



ISSAQUAH
SCHOOL DISTRICT 411

STUDENT ATHLETIC
HANDBOOK

2010-2011

Issaquah High School

Liberty High School

Skyline High School

Dear Parent/Guardian:

We hope your student has an enjoyable experience while involved in athletics, cheer, dance and drill during his/her time in the Issaquah School District. *We ask that you review this handbook and spend time discussing it with your student.* This handbook provides general information about high school athletics. In addition to this information, we are also governed by Issaquah School District Policies & Procedures and the rules governing WIAA. Because your awareness of the contents of this handbook is very important, we require that you and your student sign the last page of this handbook and have your son or daughter return it to his/her school's Athletic Office. The sign-off sheet is also available on the District's Website at www.issaquah.wednet.edu

STUDENT ATHLETIC HANDBOOK TABLE OF CONTENTS

	Page
Student Athletic Handbook Letter to Parents	2
Table of Contents	2
Athletic Goals for the Issaquah School District	3
Athletic Registration Procedure	4
Athletic Eligibility-Criteria	4-6
Attendance Regulations	6-7
Conduct for Athletes	7-10
Discipline Procedures and Due Process	10-11
Dressing Room Procedures	12
WIAA Out-of-Season Regulations	12
General Sports Rules	12-13
Equipment	13
Recognition	13-14
NCAA Collegiate Athletic & Scholarship Eligibility	14
Physical Education Waiver	14
Religious Holidays	14
Running Start and Home-Based Eligibility	14
Scholastic Achievement Awards	14
Spectator Guidelines	15
Travel Rules for Athletics	15
Weather Closure Guidelines	15
Parent/Student Sign-Off Sheet.....	16

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Athletic Goals for Issaquah School District

To establish and maintain a program that will promote the greatest possible number of well rounded successful participants in each interscholastic sport.

TEAM:

- Develop organizational criteria that will aid the coach in the optimum management of his/her program.
- Establish maximum, effective squad/team sizes based on facilities, equipment and availability.
- Develop competitive goals that are consistent with the accomplishments desired.

PARTICIPANT:

- Provide an opportunity for students to develop physical skills and to better satisfy their interest and desire for competition.
- Develop physical vigor and desirable health habits.
- Develop qualities of good citizenship by subscribing to the written and unwritten rules of sportsmanship.
- Develop social competence through interdependence with teammates, coaches, officials, and athletes from other schools.
- Develop valuable personal qualities of responsibility and leadership.

STUDENT BODY AND SCHOOL:

- Capitalize on the potential of athletics/spirit as an educational force.
- Enhance unity and school morale through the athletic program.
- Maintain a program that develops a reputation of disciplined conduct.
- Develop student interest by enlisting their aid in support of the program.
- Maintain a program broad in scope, which offers activities that are interesting and beneficial to the greatest number of students.

PARENTS AND COMMUNITY:

- Understand the important implications of an athletic contest.
- Recognize that control of/and responsibility for the athletic programs rest with school personnel.
- Value the athletic program in creating community unity and pride.
- Encourage commitment in support of athletics from the parents and the community.

NOTE: All interscholastic athletic programs shall be conducted in accordance with the letter and spirit of the rules and regulations of the Issaquah School District, KingCo League, Washington Interscholastic Activities Association, & the National Federation of State High School Associations.

Athletic Registration Procedure

Prior to the start of each sports season/activity, every athlete/participant must participate in the eligibility process. Registration forms are available from the athletic secretary in each of the high school's Activities Office or can be downloaded from the school's website or at www.issaquah.wednet.edu. We encourage you to complete the process early.

THE STUDENT-ATHLETE MAY NOT PARTICIPATE IN PRACTICE WITHOUT COMPLETING THE ELIGIBILITY PROCESS AND RECEIVING THE CLEARANCE FORM.

Forms and Requirements:

1. Check-off (Form #1)
2. Athletic Participation (Form #2)
3. Parent Approval Part I (Form #3)
4. Parent Approval Part II (Form #4)
5. Physical/Wellness Check (Form #5)- Annual Physical Required
6. Student Athletic Handbook Sign-off sheet (Form #6)
7. Emergency Authorization (Form #7)
8. Concussion Awareness (Form #8)
9. Inherent Risk Form-specific to your sport
10. ASB Card - \$55.00
11. Sports Fee - \$120.00 (maximum of \$240 per student per year)
12. All school fines paid
13. Participate in an ISD Drug and Alcohol informational meeting prior to competing in contests.

Please use the school's athletic checklist in order to assure all forms are appropriately completed and signed. When all forms are completed, the student should bring them to the school's **Athletic Office**.

ELIGIBILITY FORMS AND CHECKS SHOULD NEVER BE GIVEN TO THE COACH.

After reviewing that all requirements are met, the Athletic Office will give the student an ATHLETIC CLEARANCE FORM to provide to the coach.

Athletic Eligibility-Criteria

All member schools of KingCo League and WIAA are expected to monitor the eligibility of each student carefully. Failure to comply with the regulations can render an individual ineligible, which may negatively affect the athlete, the team, and the school. There are established consequences for schools with re-occurring eligibility violations, including probation from competition for the individual and/or the school program. In some cases, the student may need to appear before the KingCo League Eligibility Committee to address extenuating circumstances. The Athletic Director is available to work with the parent and athlete to explain and facilitate the appeal/hearing process.

All contestants must be eligible under the rules of the Washington Interscholastic Activities Association (WIAA) and the Issaquah School District to participate in an interscholastic contest.

Only players who are currently eligible to participate in an activity may appear in their team uniform on the team bench, sideline, court, field or deck during the contest. A student must be currently eligible to participate in an activity in order to participate in the pre-event warm-up. (WIAA Section 18)

A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student athlete is one who engages in athletics for the physical, mental, social, and educational benefits derived

there from, and to whom athletics is an avocation and not a source of financial reward. More specific information is available at www.wiaa.com (see WIAA Handbook).

Students must be regular members of the school they represent in order to participate in an interscholastic athletic activity. Students are “regular members” of a school if they are enrolled in 5 classes in a 6 period class schedule or 7 classes in an 8 period class schedule exclusive of interscholastic athletic activities. Full-time Running Start students and students who are home-based according to RCW 28A.225.010 (4) are considered “regular members” of a school if they are living in that school’s attendance area. Schools may allow only seniors, **who are on track to graduate**, to initially enroll in one less class. For additional information see the WIAA Athletic Handbook.

Students attending private schools may participate with Issaquah School District teams provided they comply with Issaquah School District and WIAA regulations. A full-time student in a private school or a certified educational clinic student may participate on the interscholastic teams of his/her resident public school **if** the student resides within the service area of that public school and **if** the interscholastic activity is unavailable to the student in the private school. Students in a private school must meet the same team responsibilities as public school team members and are obligated by the same standards of behavior and performance as other members of the team. Students attending Tiger Mountain Community High School may be eligible to participate at their attendance area schools.

The use of students who are ineligible according to either WIAA or Issaquah School District rules may result in the forfeiture of contests in which the participant took part, except in situations in which it has been determined that the participant/parent/guardian provided the school with false information which caused the school to declare the student eligible (e.g., false address). In such case, the participant will be declared ineligible for varsity level interscholastic competition for a period of one calendar year from the date of the decision and official notification.

RESIDENCY REQUIREMENT – In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the high school.

TRANSFERS – After registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district **or from one high school to another high school within a multiple high school district** shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residency requirements or transferring student requirements. (WIAA Section 18)

ACADEMIC ELIGIBILITY – Academic eligibility will be determined at the beginning of each season by the athlete’s academic performance in the previous grading period (most recent quarter, trimester or semester). For athletic eligibility purposes only, unless otherwise stipulated, “NC” and “U” grades will be considered an “F” and computed as such in GPA computations. Students not meeting the required initial 2.00 GPA will be placed on academic probation through the first three competition weeks as determined by the Issaquah School District. Students who meet the 2.00 GPA criteria but who do not pass all classes will be put on probation through the first two competition weeks. During probation an athlete may practice with the team but not participate in contests. Jamborees are not considered contests; however, ineligible students may not participate in them.

At the end of the first probation period, grades in *all* classes will be checked. If an athlete is passing all classes at this time with a minimum 2.00 GPA, s/he will be released from probation. If grades are still deficient the student will be placed on a second two-week probation. If, at the end of the second consecutive probation period, a student is still deficient in grade requirements, s/he may be released from the team at the discretion of the coach in consultation with the school administrator/designee.

Ongoing academic eligibility checks for all student athletes will occur regularly throughout the season. Specific dates for the upcoming year are posted on the school's website. Student athletes who are not passing all classes or fall below the required 2.00 GPA during the season will be placed on academic probation for two (2) weeks of contests.

AGE LIMITS - SENIOR HIGH SCHOOL – Students shall be under 20 years of age on September 1 for the fall sports season; on December 1 for the winter sports season; on March 1 for the spring sports season.

REGULAR ATTENDANCE – The student shall be enrolled and in regular attendance within the first fifteen (15) school days of a semester at the start of a current semester/trimester in order to participate in interscholastic contests during the current semester.

PHYSICAL EXAMINATION – Prior to the first practice for participation in interscholastic athletics in a high school, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination/well-child check. The school for which this student will compete must have on file the Pre-participation History and Physical Examination Form (School District Policy 2151 F1) signed by a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for all activities in which the student wishes to participate. **This physical will be valid for no more than thirteen (13) consecutive months; however, the physical must be valid through the end of the regular season and post season.**

Those licensed to perform physical examinations include MD, Doctor of Osteopathy (DO), Certified Registered Nurse (ARNP), Physician's Assistant (PA) and Naturopathic Physicians.

If a student sustains an injury deemed serious enough by school personnel to require medical care, a student may not return to conditioning, practice sessions, or competition without a signed **RELEASE TO PLAY FORM** from a licensed physician. Any student who is under a physician's care for illness/injury may not return to conditioning, practice sessions, or competition without a signed **RELEASE TO PLAY FORM** from a licensed physician. (Please note **all** concussion/head injuries require medical care – see Concussion Information Form #8)

NON-SCHOOL PARTICIPATION – During any sport season after joining a school squad, students may not participate on college and/or professional teams in that sport.

Students are not to be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

Students shall not compete in the official uniform of the school at non-school events.

HARDSHIP CASES – The WIAA District Eligibility Committee, the Executive Director, and the WIAA Executive Board are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 of the WIAA Handbook, provided such exceptions are based upon hardship conditions which are deemed to have contributed in a significant way to non-compliance with specific regulation(s) which may be appealed. Please contact the Athletic Director if you feel there is a hardship case.

Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the control of the student's, or where applicable, their parents' or legal guardian's control, which are deemed to have significantly influenced or contributed to the cause of the student's non-compliance with the eligibility regulation(s) involved. Students who receive eligibility waivers from WIAA will also be eligible under Issaquah School District Policy.

Attendance Regulations

Parents and athletes are requested to make a strong commitment to regular daily attendance in school, sports practices, and contests. Participation in the athletic program should enhance and not detract from the importance of the academic program and the educational requirements.

The athlete is expected to be in daily attendance in all of his/her scheduled classes on time and prepared to participate in the learning activities in a positive manner.

IF AN ATHLETE IS NOT IN ATTENDANCE IN ALL OF HIS/HER CLASSES, HE/SHE CAN NOT PARTICIPATE IN PRACTICE OR AN EVENT THAT AFTERNOON OR EVENING.

In cases of medical, dental, family emergencies, or legal appointments, the Athletic Director has the discretion to modify this expectation. The student athlete and parent must present written verification of the appointments upon arrival at school.

Regular attendance and participation by each team member at practices and contests is essential to the success of the athlete and the team. Team morale is enhanced by each athlete's commitment to the program through attendance and the safety of skill progression is ensured.

It is the expectation that athletes will attend all practices and contests as defined/established by the coach. If attendance becomes an issue and impacts the team, a coach may impose discipline up to and including dismissal from the team.

Conduct for Athletes

The opportunity to participate in athletics, dance, drill and cheer representing your school is a privilege. Due to the public nature of high school athletic programs, students who choose to participate are expected to conduct themselves at all times in a manner that will reflect the high standards and ideals of the school, community and Issaquah School District. Students who commit unlawful acts or engage in delinquent behavior may be subject to disciplinary action up to and including **athletic disqualification**. All Issaquah School District athletes, cheer, dance and drill members are expected to adhere to all Issaquah School District policies as explained in each school's *Student Handbook* and the *District Athletic Handbook*. In addition to these general rules, coaches may establish other team expectations specific to their program.

The following rules apply to all students participating in interscholastic activities and specific extra-curricular activities. These rules will apply to all student-athletes, cheer, dance, and drill members, at all times throughout the school year, including in season, out of season, and between seasons. The school year is defined as beginning with fall tryouts through the last day of school and will include any school-sponsored summer activities or any private activity/camp that disrupts or impacts the school team or the school educational process.

1. Student athletes are expected to demonstrate exemplary conduct on and off the campus, adhere to school and community laws and show respect for others and their property.
2. Any student on suspension/expulsion from school will not be permitted to participate in or attend any athletic activities.
3. Students who voluntarily choose to be members of teams/squads and become student-athletes are expected to:
 - a. Be courteous and hospitable to visiting teams.
 - b. Respect the integrity and judgment of officials and accept their decisions without question.
 - c. Play hard and to the best of their ability.
 - d. Be modest when successful and gracious in defeat.
 - e. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
4. All students who participate in the athletic program of the Issaquah School District will comply with all rules and regulations as outlined in the school student handbooks, and Issaquah School District Policy. All student athletes will submit to the reasonable discipline of the school authority or school designee.

5. Students engaging in, attempting or conspiring to engage in inappropriate conduct as listed below are subject to corrective action or sanctions. Such actions or sanctions include athletic and/or school discipline, athletic probation, athletic and/or school suspension, athletic disqualification and/or school expulsion. Examples include the following:

- disruptive conduct
- disobedience of reasonable instructions from school authorities
- refusal to identify oneself
- unauthorized absence from turnout or game
- cheating
- commission of any criminal act as defined by law
- Use, possession, and/or sale of substances capable of or intended, purported, or presumed to be capable of altering a student's mood, perception, behavior, performance or judgment, other than properly used, over-the-counter pain relievers and medications prescribed by a physician for an individual student and used at school in accordance with Policy 3416
- immoral conduct
- vulgarity or profanity
- destruction or defacing property
- extortion
- intimidation or harassment including, but not limited to, hazing (including racial/gender/age/sexual orientation or grade level) of another student or employee
- assault on another student or employee
- possession or use of any dangerous weapons, substances, or objects
- violation of any rule listed in the school's student handbook or in the "Rules of Conduct" in Issaquah School District Policy 3240.

ALCOHOLIC BEVERAGES, DRUGS, AND CHEMICAL SUBSTANCES: Any student attending and/or remaining at an event where it is reasonably known that consumption of any of the below mentioned substances by a minor(s) occurs will also be subject to these rules. It is the responsibility of the student-athlete or squad member to remove himself/herself **immediately**, beyond all reasonable doubt and proximity, from the situation. A student-athlete/squad member who makes a willful choice to remain at such an event is in violation of the following rule:

Issaquah School District Policy #3240 – Rule #2

A student shall not possess, use, sell, transmit, be under the influence of, or show evidence of having used any alcoholic beverage, or other drugs or substance(s) capable of or intended, purported, or presumed to be capable of altering a student's mood, perception, behavior or judgment, other than properly used, over-the-counter pain relievers and medications prescribed by a physician for an individual student and used at school in accordance with Policy 3416. Nor shall the student possess, use, sell or transmit paraphernalia associated with such drugs, alcohol, or chemical substances.

The following sanctions will apply to any student-athlete in violation of this policy. (If sale and/or distribution is involved please see additional information below on sanctions):

First Violation of Alcohol, Drug and Chemical Substances:

Any student-athlete/squad member in violation of the alcohol, drug and chemical substance rule shall be *immediately* ineligible and placed on **athletic suspension** from the interscholastic program **for no less than 60 days**. **Athletic suspension** shall continue into the next sport/activity season in which the participant wishes to participate. Time between WIAA defined sport seasons shall not be counted toward this 60 day period.

Reinstatement Opportunity for First Time Violation:

1. In-Season Athlete

A participant who seeks and/or receives help for their drug/alcohol problem shall be given the opportunity for assistance through a school approved certified public or private treatment agency. The participant must comply with all requirements imposed by the treatment agency. All costs for such participation shall be the sole responsibility of the student/family, and will not be covered by the school or school district. In no instance shall participation in the school approved assistance program excuse a student-athlete from subsequent compliance with this regulation.

Successful utilization of this opportunity and compliance with the athletic code by the student-athlete, may allow him/her to have eligibility re-instated in the athletic program after a **minimum** two week suspension from athletics/activities competitions. Prior to being reinstated, the school principal or designee must verify that the student is meeting all conditions imposed by the treatment agency and recommends that the school supports re-instatement of the student after serving their minimum two-week period of suspension from competitions. A student who is placed on **athletic suspension** may not practice, compete, sit on the bench or attend any other team events during the period of suspension.

2. Out-of-Season Athlete

A student who is **out-of-season** when the infraction occurs will be allowed the same reinstatement opportunity as the student who is in-season at the time of the infraction. The out-of-season athlete who seeks and/or receives help for the problem will be allowed to participate in turnouts (practices but no competitions) at the beginning of the season until s/he has met the minimum WIAA eligibility requirements for that specific sport. After that time, the student will be disqualified from the interscholastic program for the required minimum of two weeks of competition during which time s/he may not attend practices, compete, sit on the bench or attend any other team events. This exception to allow out-of-season athletes to participate in initial tryouts and qualifying practices at the beginning of a season confines disqualification to a minimum of two weeks (same as the in-season athlete) rather than two weeks of no practice, plus an additional time period of pre-season practices as required by WIAA.

Second Violation for Drug, Alcohol and Chemical Substances:

In-Season and Out-of-Season

A participant who violates this policy for a second time during his/her high school career shall be placed on **athletic disqualification** for a period of no less than one (1) calendar year from the date of the second violation.

Third Violation for Drug, Alcohol and Chemical Substances:

In-Season and Out-of-Season

A participant who violates this policy for a third time during his/her high school career shall be placed on permanent **athletic disqualification**.

Sale and/or Distribution of Drugs, Alcohol and Chemical Substances: ***In-Season and Out-of-Season***

The penalty for the sale and/or distribution of alcoholic beverages, drugs or chemical substances by any student-athlete will result in an **enhanced penalty**, e.g. a first time infraction involving such conduct will result in the student's **athletic disqualification** for a period of no less than one (1) calendar year from the date of the violation, a second-time infraction involving this conduct during his/her high school career will result in permanent **athletic disqualification**.

TOBACCO PRODUCTS (CIGARETTES, CHEW, ETC.): The following sanctions will apply to any student-athlete in violation of this policy:

First Violation:

The possession and/or use of tobacco products will result in the student being placed on **athletic suspension** for a period of no less than one (1) week. The student-athlete's attendance at a tobacco cessation class will be a mandatory condition of the student-athlete's return.

Second Violation:

The student-athlete shall be placed on **athletic suspension** for a period of no less than ten (10) weeks. If less than ten weeks remain in the current season, the **athletic suspension** will carry over to the next competitive season in which s/he competes.

Before an athlete can again represent the Issaquah School District in athletics, s/he must successfully complete a mutually agreed upon nicotine treatment program.

Third Violation:

A student-athlete who violates this rule for a third time shall be placed on permanent **athletic disqualification**.

DISCIPLINE PROCEDURES AND DUE PROCESS FOR ATHLETIC DISCIPLINE

Definitions for Athletic Discipline

Athletic Discipline: Athletic discipline will mean all forms of corrective action or sanction other than athletic probation, athletic suspension or athletic disqualification and may include the exclusion of a student athlete from an activity by a coach for a given period of time.

Athletic Probation (Non-Academic): Athletic probation is a period during which a student athlete remains a part of the team/squad while s/he is given an opportunity to correct the deficiencies in a time prescribed by the head coach/athletic director. During athletic probation, student-athletes will continue to participate in turnouts (practices) but will not participate in competitions.

Athletic Suspension: Athletic suspension is a period during which a student-athlete is removed entirely from all team/squad activities for a specified number of days. The duration may be extended beyond the current season. A student who is suspended may not practice, compete, sit on the bench or attend any other team events during the period of suspension.

Athletic Disqualification: Athletic disqualification is the complete removal of the student from the athletic, cheer, dance, and drill programs.

1. Athletic Discipline and Athletic Probation:

When **athletic discipline** is imposed, the coach/advisor will:

- Meet with the student-athlete to discuss the reason(s) for **athletic discipline**.
- Document the athletic discipline if it may lead to **athletic probation** or more severe sanctions.

When **athletic probation** is imposed, the coach/advisor will:

- Meet with the Athletic Director to review the reason(s) for **athletic probation** and secure approval.
- Inform the student-athlete of the deficiencies, how the student-athlete is to correct them and the number of days of athletic probation/discipline, and, follow up with notification to the parent/guardian.

Upon completion of the probationary period, and if the deficiency is corrected, the student-athlete is removed from athletic probation; if the deficiency is not corrected, the athletic probationary period is extended or the student-athlete is recommended for **athletic suspension** and/or **athletic disqualification**.

2. Athletic Suspension/Athletic Disqualification:

Prior to **athletic suspension/athletic disqualification** of any student-athlete, a conference will be conducted with the student-athlete as follows:

- The Principal/Designee will present to the student-athlete an oral and/or written notice of alleged misconduct and violation(s) of school district rules; the evidence of school district rules; the evidence in support of the allegations; and the corrective action or sanction to be recommended.
- The student-athlete will be provided the opportunity to present an explanation.

When **athletic suspension/athletic disqualification** has been imposed, the student-athlete will be orally notified of the action taken. Promptly thereafter, written notice will be sent by mail to the student-athlete and the athlete's parent/guardian containing the following information:

- The action taken
- The reason for disciplinary action, and,
- The right to an informal conference with the building principal to review the **athletic suspension/athletic disqualification**

A copy of the **athletic suspension/athletic disqualification** notice will be sent to the Executive Director of Secondary Education.

3. Grievance Procedure:

- Any student-athlete, parent or guardian who is aggrieved by any athletic discipline, probation, or disqualification has the right to an informal conference with the Principal, or his/her designee for the purpose of resolving the grievance.
- At the informal conference, the student, parent/guardian will be subject to questioning by the Principal or his/her designee and will be entitled to question school personnel involved in the matter being grieved.
- Subsequent to the building level grievance meeting, the student or parent/guardian, upon **two** school business days' prior notice, shall have the right to present a written and/or oral grievance to the superintendent of the district or his/her designee.
- If the grievance is not resolved, the student, parent, or guardian, upon **two** (2) school business days' prior notice, shall have the right to present a written and/or oral grievance to the board of directors **during the board's next regular meeting**. The Board of Directors will notify the student-athlete and the student-athlete's parent/guardian in writing of its decision within ten (10) school business days following the meeting.

The **athletic discipline, probation, suspension or disqualification** will continue notwithstanding the implementation of the grievance procedure.

Dressing Room Procedures

1. Rough-housing, hazing or “horse-play” of any sort is dangerous and will not be permitted at any time.
2. Keep assigned lockers locked and clean.
3. It is recommended that athletes shower after each game and/or turnout as a health and training practice. Be sure to turn off all showers before leaving. Dry in the drying areas and not in the dressing room.

WIAA Out-Of-Season Regulations

Out-of-season for all high school sports shall be from August 1st until the first day of the specific sport turnouts and from the final day of the state tournament for that sport until the conclusion of the final spring sport state tournament.

- School sponsorship or promotion of practice and/or participation in a given sport contest must be restricted to the WIAA designated season for that sport.
- A coach may have one meeting with the squad prior to the opening day of practice to issue equipment and explain to the participants such issues as insurance, physical examinations, season’s plans, training regulations and any other pertinent information deemed necessary by the coach. This restriction does not apply to fundraising activities. Fundraising activities are subject to the approval and rules of the participating school districts and/or Association Student Body governments.
- A school coach may not sponsor, coach or direct activities which resemble out-of-season practices or contests in the sport they coach to any of their team/squad members or future team/squad members (feeder schools) until after the final spring WIAA tournament is completed.
- A member school may organize and supervise a year-around conditioning program to include weight training, running and exercising provided it is open to all students and does not include instruction in specific sport skills.

As a condition of WIAA membership, the school must comply with these rules and may not waive them.

GENERAL SPORTS RULES

PRACTICE REGULATIONS - School sponsorship or promotion of practice and/or participation in a given sport contest must be restricted to the WIAA designated season for that sport. Several practice regulations that apply to all sports during the school year are as follows:

- Practice shall be limited to each sports season as defined under each sport. Practices in one sport cannot be transferred toward the number of practices required in another sport.
- A coach of a school team (contracted or volunteer) may conduct practice only during the WIAA sport season or during the summer.
- For the purpose of meeting the pre-contest practice requirements, practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice. A practice is further defined as any attempt by the coach of a school team (contracted or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.
- One day is equal to one practice for purposes of meeting the minimum practice requirements.
- Practice days are considered to be Monday through Friday with Saturday being an allowable practice day.
- **No voluntary or mandatory practices, meetings or open gym(s) are to be scheduled on Sunday.**
- Practice on a game day shall not count as a required practice.

SPECIALIZED SPORT CAMPS - Participants in a school-sponsored sport may not attend camps or clinics in that sport after July 31st if the participant's coach is a clinician/organizer of the camp or clinic. (See WIAA Section 17)

OPEN GYM - Schools may conduct open athletic facilities (gym, pools, field, and track) in the off-season if the following conditions are met (WIAA Section 17):

1. The program is part of the school district organized recreational or activity program.
2. Activities are open and advertised to all members of the student body.
3. Only members of the student body may participate (no neighboring schools or feeder school students).
4. Students have a choice of activities.
5. No coaching or drilling of the athletes attending in specific sport skills occurs.
6. Supervision can be by any individual approved by the school district.
7. Participation in open gym cannot be a requirement or condition of participation on a school team.

SUMMER ACTIVITIES- Summer is defined as the first day following the WIAA spring tournaments until July 31st.

- Use of school equipment is not permitted. An exception has been made for football helmets and pads (See Equipment).
- Posting of information about summer athletic participation opportunities in the athletic administrators' office is permitted during the WIAA-defined school year.
- Coaches may conduct activities during the summer on their own, as individuals.

A school athlete's participation in any school-sponsored camp, clinic or other similar program in any sport shall not begin until the conclusion of the final WIAA State Tournament of the school year. Participation in these camps and/or clinics is not required by the school district.

It is the philosophy of the Issaquah School District that students may be afforded the opportunity to participate in activities during the summer if they so choose. Students should also be provided with an opportunity to participate with their families during the summer or simply take a break from sports prior to the start of fall sports turnouts. Summer athletic activities are not under the jurisdiction of the Issaquah School District, however, any incident that may adversely impact the team or school will be investigated by the District and consequences may be given to any student(s) involved.

Equipment

School equipment checked out by the student athlete is the student's responsibility. The student athlete is expected to keep and return it clean and in good condition. Athletes will be responsible for lost school equipment assigned to them. Coaches are not permitted to issue equipment to athletes outside of the school year sports season. An exception is made for football helmets and pads only. Helmets and pads must be checked out to the student-athlete by the coach and returned to the coach at the end of the camp. It is expected that it will be reissued to the same student for the upcoming season.

Recognition

PROCEDURES:

1. Senior high varsity award winners may purchase a letter jacket and/or letters at the end of the sports season after receiving their award certificate.
2. Award winners will receive their certificates at an awards banquet or awards assembly as determined by each school.
3. Issaquah School District will furnish certificates.

STANDARDS FOR LETTER AWARDS:

In all cases, the judgment of the head coach will be the deciding factor in determining who will become “candidate eligible” to be awarded a letter, however, basic guidelines or general standards includes:

1. Participate in one-fourth the number of total quarters or the equivalent for your sport.
2. Complete the season unless injured or excused by coach for special reasons.
3. Follow the Athletic Code.
4. Demonstrate regular attendance at turnouts.
5. Be a student in good standing.
6. Turn in all equipment and/or pay all fines and obligations.

NCAA Collegiate Athletic & Scholarship Eligibility

Students desiring to practice and compete during their freshman year at a NCAA Division I or Division II college must satisfy the requirements of the NCAA. Students wishing to receive financial aid from a Division I or II college must also satisfy the requirements of the NCAA.

A student’s eligibility for practice, competition, and financial aid in their freshman year at a Division I or II college must be certified by the NCAA Eligibility Center. It is important to see a school counselor as soon as possible to allow time for processing the required information. For specific information please check the NCAA Eligibility Center website at www.eligibilitycenter.org.

Physical Education Waiver

The Issaquah School District has developed guidelines and procedures pursuant to RCW 28A.230.050 that allow a student to receive a waiver for a portion of their Physical Education requirement for school-directed athletics. Students who request a waiver must fill out the appropriate waiver form which is available in the school’s counseling office. **Successful completion of a season means a student has participated in practices and contests on a consistent basis and finished the season in good standing.** See Issaquah School District Policy 2410 - High School Graduation Requirements for more details.

Religious Holidays

The Issaquah School District will make every effort to not schedule sporting events on major religious holidays which might prevent athletes from participating due to their religious beliefs. Individual students who miss practices or competitions will not be penalized due to their participating in their religious beliefs.

Running Start and Home-Based Student Eligibility

Running Start students and students who are home-based schooled are eligible to participate in all extra-curricular activities at their “school of record” and are subject to the same WIAA and Issaquah School District eligibility standards, rules and regulations as other student-athletes. “Running Start” students, who participate in club sport programs at the post-secondary institution they attend, forfeit their interscholastic eligibility for the corresponding WIAA sanctioned sport.

Scholastic Achievement Awards

The WIAA, in cooperation with the Washington Association of Secondary Principals, the Washington Middle Level School Principals Association, the Athletic Directors Association, the Washington State School Directors Association, and the Washington State Coaches Association will make available to schools scholastic achievement awards. Reference WIAA website for additional information at <http://www.wiaa.com/>

Spectator Guidelines

The WIAA spectator guidelines are published in the hope that high school athletics will be kept in the proper spirit of competition. It is hoped that all fans will abide by these guidelines. Your cooperation is appreciated.

1. Remember that the game is for the players. They are here because they want to play, compete and enjoy the experience. Your sportsmanship will enhance this educational experience.
2. Refrain from distracting the players during play.
3. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will.
4. Treat the officials with respect before, during and after the contest. We can not play the game without officials, as they are an integral part of the game, and they should be recognized as impartial arbitrators.
5. Display good conduct. Even though you paid for your admittance, the management has the authority to remove any spectator who does not conduct himself/herself respectfully. Abusive or inappropriate language is to be avoided.
6. Remember that your view of the game could be quite different from that of the official.
7. Recognize the fact that, as a spectator, you represent the school, as do the athletes.
8. Respect, cooperate and respond enthusiastically to cheerleaders.
9. **Spectators are to remain off the playing surface AT ALL TIMES.**

Travel Rules for Athletes

1. All athletes must travel to and from athletic events/contests in district provided transportation when it is provided. An athlete may travel with his/her own parent if the parent arranges with the coach, to transport his/her athlete in their own vehicle, having completed the required forms. An athlete may travel in a private vehicle with another parent, if the student's parent sends a written request to the coach prior to departure and the Athletic Director gives approval to the coach in charge as arranged by District Policy and having the required forms signed by the student and parent. (Form 2320 F3)
2. The district will not be providing transportation to and from certain, selected events/contests that take place within the Issaquah School District or within reasonable proximity to the school. A list of events/contests that do not have district provided transportation will be provided at the beginning of each sports season. If the district is not providing transportation to and from the event/contest, transportation is the sole responsibility of the parent/guardian.
3. Athletes will remain with their squad and under the supervision of their coach when attending any events/contests.
4. Misconduct of any sort while traveling to and from and while at the location of an away event/contest will be dealt with according to "Conduct for Athletes" and Issaquah School District Policy #3240.

Visiting athletes are representatives of the school and should conduct themselves in an exemplary manner.

Weather Closure Guidelines

If school is canceled or dismissed early due to inclement weather, ALL extra-curricular activities including practices will be canceled and rescheduled (as permitted). The following guidelines have been developed by the school districts in the Puget Sound area:

- If a district is closed due to weather-related problems, no practices or competitions will be permitted in that district during the time schools are closed for the emergency. This prohibition would extend through a weekend should school be closed on a Friday unless otherwise ruled by the Superintendent or his/her designee.
- In the event of closures during conference tournaments, the superintendent or his/her designee will decide the participation based upon the weather conditions anticipated at the time of the event (competitions only).

It is the intention of these guidelines to ensure personal safety of all individuals involved in the sports programs. Consistent application of these procedures in all districts allows all teams to compete on an even basis. Weather closures and game/practice cancellations will be recorded on each school's phone recording.

Athlete/Parent Sign-off Sheet – Form #6

The Issaquah School District demands a very high standard of acceptable student athlete behavior. **By participating in the interscholastic athletic, cheer, dance and/or drill programs, your son/daughter will be subject to the Athletic Code of Conduct during the school year, including in-season, out of season, and between seasons. The school year is defined as beginning with fall tryouts to the last day of school and will include any school-sponsored summer activities.** Please take the time to read and understand these sections, especially the consequences for being academically ineligible and the consequences for the use, transmission, possession of, and proximity to, alcoholic beverages, drugs, chemical substances, and/or tobacco.

You should also be aware that coaches are responsible for determining which athletes are to play in a contest; it is an interscholastic program and there is no guarantee that an athlete will play in a particular contest. Parents who have complaints about a coach or program are to follow Issaquah School District procedures outlined in School District Policy 4220 (Complaints Concerning Staff or Programs).

We hope you and your student have an enjoyable and rewarding experience in Issaquah School District athletics, cheer, dance and drill.

Paula Phelps, Principal
Issaquah High School

Mike Deletis, Principal
Liberty High School

Lisa Hechtman, Principal
Skyline High School

I have read the 2010-2011 Student Athletic Handbook and am aware of the expectations of being a student-athlete, cheer, dance or drill member representing the Issaquah School District during my high school career.

Student's Full Name: _____
(Please print)

School: _____ Sport: _____

Signature of Parent: _____ Date: _____

Signature of Student: _____ Date: _____

(DETACH AND RETURN TO THE SCHOOL'S ATHLETIC OFFICE)