

# **Madison County Athletic Handbook**

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## **MCHS Athletic Program: Overview**

### **Profile**

Madison County High School (MCHS) offers athletic opportunities for students in grades 8 through 12 on Varsity, Junior Varsity and Freshmen level teams.

MCHS currently sponsors the following activities for the fall, winter and spring seasons:

#### **Fall**

Cheer (Varsity/JV)  
Cross Country (Boys & Girls)  
Football (Varsity/Freshmen)  
Girls Volleyball (Varsity/JV)  
Golf (Coed)

#### **Winter**

Boys Basketball (Varsity/JV/MS)  
Girls Basketball (Varsity/JV/MS)  
Cheer (Varsity/JV)  
Wrestling  
Swimming (Boys & Girls)

#### **Spring**

Baseball (Varsity/JV)  
Boys Soccer (Varsity/JV)  
Girls Soccer (Varsity/JV)  
Softball (Varsity/JV)  
Track (Boys & Girls)

### **Virginia High School League – Districts and Regions**

MCHS competes as a member of the VHSL, the state governing body for interscholastic athletics. Membership in the VHSL allows MCHS teams to compete for district, region and state championships, when available. For interscholastic athletic competition, schools are grouped by enrollment. Currently, MCHS competes as a Group A school, the VHSL's smallest classification. Group A is subdivided into 4 geographical regions, each consisting of 4 districts.

**For all sports, MCHS is a member of the Bull Run District and Region B. The schools in this district and region are:**

#### **Bull Run District Schools**

Central Woodstock  
Clarke County  
George Mason  
Madison County  
Manassas Park  
Rappahannock County  
Strasburg  
William Monroe

#### **Region B Schools**

##### **Bull Run**

Central Woodstock  
Clarke County  
George Mason  
Madison County  
Manassas Park  
Rappahannock  
Strasburg  
William Monroe

##### **Dogwood**

Altavista  
Appomattox  
Chatham  
Dan River  
Gretna  
Nelson County  
William Campbell

##### **James River**

Amelia  
Bluestone  
Buckingham  
Central Lunenburg  
Cumberland  
Goochland  
Nottoway  
Randolph Henry

##### **Shenandoah**

Buffalo Gap  
East Rockingham  
Luray  
Page County  
Riverheads  
Stonewall Jackson  
Stuarts Draft  
Wilson Memorial

## **Philosophy of Athletics**

The athletic department at Madison County High School believes that an interscholastic athletic program should provide opportunities for students to develop their talents in a structured program under the guidance of competent coaches. By supporting more than just a varsity level team in most sports, a large number of students can participate in athletics and develop skills they can use well into adulthood.

We believe that athletics is not only about competition between individuals or teams representing different schools but also about the philosophy that discipline, good character and hard work result in eventual success. We hope that athletic participation at Madison County is a positive force in preparing our students for an enriching and vital role in society.

Because of the high interest of community members in our athletic programs, sports provide an opportunity to demonstrate this philosophy to the public. Mindful of both the positive contribution of athletics and the potential for undesirable consequences, we hereby set forth the following goals for our athletic program.

### **Madison County High School Athletic Department Goals**

- To recognize and support the role of athletics as a vital part of the education process
- To support our school's belief in the development of the whole person; spirit, mind and body, through athletic competition
- To supplement the academic program by providing for the development of physical skills and further development of personal character, self-discipline and commitment
- To provide opportunities for students to develop a sense of responsibility and learn leadership, organizational and team participation skills
- To conduct a sports program in accordance with the letter and the spirit of the rules and regulations of our school, the Bull Run District, Region B and the VHSL

With these goals in mind, the student athlete, coaches, and administration will work together to abide by the regulations and goals of the athletic program. Participation in the athletic program is a privilege that must be continuously earned by student athletes and coaches. By adhering to these goals and standards of conduct, we will maintain the best possible climate for personal growth, spirited competition, and loyal community support.

## **Conflict Resolution**

If there is a disagreement between coach and player or parent, the following steps must be followed to resolve the situation:

- 1) The student and/or parent should meet with the coach to talk about their concerns. (After a contest is not the proper time to do this).
- 2) If these concerns are not resolved, the student or parent talks to the Athletic Director.
- 3) If necessary, student or parent requests a joint meeting with the coach and Athletic Director.
- 4) If necessary, student or parent informs the Principal of situation in writing, and the Principal can call all parties together.

**Note>** At no time will the coach or Athletic Director discuss the following:

- Another student athlete other than your child
- Playing time

Coaches and school administration believe that following this procedure offers the best chance for positive resolution of problems. Not following these steps may delay resolution.

**Note>** Nothing in this provision supersedes the authority of the Principal or other administrator to discipline a student athlete or the policies and procedures set forth by the Madison County School Board.

## **Madison County Athletic Boosters**

The Madison County Athletic Boosters are a non profit organization whose purpose is to encourage, maintain and further the participation of parents, teachers, and other members of the community to enjoy and support all of the athletic programs at MCHS. The Boosters raise funds to sponsor scholarships and provide the athletic department additional funds in which to support athletic team's equipment needs. All families are invited to attend Booster meetings and programs. For more information, visit the Athletic Website at [www.mchsathletics.org](http://www.mchsathletics.org) and click on Athletic Boosters in the menu column.

## **Scholarships**

The Madison County Athletic Department in conjunction with the Athletic Boosters gives three college scholarships at the end of each school year. These scholarships are presented at the end of year Athletic Awards Banquet. These scholarships are:

- 1) John David Province Memorial Scholarship
- 2) Athletic Boosters Male Athlete
- 3) Athletic Boosters Female Athlete

## **Madison County Athletic Program – Basic Requirements**

### **Eligibility**

MCHS offers students in grades 8 through 12 the opportunity to participate in interscholastic athletics provided they meet the following VHSL individual eligibility rules. The VHSL Handbook contains interpretations and exceptions for many of the individual eligibility rules to aid students and schools in complying with them. Students may view the VHSL Handbook on the VHSL website at [www.vhsl.org](http://www.vhsl.org).

### **Highlights of the VHSL “Individual Eligibility Regulations: General Rules Applicable to All Students”**

#### **28-1-1 Bona Fide Student Rule**

A student must be enrolled in and in good Standing in the school he or she represents. Any student who is under penalty of suspension, or whose character or conduct could discredit his or her school, is not considered in good standing.

#### **28-2-1 Grade Rule**

A student must be enrolled in the last four years of high school. Eighth grade students may participate in high school academic activities and at the sub-varsity level in high school athletic activities for one year only while in the eighth grade without affecting high school eligibility.

#### **28-3-1 Enrollment Rule**

A student must be enrolled in the school that he Or she represents no later than the fifteenth school day of the semester.

#### **28-4-1 Scholarship Rule**

A student must have passed at least 3 credit Subjects at the end of the previous semester and be enrolled in and remain continuously enrolled in at least 3 credit subjects during the current semester.

#### **28-5-1 Age Rule**

A student shall not be 19 years old on or before the first day of August of the current school year.

#### **28-6-1 Transfer Rule**

The student shall not have enrolled in one high school and subsequently transferred to and enrolled at another high school without a corresponding change in the residence of his/her parents, parent or guardian.

#### **28-7-1 Semester Rule**

A student may participate for no more than eight Consecutive semesters following the initial enrollment in the ninth grade, whether or not you have remained continuously enrolled.

#### **28-8-1 Amateur Rule**

A student must be an amateur who participates only for the educational, physical, mental and social benefits derived from the activity.

#### **28-9-1 Athletic Participation/Parental Consent/ Physical Examination Rule**

A student must have submitted a complete copy of a current Athletic Participation/Parental Consent/ Physical Form, including the required physical by a doctor, prior to practice, try-outs or membership on any school team, including cheer.

#### **28-10-1 Awards Rule**

A student must not accept in recognition of athletic ability any award not approved by your school or the VHSL.

#### **28-11-1 Independent Team Rule**

During the season for the relevant sport, a student may become a member or participate with an independent, organized team in the same sport as long as such participation does not conflict with the scheduled activities of the school squad or team.

#### **28-12-1 All Star Participation Rule**

Only seniors who have completed their eligibility in a sport may participate in one all star game in that sports season.

#### **28-13-1 College Participation Rule**

A student may not have been a member of a college team in the high school sport that he or she wishes to represent.

## Forms

### **Athletic Participation/Parental Consent/Physical Examination Form**

All student athletes must submit to the Athletic Director, VHSL League Form No. 2 (Athletic Physical Form) completely filled in and properly signed, prior to participating in any practice or tryout. No other forms are acceptable and no exceptions will be made. This form is available in the Athletic Directors office or from the VHSL website at [www.vhsl.org](http://www.vhsl.org).

Students who have been medically examined once during the period of May 1 of the current school year through June 30 of the succeeding year (14 months) do not have to be examined again during that period unless they have a serious injury or illness. In case of a serious injury or illness, the medical doctor treating the student should specify in his or her release that the student is approved for athletic participation for the remainder of the school year.

### **>Penalty for providing false information**

**Any student, parent or guardian who gives false information, written or verbal, regarding a student's eligibility will cause that student to be declared ineligible at any VHSL school for a period of up to one year from the date the information is certified as being false. This penalty applies to any VHSL eligibility rule and includes attempts to use fake, forged or expired physical exam information.**

### **Publicity Consent Forms**

By signing the VHSL physical form, parents and students give their consent for their picture, name and likeness to appear in school or VHSL publications. Parents must also complete and sign the consent to participate form which also gives the school permission to publish the athlete's name and picture on the athletic web page. The address for the MCHS Athletic Webpage is [www.mchsathletic.org](http://www.mchsathletic.org)

## Tryouts

Students must meet all eligibility requirements, including having a current physical form on file in the Athletic Directors office, in order to try out for a MCHS athletic team. Because there is no guarantee a student will make the team, the school does not reimburse a student for any expense associated with trying out – including, but not limited to, the cost of the athletic physical or equipment purchased in anticipation of making a team.

### **Procedures**

The dates and times for team tryouts are posted by the respective coaches via signs in the school and on the school announcements. The Athletic Director will also post this information on the athletic website at [www.mchsathletics.org](http://www.mchsathletics.org)

Prospective athletes must follow the tryout procedures set by the coaches. Absences from tryouts for any reason may hinder a student's chances of making a team. Athletes should discuss matters of this type with the coach prior to trying out. Tryouts are held regardless of holidays or vacations, and candidates are expected to be present for all sessions. Tryouts are held over at least a two day period. There may be double sessions when school is not in session. Weather conditions may necessitate an indoor format or may extend the tryout period.

### **Notification**

After the second day (minimum), those not progressing will be notified by the coach. Any additional cuts follow the same format for notification. Trying out for a second, same season sport – after being cut from another one – is allowed at the discretion of the coaches and the athletic director.

### **Special Circumstances**

There is some overlapping of sports seasons. Students who are participating in a previous season's sport may not quit that sport to practice in another.

Tryout periods **Must** be extended for one or more candidates under the following circumstances:

- 1) Candidate is involved in another MCHS athletic team whose season has not yet been completed.

Tryout periods **May** be extended for one or more candidates under the following circumstances:

- 1) Candidate is returning after having a significant injury.
- 2) Candidate was not enrolled as a student at MCHS during the initial tryout period but, upon enrolling, meets all eligibility requirements.
- 3) The number of participants in a given sport drops below an acceptable number.

**Tryout periods MAY NOT be extended for any MCHS student who is unavailable for tryouts due to conflict with family vacations, appointments or participation on any non-school athletic team. Candidates should discuss these situations with the coach as soon as possible.**

The goals of the tryout process are:

- 1) To judge the relative ability of the candidates and determine which candidates are likely to contribute the most to the program.
- 2) To select the candidates that will benefit the most from the experience.
- 3) To maintain a roster size that maximizes practice and playing opportunities for participants.
- 4) To maintain a roster size that can be properly uniformed and equipped within the constraints of the athletic department budget.

The Coach will determine roster size with guidance from the Athletic Director.

### **Selection**

The Athletic Director approves player selection decisions made by the coach. Once approved, the selections are final. Candidates have the opportunity to hear from the coach his or her rationale for the selections. Parents seeking further information may contact the coach. However, no selection decision is changed without prior approval from the Athletic Director. Candidates and their parents must respect the decisions of the coach. Any inappropriate language or behavior directed toward the coach by the candidate or their parent or guardian may result in the candidate being suspended from further athletic participation.

## **Drops**

A “drop” is defined as a decision by an athlete, parent or guardian that the student will no longer participate in the sport for the remainder of that season. When dropping from a team, an athlete must discuss the situation with the coach before the drop is finalized. If the drop is finalized, all equipment that was issued must be returned in good condition as soon as possible. Dropping from a team is a drastic step that disrupts much of the work the team accomplished up to that point. An athlete and his or her parent or guardian should consult with the coach prior to making this decision.

The following policies stress the importance of making the decision to participate and to fulfill that commitment:

- An athlete may not drop from a sport that conducted tryouts and subsequent cuts, and then participate in another sport in the same sport season.
- An athlete wishing to change from one sport (that did not have a tryout and cut) to another sport during that season must request and be granted permission from each of the coaches involved.
- An athlete may not drop from a team after the first scrimmage or contest (whichever is earlier) and participate in another sport in the same season.
- An athlete who drops from a team after the first scrimmage or contest must inform the coach, before the next contest, that he or she is dropping from the team. Failure to do so will result in the athlete being suspended from participating in MCHS Athletics for up to one year. The Athletic Director and Principal will decide the length of the suspension.
- A parent or guardian who is considering pulling an athlete from a team because of academic concerns should discuss this decision with both the coach and Athletic Director.
- An athlete who drops from a sport because of academic concerns must demonstrate to the satisfaction of the school administration that he or she has corrected any academic deficiencies prior to any further participation in any athletic program.



## **Rules and Regulations**

### **Athletic Code and Training Rules**

As a participant in the athletic program, a student athlete receives special opportunities for personal development and, in return, agrees to abide by the MCHS Athletic Code (Appendix A) and training rules. Individual coaches may impose additional rules appropriate to their sport. The coaches will communicate these rules to the athletes and their parents or guardians in writing prior to the start of the season.

The MCHS Athletic Department places a strong emphasis on good training habits, not only during the training season, but also for life. By staying physically fit and drug and alcohol free, student athletes can perform their best and meet their responsibilities on the playing field and in the classroom. Student athletes who do not adhere to these rules risk losing their eligibility to participate in athletics for part or all of the season.

### **Academic Requirements**

All athletes are expected to fulfill their academic requirements to the best of their ability.

Athletes are expected to organize their time so that they can maintain satisfactory academic achievement. The athlete's primary responsibility is to their studies.

Athletes may not use practice as an excuse to miss a makeup test, review session or avoid an academic responsibility mandated by a teacher. It is the athlete's responsibility to schedule these sessions at the convenience of his or her teacher. It is also the athlete's responsibility to advise the coach if he or she will be late to practice due to an academic priority.

Participation in practices or late ending games is not accepted by the faculty as a reason to postpone taking a test or handing in a project. Generally, athletes know of assignments and exams well in advance, and part of being a quality student athlete is managing time to achieve maximum performance, first in the classroom, and then on the field.

All athletes are required to participate and follow the same rules in Physical Education class as the rest of class does. Under no circumstances is a coach permitted to tell his athletes not to participate in Physical Education classes. If an athlete does not participate in Physical Education class, he/she is not permitted to participate in his/her athletic activity on that day.

### **Attendance at School**

Athletes should maintain exemplary attendance at all times. To participate in any after school practice or competition, a student must be in school by 9:00am and remain in school for the rest of the day. The only exceptions to this rule are:

- 1) A death in the family
- 2) A dentist/orthodontist appointment
- 3) A doctors appointment

A "return to school" note must be presented to the attendance office upon the athletes return to school for a dentist or doctors appointment.

In the event of a family emergency, the student should contact the Athletic Director or Principal when he or she returns to school, and they will determine whether participation that day is allowed.

### **Suspensions**

A student serving out of school suspension (OSS) is not permitted to practice or compete in contests during the length of the suspension.

A student serving a minimum of 2 Blocks of in school suspension (ISS) is not permitted to practice or compete in contests on the day he or she is in ISS.

## **Practices and Contests**

### **Schedules**

Coaches make practice schedules available prior to the start of each sport's season. Changes to the schedule are communicated to team members as far in advance as possible. Parents should make every effort to schedule appointments around practice schedules.

Athletes should be aware that there are practices and events on Saturday and during holidays, as well as during school vacations. Attendance at these meetings is required.

### **Attendance**

All athletes are required to attend all scheduled team practices and contests unless specifically excused for medical, religious, or other reasons deemed appropriate by the coach or Athletic Director.

Athletes should be prepared to practice on Saturdays and during school vacations. Outside commitments that restrict practice attendance on Saturdays and during school vacations are not acceptable. Athletes who miss practice will be subject to discipline by the coach. This policy does not apply to absences for religious reasons.

Athletes cannot miss practices or events to attend other extra-curricular activities. This is one of the sacrifices athletes must make and is essential to team building.

### **Practice Attire**

For safety reasons, athletes should not wear necklaces, rings, earrings, or watches while training, practicing or participating in games. Athletes should bring appropriate clothing for practice in various weather conditions and dry items for after practice. Members of outdoor teams must keep gym shoes in their lockers in case practice is moved indoors.

### **Student Pick-Up Following Practice and Games**

Since the coaches or designated school officials are required to remain on site until all team members have vacated the premises, athletes and their parents must make transportation arrangements in advance. Habitual failure to be picked up on time may result in dismissal from the team. Parents should be on time for pick up after games and practices.

## **Dual Sport Participation**

No athlete can participate in two or more sports during the same season.

## **Equipment and Uniforms**

Team uniforms, practice uniforms, warm-ups and equipment are the property of Madison County High School and should be treated with care. Athletes are required to follow the guidelines listed below to maintain their appearance and quality.

### **Care and Maintenance**

- **Keep your uniform clean** – if you wash your own uniform, follow the laundry care instructions carefully.
- **Wear you uniform only on game days** – Uniforms and warm-ups are for game use only and not for street wear. They may not be worn for personal use.
- **Replace damaged equipment** – Look for and return any damaged equipment for replacement if no longer safe or functional.
- **Keep uniform and equipment safe** – Each athlete is solely responsible for all the equipment and uniform components issued to them. Lost, stolen or intentionally damaged uniforms or equipment must be replaced at the athletes expense.
- **Report any loss, theft or damage to your coach** – Lost, stolen or intentionally damaged uniforms or equipment must be replaced at cost. Cost may include replacing a complete set when items cannot be replaced individually. The athlete will be notified in writing of the amount he or she owes.

### **Return Policy**

All uniforms and equipment must be returned in good condition and on the date specified by the coach, or athletes will be charged the replacement cost.

### **Penalties**

Failure to return equipment and uniforms in good condition and on time will result in the following consequences:

- 1) Athletes are not permitted to practice or tryout for another sport until the school is compensated for all unreturned items or all items are returned in good condition.
- 2) Athletes may be required to pay a deposit before a subsequent season's uniform is issued.
- 3) The school may seek reimbursement for the equipment by all lawful means.

In addition, senior athletes who are delinquent on returning their equipment at the end of the school year will not be issued caps and gowns until the equipment and uniforms are turned in and/or paid for.

## **Locker Room**

Athletes should not leave any personal items, money, jewelry or any other valuables unsecured in the locker room. MCHS will not be responsible for any lost or stolen items. Athletes should report any missing items to their coach.

## **Travel Rules**

### **Away Contest Procedures and Transportation**

Athletes representing MCHS should dress and act appropriately at all times while visiting another school. Athletes who cannot do so will be prohibited from traveling with the team.

Athletes are strongly advised not to travel with expensive jewelry, large amounts of cash, compact discs, or other valuable items. An athlete who does so is responsible for the safekeeping of these items; MCHS or the host school may not be held responsible for damage, loss or theft.

Athletes should bring just enough money to pay for meals or concession stands during the trip. Traveling teams are not required to stop for a meal after every away contest. Coaches judge the appropriateness in all cases.

Transportation to all athletic contests is provided by the school via school bus, commercial coach, or rented vehicle. All athletes and support personnel must travel to and from the contest in school transportation. Athletes are not permitted to drive themselves, drive other students, or ride with others to or from athletic contests. Exceptions may be arranged if the following procedures are followed:

- 1) Athletes can travel with their parents if they are going to a different location. The parent must, in person, ask permission from the coach.
- 2) If a student is to ride with anyone other than a parent, the parent must have contacted the Principal before the day of the contest. If contact is not made or does not have the Principal's approval, the athlete will not be released to anyone other than the parent.

Athletes are expected to be ready to board the bus at the time designated by the coach. Coaches are instructed not to wait for tardy athletes. Habitually tardy athletes may face disciplinary action by the coach.

Athletes are expected to travel to contests in appropriate attire as dictated by the head coach. Coaches will inform team members of the appropriate travel attire prior to the first away contest.

### **Late Return from Away Contest on School Night**

All athletes are to be in school the next day regardless of what time they return from an away contest. In order to practice or compete, an athlete must be in school by 9:00am and stay in school the rest of the day.

### **Overnight Travel**

Occasionally, a team travels overnight for a contest or tournament. Athletes are held to all school policies for the duration of the trip. Essentially, the athlete will be "on school grounds" for the entire trip, and any violation of school policy triggers the appropriate disciplinary action by the

school. If an athlete disrupts the team or is a danger to himself or others, the parent or guardian is called and the athlete is sent home. If the parent or guardian cannot pick the athlete up in a timely manner, the athlete may be placed on public transportation at the athlete's expense.

### **Hotels and Meal Money**

MCHS will pay for all lodging and meal costs for athletes participating in any regional or state tournament where an overnight stay is required.

### **Substance Abuse**

In keeping with Madison County Public Schools policies and regulations, the MCHS athletic department prohibits the use of any tobacco products, alcohol and illegal substances. Student-athletes who violate these policies-either on or off school property, during the season- may be denied the privilege of participating in athletic practices or contests.

It is the goal of the MCHS athletic department, its coaches, athletic trainer, administrators and faculty that all MCHS athletes are drug, tobacco and alcohol free at all times. The abuse of alcohol and illicit use of drugs can be detrimental to the physical and mental well being of its student athletes. Additionally, use or abuse of alcohol and use of drugs can seriously interfere with the performance of individuals as students and as athletes. Training rules are a definite part of education in the MCHS athletic program. The Madison County School Board has issued the following guidelines/consequences concerning the use of illegal drugs, alcohol and tobacco:

**Any student found to possess, use, or distribute drugs, drug paraphernalia, drug look-alikes, or other restricted substances as described in JFC-R, Standards of Student Conduct, in the Madison County School Board Policy Manual, may be suspended from representing the school in school sponsored activities, or events prior to, during, or after the regular school day for up to 60 school days after the student is allowed to return to school. Furthermore, the same student may be subjected to drug testing for the remainder of the school year or longer (at the athletes expense) as a condition for participation in secondary school sponsored extra-curricular activities following a suspension from those activities.**

Restricted substances include alcoholic drinks, marijuana, narcotic drugs, hallucinogens, stimulants, depressants and anything else covered by the Drug Control Act, as well as, any glue, paint and similar materials which can be abused. This list also includes anabolic steroids and both prescription and non prescription drugs if they are not taken according to the prescription or directions on the package, and includes anything that a student represents to be a restricted substance or which a student believes is a restricted substance.

### **VHSL Fines**

Any student athlete whose actions cause Madison County High School to be fined by the VHSL is responsible for reimbursing the school for such fines. Actions that may result in the school being fined include but are not limited to: providing false information; unsportsmanlike conduct before, during or after a contest; leaving the bench area during a physical or verbal altercation; fighting; or damage to school or facility property. The fines range from \$100 - \$500 per incident.

## **VHSL Sportsmanship Code**

### **Responsibilities of School Administrators, Athletes, Coaches and Spectators for Sportsmanship at Athletic Events**

VHSL member schools are required to conduct all relations with other schools in the spirit of good sportsmanship. Violations to this code must be reported to the VHSL league office. The complete VHSL Code for Interscholastic Athletics is attached in Appendix B, and applies to athletes, coaches, administrators, officials and spectators.

#### **Penalties for violations of the sportsmanship code may include:**

- **For spectators** – Derogatory comments directed at an opposing player, coach or official results in immediate dismissal from that contest and may result in a suspension from attendance to any MCHS athletic event for an indeterminate length of time. Spectators are to respect and obey property regulations established by each school. Spectators are always to regard the official's decision as final. These rules are in effect at both home and away games for Madison County athletes, student spectators, parents and visitors, even when not observed by opposing teams and fans. Failure to meet these standards results in disciplinary action. Situations are to be reported to the Principal via the Athletic Director. Any students or parents involved in violations of the sportsmanship code must meet with the Principal and the Athletic Director before being allowed to attend another MCHS athletic event. No one who leaves the facility is allowed back inside. Failure to comply with any portion of the above policy may mean removal from the contest and forfeiture of attendance at future contests.
- **For athletes** – Individual penalties are assessed as required by the VHSL. The student athlete may also face dismissal from the team as well as further disciplinary action as warranted depending upon the nature of the violation.
- **For coaches and administrators** – School and individual penalties are assessed as required by the VHSL.
- **For officials** – Individual penalties are assessed as required by the VSHL.

Specific penalties may be imposed against a school for violations of these provisions.

## **Enforcement of Rules**

### **Penalties for School Disciplinary Action**

An athlete may lose the privilege to participate in any athletic practice or contest as a disciplinary measure. Specific penalties associated with the following disciplinary actions are:

- **In School Suspension (ISS)** – An athlete serving a minimum of 2 blocks of ISS is ineligible to participate in any athletic practice or contest on the school day that the ISS is served.
- **Out of School Suspension (OSS)** – An athlete serving an out of school suspension is ineligible to participate in any athletic practice or contest for the duration of the out of school suspension.

An athlete declared ineligible by the Principal is not allowed to practice with the team until eligibility is restored. The VHSL grants school Principals the authority to make and enforce local rules that supplement League rules; eligibility restrictions imposed under local authority may not be appealed through the VHSL procedure.

### **Game Disqualifications**

A student athlete who is ejected from a contest for unsportsmanlike behavior, including a basketball player who receives 2 technical fouls or a soccer player who receives a red card, may not participate in the next scheduled competition. The athlete is required to meet with the Athletic Director on the next school day before he or she is allowed to practice again with the team.

Upon the second occurrence during the same season, the athlete is suspended from participation for five calendar days or two contests. The athlete and his or her parents or guardian are required to meet with the coach, Athletic Director and Principal prior to returning to practice.

A third occurrence during the same sport season results in the athlete's dismissal from the team for the remainder of the season. The athlete and his or her parent or guardian are required to meet with the Athletic Director and Principal prior to the student becoming eligible to participate in any other sport at MCHS.

An athlete who is ejected from a contest for fighting faces an automatic suspension of two contests and cannot practice with the team during the suspension. An athlete who is ejected from a contest for fighting a second time is dismissed from the team for the remainder of the season. The athlete and his or her parent or guardian are required to meet with the Athletic Director and Principal prior to participating in any other sport at MCHS.

### **Hazing**

Madison County High School forbids hazing of any kind. Athletes determined to be a part of any hazing activity are removed from the team and face additional appropriate disciplinary action from the school.

### **Theft and Vandalism**

Any athlete found to have committed a theft or vandalism – no matter how inconsequential – on campus or at a visiting school, is dismissed from the team and suspended from participation in

the athletic program for one calendar year. Additional school or police action may also be appropriate.

## **Recognition and Awards**

Students may accept awards presented or approved by the student's school. Only the school administration may grant an award to a student athlete. This rule also includes gifts that are symbolic in nature such as rings, watches, jackets, etc. as well as trophies and plaques. Only awards officially sanctioned by the school administration may be granted to student athletes regardless of the funding of such awards (VHSL 28-10-1 Awards Rule).

### **Criteria for Varsity Letters**

Madison County is proud of its letter winners. Lettering represents an accomplishment in dedication, perseverance and skill. Letters are not earned for making a team; they are earned for contributing to the team. The following lettering requirements are set to maintain the prestige associated with the award.

**Letter Award** – To qualify to receive a letter award, the athlete or manager must complete the varsity season in good standing as a member of the squad. In addition the following criteria must be met:

Team Sports – Football, Volleyball, Basketball, Baseball, Softball and Soccer

- 1) Participate in ½ of the quarters or playing periods.
- 2) Participation of a senior in the same sport for 3 years
- 3) Participation on a team that wins a district championship or qualifies for Regional play.
- 4) Discretion of the Head Coach for special circumstances

Individual Sports – Cross Country, Golf, Wrestling, Track

- 1) Participant scored or played in ½ of the regular season contests.
- 2) Participant qualified for Regional play.
- 3) Participant is a senior in a sport for 3 years
- 4) Discretion of the Head Coach for special circumstances

Cheerleading – Participate in 90% of events or functions during one sport season.

An athlete who has quit or been dismissed from a team is not eligible to receive any award or letter for that team.

**Letter Jacket** – All Varsity letter winners are eligible to purchase a Madison County Letter Jacket and represent our school outside of campus. Only a letter winner can wear a jacket with a varsity letter. Because students are representing MCHS when they are wearing their letter jackets, the following rules apply:

- 1) The school issued letter should be worn on the left chest area of the jacket.
- 2) The graduation year should be worn on the left shoulder.
- 3) Symbols, names and sports played may be printed on the jacket.
- 4) Only medals won while representing MCHS may be worn on the jacket.



**Scholarships**

Varsity Coaches will nominate deserving seniors for the Athletic Boosters scholarships. The Boosters then select the award recipients.

**Recognition Nights**

At the end of each season, the athletic department and the Athletic Boosters host a recognition night to honor each varsity team and athletes, and those who supported them throughout the season. Participants receive their awards at this time.

At the end of the school year, the athletic department and Athletic Boosters sponsor an End of Year Banquet to honor all spring team and all seniors that participated during the school year. Senior awards and the Booster scholarships are presented at this time.

## **Appendix A**

### **Madison County High School Athletic Standards of Conduct Code**

Contribute all that you can to the athletic program, to the best of your ability.

Conduct yourself in a safe, orderly and respectful manner at all times-both on and off the playing field.

Respect school faculty, staff and fellow students. Maintain good attendance, seek excellence in academic performance and practice good citizenship. Promote the learning environment and show school spirit. BE A POSITIVE LEADER!

On the field, respect your teammates, opponents, fans, officials and coaches. Know and abide by all rules of the game, and exhibit exemplary sportsmanship at all times in victory and defeat.

As a guest at opposing schools, be a model representative of Madison County, Madison County High School, and the team. Be courteous and respectful of the host school and its facilities.

Do not drink or possess alcoholic beverages.

Do not use or possess narcotics or other illegal drugs.

Do not use or possess tobacco in any form.

In season, abide by the training rules regarding curfew, nutrition and other requirements of your individual sport.

During the off-season, make every effort to meet or exceed the training requirements of your coach.

Commit to being part of a team and willingly accept the personal sacrifices that come with participation.

## **Appendix B**

### **VHSL Sportsmanship Code for Interscholastic Athletics**

#### **The School Administrator Should:**

- 1) Encourage and promote friendly relationships and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by acquainting students and others in the community with ideals of good sportsmanship and by so publicizing these concepts and attitudes that all members of the school community will understand and appreciate their meaning.
- 2) Insist upon compliance with all rules and regulations for the Virginia High School League.
- 3) Secure qualified officials for all contests.
- 4) Insist upon adequate safety provisions for all activities for both participants and spectators.
- 5) Approve only those activities and schedules that are educationally and physically sound for the student.
- 6) Encourage all to judge the success of the athletic program on the attitude of the participants and spectators, rather than on the number of games won or lost.
- 7) Insist that the school cheerleaders exemplify the highest standard of good sportsmanship as a means of inculcating desirable spectator attitudes.
- 8) Provide adequate hygienic, sanitary and attractive facilities for the dressing and housing of visiting teams and officials.
- 9) Provide for the efficient handling of all athletic funds, which such safeguards as audits, insurance and proper bookkeeping, to maximize benefits of available funds.
- 10) Review with staff the Sportsmanship Rule.

#### **The Spectator Should:**

- 1) Realize that he or she represents the school just as definitely as does the member of a team, and therefore has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- 2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- 3) Recognize that victory or defeat is of secondary importance to the primary purpose of promoting the physical, mental, moral, social and emotional well-being of the players through the medium of competition.
- 4) Treat visiting teams and officials as guests, extending every courtesy. Be modest in victory and gracious in defeat.
- 5) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

#### **The Athlete Should:**

- 1) Be courteous to visiting teams and officials.

- 2) Play hard to the limit of his or her ability, regardless of discouragement. The true athlete does not give up, nor does he or she quarrel, cheat, bet or grandstand.
- 3) Retain his or her composure at all times and never leave the bench or enter the playing field or court to engage in a fight.
- 4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- 5) Maintain a high degree of physical fitness by conscientiously observing team and training rules.
- 6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- 7) Play for the love of the game.
- 8) Understand and observe the rules of the game and the standards of eligibility.
- 9) Set a high standard of personal cleanliness.
- 10) Respect the integrity and judgment of officials and accept their decisions without questions.
- 11) Respect the facilities of host schools and the trust entailed in being a guest.

### **The Coach Should:**

- 1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- 2) Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand that same standards of the players.
- 3) Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field or court to engage in a fight.
- 4) Recognize that the purpose of competition is to promote the physical, mental, social and emotional well being of the individual players and that the most important values of competition are derived from playing the game fairly.
- 5) Be a modest winner and a gracious loser.
- 6) Maintain self control at all times, accepting adverse decisions or dissatisfaction with the officials without public display or emotion.
- 7) Cooperate with the school principal in the planning, scheduling and conduct of sports activities.
- 8) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership and judgment.
- 9) Pay close attention to the physical condition and well being of players, refusing to jeopardize the health of an individual for the sake of improving the teams chances to win.
- 10) Teach athletes that it is better to lose fairly than win unfairly.
- 11) Discourage gambling, profanity, abusive language and similar violations of the true sportsman's code.
- 12) Refuse to disparage an opponent, an official, or others associated with sports activities.

- 13) Properly supervise student athletes under his or her immediate care and specifically observe a coach's responsibilities in conjunction with district and state contests.

**The Official Should:**

- 1) Know the rules and their interpretations and be thoroughly trained to administer them.
- 2) Maintain self control under all conditions.
- 3) Report for duty well in advance of game time, in a rested condition, with an alert mind and dressed appropriately in the specified uniform.
- 4) Make clear all interpretations and rulings during the progress of a game, yet conduct the game in an unobtrusive manner.
- 5) Be impartial and fair yet firm in all decisions. A good official does not attempt to compensate later for an unpopular decision.
- 6) Refrain from commenting upon or discussing a team, play or game situation with those not immediately concerned.
- 7) So conduct the games as to enlist the cooperation of players, coaches and spectators in the interests of good sportsmanship.
- 8) Honor all commitments and abide by all school, district, regional and League regulations in a professional manner.

## Appendix C

### Madison County High School Athletic Handbook Acknowledgment Form

**Student Athlete Name:** \_\_\_\_\_

As the parent or guardian of this student, I have read and understand the Madison County Athletic Handbook. I recognize that my child must abide by all policies therein in order to remain eligible to participate in the Athletic Program, and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while my child is involved in any athletic activity.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

As a student participant in the MCHS athletic program, I have read and understand the Madison County Athletic Handbook. I recognize that I must abide by all policies therein in order to remain eligible to participate in the athletic program, and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while I am involved in any athletic activity.

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date