



CIF-San Diego Section
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ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2013-14
 (Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- **Participation in interscholastic athletics and section playoffs is a privilege.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event
- **Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

 Signature – Athlete

 Printed Name

 Date

 Signature – Parent/Guardian/Caregiver

 Printed Name

 Date

PURSuing VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school’s name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

VIOLETIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

1. Behavior resulting in ejection of athlete or coach from contest
2. Illegal participation in next contest by athlete ejected from previous contest.
3. Second ejection of athlete or coach from any contest during one season.
4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.
5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.
6. Other acts committed by individuals or teams or acts committed at end of season.
7. Use of an ineligible player in a contest.

MINIMUM PENALTIES*

EJECTION POLICY:

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).** Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.

Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

El Capitan High School

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

El Capitan High School
Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

GROSSMONT UNION HIGH SCHOOL DISTRICT

EXTRACURRICULAR REGISTRATION INFORMATION

All prospective extracurricular participants must complete these materials and have parent/guardian/caregiver signature authorizing their participation prior to the issuance of school equipment in any activity practice.

Student's Legal Name (Please Print) _____ Student ID Number _____ Date of Birth _____ Grade _____

Street Address _____ City _____ Zip _____ Home Phone # _____

Student lives with _____ in the _____ High School attendance area.
(First and Last Name)

_____ Both Parents _____ Natural Mother Only _____ Foster Parents _____ Court Appointed Guardian _____ Caregiver _____

Natural Father Only _____ Ward of the Court _____ Custodial Parents _____

Please support your ASB and purchase an ASB Student Discount Card.

ASB funds support athletics and other student activities. Purchase entitles athlete to free athletic letter.

Current Semester in High School: (Please Circle) This is the students 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th high school semester List the middle school/high school last attended: _____

California Law (Athletes Only)

The California Education Code (Sections 32220-32224) requires that each member of an athletic team shall have insurance coverage for medical and hospital expenses in the amount of at least \$1500 while practicing for or participating in athletic activities sponsored under the jurisdiction of a public school district. In order to comply with state law, each athletic team member must be enrolled in either a District approved medical plan or have medical insurance of at least \$1500 provided under any other type of insurance plan(s) which may have been purchased by the student or by the parent/guardian.

Insurance Protection Waiver

Parent/Guardians/Caregiver must complete and sign the following athletic waiver of insurance as evidence of other insurance coverage in order for their student to be eligible to participate in interscholastic athletic events.

I _____, the Parent/Guardian/Caregiver of _____
(Name) (Student's Name)

a student at _____ High School, do hereby declare that I am aware of the above provision of the California Education Code. I am further aware that the required insurance coverage specified above is available through the insurance carrier approved by the Grossmont Union High School District.

Participate in the Grossmont Union High School Districts 'APPROVED' Student Accident Plan- Complete and return, with this form, the insurance enrollment form provided to you by the school and sign the athletic insurance protection waiver.

I wish to purchase the following insurance for my student (Please check all policies purchased that applies to this sport):
_____ Football Only _____ CIF Sport Other Insurance available: _____ Dental (encouraged but optional)
_____ School Time _____ 24 Hour Coverage

X _____
Parent/Guardian/Caregiver Date

_____ **Personal Insurance-** I hereby declare that my student (Student Name) _____ has

Medical insurance in the amount of at least \$1500.00 administered by (Carriers Name): _____ Insurance Co. Policy/ID # _____, which will provide coverage for medical and hospital expenses resulting from accidental bodily injury while participating in interscholastic athletic events. Therefore I do not want my student to purchase the services of the insurance program made available through the school district for accidental bodily Injury and hereby release the Governing Board and school officials of the Grossmont Union High School District from any and all responsibilities to provide the insurance required under California Education Code 32220-32224.

I WILL NOTIFY THE SCHOOL OF ANY CHANGE OR LAPSE IN THE ABOVE POLICIES.

X _____
Signature of Parent/Guardian/Caregiver Date

(PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM)

This form is for one sport per season. If participating in two sports, separate forms must be filled out. Check sport to be played

<u>Women's Fall</u>	<u>Women's Winter</u>	<u>Women's Spring</u>
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Basketball	<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Field Hockey	<input type="checkbox"/> Soccer	<input type="checkbox"/> Lacrosse
<input type="checkbox"/> Golf	<input type="checkbox"/> Water Polo	<input type="checkbox"/> Softball
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Swim/Dive
<input type="checkbox"/> Tennis		<input type="checkbox"/> Track
<u>Men's Fall</u>	<u>Men's Winter</u>	<u>Men's Spring</u>
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Basketball	<input type="checkbox"/> Baseball
<input type="checkbox"/> Football	<input type="checkbox"/> Soccer	<input type="checkbox"/> Golf
<input type="checkbox"/> Water Polo	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Lacrosse
<u>Other Activities</u>	<u>Other Activities</u>	<input type="checkbox"/> Swim/Dive
<input type="checkbox"/> Cheer	<input type="checkbox"/> Choir	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Marching Band	<input type="checkbox"/> Academic Decath	<input type="checkbox"/> Tennis
<input type="checkbox"/> Drill Team	<input type="checkbox"/> Other	<input type="checkbox"/> Track

Sports Warning Statement (Athletes Only)

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, better medical coverage and improvements in equipment have reduced these risks. **BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCE OCCURRENCES FROM ATHLETICS.** Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following the proper conditioning program and inspecting their equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY, EVEN IF ALL THESE REQUIREMENTS ARE MET, AND EVEN IF THE ATHLETE IS USING EXCELLENT PROTECTIVE EQUIPMENT, A SERIOUS ACCIDENT MAY STILL OCCUR.**

Eligibility

Academic Eligibility: A student must be enrolled in five (5) credit classes during the regular school day. Students must maintain a 2.0 ("C") grade point average for all courses taken in which letter grades are given. Students must pass at least four (4) classes during each grading period, regardless of grade point average.

Citizenship Eligibility: A student may not receive "Unsatisfactory" conduct/grade from more than one teacher. There is an appeal procedure to this requirement. The student and parent may meet with a vice principal for probation.

Residential Eligibility: Each extracurricular participant must live within his/her high school attendance area or have the residence eligibility approved by the school's administration.

A student who does not meet the residential requirement will not be eligible to participate in extracurricular activities. Students who do not meet one or more of the requirements for citizenship or academics will not be eligible for the duration of the subsequent grading period. If a student has met the academic and citizenship requirements listed above at the end of the subsequent grading period, eligibility to participate will be restored.

Grossmont District Behavior Code

All extracurricular participants will be expected to behave in a manner that is acceptable to the parents, the school and the activity supervisor. All GUSHD behavior code rules and regulations will be enforced. See your student handbook for more information.

Parent Permission/Student Acknowledgment

I desire that (physician's name) _____ be called (phone) _____, if possible, in the case of injury. I also give my consent for my student to compete in extracurricular activities and to travel with a representative of the school on any trips. In case of injury, the school representative is authorized to have him/her treated or hospitalized by one of the doctors cooperating with the school program; I will not hold Grossmont Union High School District or its representatives responsible for payment as a result of any accident or injury.

In case of accident, notify (name) _____ Cell/Work Phone: _____

Home Phone: _____ Relationship to the student: _____

I have read and completed the extracurricular registration form and certify that to the best of my knowledge all information that I have provided is correct.

I have read and understand the GUHSD Behavior Code and eligibility standards. I will comply with these standards and accept my responsibility as a student participant.

X _____
Signature of Parent/Guardian/Caretaker Date

X _____
Signature of the Student Date

FAILURE TO COMPLETE AND SIGN ALL AREAS OF THIS FORM WILL RESULT IN THE STUDENT NOT BEING ALLOWED TO PARTICIPATE UNTIL COMPLETED AND RETURNED FOR APPROVAL BY THE FINANCE OFFICE.

EL CAPITAN HIGH SCHOOL ATHLETIC CLEARANCE CARD

ID Number _____ Grade _____ Sport _____

Student Name: _____

Address: _____

City: _____ ZIP: _____ Phone: _____

Parent/Guardian Name: _____ Work/Cell Phone: _____

Emergency Contact: _____ Phone: _____ Work/Cell Phone: _____

Doctor's Name: _____ Phone: _____ Hospital Choice: _____

Medicine Allergies? (Please list): _____ List any medications currently taking: _____

INSURANCE: I hereby declare that my student (named above), has medical insurance in the amount of at least \$1500.00 administered by _____ Insurance Co., Policy # (required) _____, which will provide coverage for medical and hospital expenses resulting from accidental bodily injury while practicing for or participating in interscholastic athletic events **OR** subscribes to the required insurance coverage specified through the insurance carrier approved by and made available through the Grossmont Union HS District.

I ACCEPT FULL RESPONSIBILITY TO NOTIFY THE SCHOOL IMMEDIATELY OF ANY CHANGE OR LAPSE IN THE ABOVE POLICIES.
In case of an emergency and if parent/guardian and above medical doctor cannot be reached, permission is given to school authorities to seek emergency medical treatment at a hospital or medical facility.

Parent/Legal Guardian Signature: _____ Date: _____