

2011-2012

Wayzata High School Athletics & Intramurals Eligibility Brochure

Wayzata High School Activities Office • 763-745-6621

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Wayzata High School Website • wayzata.k12.mn.us/whs



Instructions for completion by students and their parents or guardians.

1. Please read all of the guidelines and forms that are included in this authorization package.
2. Sign in EACH place that your signature is requested.
3. A sports qualifying physical examination, SIGNED AND DATED BY A PHYSICIAN, must be on file in the activities office. (cut off date for 2011-2012 school year is 6/15/09 any physicals prior to this date will not be accepted).

Note: Student-Athletes may participate in only one athletic program per season.

• **Students:** Your participation in high school activities is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of Minnesota State High School League rules which govern your participation. Complete regulations are found in the MSHSL Official Handbook which is available at each member high school and which is also posted on the MSHSL Web site: www.mshsl.org. Please keep this brochure for reference, and if there is a question about any rule interpretation, CONTACT YOUR SCHOOL PRINCIPAL OR ATHLETIC/ACTIVITIES DIRECTOR.

I understand that once I sign the eligibility statement all eligibility rules apply:

- Twelve (12) months of the year;
- Whether I am currently participating or not;
- Continuously from the first signing of the statement through the completion of my high school eligibility.

• **Parents/Guardians:** REVIEW the following rules with your son or daughter. Your role in stressing the value of following these rules cannot be overstated.

Checklist for Student Eligibility

If you cannot check all 11 items, see your athletic/activities director.

- ___ 1. Making academic progress toward graduation.
- ___ 2. Will not have turned 20 before the start of the season in which I participate.
- ___ 3. Physical exam dated after 6/15/09 on file **IN THE ACTIVITIES OFFICE**.
- ___ 4. Have not transferred schools.
- ___ 5. Will not play more than four (4) seasons in any sport in grades 9-12.
- ___ 6. Have not dropped out of school or repeated a grade while in high school.
- ___ 7. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport.
- ___ 8. Have not and will not compete in non-school events in my sport after reporting for the school team.
- ___ 9. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids.
- ___ 10. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL.
- ___ 11. I agree to fully cooperate in any investigation honestly and truthfully.

GENERAL RULES

Minnesota State High School League Eligibility Information

2011-2012

Informed Consent:

By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes, and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

1.*ACADEMIC — (Credit Requirement) To be eligible, a student must be making satisfactory progress toward the school's requirement for graduation.

2.*AGE — A student representing a member school in League activities shall be under 20 years of age at the start of the season. If, however, a student has started a season, the student will be permitted to complete that season after reaching the student's 20th birthday. Adapted athletes are eligible to participate until their 22nd birthday provided they meet all other eligibility requirements.

3. FOREIGN EXCHANGE STUDENTS — Approved Foreign Exchange Students are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance.

INTERNATIONAL STUDENTS - students not participating in a CSIET approved foreign exchange program are eligible only at the B-Squad or JV level for one calendar year.

4. AMATEUR — A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose her/his amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport.

5. ATHLETIC CAMPS AND CLINICS —

A. School Year: Students may attend athletic camps and clinics which have been approved by their high school principal.

B. Summer Vacation Period: Non-school specialized athletic camps and clinics do not require approval.

1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.

2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-Squad, junior varsity or varsity) in that sport owns, administers, directs, organizes, or serves as an instructor or is a staff member during the student's attendance.

C. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.

2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.

3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.

6. PROGRESSIVE AND CONSECUTIVE PENALTIES: Penalties shall be progressive and consecutive beginning with the student's first participation in a League activity and continuing through the student's high school career.

7. AMATEUR STATUS AND AWARDS BYLAW — Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in that activity.

8. COLLEGE/UNIVERSITY TEAMS — Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.

9. FAIR HEARING PROCEDURE — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. **The student has 10 calendar days in which to appeal the school's decision.** The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or on the Web at mshsl.org in the Publications section.

10. *ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD — Students must be fully enrolled in (as defined by the Minnesota Department of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students must be properly registered, attending school and classes regularly, and enrolled in the required number of credits to graduate in four (4) years after first entering the 9th grade.

11. *GENERAL ELIGIBILITY — In order to be eligible for regular season and MSHSL tournament competition, a student must be fully enrolled as defined by the Minnesota Department of Education and a bona fide member of his or her high school in good standing. A student who is under penalty of exclusion, expulsion or suspension, whose character or conduct violates the Student Code of Responsibilities is not in good standing shall be ineligible for a period of time as determined by the principal.

Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- 1. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.*
- 2. I will be fully responsible for my own actions and the consequences of my actions.*
- 3. I will respect the property of others.*
- 4. I will respect and obey the rules of my school and the laws of my community, state and country.*

5. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets.

12. *GRADUATE — A student shall not be a graduate of a high school or any secondary school. This includes foreign exchange students and international students.

13. LAST DATE TO JOIN A TEAM — To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday from the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday from the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.

14. NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS —

A. During the High School Season: During the high school season a student may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments, or contests, in the same sport.

Participation defined: practice, training, tryouts, scrimmaging, and competing.

Season Defined: The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition. Baseball, Softball and Skiing are exceptions to this rule.

Exception: **Non-School Training During the High School Season for Athletes**

Who Qualify as Individual competitors to the State Tournament: (Swimming, Cross Country, Tennis, Skiing, Gymnastics, Wrestling, Synchronize Swimming, Golf, and Track and Field)

Lessons/Training: During the MSHSL high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.

Competition: Athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition.

Exception: Summer Vacation Period — Students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. *See definition of summer vacation: 14.C.*

Summer Coaching waiver: If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless a conditional extension to the summer waiver is granted by the school's athletic director.

Students may take private lessons during the MSHSL season.

B. During the School Year, Prior To and Following the High School Sports

Season: A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff.

1. A student may not use any type of high school uniform.

2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating, tennis, gymnastics, and indoor soccer are included in this limitation.

3. A student may receive training through private lessons from a person who is

not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.

4. A student's fee for non-school coaching or training must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.

C. Summer Vacation Period:

1. A student may compete as an individual or as a member of a nonschool team even though competing on a high school team in the same sport. *Summer shall be defined as June 1 through Labor Day. Summer for the sport of soccer shall be defined as June 1 through Sunday immediately preceding the official starting date of the MSHSL high school soccer season. Note: Students may participate in activities during the summer, as defined above, even though their high school sport season in the same sport has begun. For example, students may play in a non-school tennis tournament while a member of the high school team or participate in road races while a member of the cross country team through Labor Day. Soccer is excluded from dual participation as defined above.*

D. Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates.

2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater.

3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater.

4. Penalties are progressive and consecutive.

E. Special Considerations:

1. National Teams and Olympic Development Programs — The MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:

a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.

b. Directly funded by a national governing body on a national level.

c. Authorized by a national governing body for athletes having potential for future national team participation.

Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.

2. During the school year, students who participate for their school in a sport may participate through training, tryout or competition on a National Team or in a United States Olympic Development Program provided the student receives an individual invitation from the United States Olympic Committee or the United States National Governing Body on the national level for that sport.

3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport.

15. *PHYSICAL EXAMINATION AND PARENTS PERMIT — Any student who intends to participate in high school interscholastic athletics, intramurals and/or cheerleading activities must have on file in the Activities/Athletic Office, a record of a physical examination performed on/or after 6/15/09. A health questionnaire shall be completed annually and could indicate the need for a physical examination prior to participation. The signature of the parent or guardian approving participation is required.

* Denotes rules applicable to cheerleaders

16. *SEASONS OF PARTICIPATION — No student may participate in more than four (4) seasons in any sport while enrolled in grades 9-12, semesters 1-8 inclusive.

17. *SEMESTERS IN HIGH SCHOOL — A student shall not participate in an interscholastic contest after the student's eighth semester in grades 9-12 inclusive. All eight semesters shall be consecutive, beginning in the 9th grade. The attendance of 15 days or more in one semester or participation in a practice or contest will count as a semester in administering this standard.

18. JUNIOR HIGH PARTICIPATION — Participation in high school interscholastic programs is limited to students in grades 7-12 inclusive. Students in grade 7, 8 and 9 may participate if enrolled in the regular continuation school for the educational unit and if all other eligibility requirements of the League have been met. Elementary students in grades 1-6 are not eligible for participation in any MSHSL-sponsored activity; B-squad, junior varsity or varsity level. Wayzata School District policy supersedes MSHSL policy on participation of 7-8 grade students on high school teams.

19. TRANSFER RULE — Bylaw 111

A. A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section B (below) is met.

B. A transfer student is eligible for varsity competition if:

1. 9th Grade Option: The student is enrolling in 9th grade for the first time.
2. Family Residence Change: the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents move.
If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school.

A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

3. Court Ordered Residence Change for Child Protection: the student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
4. Custody of Student: a student of legally divorced parents who have joint physical custody of the student may move from one custodial parent to the other custodial parent and be fully eligible at the time of the move. The student may utilize this provision only one time during grades 9-12 inclusive.
5. Move from Out of State: if a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.

6. Enrollment Options Program: a student who utilizes Minnesota Statute 124D.03 Enrollment Options Programs, and transfers without a corresponding change of residence by the student's parents shall elect one of the following:

- a. retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has open enrolled; or

** Denotes rules applicable to cheerleaders*

b. be eligible only at the non-varsity level in the school to which the student has open enrolled for one (1) calendar year.

C. If none of the provisions in Section 2 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance in the new school.

1. Students are immediately eligible for competition at the non-varsity level.
2. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
3. Each time a student transfers and the conditions of the transfer do not meet any of the provisions of Bylaw 111.2.A., the student will be ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school. For example, if a student, while serving a one-year transfer suspension, transfers to another school and none of the provisions of Bylaw 111.2.A. are met, an additional one-year suspension will be applied. The student will begin serving the additional one-year suspension immediately following the completion of the previous one-year suspension.

20. *MOOD-ALTERING CHEMICALS - REFER TO DISTRICT 284 EXTRACURRICULAR & COCURRICULAR BEHAVIOR POLICY

Denial Disqualification: A student shall be disqualified from all interscholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

21. *SEXUAL/RACIAL/RELIGIOUS HARASSMENT/ VIOLENCE and HAZING

A. Reference Bylaw 209.00:

A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

B. Reporting Procedures:

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

C. Reprisal

The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

D. Penalties for Category I Activities:

1. First Violation: the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater. *Recommendations: 1) It is recommended that the school develop a local education program through which the student would receive information about sexual, racial, religious harassment, violence or hazing, 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.*
2. Second Violation: the student shall lose eligibility for the next six (6) consecutive interscholastic contests or three (3) weeks, 21 calendar days, whichever is greater, in which the student is a participant. *Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.*
3. Third or Subsequent Violations: the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests or four (4) weeks, 28 calendar days, whichever is greater, in which the student is a participant.
4. Penalties are progressive and consecutive.

E. Penalties for Category II Activities:

Each member school shall develop penalties that it will apply to the participants in these activities. A current copy of the member school's policy shall be kept on file in the member school.

22. SERVING AN MSHSL PENALTY — a student must be a student in good standing, and able to be placed in the game, meet or contest except for the penalty being served. (Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).

DISTRICT 284 EXTRACURRICULAR & COCURRICULAR BEHAVIOR REGULATIONS

Students participating in extracurricular and cocurricular activities are held to high standards and will demonstrate respectful and responsible behavior at all times. Wayzata School District consequences for rule violation are greater than the Minnesota State High School League and therefore take precedence.

Penalties will be assessed for rule violation in extracurricular, cocurricular, and interscholastic activities. Students shall not possess, purchase, sell, distribute, or be under the influence of alcohol, tobacco, or any other illicit drug including look-alike drugs and drug paraphernalia. **STUDENTS SHALL NOT BE INVOLVED IN ANY ILLEGAL BEHAVIOR** (chargeable offense whether charged or not which may be a violation of civil or criminal law), **GROSS MISCONDUCT** (insubordination, threats, and/or persistent or flagrant violation of school policy), **OR RACIAL/RELIGIOUS/SEXUAL HARASSMENT/VIOLENCE/AND/OR HAZING**.

Minnesota State High School League guidelines state that students participating in an interscholastic activity must serve a penalty for any rule violation. Students participating in enrichment AND interscholastic activities will serve a penalty in the enrichment AND the interscholastic activity for any rule violation. At the end of one calendar year from the date of rule violation notification, the enrichment activity penalty will expire. There is no "sunset" clause for serving a penalty in interscholastic activities.

Middle school students participating in Minnesota State High School League (MSHSL) sanctioned activities will be subject to the conditions of these regulations.

Violations by middle school students in activities not sanctioned by the MSHSL will be addressed at the building level where a student improvement plan will be devised under the direction of the building principal and appropriate school personnel.

A team/group/club, in conjunction with the coach/advisor, may increase the severity of a penalty or suspend a student for the season. The coach/advisor shall clearly communicate any additional consequences to parents and students prior to the season. Any additional consequences will be in place until the last game is played or the team banquet is held which ever takes place later.

Penalties are cumulative for violations in the chemical abuse category and the harassment, violence, and hazing category.

FIRST OFFENSE CONSEQUENCES INCLUDE —

After the first offense:

1. A parent/guardian/student conference will be held with appropriate school personnel, i.e. activities director, coach, advisor, chemical health counselor, or other school personnel.
2. Participants involved in enrichment activities will meet with the instructor regarding alternatives for meeting classroom expectations, evaluations, and grading.
3. Student/parent/guardian conference with the appropriate school resource person (chemical health counselor, social worker, or other staff) to determine a supportive action plan. For chemical violations (which include controlled substances, illicit drugs including look alike drugs, drug paraphernalia, and alcohol) students will participate in chemical health education classes.
4. After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive activities (performances, contest, events) or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
5. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.
6. A team/group/club, in conjunction with the coach/advisor, may increase the severity of a penalty or suspend a student for the season. The coach/advisor shall clearly communicate any additional consequences to parents and students prior to the season.

SECOND OFFENSE CONSEQUENCES INCLUDE—

After a second offense:

1. A parent/guardian/student conference will be held with appropriate school personnel, i.e. activities director, coach, advisor, chemical health counselor, or other school personnel.
2. **The student is ineligible for one calendar year for elected or appointed interscholastic and enrichment positions and all school-sponsored athletic and activity awards and honors (i.e. lettering, captain, MVP). Awards, honors, and scholarships not awarded, determined, nor controlled by School District 284 regulations are exempt (i.e. All-Conference, All-Metro, All-State).**

3. Participants involved in enrichment activities will meet with the instructor regarding alternatives for meeting classroom expectations, evaluations, and grading.
4. Student/parent/guardian conference with the appropriate school resource person (chemical health counselor, social worker, or other staff) to determine a supportive action plan.
5. If a second chemical violation occurs, the student will complete an assessment conducted by an appropriate outside agency (i.e. chemical violation assessment for chemical dependency, and so on); recommendations of the assessment must be followed, or the student will complete an appropriate education program conducted or approved by District 284 personnel.
6. After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive activities (performances, contests, events) or three (3) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
7. A team/group/club, in conjunction with the coach/advisor, may increase the severity of a penalty or suspend a student for the season. The coach/advisor shall clearly communicate any additional consequences to parents and students prior to the season.
8. The Superintendent or the Superintendent's designee will convene a review board no sooner than four (4) months (of the calendar year) after notification of the violation to consider appeals for second offenses in which a student wishes to be considered for reinstatement for all school-sponsored athletic and activity awards and honors (i.e. lettering, captain, MVP).

During the four (4) months interim period, the student must demonstrate behavior free from further actionable offenses under the above regulations and free from school disciplinary actions. Supportive data shall be provided by the student to the review board from teachers, counselors, school administrators, coach/advisor, or other appropriate resources.

Final judgement of the appeal will be made at the conclusion of MSHSL sanctions. Appeal forms may be picked up in the high school activities office.

THIRD OFFENSE CONSEQUENCES INCLUDE —

After a third offense:

1. A parent/guardian/student conference with the activities director and a member of the school administration will be held.
2. From the date of notification, the student will be on permanent suspension from all school athletics and school-sponsored activities.
3. **All school-sponsored honors, including academic and athletic honors and awards (i.e. lettering, captain, MVP), will be permanently withheld. Honors, awards, and scholarships not awarded, determined, nor controlled by School District 284 regulations are exempt (i.e. All-Conference, All-Metro, All-State).**
4. Middle school students who wish to be considered for reinstatement at the high school need to meet with the review board to formulate a reentry plan.

5. Participants involved in enrichment activities will meet with the instructor regarding alternatives for meeting classroom expectations, evaluations, and grading.
6. The student will complete an assessment conducted by an appropriate outside agency (i.e., chemical violation assessment for chemical dependency, and so on); recommendations of the assessment must be followed, or the student will complete an appropriate education program conducted or approved by District 284 personnel.
7. The Superintendent or the Superintendent's designee will convene a review board no sooner than four (4) months (of the calendar school year) after notification of the violation to consider appeal cases for third offenses in which a student wishes to be considered for reinstatement for participation in activities and all school-sponsored athletic and activity awards and honors (i.e. lettering, captain, MVP).

During the four (4) months interim period, the student must demonstrate behavior free from further actionable offenses under the above regulations and free from school disciplinary actions. Supportive data shall be provided by the student to the review board from teachers, counselors, school administrators, coach/advisor, or other appropriate resources.

Final judgement of the appeal will be made at the conclusion of MSHSL sanctions. Appeal forms may be picked up in the high school activities office.

The District 284 Extracurricular & Cocurricular Behavior Regulations are enforced during the entire calendar year and throughout the students career in the Wayzata school system. In addition to the regulations:

1. Law enforcement agency citations of substance violations under the Minnesota State Statute 121A.28 will be investigated and enforced as violations under the MSHSL Bylaw 205.00.
2. A student shall not possess, use, or give away any performance enhancing chemicals.
3. District 284 has extended the MSHSL General Rules "Racial/Religious/ Sexual Harassment/Violence/and Hazing" to be in effect and enforced during the entire calendar year. This extends the rule to include June, July, and August as well as the school year.

Student-Athlete Publicity Waiver

By signing this form you are granting the Wayzata High School Activities Office full permission to use your name and image to publicize Wayzata High School Athletics (i.e. Minnesota State High School League Web-site, Wayzata High School Web-site, Athletic Booster publications, etc.). If you have any questions regarding the Student-Athlete Publicity Waiver, please contact the WHS Athletic Director.

This brochure is a summary of the general rules which students and parents should understand. Complete regulations are found in the MSHSL Official Handbook. Please keep this brochure for reference, and if there is a question about any rule interpretation, CONTACT YOUR HIGH SCHOOL PRINCIPAL OR ATHLETIC DIRECTOR.

DISTRICT 284 EXTRACURRICULAR & CURRICULAR BEHAVIOR REGULATIONS

MINNESOTA STATE HIGH SCHOOL LEAGUE

WAYZATA HIGH SCHOOL

CATEGORY 1

CATEGORY 2

CATEGORY 3

CATEGORY 4

CATEGORY 5

ATHLETICS

- Adapted Bowling
- Adapted Soccer
- Adapted Softball
- Adapted Floor Hockey
- Alpine Skiing
- Baseball
- Basketball
- Cross Country
- Running
- Dance Team, Competitive
- Football
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Nordic Skiing
- Soccer
- Softball
- Swimming and Diving
- Synchronized Swimming
- Tennis
- Track and Field
- Volleyball
- Wrestling

FINE ARTS

- ACTIVITIES
- Debate
 - Speech

FINE ARTS

- ACTIVITIES
- Band
 - Choir
 - One-Act Play
 - Orchestra
 - Visual Arts

OTHER

- Cheerleading

INTRAMURALS

- Badminton
- Basketball
- Bowling
- Golf
- Volleyball
- & Others

ACTIVITIES

- Amnesty International
- Art Club
- BPA
- Chinese Club
- Close-Up
- Club Y.E.S.
- Creative Writing Club
- Dance Team, Performance
- DECA
- Drama Club
- First Robotics
- Future Problem Solving
- International Club
- Knowledge Master Open
- Language Study & Travel Program
- Link Leader
- Math Team
- Mock Trial
- National Honor Society
- News Break
- Photography Club
- Political Issues Group
- Quiz Bowl
- R.A.R.E.
- Science Bowl
- Science Olympiad
- SkillsUSA
- Student Council
- Superniteage Team
- Television Production Club
- Trap Club
- Trojan Leadership Council
- Trojan Tribune
- Yearbook
- & Others

FINE ARTS

- Musicals/Plays

- The District 284 Extracurricular and Curricular Behavior Policy supersedes MSHSL Bylaw 205 - Chemical Eligibility and Bylaw 209.00 - Sexual/Racial/Religious Harassment/Violence and Hazing.
- Students must serve a consequence in each category in which they participate - MSHSL, Wayzata High School Intramurals, Activities, and Fine Arts.
- Violations for chemical use, Harassment/Violence/Hazing, Gross Misconduct, or Illegal Behavior are all grouped together and are accumulative penalties.

CONCUSSION MANAGEMENT RECOMMENDATIONS FOR MSHSL ATHLETES

Acute injury

When a player shows any symptoms or signs of a concussion, the following should be applied.

1. The player should not be allowed to return to play in the current game or practice.
2. The player should not be left alone, and regular monitoring for deterioration is essential over the initial few hours after injury.
3. The player should be medically evaluated after the injury.
4. Return to play must follow a medically supervised stepwise process.

A player should never return to play while symptomatic. "When in doubt, sit them out!"

Return to play protocol

As described above, most injuries will be simple concussions, and such injuries recover spontaneously over several days. In these situations, it is expected that an athlete will proceed rapidly through the stepwise return to play strategy.

During this period of recovery in the first few days after an injury, it is important to emphasize to the athlete that physical and cognitive rest is required. Activities that require concentration and attention may exacerbate the symptoms and as a result delay recovery.

The return to play after a concussion follows a stepwise process:

1. No activity, complete rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post-concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours.

In cases of complex concussion, the rehabilitation will be more prolonged, and return to play advice will be more circumspect. It is envisaged that complex cases should be managed by doctors with a specific expertise in the management of such injuries.

An additional consideration in return to play is that concussed athletes should not only be symptom-free but also should not be taking any pharmacological agents/drugs that may affect or modify the symptoms of concussion. If antidepressant treatment is started during the management of a complex concussion, the decision to return to play while still receiving such medication must be considered carefully by the clinician concerned (see below).

When there are team physicians experienced in concussion management with access to immediate—that is, sideline—neurocognitive assessment, return to play management is often more rapid, but it must still follow the same basic principles, namely full clinical and cognitive recovery before consideration of return to play.

Neurocognitive testing, utilizing computerized program like CogSport (Concussion Sentinel), Impact, and Headminders, can be a useful adjunct to the management of concussion in high school athletes and are best applied to the management of concussion when there is a baseline test to use for comparison after concussion. Baseline testing should be considered for athletes competing in contact sports, especially football, ice hockey, soccer, wrestling, and basketball. Testing is most cost effectively applied after symptoms have resolved.

For more information please refer to the references listed below and www.concussionsafety.com.

Signs Observed By Coaching Staff

Appears dazed and stunned
Is confused about assignment or position
Forgets sports plays
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 prior to hit or fall
Can't recall events after hit or fall

Symptoms Reported By Athlete

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not "feel right"

2011-2012 MSHSL Athletic Eligibility Statement - School Enrollment History and Health Questionnaire

Statement to be signed on both sides by the participant from a MSHSL member school and by the participant's parent or guardian.

Student Name _____ Sport(s) _____

Grad Year 20__ Birth Date _____ Age _____ Gender _____ School Wayzata High School

Home Address _____ street and number _____ city _____ zip _____

Home Phone: _____ email: _____

Parent/Guardian Name: _____ Phone: _____

Parent/Guardian Name: _____ Phone: _____

Allergies/Health Concerns: _____

SCHOOL ENROLLMENT HISTORY

LIST ALL SCHOOLS ENROLLED IN DURING THE FOLLOWING SCHOOL YEARS SINCE ENTERING THE 9TH GRADE:

2011-2012 _____ 2010-2011 _____

2009-2010 _____ 2008-2009 _____

Circle yes (Y) or no (N) Circle question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports?Y / N

IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR

2. In the last year, have you passed out or nearly passed out DURING or AFTER exercise?Y / N

3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise?Y / N

4. In the last year, does your heart race or skip beats (irregular beats) during exercise?Y / N

5. In the last year, do you get light-headed or feel more short of breath than expected during exercise?.....Y / N

6. In the last year, have you had an unexplained seizure?.....Y / N

IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR

7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason?Y / N

8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including an unexplained drowning, an unexplained car accident, or Sudden Infant Death Syndrome)?.....Y / N

9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning?.....Y / N

10. In the last year, has anyone in your immediate family developed hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT Syndrome, short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia?Y / N

11. In the last year, has anyone in your immediate family been diagnosed with Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT Syndrome, short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia?Y / N

12. In the last year, has anyone in your immediate family under age 50 have a heart problem, pacemaker, or implanted defibrillator?.....Y / N

MEDICAL RISK QUESTIONS IN THE LAST YEAR

13. Have you had infectious mononucleosis (mono) within the last month?Y / N

14. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches?.....Y / N

15. In the last year, have you had numbness, tingling, weakness in, or inability to move your arms or legs after being hit or falling?Y / N

Parents or Legal Guardians - please note:

- A "Yes" answer to any of the above questions will require a clearance note from a physician prior to participation.
• Please list below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Student's signature _____ Date _____

Parent's or legal guardian's signature _____ Date _____

Athletic/Activity Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)
SQPE DUE ____/____/____ CLEARED FOR SPORTS YES NO

2011-2012 MSHSL Athletic Eligibility Statement

Statement to be signed on both sides by the participant from a MSHSL member school and by the participant's parent or guardian.

- I have read, understand, and acknowledge receiving the 2011-2012 Athletic Eligibility Brochure, which contains a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official Handbook of the MSHSL is on file with the senior high school athletic director and/or principal and that I may review it, in its entirety, if I so choose. The Official Handbook and MSHSL bylaws are also posted on the MSHSL Web site: www.mshsl.org under Handbook.
- I understand that once I sign the eligibility statement all eligibility rules apply:
 - Twelve (12) months of the year;
 - Whether I am currently participating or not;
 - Continuously from the first signing of this statement through the completion of my high school eligibility.
- I further understand that a member school of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletic activities a school may sponsor and that local rules may be more stringent, and penalties more severe, than MSHSL rules.

STUDENT CODE OF RESPONSIBILITIES

- As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:
 - I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
 - I will be fully responsible for my own actions and the consequences of my actions.
 - I will respect the property of others.
 - I will respect and obey the rules of my school and the laws of my community, state and country.
 - I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.**A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student not in good standing, a student may not serve any penalty or MSHSL bylaw violations.**

CHECKLIST FOR STUDENT ELIGIBILITY

If you cannot circle yes (Y) on all 11 items, see your athletic director or principal.

1. Making academic progress toward graduation. Y/N
2. Will not have turned 20 before the start of the season in which I participate. Y/N
3. Physical exam dated after 6/15/09 on file **IN THE ACTIVITIES OFFICE**. Y/N
4. Have not transferred schools..... Y/N
5. Will not play more than four (4) seasons in any sport in grades 9-12..... Y/N
6. Have not dropped out of school or repeated a grade while in high school..... Y/N
7. Have not accepted cash in any amount or merchandise valued at more than \$100 for participating in a sport..... Y/N
8. Have not and will not compete in non-school events in my sport after reporting for the school team..... Y/N
9. Have not and will not use or possess tobacco or alcoholic beverages, use, consume, have in possession, buy, sell or give away any other controlled substance, including steroids..... Y/N
10. Have not and will not violate the racial/religious/sexual harassment/violence/and hazing bylaws of the MSHSL. Y/N
11. I agree to fully cooperate in any investigation honestly and truthfully..... Y/N

• **Informed Consent:** By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Herpes Hepatitis B and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN A MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT'S/ GUARDIAN'S SIGNATURE.**

• I consent to the athletic trainer or coach treating injuries and authorize them to discuss those injuries with and release any applicable medical information or records relating to those injuries to coaches, school staff and other qualified health care providers as deemed necessary within their scope of practice. I further understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of a student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

• By signing this we acknowledge that we have read the above information contained in the Athletic Eligibility Brochure and Statement.

• We, the student and parent, have reviewed Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and found on the League's website www.mshsl.org.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility. In addition, the student/parent understands and agrees that public information shall include names and pictures of students participating in or attending extra-curricular activities, school events, and High School League activities or events.

Student's Signature

Birth Date

Graduation Year

Date

Parent's or Guardian's Signature

Date