

**Riverside
Brookfield
High School**

2011/2012

Athletic Handbook

Adopted July 12, 2011



Table of Contents

Introduction	3
Athletic Philosophy	4
Objectives of Participation	5
General Athletic Policies	6
Athletic Pay to Participate	7
Athletic Fundraising	8
Riverside Brookfield High School Curfew	9
Harassment	9
Transportation Policy	9
Physical Examination/Athletic Permit Requirements	10
Athletic Trainer/Training Room/Injuries	10
<i>Character Counts!</i> & Athletics	11
IHSA Sportsmanship By-laws	11
Expectations of Athletes	12
Expectations of Parents	12
Expectations of Coaches	13
Expectations of Spectators	14
Athletic Waiver	14
Athletic Physical Education	14
Booster Club	15
Metro Suburban Conference	15
Athletic Awards	15
Athletic Code of Conduct	16
IHSA Rules	17



Introduction to the Riverside Brookfield High School Athletic Handbook

The objective of this handbook is to provide information regarding athletics to the students and families of Riverside Brookfield. We require that all student athletes and parents/guardians review the Athletic Handbook. Please refer to this book for all policies and procedures required for athletic related expectations. Please note that IHSA policies are revised annually.

The Athletic Department would like to thank coaches, administrators, athletic trainers, parents and the RBHS Board of Education for their contributions in creating this handbook.

The Athletic Department of Riverside Brookfield is here to assist you in any way possible. We would like to welcome you to our athletic program. Congratulations and enjoy your athletic experience at Riverside Brookfield High School!

Art Ostrow
Athletic Director
ostrowa@rbhs208.org
708.442.9563



The Riverside Brookfield Athletic Philosophy

The interscholastic athletic program at Riverside Brookfield High School is an important portion of the academic structure the school provides. The goal of the Athletic Department is to provide programs that enhance the intellectual, emotional, and social development of every individual who commits to sport at Riverside Brookfield. The athletic program at Riverside Brookfield is an integral part of the total educational offerings of our school.

Riverside Brookfield’s commitment to excellence is directly correlated with the athletic program. A great work ethic and strong dedication toward each sport is expected. We expect each student athlete to feel a high level of pride at the completion of his/her tenure with our program.

Athletics are intended to be a positive learning experience. It is the intention of the Athletic Department to involve as many students as possible in the competitive and interscholastic learning experiences of high school athletics. Unfortunately, the competitive aspect of athletics does not grant every student the opportunity to participate on various teams nor does it guarantee an equitable amount of playing time. Both selection process and playing time are at the discretion of the coaching staff of each particular sport.

Athletics should never be considered above or beneath the normal operation of our school. Student athletes are expected to maintain strong educational standards in the classroom as well as dedication to athletics year round.

Riverside Brookfield High School’s commitment to excellence broadens to our athletic program. All Athletic Department activities will be conducted within the rules, regulations and policies of Riverside Brookfield High School, the Metro Suburban Conference, and the Illinois High School Association.



Objectives of Athletic Participation

Athletics at Riverside Brookfield is considered an educational experience. These objectives are expected of the students involved in the athletic program.

1. Utilize the Six Pillars of the *Character Counts!* program
2. Maximize the talents of athletic potential
3. Put forth the highest level of physical activity conducive to their sport
4. Enhance athletic skills
5. Increase knowledge of respective sport(s)
6. Learn the concept of teamwork
7. Experience a high level of success
8. Understand the agony of defeat
9. Understand the meaning of dedication and commitment
10. Show maturation
11. Increase self confidence
12. Build a strong work ethic
13. Develop leadership skills
14. Demonstrate school pride



General Athletic Policies

1. Any student who tries out or is selected for a team at Riverside Brookfield is expected to commit him/herself for the entire season. Student athletes who quit without the coach's approval will not be permitted to participate in another sport at Riverside Brookfield for *that athletic season*. Any athlete that decides to quit a team once a team roster has been submitted to the athletic office is required to have a conference with the Athletic Director and coach of that sport to in an effort to gain eligibility toward another sport.
2. No athlete may drop a sport in season and join another athletic team at Riverside Brookfield in the same season unless the situation meets one of the following criteria:
 - a. It occurs before the team roster has been submitted to the athletic office.
 - b. It is the result of an injury.
 - c. A medical issue with an athlete or a family member inhibits his/her commitment (individual must provide proof of the medical issue).
3. Attendance at all practice sessions and contests is mandatory. Students may be granted permission to miss a practice or contest with a valid excuse. Coaches are required to provide athletes with a schedule of practices and contests. A parental/guardian signed letter will need to be provided for any unexcused absences from team requirements. The coach will have entitlement to assess validity of any absence.
4. All students participating in any athletic competition must be present for at least one half of the school day (three class periods) to be eligible for the competition on that day, and only that day.
5. Students suspended from school for violations of school policies will be unable to participate on days the suspension is in effect.
6. Dress Code: All students are expected to dress appropriately for athletic contests, either home or away. It is highly recommended that a student athlete's appearance on days of athletic contests is business casual or includes RBHS team athletic apparel.
7. Equipment/Uniforms: All school owned equipment/uniforms issued to student athletes are the property of Riverside Brookfield High School. All lost, stolen, or damaged items must be paid for at replacement cost. Students are required to return all school equipment/uniforms to their coach within one week of the final contest. Failure to return the school owned equipment/uniforms will result in a bill for the full cost of the items. Student athletes will not be allowed to receive athletic awards and will not be permitted to participate in any athletic season until items are returned or paid for.



Athletic Pay to Participate

The pay to participate program requires students who want to participate in sports must pay a participation fee per sport in order to participate in that sport at Riverside Brookfield High School.

Pay to Participate Fee

The athletic pay to participate fee is an amount set annually by the Board and is a per-sport, per-student fee for each fall, winter, and spring sport during any school year. The revenues generated by this program will be used to offset athletic budget costs will include, but are not limited to, transportation, dues and fees (conference dues and tournament entry fees), and athletic trainer costs. The Athletic Director is authorized to allocate the revenue generated by athletic pay to participate fees.

Payment Requirement

Each student who participates on any athletic team is required to complete the Pay To Participate Athletic Fee Form and pay the designated fee for that sport unless the Superintendent or his designee has approved a Waiver of Student Fees concerning the Pay to Participate fee in conformance with Board Policy 4:140. This information will be kept confidential and not shared with coaches.

Pay To Participate Program Rules

It is the responsibility of the student athlete and the parent or guardian to complete the Pay To Participate Athletic Fee Form and submit payment to the Riverside Brookfield High School Business Office. Payment may be made either in full or in two installments. If paying in full, payment is due before the first athletic contest. If paying in two installments, one-half of the fee is due before the first athletic contest and the other half is due no later than the midpoint of the sport's regular season. Failure to comply with the program rules will result in ineligibility for the student athlete. Pay To Participate fees are not refundable unless the student pays the Pay To Participate fee prior to the commencement of the first day of practice of any sport but does not participate in at least one practice or competition. It is the student's duty to notify the Business Office if they are owed a refund for not participating, but if the notice is made after the first practice for the sport, the Business Office must confirm with the Athletic Director prior to any refund that the student did not participate in any practice or athletic contest related to the sport. While developing the team roster, if the coach cuts student athletes during the tryout practices, these initial tryout practices will not count as practice attendance days for purposes of this Policy. Checks are to be made out to Riverside Brookfield High School.

Failure to Timely Pay

Failure to submit Pay To Participate payments by the due date(s) will result in the following consequences:

1. Student athletes will not be able to participate in any further practice or athletic contest during the season until payments are made in full.
2. Student athletes will not receive any recognition or awards from the season until payments are made in full.
3. Student athletes will not be able to register or tryout for any other sport while any Pay To Participate fee is overdue.
4. While any Pay To Participate fee is overdue, Seniors will be subject to social restrictions, such as being barred from participation in dances, Prom, and the Senior Picnic.



Program Management

It is the responsibility of the Business Office to determine whether or not a student is eligible to participate in a sport under this Policy. The Business Office will maintain reports, by sport and student, of all athletes who have submitted forms and payments to participate, and these reports will be distributed to the Athletic Director. At a minimum, the Business Office will provide reports to the Athletic Director one business day prior to the start of athletic competition for any sport and the last business day of the sixth week of practice for that sport. In addition, the Business Office shall provide an update to the Athletic Director any time a student athlete who was ineligible to participate under this Policy becomes eligible. The Business Office will also provide a document to the student athlete that can be provided to the Athletic Director confirming the student athlete's participation status change from ineligible to eligible. It is the responsibility of the Athletic Director to inform the coaching staff of a student's eligibility status.

Program Reporting and Review

Following each season and school year and prior to the Board adopting the following year's athletic Pay To Participate fee structure, the Athletic Director in conjunction with the Business Office will provide a recap of the athletic program participation and budget information including the Pay To Participate athletic fee program to the Board, which will at a minimum include the following:

- Allocation of Pay To Participate fees will be estimated and calculated by dividing the total fees collected by the total number of participants during the school year
- Student participation and collection and payment of Pay To Participate fees (including data on waivers and limits), expenses, and other revenues by sport
- Total student participation and collection and payment of Pay To Participate fees (including data on waivers and limits), expenses and other revenues during each season and for the year
- Net balance or deficit by sport, season, and year
- Projection of where future revenues and costs will be targeted in the Athletic Department
- Recommendations on modifications of Pay To Participate fees, expenses and other revenues for the following year

Athletic Fundraising

The Superintendent's implementing procedures shall provide that:

1. Fund-raising efforts shall not conflict with instructional activities or programs.
2. Fund-raising efforts must be voluntary.
3. For school-sponsored student organizations, a school staff member must supervise the fundraising activities and the student activity funds treasurer must safeguard the financial accounts.
4. The fund-raising efforts must be to support the organization's purposes and/or activities, the general welfare, a charitable cause, or the educational experiences of students generally.
5. The funds shall be used to the maximum extent possible for the designated purpose.



Riverside Brookfield High School Curfew

Students affiliated with the Riverside Brookfield Athletics are expected to abide by the following curfew policy:

Illinois Law 720 ILCS 555/1

It is unlawful for a person less than 17 years of age to be present at or upon any public assembly, building, place, street or highway at the following times unless accompanied and supervised by a parent, legal guardian, or other responsible companion at least 18 years of age approved by a parent or legal guardian or unless engaged in a business or occupation which the laws of the state authorize a person less than 17 years of age to perform:

1. *Between 12:01 a.m. and 6:00 a.m. Saturday;*
2. *Between 12:01 a.m. and 6:00 a.m. Sunday; and*
3. *Between 11:00 p.m. on Sunday to Thursday, inclusive, and 6:00 a.m. on the following day.*

It is unlawful for a parent, legal guardian, or other person to knowingly permit a person in his or her custody or control to violate the above. Check with your local community as municipalities have the authority by ordinance to adopt and increase the time requirements set by the state.

Harassment

There is zero tolerance for any form of harassment before, during, or after any athletic activity, including on or off campus incidents that may be associated with Riverside Brookfield Athletics. Any harassment violation will result in a swift termination of the inflicting student(s) from their respective team(s). Forms of harassment include: hazing, bullying, verbal or physical harassment, mental or physical discomfort, intimidation, ridicule, or demeaning activity.

Transportation Policy

All athletes must travel to and from athletic contests with the coach. School buses will be used for most trips. Under certain circumstances and with prior approval by the Athletic Director an athlete may travel with his/her parents or legal guardians.

1. A written request (note or email) must be presented to the athletic office at least 24 hours in advance, for any athlete requesting alternate transportation to or from an athletic contest. This written request will then be signed by the Athletic Director. A copy will be filed in the athletic office and a second copy will be given to the head coach.
2. A student may only be released to his/her parent(s) or legal guardian(s).



Physical Examination/Athletic Permit Requirements

Any student participating on an athletic team must have a completed physical form prior to the first day of practice or try-outs. The physical form must be submitted to the athletic office. **Upon submission of the signed physical form the student/parent will receive a ticket that must be presented to their coach in order to participate with the program.** The Athletic Department encourages student athletes to have physical examinations completed by August 1st. According to the IHSA, physicals are valid for one calendar year. In addition, student athletes must have an athletic permit form with their address, and emergency contacts on file in the athletic office, in order to participate in any athletic program at Riverside Brookfield. Forms can be found at www.rbhs208athletics.org.

Athletic Trainer/Training Room/Injuries

Riverside Brookfield has certified athletic trainers on staff to cover home contests and practices. The athletic trainers are provided for athletic injuries sustained in competition and practice. Our athletic trainers are to provide treatment and rehabilitation to all student/athletes that may have sustained an injury during their involvement with one of the athletic programs affiliated with Riverside Brookfield.

Training Room Rules

- No athletes are allowed in the training room unless supervised a trainer or coach.
- No supplies are to be removed from the training room.
- Training room and first aid kit supplies are to be used for athletic purposes only.
- Equipment borrowed from the training room must be returned at the end of each contest.
- No spikes are to be worn in the training room.
- No food or drinks are allowed in the training room.
- The training room is not a lounge or meeting place.
- Athletes are to sign in before being treated.
- Athletic Training Room hours are 3:00 pm to 6:00 pm Monday-Friday during the school year. Saturday and holiday hours will vary. Additional hours will be posted as needed.

Athletic Injuries

- Report all injuries to the coach or the athletic trainer when they occur.
- Use only rest, ice, compression (ace wrap) and elevation to treat injuries until you consult the athletic trainer or a physician.
- If an athlete sees a physician, a note is required, with a diagnosis, and any restrictions and must be presented to an athletic trainer. The note must indicate when the athlete may return to competition/practices.
- If an athlete has severe swelling, severe pain, loss of joint motion, or a head injury, see a physician immediately.
- Visit www.rbhs208athletics.org to receive further information regarding treatment and basic first-aid for common athletic injuries.



Character Counts! & Athletics

Riverside Brookfield High School's Athletic Department supports *Character Counts!*, a character education program. It stresses the importance of trustworthiness, respect, responsibility, fairness, caring, and citizenship. This is a school-wide initiative that will not only be used in the classroom, but in athletics as well.

The following is a guide for both student athletes and coaches in regards to the Six Pillars of Character:

Trustworthiness	Respect	Responsibility	Fairness	Caring	Citizenship
Demonstrate and demand scrupulous integrity. Observe and enforce the spirit and letter of rules. Don't compromise education and character-development goals. Don't engage in or tolerate dishonesty, cheating or dishonorable conduct.	Honor the sport's traditions and all its participants. Don't engage in or tolerate disrespectful conduct, including verbal abuse of opponents and officials, profane or belligerent "trash talking" and taunting or unseemly celebrations. Win with grace and lose with dignity.	Be a positive role model on and off the field and require the same of your athletes. Advocate habits and life skills that lead to success. Promote good health by prohibiting the use of alcohol and tobacco. Maintain competence and have basic knowledge of 1) character building, 2) first aid and safety and 3) coaching principles, rules and strategies.	Adhere to high standards of fair play. Treat players fairly according to their abilities. Never take unfair advantage. Be open-minded.	Assure that the academic, emotional, physical and moral well-being of athletes is always placed above desires and pressures to win.	Establish codes of conduct for coaches, athletes, parents and spectators. Demand compliance with all laws, regulations and rules — and honor their spirit and intention.

* From http://josephsoninstitute.org/pdf/Sports_HandyGuide.pdf

More information concerning sports and character education can be found at <http://josephsoninstitute.org/sports/>.

IHSA Sportsmanship By-laws

Illinois High School Association Sportsmanship By-law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

**Illinois High School Association Sportsmanship By-law 2.042**

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Expectations of Athletes

It should be understood that the opportunity to be involved with Riverside Brookfield Athletics is unique. Student athletes will be perceived as a role model to the community, including younger and future students. The pride in which student athletes show, the conduct in which student athletes practice and play, and the appearance student athletes present are all direct correlations with the athletic program and the future of Riverside Brookfield Athletics. It is a student athlete's responsibility to show his/her school, community, teachers, coaches, teammates, opponents and him/herself the utmost respect. Anything less will not be tolerated.

Students affiliated with athletics are expected to conduct themselves responsibly or risk possible disciplinary action, suspension, or termination from their team:

- Students are expected to practice good citizenship. Riverside Brookfield has implemented the *Character Counts!* model as a guideline and common practice for all of our athletes.
- Student athletes will refrain from alcohol, tobacco, steroids, drug use and all forms of harassment.
- Students are expected to maintain passing grades in a minimum of four academic classes. Failure to do so will result in athletic ineligibility until passing grades are achieved in four academic classes.
- Student athletes who are homeschooled must be taking a minimum of twenty credit hours of work at the IHSA member school or in a program approved by the IHSA member school, and, the student must be granted credit for the work taken either at the IHSA member school or in a program it approved.
- All student athletes are expected to adhere to the rules and policies put forth by the IHSA, Riverside Brookfield High School and its coaching staff.

All student athletes should set realistic goals and continually attempt to attain them. The desire for excellence is a great challenge and needs to be a year round commitment. Student athletes must continually strive for their best and have fun. We expect nothing less.

Expectations of Parents

The parental support and fan base at Riverside Brookfield is exceptional. All coaches, staff, administration, and student athletes greatly appreciate the level of commitment parents provide to Riverside Brookfield.

Parents are expected to play a positive role in their child's athletic experience. Refrain from offering excuses to a child if he/she is not participating. Encourage him/her to work hard and do his/her best. If he/she has questions about issues related to his/her experience as a member of an athletic team, suggest he/she asks the coach for a meeting between the two of them.

- Encourage your son/daughter to follow all school, athletic code and team rules associated with Riverside Brookfield High School. Remember, student athletes are viewed as role models.



- Parents will set the standard for exemplary sportsmanship and conduct. It is the expectation of the Athletic Department, for Riverside Brookfield parents to understand the nature of athletic competition and the emotions that can be attributed to them. Parents have the opportunity to demonstrate appropriate behaviors when they show respect for the opposing players, coaches, other spectators and officials.
- Negative remarks or the criticizing of players, coaches and officials are not in keeping with the *Character Counts!* model and do not provide positive role modeling. Unsportsmanlike conduct, whether on the court, field, pool, or in the stands, will not be tolerated. Respect their roles even if you disagree with their judgment.
- Parents are representatives of Riverside Brookfield High School. All students, coaches, and officials represent sports of amateur status and are prone to make mistakes. Proper support and encouragement is always expected.

Riverside Brookfield's Athletic Department understands a parent's desire for their son's/daughter's opportunity to fully participate on a team. The Athletic Department encourages you and entitles you to questions and answers. As a parent, if you have concerns, questions or comments, please do not hesitate to contact us.

Communicate your concerns through the proper chain of command:

1. Athlete's direct coach
2. Program's head coach (if the concern is with a lower level or assistant coach)
3. Athletic Director
4. Principal
5. Superintendent

Expectations of Coaches

The nature of high school athletics is competitive. Although winning is not the top priority, it is an essential focus of the Athletic Department. Coaches are expected to have an outstanding knowledge base in their coaching area.

Most importantly, we expect our coaches to put the best interest of the student athlete in perspective. They should prioritize academic success as the chief responsibility of our athletes.

In addition, coaches are expected to:

- Develop and communicate clear and specific goals for the team and individual players throughout tryouts and the season.
- Host a parent meeting at the beginning of each athletic season.
- Maintain open and honest communication with students, parents, other coaches and administration.
- Develop and demonstrate a good knowledge base of best practice specific to their coaching area.
- Support and collaborate with coaches in other athletic programs.
- Model and teach skills necessary to succeed.
- Support student academic expectations, responsibilities, and achievements.
- Connect athletic experiences with life experiences.
- Provide an atmosphere of teamwork and collaboration among coaches and players.
- Become an integral part of, and develop rapport with, the Riverside Brookfield High School community including administration, coaches, parents, volunteers, and students.
- Demonstrate good sportsmanship at all times through the use of the *Character Counts!* model.



- Create and maintain a safe and healthy environment for student athletes.
- Understand their leadership style and its impact on student athletes.
- Consider important commitments of student athletes outside their sports.
- Comply with all IHSA and MSC by-laws.

Expectations of Spectators

All spectators, adults and students, are to respect the talents and efforts put forth by the players and coaches of all teams. This courtesy will also be extended to all game officials. Furthermore, spectators are to treat school representatives and other spectators with dignity and respect. Any actions that are counterproductive to these expectations are inappropriate and will not be tolerated. Spectators not conducting themselves appropriately will be subject to any of the following actions, depending on the severity of the incident:

- The spectator may be asked by any school representative to refrain from further inappropriate actions.
- The spectator may be asked by any school representative to leave an athletic event. Should a spectator refuse to leave when requested, local law enforcement agencies will be contacted for assistance. Once a spectator has been removed from an athletic event, the Athletic Director will hold a conference with the spectator before entry to another athletic event is permitted.
- Severe or repeated offenses may result in the Athletic Director's requesting a "No Trespassing" letter from the Superintendent and/or the contacting of local law enforcement officials.

Athletic Waivers

Junior and senior student athletes at Riverside Brookfield that are participating in an IHSA regulated sport are eligible for a waiver from Physical Education (Wellness). The waiver entitles the student to a study hall in place of their scheduled Physical Education (Wellness) course. Student athletes must complete a waiver form, available in the athletic office. Students are responsible for submitting the appropriate paperwork required.

Students are allotted a study hall from the start of their season until their team's last contest. They must report back to Physical Education (Wellness) on the day after their team's final contest.

Athletic Physical Education

Students athletes at Riverside Brookfield are encouraged to enroll in the Athletic Physical Education course. The course was designed and implemented to allow student athletes to work on and enhance sport specific skills. It was formatted to aid in strength building, skill enhancement, and cardio-vascular endurance, in each student's specified sport. Students are required to be on a sport for the duration of the season or risk being transferred to a different course.

Booster Club

The purpose of the Riverside Brookfield High School Booster Club is to support, encourage and promote the athletic program at RBHS for the benefit of the students, the school and the community. The Booster Club provides assistance to the Athletic Department in the purchase of needed athletic equipment. The Booster Club has been responsible for facilitating the purchase of a vast assortment of valuable athletic equipment and hosting the Senior Monogram Banquet.



Numerous opportunities exist to participate in Booster Club activities. The Athletic Department recognizes the importance and value of the Booster Club's support and commitment and encourages all parents to be a part of this organization. For additional information please visit www.rbhs208athletics.org.

Metro Suburban Conference (MSC)

Riverside Brookfield is a member of the Metro Suburban Conference. This conference includes Elmwood Park, Fenton, Ridgewood, Glenbard South, Illiana Christian, and Timothy Christian. Currently, the MSC supports sixteen IHSA competitive athletic teams in inter-conference play: Boys' Cross Country, Girls' Cross Country, Football, Boys' Golf, Girls' Tennis, Girls' Volleyball, Boys' Soccer, Boys' Basketball, Girls' Basketball, Wrestling, Baseball, Girls' Soccer, Softball, Boys' Tennis, Boys' Track, and Girls' Track. For further information, please visit <http://www.rbhs208athletics.org>.

Athletic Awards

Athletic Department Awards: Freshman level team members earn numerals; sophomores and junior varsity level team members earn a certificate; varsity level team members earn letters and each year after at the varsity level earn a service bar.

Athletic Team Specialty Awards: The coach of each team recommends to the Athletic Director team members for the end-of-the-season awards. Such awards may include Most Valuable Player, Most Improved, and Male/Female Senior Athlete of the Year. Athletes will be honored at an end-of-the season athletic award program.

MSC All Academic Awards: Awarded to MSC athletes who maintain a 3.5 or above grade point average.

MSC All Conference Awards: All Conference awards are voted on by head coaches of member schools.



Athletic Code of Conduct

It must be understood by all students and their parents/legal guardians that to participate in the Riverside Brookfield Athletic Program is a commitment to follow the rules, regulations, codes of conduct, policies, and procedures established by the school for the implementation of its athletic program. It must also be understood that students who violate these rules, regulations, codes of conduct, policies, and procedures shall face disciplinary action. In addition to these categories, student athletes will be held responsible to the RBHS Student Handbook and IHSA rules.

All athletes and parent/guardians sign the Athletic Permit Card stating that they have read the Athletic Code of Conduct as listed in this Athletic Handbook or the Riverside Brookfield Athletics website and agree to disciplinary action if not followed.

Violation	First Offense	Second Offense	Third Offense
Category A Offenses: Being present at an occasion where illegal consumption, purchase or sale of alcohol, steroids, tobacco, drugs, look-a-like drugs, or drug paraphernalia occurs.	- Suspension from one tenth of an athletic season's competitive play - Parent notification - Ten hours of school or community service	- Suspension from one half of an athletic season's competitive play - Mandatory parent meeting with Athletic Director	- One year suspension from all RBHS Athletics
Category B Offenses: Illegal possession, consumption of tobacco, alcohol, steroids, drugs, look-a-like drugs, or drug paraphernalia.	- Suspension from one half of an athletic season's competitive play - Fifteen hours of school or community service - Mandatory parent meeting with Athletic Director	- One year suspension from all RBHS Athletics	- Suspension for the remainder of the athlete's high school career
Category C Offenses: Permitting the use of alcohol or other illegal or inappropriate chemical substances in one's residence. Purchasing or supplying alcohol or drugs.	- One year suspension from all RBHS Athletics - Mandatory parent meeting with Athletic Director - Twenty hours of school or community service	- Suspension for the remainder of the athlete's high school career	N/A

Please note that punishment per season will carry over to the next season if not able to be completed during the season in which the offense occurred. This Athletic Code of Conduct is enforced year-round, even when classes are not in session.



IHSA Rules



Illinois High School Association

(For 2011-12 School Term)
(Revised 3/8/11)

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection

for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- A. You must pass twenty (20) credit hours of high school work per week. Generally, twenty (20) credit hours is the equivalent of four (4) .5 credit courses (two full credits).
- B. You must have passed and received credit toward graduation for twenty (20) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. *You cannot be eligible when you*

transfer until this form is fully executed and on file in the school office.

- B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.
- C. If you transfer attendance from one high school to another high school, you will be ineligible unless:
 1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
 4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;
 5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school to which you transfer, even if you are otherwise in compliance with the by-laws.



Athletic Eligibility Rules—Page 2

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.
- 5. Age**
You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.
- 6. Physical Examination**
You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for only one (1) year from the date of the exam. The physician's report must be on file with your high school principal/official representative.
- 7. Amateur Status**
- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.
- 8. Recruiting of Athletes**
- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school.
- Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.
- 9. School Team Sports Seasons**
- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.
- 10. Playing in Non-School Competition**
- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sponsored and conducted by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.
- 11. All-Star Participation**
- A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.
- 12. Misbehavior During Contests**
- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

The complete set of IHSA By-laws and Policies is available at www.ihsa.org