 7, Rule 3 - Classification of Students.)
- 4. A student is limited to a total of 12 semesters of opportunity for eligibility upon entering the seventh grade. The final eight semesters shall be consecutive.

Rule 8. AGE

- A. **Junior High.** *A junior high student is not eligible for junior high competition if the student's 16th birthday is on or before September 1.*

NOTE: In the year a student in junior high school becomes too old for junior high participation, the student may be allowed to participate for the senior high if all other eligibility rules are met.

B. Senior High. A senior high student is not eligible for interscholastic participation if the student's 19th birthday is on or before September 1.

Rationale - The age rule and the semester rule are both attempts to equalize competition among athletes in AAA member schools as well as to encourage athletes to graduate with their class.

Rule 9. AMATEUR

- A. The amateur rule for eligibility in interscholastic athletics requires the student to engage in a sport solely for the pleasure and physical, mental, or social benefit derived from participation in sports and to whom sport is nothing more than an avocation.
- B. The junior high or senior high student who violates the amateur rule in any of the AAA-sponsored sports may lose eligibility in that sport for up to one full year (365 days).
- C. **Violations.** A student may not:
 - 1. Compete under an assumed name.
 - 2. Accept monetary awards or compensation. This includes: cash, gift certificates, expenses for a trip, or any other of this type award.
 - 3. Accept gifts or awards exceeding \$100.00 in value unless the gifts or awards are given under the auspices of the school; however, the student may receive awards in golf, tennis, bowling, and road races as permitted in the amateur rules of the USGA, the USTA, USATF and USBC.
 - 4. Receive remuneration for coaching, instructing, or preparing any person for competition; except he may receive from an organization offering instruction in sport skills to youth monetary compensation on an hourly basis or as a salary for teaching basic skills.
 - 5. Appear in a competition before or during a professional event except as approved by the Arkansas Activities Association.
- D. A student may not compete with or against a professional except when participating in:
 - 1. Pro-Am golf meets; or
 - 2. Semi-professional baseball games, when such participation is within the definition of amateurism.
- E. A student who has participated interscholastically may not permit his name, picture, or person to be used to advertise, recommend, or promote a firm, service, or product.

NOTE 1: An athlete may be named a player of the week or game and be presented a certificate or plaque provided there is no advertising connected with the picture or announcement.

NOTE 2: A team picture may appear on a calendar or poster. This indicates support for the school.

NOTE 3: Since it is impossible to cover all instances of possible violations to the amateur rule, it is suggested that the Executive Director be consulted in any questionable case.

Rule 10. TRYOUTS – TEAM SPORTS

- A. A student may not play with a college or a professional team without losing eligibility for up to one year in the sport played.

- B. A tryout consists of a sport specific demonstration in front of college or professional scouts. This does not include the playing of games where scouts are present. This would include placing students in front of college coaches or professional scouts to perform drills specific to that sport, independent of the playing of a game. A tryout may be conducted for athletes to be selected for a non-school team. This includes all sports. Try-outs held in connection with camps or clinics may be conducted only as permitted by the Athletic Camps rule (Bylaws, Article II, Section 8, Rule 11).

The tryout rule does not prohibit an athlete from trying out in front of college coaches or professional scouts if:

1. There is no cost;
2. There is no loss of class time including travel, and 3. The tryout is held outside of the sport season. **The tryout rule applies to all team sports.**

***NOTE:** A tryout consists of athletic demonstrations relative to a specific sport in the presence of a coach, scout, or official representing an institution or club.*

Rule 11. SCHOLARSHIP (ACADEMICS)

- A. **Junior High.** A student promoted from the sixth to the seventh grade automatically meets the academic eligibility (scholarship) requirements. A student promoted from the seventh to the eighth grade automatically meets the academic eligibility requirements for the first semester.
- The second semester eighth grade student and the first semester ninth grade student meet the academic eligibility requirements for junior high by successfully passing four (4) academic courses the previous semester, three of which shall be in the core curriculum areas (math, science, English, social studies) as specified by the Arkansas Department of Education's Standards for Accreditation of Arkansas Public Schools.
 - First semester ninth grade students must pass four academic classes to be eligible for the second semester of the ninth grade.
 - Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate in the fall of their tenth grade year.
 - Students who have finished two semesters of the ninth grade must follow all senior high (10-12) academic requirements.

***NOTE:** After the second semester of the ninth grade, students who have not earned enough credits to be classified as a sophomore must meet the scholarship requirements for senior high (10-12) eligibility.*

- B. **Senior High.** The requirement for senior high (10-12) eligibility shall include: - Passing four academic courses; and a minimum GPA of 2.0, based on the previous semester.
- The student must have passed four academic courses in the previous semester. Any of these four courses for which concurrent high school credit is earned may be from an institution of higher learning recognized by the Arkansas Department of Education.

1. Supplemental Instruction Program

- a. To participate in interscholastic competition, students passing four academic courses but failing to meet the 2.0 GPA requirement must be enrolled in and attending 100 minutes per week a Supplemental Instruction Program meeting established criteria and approved by the AAA. The Supplemental Instruction

Program must be submitted to the AAA office for approval prior to the start of the school semester.

- b. If a student's GPA drops below 2.0 at the end of any semester, the student must immediately enroll in and attend the SIP at the beginning of the next concurrent semester. If a student fails to enroll in the SIP at this time, the student must attain a 2.0 GPA to regain eligibility.
- c. In the first semester of SIP the student must meet the stated requirement (2.0) at the end of that semester in order to become fully eligible again OR meet the requirement to remain in the SIP one additional semester.
- d. To maintain eligibility under the Supplemental Instruction Program and be eligible to continue for a second semester, the student must show improvement of at least one tenth of one point in his/ her GPA after the first semester of participation in the supplemental program. To continue to participate following the second semester in the SIP, the student must have reached a 2.0 GPA as well as passing four academic courses.
- e. Maximum participation in the SIP is two consecutive semesters. If the student does not achieve a 2.0 GPA within this period, the student will remain ineligible until a 2.0 GPA is achieved. A student who has been in SIP and regained eligibility by achieving a 2.0 GPA would be eligible to enter the SIP again later if passing four courses but not earning a 2.0 GPA.

2. Loss of Opportunity for Athletic Participation

- a. During participation in the SIP, the student must have no unexcused absences for the current semester or its equivalent from the SIP or regular classes.
- b. The student must have no school disciplinary action for the current semester. The school may define school disciplinary action, but as a minimum the policy shall state that a student has been disciplined when being placed on suspension where the student is out of school for a period of time.
- c. The student must have no known felony convictions during a semester in which the student is in the SIP.
- d. If at any point the student falls out of compliance with any criteria listed above during the semester, the student will be immediately suspended from competition for the remainder of the semester. In order for the student to re-establish eligibility, he/she must pass four academic courses and achieve a 2.0 grade point average.
- e. If a student fails to participate in the supplemental instruction program during any semester, then eligibility can only be regained by the student passing four academic courses and earning a grade point average of 2.0 from all academic courses the previous semester

3. Limitation. A student is restricted to a maximum of two consecutive semesters in the SIP any time a student's GPA falls below a 2.0 for the previous semester.

4. Academic Course Defined. An academic course is one for which class time is scheduled, which can be credited to meet minimum requirements for graduation, which is taught by a teacher required to have state certification in the course, and which has a course content guide approved by the Arkansas Department of Education.

NOTE: *P.E. may be considered an academic course for one full credit within the 21 minimum credits. The first time a P.E. grade appears on the transcript in grades 9-12 is when it will be considered an academic course.*

- C. **Alternate Course Credit.** A student may satisfy the requirement by successfully completing the course(s) failed or courses(s) needed or equivalent course(s) in a summer term(s) or a correspondence

course(s) approved by the Arkansas Department of Education for granting credit for graduation requirements. Such credit shall be applied to the previous semester.

NOTE: *When the same course is repeated, the former grade may be replaced. When a substitute course is completed, the grade shall be added to the courses for the previous semester and the GPA recomputed.*

- D. **Special Education (Handicapped).** A student must have earned passing grades in four academic courses of the I.E.P. for the previous semester. In junior high three of the four courses must be in the core curriculum areas (math, science, English and social studies). There is no GPA requirement for special education students.
- E. **Becoming Eligible or Ineligible.** A student may regain or lose academic eligibility the first day of classes in a new semester. Eligibility shall be determined twice per year, once at the beginning of the fall semester (August/September) and once at mid-term (December/January).

Rule 12. INELIGIBLE IN ANOTHER STATE

- A. A student who is ineligible in any sport under the rules of the state association in the state of the student's domicile will upon transfer to any AAA member school be ineligible for interscholastic competition.
- B. If Arkansas's rules are less restrictive than the rules of the state where the student has been attending, the student may become eligible to participate in interscholastic competition in Arkansas upon the approval of the Executive Director.

Rationale - *To prevent parents from shopping for a school in Arkansas when their child is ineligible in their home state.*

Rule 13. PARTICIPATION ON NON-SCHOOL TEAMS

A. Team Sports.

- 1. A student who is a member of a school's athletic team and who has engaged in interscholastic competition may not try out for, practice with, or otherwise participate with, or be a member of a non- school athletic team in the same sport, *in season*, without losing eligibility for up to a full year (365 days) from the date of such participation with the non-school team.
 - 1. This limitation shall apply to the team sports of football, basketball, volleyball, baseball, softball, and soccer. However, a member of an interscholastic baseball, softball or soccer team may try out for or practice with a non-school team on days when the school team does not practice or play. This exception for baseball, softball and soccer shall not apply in weeks the school team is involved in AAA-sponsored championship tournaments.
 - 2. Participation on a non-school athletic team in the same sport *in season* shall define *in season* as the AAA established beginning date until the end of the state tournament in that sport for students in grades 10-12 and students in grade 9 who have participated interscholastically with the senior varsity team in the sports of football, volleyball, and basketball.
 - 3. Students in grades 7-8 and students in grade 9 who have not participated interscholastically on a senior varsity team shall have the *end of season* defined as when their school's team is finished in each sport.
 - 4. A member of an interscholastic spirit team may not compete on a non-school team during the interscholastic spirit season.

B. Non-School Teams

- 1. During the school year, a school coach may not coach his or her school team in any out-of-season games.

2. Players from school teams may play in out-of-season leagues or games outside the season, but may not be school sponsored in any way. These non-school teams may not use school equipment or uniforms. School transportation and facilities may only be used in accordance with school board policies as they relate to any other non-school groups using facilities or transportation.
3. A school team is defined as a team composed solely of players from one-member schools within a district or attendance zone, in the case of multiple junior or senior high schools within a district.
4. The definition of a non-school team includes one or more of the following:
 - a. A team affiliated with and scheduled for participation in an organized league.
 - b. A team participating against a team that meets criterion (1.) above.
 - c. A team identified by a name or a uniform, and which participates in contests independent from league affiliation.

NOTE: Practice is an activity involving the players of only one school's team.

NOTE: The above rule does not apply to Special Olympics.

Rule 14. NATIONAL TEAM, OLYMPIC DEVELOPMENT PROGRAMS, AND INTERNATIONAL SCHOOL SPORT FEDERATION

- A. An exception to A1. above may be granted for participation:
 1. With a national team (and the actual, direct tryouts for such), which is defined as one selected by the national governing body (NGB) of the sport on a national qualification basis, either through a defined selective process or actual tryouts, for the purpose of international competition which requires the entries to officially represent their respective nations, although it is not necessary that there be team scoring by nation; or
 2. In an Olympic development program, which is defined as a training program or competition:
 - a. Conducted or sponsored by the United States Olympic Committee (USOC); or
 - b. Directly funded and conducted by the USOC member national governing body (NGB) on a national level (e.g. NGB national championship competition and the direct qualifications for such); or
 3. Specifically authorized by a national governing body involving only athletes previously identified by the NGB as having potential for future participation in regional, national or international competition in the sport involved;
 4. Provided in 1, 2, and 3 above:
 - a. Participation, if during the school year, is approved by the student's school administration, and the Arkansas Activities Association is notified in writing by the principal at least 30 days prior to the date of the program; and
 - b. The student makes prior arrangement to complete missed academic lessons, assignments, and tests before the last day of classes of the credit grading period in which that student's absence occurs; and
 - c. The student misses no AAA-sponsored athletic event involving a team in that sport.

Rationale – The purpose of this rule is to prevent students from being adversely affected by conflicts in coaching philosophies during the school season and to prevent the health and wellbeing of athletes from being negatively affected by over-participation.

- B. Participation in Individual Non-School Activities.
 1. A student who is a member of a school's athletic program as a participant in a sport and who has engaged in interscholastic competition in that sport may enter non-school competition as

- an individual during or outside of the school season for that sport. These individual sports include: cross country, track, gymnastics, tennis, golf, swimming, wrestling, and bowling.
2. If a participant is school-sponsored, the activity must be sanctioned under Article II, Section 8, Rule 6, Sanction (Approval) of Events.

Rationale - *Athletes may participate on an individual basis without harm to a team since they compete by themselves. This provides opportunities for individuals to participate in a normally limited season.*

Rule 15. PHYSICAL EXAMINATION.

In any year that a student engages in interscholastic competition, the student shall be required to present to the coach verification of a physical examination prior to beginning practice which shall be valid for one calendar year.

Rationale - *The coaches and school administration must be assured that the athletes are physically fit prior to beginning practice as well as competition.*

Rule 16. HARDSHIP EXCEPTIONS FOR ELIGIBILITY.

Upon petition from a student's school administrator, the Executive Director is authorized to waive the requirements of all eligibility rules except the age rule if the school develops acceptable proof based on the stated criteria for a hardship waiver. Hardships must be applied for and approved by the Executive Director before a student participates in interscholastic competition. Hardships shall not be retroactive.

A. Domicile Exceptions

1. After an investigation, a court of law removed the student from the parents or guardians and subsequently assigned the student a place of domicile.
2. The student is an orphan or there is no record of the parent's whereabouts.
3. The student's parents are out-of-state residents and the student is attending school in a school district where the parents maintain a legal domicile (military, etc.).
4. The student's parent(s) have abrogated their responsibility toward the student as parents.
5. The student's parent(s) employment requires absence from home great portions of the time the student is at home, and the parent has arranged domicile with relatives or friends for the purpose of supervision.
6. The student is married and living with a spouse, has a parent with domicile in the school district or a spouse who had an established domicile in the district one year prior to the marriage.
7. A student who has lived three continuous years at any time as a bona fide member of a family may establish the family heads as substitute parents with respect to the domicile rule.
8. An extreme and unusual circumstance exists that is no fault of the student or the parents.

NOTE 1: *The Executive Director is authorized to specify limitations or contingency conditions as needed when giving approvals, to ensure that such student shall not be induced to another school district or played under the pretense of being eligible should the eligibility status change.*

NOTE 2: *The petition shall not be authorized if the director obtains reliable information that the student is transferring to the petitioning school primarily for athletic purposes or as a result of inducement or recruitment.*

B. Exception To Other Eligibility Requirements

1. **School Attendance Prevented.** There has been an extreme and unusual circumstance that is no fault of the student, the parent, or the school that has prevented school attendance sufficient to 2013-2014 AAA causing that student to be in violation of the dropout rule or the scholarship rule or the semester rule.
2. **Non-Recommended Courses.** The student has been identified as being in need of special education or other special programs of study as authorized by the Arkansas Department of Education regulation but is subsequently required by the school to participate in non-recommended courses.

- End of AAA Handbook Section - Eligibility

Home-Schooled Student Participation In Interscholastic Activities (new 2013-14)

The Lake Hamilton School District will allow home-schooled students the opportunity to try out for Arkansas Activities Association interscholastic activities at their boundary school if they meet all district, state and Arkansas Activities Association requirements.

These requirements include:

The student or his/her parent or guardian must inform the principal in writing of the student's request to participate in the interscholastic activity before the sign-up, tryout or participation deadline established for enrolled students.

The written request must also demonstrate the student meets the academic eligibility requirement of obtaining:

A minimum test score of the thirtieth percentile on the Stanford Achievement Test Series, Tenth Edition, or another nationally recognized norm-referenced test in the previous 12 months; or

A minimum score on a test approved by the State Board of Education.

If the home-schooled student's written request to participate in an interscholastic activity is approved, he or she will have an equal opportunity to try out and participate in interscholastic activities without discrimination, and the student shall only participate if he or she meets the criteria for participation in the interscholastic activity that applies to enrolled students including tryout criteria, standards of behavior and code of conduct, and district policies and also meets the same requirements as all enrolled students in regards to practice times, required drug testing, permission slips, waivers, physical exams, and participation fees.

The participating home-schooled student is only required to enroll in one class per school day.

The student must enroll and report to school within the first 11 days of the fall or spring semester.

The student shall be required to be transported by the school district to and from interscholastic activities as other enrolled students are.

If the student withdraws from an Arkansas Activities Association member school to be home-schooled, the student shall not participate in interscholastic activity in the resident school district for a minimum of 365 days after the student withdraws from the member school.

Note: Participation in Interscholastic Activities by Home-Schooled Students Enrollment and Tryout Information listed below. The parent must also submit the Letter of Intent that's at the back of this manual.

High School Teams (Grades 9-12)

Athletics: Prospective students for athletics will be enrolled in the athletic period that corresponds to the hour of the sport they will participate. The student should enroll the semester that tryouts will be conducted, not necessarily the semester the sport is played. If not, they will miss the opportunity to work out in off-season, learn routines, and put them behind enrolled students who are involved in those workouts. So, if participation is desired for the 9th grade school year, and tryouts are held in the spring prior, enrollment should take place no later than the spring semester of the 8th grade school year.

Middle School Teams

The student should enroll in the semester that tryouts will be conducted. If not, they will miss the opportunity to work out in off-season programs and learn routines. So, if participation is desired for the 8th grade school year, and tryouts are held in the spring prior, enrollment should take place no later than the spring semester of the 7th grade school year.

Attendance

All students are expected to attend every class at school on the day of a sponsored activity, unless excused at another school sponsored activity. Failure to do so may result in the student not being able to play or practice that day. A building administrator may grant exceptions (such as doctor appointments, funerals, etc.) to the above rule **prior** to an absence. A student who knowingly or unknowingly participates in a practice or game for violation of this rule shall be suspended from participating in the next scheduled game or practice, or both.

Illness/Injury

Participants and parents/guardians of those participating in extracurricular activities are required to report in writing to the appropriate coach/sponsor any illness or injury which might limit the student's ability to practice or participate in the activity. Participants are specifically required to report when they are taking any physician-prescribed or over-the-counter medication. This will allow the coach/sponsor to assess the appropriateness of the student's participation.

Extracurricular Drug & Alcohol Policy

Participants in the extracurricular activities are expected to be role models for other young people. Because these are elective opportunities and because those who choose to participate in these activities are clearly representative of the school district, certain expectations must be met. **It is very important that coaches remind their athletes of the expected behavior and the consequences of unacceptable behavior.** If an athlete violates the discipline policy, coaches must promptly and professionally follow the school guidelines when dealing with the situation. Participation in athletics is a privilege—not a right. ***Refer to the Code of Conduct at the back of this manual.***

Participants are expected to be good school citizens. Students who are suspended or expelled from school cannot participate in extracurricular activities during the time of their suspension/expulsion and are not allowed to attend school activities during this time. Students who remain in school, but whose behavior is

inappropriate, may be removed from extracurricular participation (including practices/rehearsals during non-school hours) at the discretion of the coach/sponsor of the activity or a building administrator.

Special rules apply regarding student possession or use of alcohol, tobacco, and other illegal drugs. ***Refer to the Code of Conduct at the back of this manual. These penalties will apply even if the student engages in these prohibited activities during non-school time,*** provided school officials have sufficient proof that the behavior occurred.

Drug Testing

It is the philosophy of the Lake Hamilton School District that all students who represent the district in extracurricular activities should be encouraged and supported in their efforts to develop a chemical-free lifestyle. In keeping with this philosophy, the district requires students in grades 7-12 who wish to participate in extracurricular activities (those where interscholastic competition and/or public performances are a part of the program) and the parent(s) of such student to agree that the student may be tested, at school district expense, for controlled substances. For more information, please refer to ***Code of Conduct*** at the back of this manual for purpose, testing procedures, and consequences if tested positive.

A copy of the Requirements for Participation in Extracurricular Activities Confirmation of Receipt form is included in the back of this manual. All participants and their parents must sign and return this form prior to participating in athletics.

COMMUNICATIONS BETWEEN PARENTS & COACHES & PROCEDURES

Parenting and coaching are both challenging roles of the adults in the lives of student athletes. By understanding the proper communication expectations between parents and coaches, both may create a better setting to resolve differences and provide a more positive experience for the student athlete. Parents have an expectation to know and understand the expectations that coaches place on them and their children. Meanwhile, coaches have the right to know that if a parent has a concern, they will discuss it directly with the appropriate coach at the appropriate time and place.

*Communication parents should expect from coaches:

- pre-tryout and/or pre-season team meeting for players and coaches
- the coach's philosophy
- expectations of players and their roles they play on the team
- locations, times, places of practices and contests
- team requirements, associated costs or fees, special equipment needed,
- school and team rules, off-season expectations
- procedures that will be used if your child is injured during participation

*Communication coaches should expect from parents:

- concerns regarding their child expressed directly to the coach at the appropriate time and place (not right after a game)
- specific concerns in regard to the coach's philosophy and/or expectations
- notification of any schedule conflict well in advance

During the course of the season student athletes may experience many successful experiences, as well as challenging experiences. At any time when times don't go well for your child, it may be a time when a parent wishes to communicate with a coach. These discussions are encouraged so all may be on the same page.

*Appropriate communications with coaches:

- what your child needs to do to improve their performance
- treatment of your child, both physical and mental
- concerns about your child's behavior

*Inappropriate communications with coaches:

- playing time or skill level of other athletes
- team strategy
- play calling
- any situation that deals with another student athlete and not your child

When a conference is required or needed between the coach and parent, the following procedure should be used for the **first step**:

- call the coach to set up an appointment
- if the coach cannot be reached, call the site athletic coordinator and ask for assistance to set up a meeting with the coach
- prepare for what the meeting should accomplish as a result of meeting
- stick to the facts as you understand them
- do not confront the coach before, during, or after a practice or contest.
 - These can be emotional times for both the coach and parent.

If this conference does not provide resolution, the **second step** is for the parent to contact the assistant athletic director for a meeting.

The **final step** after this if the issue cannot be resolved is to contact the district athletic director. Often, the athletic director has been made aware of the situation by the parent, coach, or building administrator. Decisions rendered by the District Athletic Director are final, as they pertain to the athletic program.

Parents may often try to go to the final step first bypassing steps of first speaking to the coach. The most common reason cited is a fear the coach will punish a player if confronted by the player and/or the parents. There is little evidence to support this claim, yet the impact of this belief is strained relations for all involved. Stakeholders who fail to first meet with the coach will be sent back to that step before the District Athletic Director will meet. Anonymous “tips” and “information” will not be considered nor addressed by any level of school channels.

Additional Conference Communications Guidelines

- All sessions should contain some key elements for success.
- Issues should be well defined. All parties should offer solutions with the best solution selected. Thus, a decision is made, a problem solved.
- Tone and volume of voice, respect and appropriate behavior are elements that should be present in conferences and will enhance success and positive relations.
- All sessions should be student-centered. In other words, it is assumed all parties have the best interest of the student-athlete held as a top priority.
- It is also assumed all parties can recognize the difficulty in balancing the good of a given individual versus the good of the majority or team. For example, a player, parent or coach who demands an exception be made to a team rule about attending practices must also consider the other athletes on the team who did attend all practices.

Exceptions in following the chain of communication may be appropriate in extreme cases. For instance, a coach may have to notify an administrator immediately if an athlete broke a school discipline rule. Likewise, a player or parent would want to notify the building administration if a coach was placing a player in harm's way. In both examples the situation is extreme and relatively rare.

Lockers, Locker Rooms

Many sports provide lockers and locks for their team members in locker rooms. Some lockers are open lockers and simply provide a place for storing clothes and personal belongings. When practice is being conducted, many of these locker rooms are locked for safekeeping. Student-athletes are expected to lock their belongings in their lockers before, during, and after use. LHS is not responsible for lost, damaged, or stolen items.

Locker room conduct should be civil and respectful. There should be no horseplay, rough-housing, hazing, or initiations. Locker rooms should be kept neat, free of litter, and personal items locked in assigned lockers. Keep soap and shampoo in the shower rooms.

Damaged lockers will be the responsibility of the athlete they are assigned. Damage to lockers should be reported to your coach upon notice.

Cell phone, smart phones with cameras and recording devices should not be used while in the locker rooms. Students who violate this may be subject to immediate suspension or dismissal from the athletic program.

Social Networking Websites & Apps

Student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, and/or the Lake Hamilton Public Schools. This includes any activities conducted online. As a student-athlete participating in interscholastic sports and activities for the Lake Hamilton Public Schools, you are a representative of the school's team and always in the public eye. Potential employers, colleges, scholarship committees now search these sites to screen candidates and applications. Please keep the following guidelines in mind as you participate on social networking websites and apps.

Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.

You should not post information, photos, or other items online that could embarrass you, your family, your team, or your school. This includes information about team activities and teammates.

Do not post information or material that is sensitive in nature that is not public information such as schedules, travel itineraries, game plans, etc.

You are personally liable for any copyright violations committed, such as posting photographs, audio, or video that is not your personal property. This includes any trademarks.

You are personally liable for any violations of other students or student-athletes' privacy rights, especially those that fall under federal privacy laws (FERPA or HIPPA) or that violate Lake Hamilton Public Schools Athletic Department Code of Conduct or Code of Conduct for Computer Use.

You should not post your home address, social security number, student ID number, phone number(s), birth date, or other personal information such as your whereabouts or plans. By doing so, you compromise your personal safety.

Coaches and administrators can monitor these websites and apps.

The malicious use of online social networks and apps such as derogatory language about any member of the LHS community, demeaning statements about or threats to any third party, and incriminating photos or statements depicting hazing, sexual harassment, vandalism, stalking, underage drinking, illegal drug use or other inappropriate behavior will be subject to disciplinary action by the head coach and/or building or district administration if they gain knowledge of such violations. Sanctions may include written notification requiring the unacceptable content be removed, temporary suspension from the team, or dismissal from the team. Additional sanctions may also include regular school discipline according to the LHS Student Handbook.

This information will be included as part of the LHS Athletic Code of Conduct that all students and parents agree to in order to participate in athletics.

Bullying, Hazing, Harassment

Any form of bullying, hazing, and/or harassment will not be tolerated, whether adult to adult, adult to student, or student to student. If this occurs to a student-athlete, they should report this immediately to their building administration. Student-athletes committing the offense may be subject to suspension or dismissal from the team for the remainder of the season and from the athletic program for an entire school year. This may be in addition to the regular discipline that they are subject to according to school board disciplinary guidelines.

Participation Guidelines

7th grade athletes may be moved up to the 9th grade teams only after the junior high coach, high school coach and athletic director meet and all agree that move is best for the athlete and the program.

7th grade athletes which are moved up to compete on the 9th grade team are still eligible to compete on the 7th grade team.

7th grade athletes may not play on the 8th grade team.

8th grade athletes may be moved up to the 9th grade teams only after the junior high coach, high school coach and athletic director meet and all agree that move is best for the athlete and the program.

8th grade athletes which are moved up to compete on the 9th grade team are still eligible to compete on the 8th grade team.

9th grade athletes may be moved up to a high school team only after the 9th grade season which they played is concluded.

9th grade athletes may be moved up to high school teams immediately in those sports that are not offered in junior high or compete for a junior high conference championship such as baseball, bowling, cross country, golf, soccer, softball, swim and dive, tennis and wrestling.

Once an athlete plays at the high school level, they may not go back down to the 9th grade level to play (see AAA rule below).

From the Arkansas Activities Association Rule 6, B1 - If a ninth grade student competes for the junior high (*), the student may then compete at the senior high level after the completion of that junior high sport season. A ninth grade student may not compete for the senior high and return later to compete for the junior high in the same sport.

(*) for Lake Hamilton Schools, the term "junior high" means 9th grade, or "freshman" teams.

"Junior High Teams" applies to sports of football, volleyball, basketball, cross country & track. These are scheduled through the Junior High Conference and are governed by the AAA by-law.

Quitting a sport during the season:

Quitting is an intolerable habit to acquire. A person quitting may lose the privilege of participating in athletics. On occasion however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with your head coach.
2. Report your situation to the Athletic Director or Assistant Athletic Director.
3. Check in all equipment issued to you.
4. The student/athlete quitting a sport may not go to a different sport unless the head coach of sport they are quitting and head coach of the sport they are moving to both agree as well as the Athletic Director.

School Athletic Facilities

The use of school athletic facilities by non-school groups must be approved by the District Athletic Director, building principal, and Facilities Committee. School athletic facilities are for the primary use of school athletic teams and take priority over all other functions.

Transportation

All student athletes shall ride transportation provided by the District to away contests. Once an event has concluded, the parent/legal guardian may contact the coach in person and sign off on a form that they are checking out their child to take home with them. This release may only be signed by the parent/legal guardian. Once this process is completed, the athlete is no longer in the care of the coach, but now of the parent/legal guardian. Student athletes cannot be signed out by other relatives, siblings, friends or anyone else.

Extended Travel & Overnight Trips

The guidelines provided below govern all extended trips, including athletics. This encompasses school year trips, as well as those over times school is not in session including summer camps, leagues, team building activities, etc. Student extended travel is defined as a trip lasting more than 24 hours from the time of departure, and requiring an overnight stay of one or more nights away from Percy, Arkansas.

These trips are generally reserved for varsity teams. Coaches will provide to the parents an itinerary for the trip; name, address, phone number for place of lodging; coach's cell phone number in case of emergency. Parents should be expected to provide their cell and emergency contact information to the coaches as well.

These trips are a continuation of the school day and therefore students participating in these trips are subject to rules and regulations that govern our school while they are on campus. Because students will be representing our schools, and because their conduct, behavior, and safety are our responsibility, the following guidelines will be followed while they are away from home.

The luggage and personal effects of the students may be inspected prior to departing and at any time during the trip.

Any student found to be in possession of, or under the influence of alcohol or substances will be left home if this determination is made prior to departure of the group. Students found in possession of controlled substances or alcohol or under the influence after departure are subject to arrest and being sent home at their parent's expense.

Students must observe all civil laws and regulations. Apprehension by law enforcement agencies leading to a substantiated charge will not be the responsibility of the Lake Hamilton Public School District.

If the trip requires overnight lodging, students will not disturb other guests at the lodging and will abide by rules and directives issued by the group supervisor, chaperones, or coaches.

In the event you are injured or become ill while on the trip, the coach will immediately seek medical attention and contact your parents/guardians as soon as possible.

Students will be expected to know and observe the time and location of all departures. The group will not be delayed by the tardiness of individuals.

The establishment and enforcement of any guidelines not covered in items one through six, guidelines that are necessary to insure the success of the trip, will be left to the discretion of the administrator or his/her designee in charge.

Any student caught in an infraction of the above listed rules may be sent home at the parent's expense and will be subject to further disciplinary action by the school.

Inclement Weather Cancellations

Determination on whether games and practices will be played due to inclement weather will be made by the District Athletic Director and Superintendent of Schools. Once the determination has been made, the AD will notify coaches, media, transportation, and opponents via email, twitter, and district website. Coaches will notify their students and parents once they obtain the information.

The following are general provisions:

Snow days – Games will be played only with permission of the Superintendent and Athletic Director. There will be no required practice or verbal remarks that encourage this. Any practices called on days of canceled school for inclement weather shall be approved ahead of time by the Athletic Director. School dismissed early for weather – there will be no practices.

Scheduling

The AAA sets competition limits on how many games and tournaments can be played by each sport. The conference schedule is set first, then non-conference games and tournaments are added to develop a full schedule. Every effort is made to ensure all teams play their maximum allowable number of games as permitted.

Fall Sports

Cheer

High School Varsity Cheer may participate in five invitational competitions before the state competition. Junior high school cheer team may compete in five invitational competitions.

Cross Country

High School teams, 9th grade, and 8th grade teams are allowed 12 meets. Meets may not begin prior to 3:30 p.m. unless on a non-school day or Saturday.

Football

Junior High (9th & 8th Grades) football games will be played on Thursday night. The 8th grade conference game will begin at 5:30 p.m. Junior High may play ten (10) games.

Senior High football games will be played on Friday night at 7:00 p.m. unless noted. Senior High may play (10) games.

Golf

Golf Varsity and JV teams may each play 12 matches. Freshmen may participate/tryout. Six matches may begin prior to 3:30 p.m. All other matches start at 3:30 unless played on a day school is not in session.

Tennis

Tennis Varsity and JV teams may each play 12 matches. Freshmen may participate/tryout. Matches may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Volleyball

High School – varsity teams may play 30 regular season matches including all tournaments. JV team is allowed 18 games.

Junior High – 9th grade teams may play 20 regular season matches and two invitational tournaments or 18 regular season matches and 3 invitational tournaments. This does not include the conference tournament. 7th & 8th grade is limited to 18 regular season matches.

Winter Sports

Basketball

Junior High may play 18 games plus two (2) tournaments plus the regional tournament. Girls and boys may play conference games at different locations, unless agreed differently by both conference schools. Cheerleaders and drill team will not go to out-of-town conference games, unless it's for a regional tournament.

Senior High basketball games will begin at 5:00 p.m. on a three-game night; and 6:00 p.m. on a two-game night. Teams may schedule 30 games plus any state tournament games. JV teams are allowed 20 games.

Stipulations:

Snow days – No home games will be played. Out-of-town varsity games will be played only with permission of the Superintendent and Athletic Director. There will be no required practice or verbal remarks that encourage this. Any practices called on days of canceled school for inclement weather shall be approved ahead of time by the Athletic Director.

School dismissed early for weather – there will be no practices.

Holiday games:

No games after Tuesday night of Thanksgiving week without permission of Athletic Director and Building Administration.

No games one day before Christmas or New Year's Day, unless approved by the Athletic Director.

Any holiday game or practice must have approval of the Athletic Director. Schedule some block of time (3 week days) with no practice or games.

Test week – No game will be scheduled the day before a semester test.

Bowling

High school team is allowed 10 meets plus two tournaments. Freshmen are able to participate/tryout for the team. Matches may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Dance

High School - High School Varsity Dance may participate in five invitational competitions before the state competition. Junior high school dance team may compete in five invitational competitions. Competitions may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Swimming

High School team is allowed 10 regular season meets. Freshmen are able to participate/tryout for the team. Meets may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Wrestling

High School Varsity is allowed 18 number of contests (dual, double dual, tournament, etc.). Freshmen are able to participate/tryout for the team. Matches may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Spring Sports

Baseball

High School Varsity is allowed 30 regular season games. JV baseball team may play 22 regular season games. Freshmen may participate/tryout for the team. Games may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Soccer

High School Varsity team may play 24 regular season games. JV teams may play 16 regular season games. Freshmen may participate/tryout for the team. Games may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Softball

High School team is allowed 30 regular season games. JV softball team may play 22 regular season games. Freshmen may participate/tryout for the team. Games may not begin prior to 3:30 p.m. unless played on a day school is not in session or permission of AAA.

Track Meets

Junior High – up to thirteen (13) meets starting at 3:30 p.m., except conference and regional, which will begin earlier. Appropriate travel time will be allowed.

Senior High – Thirteen (13) meets starting at 3:30 p.m. (plus conference, regional, and state). Appropriate travel time will be allowed.

Fund Raising Guidelines

The school district acknowledges that student and parent organizations connected to the school will conduct fund-raising activities to provide support for school projects and activities. The Board of Education approves such fund-raising, within the guidelines outlined below.

Approval

Each sport may have one (1) major fundraiser per fiscal year (July 1 to June 30).

All athletic fund-raising activities, by student or adult groups, will have the prior approval of the athletic director and the building principal. In the case of multi-school or district-wide activities, the approval of the district administration may be required. Guidelines will include:

- the duration of such activities
- the amount to be raised and for what purpose the fund will be used
- the amount of class time to be used in connection with the activity
- when and where sales may be conducted

Door-to-Door Sales

Door-to door sales by students are not allowed in grades K-7 and are discouraged in grades 8-12. Fundraisers which are food or beverage based must comply with Federal and State Laws pertaining to health and nutrition standards.

Collection of funds

These funds shall be deposited in school activity funds upon their receipt.

Reporting Requirement

Each group conducting fund-raising on behalf of a school or a school activity will be required to provide an annual statement to the building or district administration indicating a list of activities conducted to raise funds, the amount of funds raised, how funds were expended.

Sales by Adult Groups

The Lake Hamilton Athletic Booster Club is the only sanctioned adult group permitted to raise funds on behalf of the Athletic Department. All funds must be deposited into either the Booster Club's accounts, or the sport activity account by the coach. Such groups should follow the guidelines set forth in board policy, so that fund-raising activities can be properly coordinated, so that such activities will not interfere with school's academic program, and so that proper accounting procedures and legal requirements will be followed.

Note: sports camps conducted by LH coaches on school facilities or identified as LH affiliated do not count as a fundraiser, nor do game sponsors where funds are donated for pre-game meals.

Donations & Sponsorships

Occasionally donors will wish to make cash or goods and services donations to various sports or teams. These may be accepted by the coach after consulting with the district athletic director and building administration. If monetary donations are given, it will be deposited in the sport's activity account. All donations are subject to "no strings" with funds being used solely at the discretion of the coach and approval of the athletic director.

Teams may also seek sponsorships for pre-game meals and/or post-game meals. Sponsorship offers must be reviewed first by the athletic director before being sought by the coach. The sponsorship letters that coaches intend to use will be placed on district athletic letterhead once approved.

Lettering Standards for Varsity Teams

Varsity letter winners will receive a certificate of award.

Participation certificates are awarded to squad members of junior varsity, sophomore, freshman, or 8th grade teams at the conclusion of the sport season.

These guidelines apply to all athletes who also must complete the season and are not under suspension, been removed from the team, or quit. Any student who has been placed on suspension for violation of the alcohol or drug policy shall not earn a letter for that sport during the calendar year of the suspension.

Football

*Play in 30% quarters (one play constitutes a quarter such as special teams or regular play)

*Coach's Discretion

*Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Volleyball

*Compete in half of the regular scheduled varsity matches or

*Coach's Discretion

*Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Cross Country

*Compete in one third of the regularly scheduled varsity meets or

*Compete at the Conference and/or State Cross Country Meet or

*Coach's Discretion

*Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Golf

- *Compete in regularly scheduled varsity match(es) in the regular season or
- *Compete in the Conference or State Tournament or
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Tennis

- *Compete in regularly scheduled varsity match(es) in the regular season or
- *Compete in the Conference or State Tournament or
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Basketball

- *Must be a varsity team member in good standing (athlete has followed the basketball program's practice attendance policies and the Lake Hamilton School District Athletics guidelines/policies for participation)
- *Must have competed and be listed on the varsity roster (official scorebook) for at least 60% of the season
 - May be waived in lieu of competing on the varsity roster for 60% of the conference season (some non-conference tournaments or long travel games - we only dress out a travel squad) or waived to include an athlete that has made tremendous progress during the course of the season and has been elevated to varsity status and made varsity contributions
- *Coach's Discretion
- *Due to injury, missed significant part of the season but have met the standards otherwise

Swimming

- *Complete entire season and
- *Compete in a minimum of half the regularly scheduled varsity swim meets or
- *Compete in Conference Meet and/or
- *Compete in State Meet and
- *Attend daily swim practice or
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Bowling

- *Compete in half of regularly scheduled matches
- *Compete and/or Qualify for State Tournament at the Conference Tournament
- *Compete at State Tournament
- **Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Wrestling

- *Complete the season in good standing and
- *Score 12 varsity team points or
- *Participate in 6 varsity events (dual or tournament) or
- *Be in line-up for any post-season competition (Conference or State)
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Cheer & Dance

- *Finish season in good standing and/or
- *Coach's Discretion
- *make the varsity competition squad and compete in half the varsity level competitions or
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Baseball & Softball

- *Play in as many innings as there are games played by the team (20 games on schedule=20 innings played by each player)
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Track

- *Participate for varsity squad (top 5 in an event) at Conference or State Meet or
- *Score the equivalent of 1 point for each meet the team participates (8 meets=8 points scored)
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Soccer

- *Participate in half the regularly scheduled regular season games or
- *Coach's Discretion
- *Due to injury, missed significant part of season or ended season, otherwise would have met standards.

Managers, Statisticians, and/or Videographers- qualify for the same recognitions as listed above if they meet the expectations of their duties.

Uniforms

Varsity sports uniforms are ordered on a rotation. Previously worn uniforms will pass down to junior varsity. 8th & 9th grade teams will be placed on their own rotation.

*****Athletes who do not finish the season of their sport, will not earn a varsity letter. An exception to this may be injury. Other extenuating circumstances may be submitted to the athletic director and principal for approval in these situations. Coaches are strongly encouraged to cover their lettering qualifications in their pre-season parent and athlete meetings.**

Booster Clubs

The Lake Hamilton Athletic Booster Club is made up of parents and community members willing to help support LHS athletic programs through volunteer work and financial contributions and meet monthly. Monies raised by the Booster club are disbursed to the athletic programs based on committee decisions.

The Booster Club prefers to buy items for the athletic program that will benefit the entire program, items that will be around for some time, or items that are beyond a sport's yearly budget. It has not been the policy of the Booster Club to buy uniforms, warm-ups, sweats, or travel suits. Additionally, the Booster Club assists each sport with its end of season banquets, meals, celebrations, etc.

For more information, contact the following booster club president:

State Championship Rings – Team & Individual Ring Purchase Reference Guidelines

Coaches will coordinate fundraising activities and the selection of the vendor and ring with the athletic director. Student athletes will pay any amount due that the fundraiser fails to cover.

Hall of Fame

The Lake Hamilton Sports Hall of Fame is maintained through The Hall of Fame Induction Committee. Each year, or as allowable, nominations are taken for persons to be considered for the Hall of Fame in three categories: Distinguished Service, Former Players and Coaches. A banquet is held to honor the inductees.

The Nomination Form is located on the LHS District Athletic Website.

Heat Guidelines for LHSD

- The following guidelines have been adopted for practices the **first two weeks as it relates to Wet Bulb Globe Temperature (WBGT)**:
- 80-81.9: Monitor all at risk athletes for signs and symptoms of heat illness
- 82-83.9: Modify practice lengths and break times, helmet and shoulder pads only;

- 54-85.9: Modify practice lengths and break times, helmet only;
- 86+: Must stop activity and move to cooler environment

The following guidelines are for **after the first two weeks of practice as it relates to WBGT:**

- a. 82-83.9: Monitor all at risk athletes for signs and symptoms of heat illness, full equipment;
- b. 84-85.9: Modify practice lengths and break times, helmet and shoulder pads only;
- c. 86-87.9: Modify practice lengths and break times, helmet only;
- d. 88+: Must stop activity and move to cooler environment.

(Note: If a student misses practice during the first two weeks, their acclimation period may start again)

- Fourteen (14) days of gradual increase in exercise intensity must be allowed for proper acclimatization and basic conditioning. Only practice days count toward the 14. Recommended for all sports, even if severe environmental conditions aren't present, to prevent injuries and risk of sudden death.

- Practice should be scheduled during coolest time of the day.
- Treatment
- Remove excess equipment and clothing.
- Cool athlete quickly with Whole Body Ice Immersion (Lay athlete in shallow tub with head elevated and out of tub, fill with water and ice, use hand or paddle like instrument to circulate water around the body). If not available, take into shower or cooler shaded area. Rotate cold, wet towels over surface of the body, changing frequently to help take heat away from the body.
- Maintain airway, breathing and circulation.
- Activate EMS when cooling has started.
- Cease cooling when rectal body temperature is 101-102 degrees or when athlete stops shivering. Athlete will not shiver if core body temp. is still too high. Methods to measure surface temp. are not appropriate to measure core body heat.
- Return to play can only be determined by doctor.

Concussion Management

Arkansas Activities Association Concussion Guidelines

1. Every coach and registered volunteer must receive training on concussions once every three years.
2. Every athlete and parent must read and sign a "Concussion Fact Sheet for Athletes and Parents".

3. Any athlete who is suspected by their school's personnel or school medical staff of having a concussion should not return to play or practice on the same day.
4. Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day (Neuropsychologist, MD, DO, Advanced Practice Nurse, Certified Athletic Trainer, or Physician Assistant).
5. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
6. After medical clearance, return to play should follow a 5 day step-wise protocol for delayed return to play based upon the return of any signs or symptoms.

MRSA

LHS athletic trainers will conduct MRSA training for their feeder pattern coaches and provide information which the coaches shall make available to their athletes and parents. This information shall be provided to the parents and student athletes at their pre-season meeting.

Quitting Athletes

Any athlete who quits an in-season sport will not be allowed to move to off-season sports until the regular season of that sport they quit ends, except with the following conditions:

The athlete quits prior to the start of games, **or**

The in-season coach meets with the athlete and parent to understand the full nature of the circumstances leading to the athlete quitting, **and**

The in-season and off-season coach must mutually agree it will be in the best interest of the student athlete to begin off-season therefore releasing them from the in-season sport. This will also be in conjunction with clearance by the building principal and athletic director."

Quitting athletes will be dropped from the athletic class period and placed into a study hall, if they do not have one already, or another academic class, as long as it is before the drop deadline. Athletic classes are a PE credit so if the class is dropped, there would be no opportunity to earn a passing grade, which will affect quality points. If the student wants to earn credit, they must continue their enrollment in the athletic class and meet all of the expectations of the instructor/coach. This should be coordinated between the student and parent, coach, counselor and building athletic coordinator or principal.

1. If a player is dismissed from a team for team or school violations, (s)he may not participate in off-season programs until that team's season ends.
2. A player may be denied moving on to another off-season sport by the coach, athletic director, or principal if a student has quit in a negative or disrespectful way or if the student has displayed a negative behavior or actions directed at the coach, program, or school.
3. A player must turn in all equipment and pay any money due before being allowed to move to another sport. Failure to do so will result with the student being placed on the fines list and holding of grade cards until paid.

Code of Conduct for Extracurricular Activities

(all interscholastic activities under the jurisdiction of the Arkansas Activities Association)

Student-Athlete Code of Conduct

Participation in student activities is a privilege and not a right. Creditable student conduct shall be one of the criteria for participation in school activities. Creditable conduct includes such things as regular and punctual attendance and a quality of conduct which promotes the best interests of school. It also includes the student-athletes conduct outside of the school walls and in the community. Conduct should not be detrimental to the wellbeing of the team, school, or community. Therefore, students shall exhibit standards of behavior which will bring credit to the student, the activities, the school and the community. Students who participate in the activities, athletics, or performing arts programs should remember the rewards, recognition, and notoriety that comes with involvement also carries a high degree of school, civic, and individual discipline and responsibility.

The board recognizes that the student behavior shall be in compliance with school board policy, Student/Parent Handbook Discipline Code and with public laws. Repeated referrals of a student to the office of assistant principal or to the principal, (or any other person having general responsibility for discipline in the school) for misbehavior may be sufficient reason to declare a student ineligible. A single serious breach of good conduct, either in or out of school may also be sufficient cause for declaring a student ineligible to participate in a school activity. Behavior not in compliance may result in suspension or expulsion from all extracurricular activities.

While it is not possible to cite every example of behavior that violates policies, regulations, or public laws, there are certain behaviors that are more frequently a problem for school systems than others and will be addressed herein.

Code of Conduct Violations

Students committing code of conduct violations will be handled on a case by case basis. Repeated offenses may result in additional consequences from the coach and building administration. Ranges of consequences may range from a minimum of a warning to a maximum of dismissal from the team and/or activities program.

Students who are suspended or expelled from school cannot participate in extracurricular activities during the time of their suspension/expulsion and are not allowed to attend school activities during this time. Students who remain in school, but whose behavior is inappropriate, may be removed from extracurricular participation (including practices/rehearsals during non-school hours) at the discretion of the coach/sponsor of the activity or a building administrator.

Alcohol & Drug Violations

Students in the Lake Hamilton School District and who are in its activities program who possess, use, sell, distribute, or are under the influence of alcohol, illegal drugs, look-alike drugs, any prescription drug without proper prescription, or drug devices, or any items purporting to be alcohol or drugs shall be subject to the following consequences:

First Offense - A five (5) calendar day suspension from participation in the activities program will be assessed, notification and conference with parent/guardian, referral to counselor and

completion of an approved drug/alcohol assessment. The student will also be subject to a future test to check for a clean drug test.

Second Offense – A ten (10) calendar day suspension from participation in the activities program will be assessed, notification and conference with parent/guardian, referral to counselor and participation in an approved drug/alcohol program. A clean drug test must also be provided by the student before engaging in any games, practices, or tryouts.

Third Offense – Removal from participating activities program for 60 school student interaction days, notification and conference with parent/guardian, referral to counselor and completion of an approved drug/alcohol program. A clean drug test must also be provided by the student before engaging in any games, practices, or tryouts.

Fourth Offense – Removal from participating activities program for the remainder of the student's Lake Hamilton athletic career with the option of the student petitioning the school board for reinstatement in athletics after a mandatory one (1) calendar year suspension.

Tobacco Violations

Students in the Lake Hamilton School District and who are in its activities program who possess, use, sell, distribute, or are under the influence of tobacco, tobacco products, or items purported to be tobacco shall be subject to the following consequences:

First Offense – A 2 day suspension from participation in the activities program and notification of parent/guardian.

Second Offense - A 5 day suspension from participation in the activities program, notification of parent/guardian and a referral to a counselor for a tobacco education program.

Third Offense – A 30 day suspension from participation in the activities program, notification of parent/guardian, referral to counselor and completion of a tobacco education program.

Fourth Offense – The student will be removed from the activities program permanently. Provided however, the student may petition the school board for re-admittance to the activities program after one calendar year.

The district's extracurricular activities program will be monitored by the superintendent, athletic director, and principals, or their designees. The School also believes that consistent administration of this policy is important from school to school, and from activity to activity, and that appropriate due process procedures must be followed before any student is suspended from participation.

Each individual coach or sponsor, after consulting with the principal or his/her designee, has the authority to decide whether or not a student will be allowed to practice with a team or school sponsored group while that student's eligibility is suspended.

Academic Requirements

Participants must meet all guidelines established by the Arkansas Activities Association, the Arkansas Department of Education, and the school district. Senior high students must maintain a C average (2.00 GPA) (or be enrolled in an approved Supplemental Instruction Program) and pass 4 classes during the previous semester

Illness/Injury

Participants and parents/guardians of those participating in extracurricular activities are required to report in writing to the appropriate coach/sponsor any illness or injury which might limit the student's ability to practice or participate in the activity. Participants are specifically required to report when they are taking **any** physician-prescribed or over-the-counter medication. This will allow the coach/sponsor to assess the appropriateness of the student's participation.

Physical Examinations

Participants in the following extracurricular activities are required to undergo an approved pre-participation physical examination:

All interscholastic athletic activities including cheerleading, and dance teams

Other activities, as determined by school officials

Prior to participation (including tryouts) in all grades, all students must submit the results of a pre-participation physical examination to the appropriate coach/sponsor. Results must be submitted on a standard form, provided by the school district; this form will be one recognized or recommended by the American Academy of Pediatrics. No other form will be accepted. Students/parents should obtain this form from the school and take it to the medical doctor (MD) or doctor of osteopathy (DO) when the physical examination is conducted. For the Lake Hamilton Public Schools, medical professionals allowed to perform physicals in addition to MD's and DO's are as follows: ANP (Associated Nurse Practitioner), NP (Nurse Practitioner), and PA-C (Physician Assistant Certified).

Parents will be responsible for the cost of this examination.

Negative findings with the heart medical exam and heart family history shall require clearance from the athlete's primary care physician with a recommendation of an ECG. This is a one-time requirement if no symptoms occur during the remainder of their athletic career.

The pre-participation physical examinations and the annual health reviews should not be used as a substitute for routine health checkups performed by the student's primary physician.

Procedural issues and eligibility questions related to this section of these requirements will be referred to the medical advisory committee appointed by the Lake Hamilton school board.

Drug Testing

The board of education adopted a drug testing requirement for all students who participate in school athletics. The philosophy of the Lake Hamilton School District has been that all students who represent the district in extracurricular activities should be encouraged and supported in their efforts to develop a chemical-free lifestyle. In keeping with this philosophy, the district requires students in grades 7-12 who wish to participate in extracurricular activities that require physicals (those where interscholastic competition and/or public performances are part of the program) and the parent(s) of such students to agree that the student may be tested, at school district expense, for controlled substances.

The drug-testing program is intended to:

Assist students who desire to resist peer pressure to use drugs.

Establish a high standard of conduct for students who represent the school and the community.

Provide a sense of order and discipline for Lake Hamilton students.

Provide a positive response to students who have requested such a program.

Support laws relative to the use of illegal or controlled substances.

The following procedures will be in effect:

The student and at least one parent/guardian must sign a consent form, which will allow the school to conduct the testing.

Students will be subject to urinalysis testing at any time during the school year. Students may be selected randomly (from all students participating in extracurricular activities) or specifically, if school officials have reason to believe that a student may be using illegal substances. The urinalysis testing will be done on school campus by a nurse. Complete privacy for the student will be upheld.

Transfer student athletes are subject to an immediate drug test.

The district's athletic director/ assistant athletic director will coordinate testing.

Positive results will be reported confidentially to parents.

Positive tests in which the student is under a doctor's care and taking prescription medicine will be looked at on a case by case basis. A copy of the prescription must be turned in to the assistant athletic director to void out the positive drug test.

A positive test will be repeated in the near future.

A positive test will result in the student's suspension from extracurricular activities for the period of time outlined in the prior section.

Arkansas Activities Association
Concussion Fact Sheet for Athletes and Parents

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Observed by the Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Bothered by light
Bothered by noise
Feeling sluggish, hazy, foggy, or groggy
Difficulty paying attention
Memory problems
Confusion
Does not “feel right”

Observed by Parent, Coach, Teammate

In confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can’t recall events after hit or drill
Appears dazed or stunned

WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT

Athlete

TELL YOUR COACH IMMEDIATELY
Inform parents
See medical advice
Give yourself time to recover

Parent/Guardian

Seek medical attention
Keep your child out of play
Discuss play to return with coach
Address academic needs

RETURN TO PLAY GUIDELINES

- *Remove immediately from activity when signs/symptoms are present.*
- *Release from medical professional required for return (MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)*
- *Follow school district’s return to play guidelines and protocol*

(SEE ACKNOWLEDGEMENT PARAGRAPH ON CODE OF CONDUCT SIGNATURE PAGE FOR COMPLIANCE WITH THIS PAGE)

Requirements for Participation in Extracurricular Activities
Lake Hamilton Public Schools

Confirmation of Receipt

Student Name (printed or typed)

School: ____LHHS ____LHJH ____LHMS

I have received the **Lake Hamilton Public Schools Student/Parent Athletic Manual** and the **Code of Conduct for Extracurricular Activities** and the **Guidelines for Drug Testing** in the Lake Hamilton Public Schools. I agree to have any necessary physical examination conducted as outlined. I also understand this manual is available on the athletic website and an efile request may be made through email. The manual will be routinely updated and will apply to athletes throughout their entire interscholastic career while in LHHS.

I agree to the requirements regarding drug testing. I specifically consent and agree that the student named above will participate in random drug testing if selected from the group of students participating in athletics, or to personal drug testing if school officials have reasonable cause to believe the student is using illegal drugs.

In the event, my child is injured during athletic practice or an athletic event this school year, I give permission for the attending physician to release information regarding the injury to the school athletic trainer and coaches.

By signing below, I acknowledge that I have received and reviewed the **Arkansas Activities Association Concussion in Sports Fact Sheet for Athletes and Parents**. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity.

Student Signature _____
Grade in School _____

Date _____

Parent/Guardian Signature _____

Date _____

Emergency Contact Information:

Name _____ Phone _____

Allergies (please specify food and/or medication)

HOME SCHOOLED STUDENT
LETTER OF INTENT
TO PARTICIPATE IN AN EXTRACURRICULAR ACTIVITY

Student name (please print) _____ Date of application _____

Name of parent or legal guardian _____ Phone number

Address _____

City _____ State _____ Zip Code _____

Student's date of birth __/__/__ Last grade level the student completed _____

Extracurricular activity the student requests to participate in _____

Course(s) the student requests to take at the school _____

Student has demonstrated academic eligibility by obtaining a verifiable minimum test score of the 30th percentile or better in the previous 12 months on the Stanford Achievement Test Series, Tenth Edition, or another nationally recognized norm-referenced test approved by the State Board of Education.

Name of test, date taken, and score achieved _____

Parent's signature _____

