

# MASCONOMET REGIONAL HIGH SCHOOL



## STUDENT- ATHLETE GUIDEBOOK

“It’s just a game”

Revised 12/8/09

## TABLE OF CONTENTS

<b>Program of Athletics</b>	<b>Page 3</b>
<b>Mission Statement for Athletics</b>	<b>Page 3</b>
<b>Athletic program Objective</b>	<b>Page 3</b>
<b>MIAA Philosophy</b>	<b>Page 3</b>
<b>Benefits of an Interscholastic Athletic Program</b>	<b>Page 4</b>
<b>The MIAA</b>	<b>Page 5</b>
<b>The Cape Ann League</b>	<b>Page 5</b>
<b>Administrative Chain of Command</b>	<b>Page 5</b>
<b>Communication and Conflict Resolution</b>	<b>Page 6</b>
<b>Physical Examination</b>	<b>Page 7</b>
<b>Parental Permission</b>	<b>Page 7</b>
<b>User Fee</b>	<b>Page 7</b>
<b>Eligibility</b>	<b>Page 7</b>
<b>Tryouts</b>	<b>Page 8</b>
<b>Cut vs. No Cut Sports</b>	<b>Page 8</b>
<b>Playing Time</b>	<b>Page 8</b>
<b>Athletic Responsibility</b>	<b>Page 9</b>
<b>School Discipline</b>	<b>Page 9</b>
<b>Attendance Requirement for Interscholastic Athletics</b>	<b>Page 10</b>
<b>Physical Education</b>	<b>Page 10</b>
<b>School/ Family Vacations, Extended Absences Conflict with School Events</b>	<b>Page 10</b>
<b>Daily Commitment</b>	<b>Page 10</b>
<b>Health Insurance</b>	<b>Page 11</b>
<b>School Suspension</b>	<b>Page 11</b>
<b>Transportation</b>	<b>Page 11</b>
<b>Equipment</b>	<b>Page 11</b>
<b>Sportsmanship</b>	<b>Page 11</b>
<b>Fighting</b>	<b>Page 12</b>
<b>Taunting</b>	<b>Page 12</b>
<b>Hazing</b>	<b>Page 12</b>
<b>MIAA Rule 71 Chemical Health</b>	<b>Page 13</b>
<b>Minimum Penalties of Chemical Health Violations</b>	<b>Page 13</b>
<b>Penalty when violation of Drug and Alcohol Policy occurs on school grounds or at any school event, home or away</b>	<b>Page 13</b>
<b>Steroid Use</b>	<b>Page 13</b>
<b>Tobacco Use</b>	<b>Page 13</b>
<b>Out of Season or between Seasons Violations</b>	<b>Page 14</b>
<b>Nutritional Needs of Athletes</b>	<b>Page 14</b>
<b>MIAA Bona Fide Team Member Rule</b>	<b>Page 14</b>
<b>Season Limits</b>	<b>Page 14</b>
<b>Transfer Students</b>	<b>Page 14</b>
<b>Foreign Exchange Students</b>	<b>Page 15</b>
<b>Postponed Contests</b>	<b>Page 15</b>
<b>Directions to Away Events</b>	<b>Page 15</b>
<b>Team Captains</b>	<b>Page 15</b>
<b>Fundraising</b>	<b>Page 15</b>
<b>Unsupervised Use of School Facilities</b>	<b>Page 16</b>
<b>Security of Personal Belongings</b>	<b>Page 16</b>
<b>Locker room and School Facilities</b>	<b>Page 16</b>
<b>Seniors Participating in Sports After Graduation</b>	<b>Page 16</b>
<b>Activity Fee Refund</b>	<b>Page 16</b>
<b>Scheduling Practices</b>	<b>Page 16</b>
<b>Volunteers</b>	<b>Page 16</b>
<b>Ticket Sales</b>	<b>Page 16</b>

## Program of Athletics

FALL SEASON	WINTER SEASON	SPRING SEASON
Cross Country - (B/G)	Basketball – V, JV, F (B/G)	Baseball – V, JV, F
Field Hockey – V, JV, F	Indoor Track – V, JV (B/G)	Softball – V, JV, F
Soccer – V, JV, F (B/G)	Skiing – V, JV (B/G)	Outdoor Track – V, JV (B/G)
Football – V, JV, F	Ice Hockey – V (G)	Tennis – V, JV (B/G)
Golf - V	Ice Hockey – V, JV (B)	Lacrosse – V, JV (B/G)
Cheerleading – V	Gymnastics - V	
Volleyball – V, JV	Wrestling – V, JV	

### Mission Statement for Athletics

Athletics at Masconomet Regional High School play an integral part in the school program. Students have the opportunity to participate in a wide variety of activities that will enhance their educational experience. The sports program is committed to the physical, emotional, social, and mental development of all who participate.

To be eligible to participate in athletics at Masconomet Regional High School, students must meet the academic and physical standards described in this guide.

Participation in sports is a privilege; athletes are expected to exhibit the highest level of personal conduct on and off the field. They must show respect for everyone they come in contact with at Masconomet Regional High School and at visiting schools: teammates, game officials, opponents, and spectators.

### Athletic Program Objectives

- To provide opportunities for physical, mental, and emotional growth
- To develop confidence and self-esteem
- To develop and improve time management skills
- To develop and understand the concepts of individual and team play
- To develop a sense of commitment, loyalty, cooperation, and fairness
- To learn that good sportsmanship means winning and losing with grace and dignity
- To foster community pride

### Philosophy

#### ***Program Philosophy and Benefits*** (from the MIAA Coaches' Handbook)

*Within a high school sports program, young people learn the values associated with discipline, performing under stress, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership and organizational skills, participating within rules, physical well-being and healthy lifestyles, striving towards excellence, and many other characteristics that come quickly to the mind of any educator. If interscholastic athletics are to be justified as school activities, then values such as these must be the priorities of every program. Ethics, playing within the spirit of the rules, and good sportsmanship (which is good citizenship) must be woven into the fabric of the high school athletic program.*

*In the education of 63% of the young people attending MIAA member schools, athletic participation is a critical component. What should drive those responsible for student/athletes and their programs is the educational mission of school activities. For many students, the most stable environment in their lives is that provided by high school activity*

*programs. Often the best opportunities for crisis intervention, drug prevention, "day care" programs, and the like are school activity programs. The cost is minimal, while the worth is maximal.*

*While winning contests, rather than losing them, is a laudable goal, it should not supersede the primary goals of high school sports programs. What should be the rationale behind high school activities is preparing students to succeed rather than merely to win games. Win or lose, students should learn lessons of a lasting and positive nature.*

*If the success of any high school athletic program is measured by an undefeated season, then 99% of the thousands of high school teams that participate annually in Massachusetts have failed. If a league championship is the measure of success, then 85% of our programs are failures. Even if success is measured merely by qualification for MIAA end-of-season tournaments, then 50% of our students are "losers."*

*What should be encouraged is participation in varied activities under different teacher/coach role models. The percentage of student/athletes who complete their formal athletic experiences at the high school level is overwhelming (well in excess of 90%). Schools should focus their attention upon goals other than championships or the development of "blue chip" athletes. Young people need varied activities: time at the beach, time to study, and in fact, time just to be kids.*

*Young people need to learn, to think, and simply to grow up. Schools should guide them, through athletics, to allow that to happen as comfortably as possibly.*

### **Benefits of an Interscholastic Athletic Program**

High school activity programs are an integral part of the total education process. Successful interscholastic athletic programs teach young people values such as:

Accepting success graciously	Physical well-being and chemical health
Accountability	Responsibility
Citizenship and sportsmanship	Sacrificing for the common good
Confidence	Self-discipline
Handling disappointment	Social skills
Leadership skills	Striving towards excellence
Organizational skills	Taking instruction
Participating within rules	Teamwork
Performing under pressure	Value of competition
Persistence	Work ethic

## The Massachusetts Interscholastic Athletic Association

The Massachusetts Interscholastic Athletic Association (hereafter referred to as the MIAA) is the governing body of Athletics within the State of Massachusetts. Its Board of Directors is made up of Principals from various districts throughout the state. The Board of Directors and its various subcommittees establish policy for all member schools.

Masconomet Regional High School is a member of the MIAA and is therefore governed by Association rules and regulations. Additional policies, rules, and regulations are set by the School Committee. Under MIAA guidelines, local communities are allowed to set their own policy, rules, and regulations as long as they are more restrictive than those stipulated by the MIAA. The MIAA organizes and establishes the guidelines for all post-season tournaments. All schools throughout the Commonwealth are responsible to govern themselves under the rules set forth as in the MIAA Blue Book.

The MIAA does not sanction or sponsor a sub-varsity tournament competition.

### The Cape Ann League

Masconomet Regional High School is proud to be a member of the twelve-school Cape Ann League. The league is governed by the MIAA and its own constitution. The league sets most games played by Masconomet Regional High School, at all levels of competition. Some non-league games against schools from surrounding communities are also scheduled. A few teams such as sailing compete in other leagues, because the majority of schools in the Cape Ann League do not sponsor these specific sports. The Cape Ann League is made up of the following schools:

Hamilton-Wenham	North Andover
Rockport	Georgetown
Amesbury	Wilmington
Triton	Newburyport
Pentucket	North Reading
Ipswich	Lynnfield
Manchester-Essex	Masconomet

### Administrative Chain of Command

1. **Assistant Coach:** The Assistant Coach is directly responsible to the Head Coach.
2. **Head Coach:** The Head Coach is responsible to the Athletic Director, and is responsible for the total operation of his/her respective sports program.
3. **Athletic Director:** The Athletic Director is directly responsible to the Principal. He/she is responsible for the supervision and administration of the entire interscholastic athletic program. The Athletic Director provides the leadership necessary for the daily operation of the Athletic Department. The Athletic Director is responsible for carrying out and enforcing all Masconomet Regional High School, Cape Ann League, and MIAA rules and guidelines. He/she is responsible for the direct supervision and evaluation of all coaches.
4. **High School Principal:** The official representative of the school and directly responsible for the total conduct of all athletic activities. The Principal is the official school representative in matters dealing with the MIAA and Cape Ann League. He/she insures that all MIAA guidelines and policies are followed. The Principal is responsible for any official action taken by the school.
5. **Superintendent of Schools:** Administers school policy established by the School Committee. Is responsible for the actual implementation of the athletic policy.
6. **School Committee:** The governing body for Masconomet Regional High School. It sets all policy within the school district relative to athletics.

## Communication and Conflict Resolution

Athletic involvement is usually an enriching and rewarding experience. It is highly emotional and very time consuming. From time to time conflicts and issues between a student/athlete and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible so that it can be resolved promptly. **Every effort should be made to resolve all issues at the lowest possible level:**

If a conflict arises, the following procedure should be followed:

1. Student/Athlete contacts coach
2. Parent of athlete contacts coach

In order for the discussion between student or parent and coach to be productive, the following times to approach a coach should be **avoided**:

- either prior to or immediately following a game
- during a practice session
- during a time when other teammates are present
- a time when it is apparent that there will not be sufficient time to allow for a complete discussion

3. Athlete or parent contacts Athletic Director. If a parent contacts the Athletic Director, the Athletic Director will inform the coach that he has been contacted. Based on the discussion, the A.D. may have the coach contact the student/parent to resolve the issue. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled with all parties in an attempt to reach a satisfactory resolution. If the parent/student is not happy with the decision of the A.D., they may contact the principal. They should inform all the parties involved that they are doing this.

## Rules and Regulations for all Athletes

Masconomet Regional High School athletes are bound by the MIAA rules for Interscholastic Athletics. Although a coach may have additional rules for his/her athletes playing on his/her team, the following rules are to apply to all athletes participating in the athletic program at Masconomet Regional High School:

### 1. Physical Examination:

Athletes must pass a physical examination each year before participation in any sport. This must be done prior to the first practice session. No athlete will be issued equipment or participate in organized practice or scheduled games until he/she has given the School Nurse/Athletic Director a current physical examination form from a physician.

In order for an exam to be considered current and valid, it must be dated within 13 months of the date of any athletic involvement. It is strongly recommended that an annual examination be scheduled between June 15 and August 20 each school year. Physical forms may be found on the Athletic Home page.

### 2. Parental Permission:

An athlete must submit a completed, signed parent's permission form prior to his/her first practice session. This form must be completed for each season (Fall, Winter, Spring) of participation. THIS FORM IS PART OF THE USER FEE FORM.

### 3. User Fee:

User fees have supported athletics programs for many years. The User Fee provides the supplementary funds required to maintain the athletic programs currently provided and avoids the necessity of eliminating any sport from the program.

Qualifications for a hardship scholarship are found on the school's website. There are deadlines that must be met – these deadlines usually occur one month before the season starts. Scholarships are not granted after this date. They also must be submitted for each sport season your child plays.

### 4. Eligibility:

All athletes must meet all school and MIAA eligibility requirements.

- a. A student must secure during the last marking period preceding the contest (e.g. second quarter marks and not semester grades determine third quarter eligibility) a passing grade in the equivalent of four major subjects. To satisfy this requirement, a student must have passed sufficient courses for that marking period which carry Carnegie Units totaling the equivalent of four 1-year major English courses. (20 Credits)
- b. A student cannot at any time represent a school unless that student is taking courses which would provide course credits (aka Carnegie Units) equivalent to four 1-year major English courses.
- c. To be eligible for the fall marking period, students are required to have **passed for the previous academic year** the equivalent of four 1- year major English courses. The student must also have passed four major courses during the fourth quarter. Attendance at summer school may affect academic eligibility for the fall.
- d. Academic eligibility of all students shall be considered as official only on the date when the report cards for that marking period have been issued to the parents of all students within a particular class.
- e. Incomplete grades may not be counted toward eligibility.

- f. A student who repeats work for which he/she has once received credit cannot count that subject a second time for eligibility.
- g. For eligibility purposes, a student cannot count points obtained in a subject taken during the summer vacation unless that subject has been previously taken and failed.
- h. Students may go out for non-cut sports as soon as eligible, subject to the approval of the Head Coach of the sport in question and the Athletic Director.
- i. Students who are 19 years old prior to September 1 of their senior year are not eligible for high school athletics.
- j. Students are only eligible for athletics for 12 consecutive seasons beginning with their entry into the ninth grade.

### **5. Tryouts:**

There are some teams that athletes must try out for and risk being cut. During the tryout period the coach will provide an explanation of his/her expectations. It is then the athlete's responsibility to demonstrate to the coach that he/she can meet them. Athletes cut from one team are encouraged to try out for another team if there is space on that team. Students who are cut will be informed as to the reason for their being cut. Students who are cut will receive a refund of their user fee. Students must have paid their user fee in order to try out.

### **6. Cut vs. No Cut Sports:**

The following are no cut sports – Football, B&G X-country, B&G Indoor Track, B&G Spring Track, B&G Skiing, and Swimming. We believe that athletics are important to child development and want to allow as many students as possible to have the experience of belonging to a team. Many valuable life long skills are learned on sporting teams that can not be replicated in a classroom. As our school is large students are often cut from a team and then join one of the teams that do not cut. With the exception of Football the no-cut sports are individual competition sports and students working on improving their times and individual performance. In the cut sports it is not feasible to have large teams as there are not usually large numbers on the field or courts at any one time and some students would never compete if the numbers were unlimited. Also in some cases safety of large numbers of students and facility capacity would be an issue. Many students may utilize their team sport for half of their PE credit. If we were to shrink the size of the no-cut sports it would impact the PE budget in terms of additional sections.

### **7. Playing Time:**

One of the realities of the current fiscal capacity of the Commonwealth's cities and towns is that many school districts, including Masconomet, cannot any longer fully support athletic programs from the appropriated budget. Unfortunately, user fees for athletics have become a part of providing the well rounded educational experience that we want for our students.

It is also true that there can be no relationship between the fees that are paid to be part of an athletic team and the amount of playing time that an individual athlete receives. Such a relationship would wrongly impact the decision making process around playing time and fundamentally alter the relationship among coaches, athletes, and parents. It cannot be emphasized enough that the fee is not for playing time but for being a member of a particular team for which the fee was paid.

There are many benefits to be gained by participation in athletics at the high school level. Athletes learn discipline, to perform under stress, teamwork, sacrifice, commitment, effort, accountability, sportsmanship, confidence, leadership and to play within the rules. Although there are many measures of success in the minds of each athlete, perhaps the most emotional is "playing time" during games. If an athlete has a question about the amount of playing time

he/she is getting, he/she should be encouraged to discuss it with the coach. Being a member of a team at Masconomet Regional High School does not guarantee “playing time,” but there are some guidelines:

**Freshman Teams:** At this level, students become accustomed to interscholastic practice and play. For many it is their first introduction to competitive sports, different from recreation in its demands and philosophy. Gaining experience through training and play should be paramount, not the win/loss record. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition. All players will receive playing time, as safety and positive participation in practice allow.

**Junior Varsity Teams:** This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on the J.V. level is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations. An attempt will be made to allow as many participants as possible to play, but not all will play equally. At the J.V. level, playing time will be based on the degree of effort, skill improvement, ability to compete, and execution of skills at game speed demonstrated by the student athlete in practice and during games. (If the sport does not offer a freshman team, the junior varsity policy is used.)

**Varsity Teams:** Varsity competition represents the culmination of each sport program. Normally, juniors and seniors make up the majority of the roster. Occasionally, a sophomore and, infrequently, a freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated. Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student/athlete what his/her role is on the team. A sound attitude and advanced level of skill are prerequisites for a position on a varsity team as is the realization that a varsity sport requires full commitment. The dedication and commitment needed to be successful on a varsity team should be taken seriously.

#### **8. Athletic Responsibility:**

Masconomet Regional High School athletes are expected and encouraged to maintain the highest level of academic achievement possible. Extra help sessions and make-up work are expected to be completed as soon as possible. On a practice day, athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance, if possible, when practice time will be missed due to academic obligations. Once the obligations are completed, athletes are expected to report to practice as soon as possible. If advance notification was not given to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practice due to make-up work or extra help will not suffer an athletic team penalty. On game days, if time allows, students should ask their classroom teacher if make up work or extra help may be postponed to a practice day. A classroom teacher may or may not grant a postponement. Teachers should be able to contact coaches with their concerns.

#### **9. School Discipline - Detention:**

An athlete with a school disciplining obligation or detention is expected to fulfill the disciplining obligation before reporting to practice and/or a game. Students cannot expect, and should not request disciplining action to be postponed or canceled for any athletic reason. An athlete may be removed from a team for excessive disciplinary problems. The athlete may be reinstated upon

sufficient evidence of improvement. It is expected that athletes at Masconomet Regional High School be model citizens both in and out of school.

**10. Attendance Requirement for Interscholastic Athletics:**

In order to participate in a sport, an athlete must attend all scheduled classes, including academic blocks on the day that the practice, scrimmage, or game is to be held. Tardiness or dismissals will only be accepted under extenuating circumstances and must be cleared through the administration the day of the tardiness or dismissal. If an athlete cuts a class or leaves the building unannounced, he/she will be ineligible to play in that day's game or practice.

If the practice, scrimmage, or game is held on a weekend or a holiday, the above statements will hold true for the school day preceding the weekend or holiday.

If an athlete must miss school for a portion of, or the entire day due to extenuating circumstances such as a college interview that cannot be scheduled on a weekend, or a prolonged orthodontist appointment, clearance must be given by the Principal or Athletic Director in advance of the day to be missed, in order for the athlete to practice or play in a game. An athlete may be removed from a team for excessive cuts or truancy. He/she may be reinstated upon sufficient evidence of improvement.

**11. Physical Education:**

An athlete excused from a physical education class due to illness, may not participate in a practice, scrimmage or game for that day.

**12. School/ Family Vacations, Extended Absences Conflict with School Events:**

Every team member is expected to be present for all team practices and contests. Due to scheduling parameters, many of our teams practice and/or play during scheduled school vacations and/or holidays. Although extended absences are discouraged, the athletic department recognizes that certain circumstances do require them.

Students who anticipate being absent from team activities for an extended period of time due to family vacation plans, religious obligations, school sanctioned activities, or college visitations are expected to contact their coaches to discuss absences before making plans. If the student contacts the coach and the coach feels such absence is excused, the athlete can expect to return from such absences as a team member "in good standing." If disagreement arises over this issue, see Conflict Resolution for guidance.

Although practices may be conducted on religious or school holidays, athletic practices are not mandatory on religious holidays. There will be no penalty for missing practice on a religious holiday. Coaches should be notified in advance if a student will not be at a practice or game.

Sometimes students are involved in many school-sanctioned activities and sometimes these activities conflict with their athletic commitment. Students who recognize that such a conflict may exist should also notify their coach well in advance of any absence.

If the student, parent, and coach cannot reach a satisfactory agreement concerning extended absences due to school-sanctioned activities in advance of the absence, please refer to the section on Conflict Resolution for guidance.

**13. Daily Commitment:**

Athletes should plan to make a daily commitment of two to three hours, five or six days a week. At the sub-varsity level, some teams might not practice or play on weekends. The preparation times before and after practice and games bring the usual total time to three hours. It is important that a coach be notified if an athlete is not going to be present at a practice or game. All coaches

expect their athletes to be present at all team related activities. A coach may suspend an athlete from practice or games for repeated unexcused absences. All athletes are excused from team activities for illness, injury, academic assistance, family emergencies, or religious holiday observances reasons. Prior notification is expected when possible. Vacation is not an excuse.

#### **14. Health Insurance:**

All athletes should be enrolled in a HMO or similar health insurance plan. It is possible for a family to purchase an insurance policy through the school system at a nominal yearly fee. Applications for this coverage are given to each student on the first day of school. They are also available in the high school office prior to the fall practice sessions. The basic school policy does not cover football injuries. This policy covers the cost of all treatment for injuries sustained in all school sponsored activities, except football. It is the family's responsibility to file all claims under its own plan. Filing forms are available from the athletic trainer.

#### **15. School Suspensions:**

Any athlete suspended from school may not practice, play, or be with the team on the day(s) in which he/she is serving the suspension. If suspended on a Friday you will be ineligible to play until the next school day. (i.e. you cannot play over the weekend)

#### **16. Transportation:**

Masconomet Regional High School provides transportation to away games. All team members are required to travel to and from all away events on transportation provided by the Athletic Department. Exceptions to this policy must be requested in writing to the Principal by an athlete's parent prior to the event. Under no circumstances will students be allowed to transport themselves or ride with other students to or from away games. If cleared through the head coach, an athlete may return from a game with his/her parents. Any venue that a team practices at will be treated like a home venue.

Athletes are expected to conduct themselves in a proper manner on all bus trips. Yelling at passing cars, obscene gesturing, unruly conduct, or other forms of inappropriate behavior will not be tolerated.

#### **17. Equipment:**

All athletes are responsible for the equipment issued to them during the course of the season. Equipment must be returned at the end of the season. Athletes failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to meet the current replacement cost.

1. Students will be notified by the coach and/or the Athletic Dept. of collection for payment for equipment not returned.
2. An athlete will be denied participation on any Masconomet Regional High School athletic team until equipment has been returned or paid for.
3. A senior athlete who has failed to return equipment or failed to pay for lost items may have his/her high school diploma withheld.

#### **18. Sportsmanship:**

Sportsmanship is the number one priority at Masconomet Regional High School. The Athletic Department expects all parties present at an event to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials, and visiting spectators with respect.

All athletic events are conducted in accordance with the rules and regulations of the MIAA, the NCAA. Any form of taunting of officials or players will not be tolerated at any Masconomet Regional High School athletic event (home or away). Likewise, profanity, objectionable cheers, or gestures have no place at an athletic event, be it at Masconomet Regional High School or at another town.

The MIAA reserves the right to warn, censure, place on probation, or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. Masconomet Regional High School in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any athletic event, home or away.

**19. Fighting:**

Athletes should be aware that MIAA regulations invoke a one game suspension for fighting, with a second offense resulting in a suspension from all athletic activities during that season for a period of one year from the date of his/her second disqualification.

An athlete who physically assaults an official shall be expelled from the activity immediately and banned from further participation in all sports for one year from the date of the offense. An athlete who willfully, flagrantly, or maliciously attempts to injure an opponent shall be removed from the contest immediately and shall not participate in that sport season for one year from the date of the incident. (Fighting does not apply to this section unless warranted in the judgment of the game official.)

**20. Taunting:**

- A. Taunting includes any actions or comments by coaches, players, or spectators that are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on economic status, speech, family, special needs, or personal matters.
- B. In all sports, officials are to consider taunting a flagrant, unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA expulsion rules. Game officials prior to the contest shall give a warning to both teams.
- C. At MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials or other spectators are subject to ejection.

**21. Hazing - Massachusetts State Law Chapter 536 Sections 16-19:**

*Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Incidents of hazing must be reported to the appropriate law enforcement officials as soon as reasonably possible.*

*Section 17. Whoever is principle organizer or participant in the crime of hazing as defined herein shall be punished by a fine of not more than three thousand dollars (\$3,000) or by imprisonment in a house of correction for not more than one year, or by both such fine and imprisonment.*

*Hazing is defined as any conduct or method of initiation into any student organization, whether on public or private property, that willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.*

*Section 18. Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such a crime shall, to the extent that such a person can do so without danger or peril to himself or others, report such a crime to an appropriate law enforcement official as soon as reasonably possible. A fine of not more than one thousand dollars shall punish whoever fails to report such a crime.*

**22. MIAA Rule 71... Chemical Health... Drug and Alcohol Policy:**

*As a member of the MIAA, Masconomet Regional High School will strictly enforce the following rules:*

*“A student shall not, regardless of the quantity, use or consume, possess, buy, sell, or give away any beverage containing alcohol: any tobacco product: marijuana: steroids: or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.” (Note: **This rule is in effect seven days a week, twenty-four hours a day all year, including summer and school vacations.**)*

**23. A. Minimum Penalties of the Chemical Health Abuse:**

1. First Violation: When the Principal or Assistant Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall **lose eligibility for 25%** of the athletic season. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purposes of rehabilitation.
2. Second and Subsequent Violations: When the Principal or Assistant Principal confirms, following an opportunity for the student to be heard, that a second or subsequent violations have occurred, the student shall lose eligibility for the next 60% of the athletic season.
3. Penalties shall be cumulative each academic year, but a penalty period will extend into the next academic year, (e.g., if the penalty period is not completed during the season of violation, then the penalty shall carry over to the student’s next season of actual participation, which may affect the eligibility status of the student during the next academic year.)

**24. Penalty when violation of Drug and Alcohol Policy occurs on school grounds or at any school event, home or away:**

A student shall not, regardless of the quantity, use or consume, possess, buy, sell or give away any beverage containing alcohol; any tobacco product; marijuana, steroids; or any controlled substance. Any violation of the above – the student will be placed on social probation for up to a year which in this case means no athletic participation at all.

**25. Steroid Use:**

Anabolic steroids use at the high school level is a grave concern. Some athletes in sports use steroids, and the seriousness of the problem has recently been well documented. The issue goes well beyond protecting the integrity of your sport. The use of steroids in sports is considered to be cheating. The Masconomet Regional High School Administration, Athletic Department, and coaches are opposed to the use of steroids by athletes and all members of the student body for ethical as well as health concerns.

**26. Tobacco Use (any form):**

The American Medical Association has identified tobacco smoking as detrimental to one’s health. The law clearly prohibits anyone under the age of 18 from purchasing cigarettes. Smoking is not allowed for any student participating in athletics at Masconomet Regional High School. The “No Smoking” rule also applies to chewing tobacco or other smokeless tobacco products.

**27. Out of Season or Between Seasons Violations:**

If a substance abuse violation takes place between seasons, (Example: The end of Winter season until Spring season begins, the third Monday in March) or during a season an athlete is not a member of a team, the MIAA rule will be in effect every day, seven days a week all year long. The MIAA penalties for alcohol and/or drug abuse will commence for the out of season or between season athlete at the start of his/her next athletic season.

**28. Nutritional Needs of Athletes:**

It is essential that all athletes are educated regarding their nutritional needs and the consequences that may result from poor nutrition and eating disorders. Eating disorders are serious conditions, which compromise one's health and well being. If you are concerned about your eating behaviors it is essential that you seek professional medical assistance. Talk to your coach, the athletic trainer, guidance counselor, school psychologist, clinical counselor, or nurse. They are there to help you. Take advantage of their expertise.

An athlete who practices or plays in a high school game during the day should spend the evening eating a nutritional dinner, studying to maintain good grades and going to bed at a reasonable hour. Proper diet and rest are essential for maintaining good academic and athletic performance.

**29. MIAA Bona Fide Team Member Rule:**

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. The first offense of the bona fide team rule will result in only a suspension for 25% of the season. The second offense will result in a suspension for 25% of the season, and ineligibility for tournament participation.

**30. Season Limits:**

The Fall season must not begin before the MIAA set guidelines. The fall season must end with the completion of the regular season schedule except for the teams or individuals completing their participation in MIAA Tournaments.

The Winter season will begin on the first Monday after Thanksgiving and conclude on the last scheduled competition unless a team qualifies for post-season MIAA Tournaments.

The Spring season begins on the third Monday in March and concludes with the last scheduled competition unless teams qualify for post-season MIAA Tournaments.

**31. Transfer Students:**

*Students who have played in the preceding year at the varsity level at another high school or its equivalent are ineligible for one year from the date of transfer.*

*Students who transfer from another high school are ineligible under the following conditions:*

- A. They participated at the varsity level in a sport in which they intend to play at Masconomet Regional High School.*
- B. The parents of transferred student do not change address.*
- C. Students transferred after the start of the practice season during that sport season.*
- D. Until an MIAA form 200 has been completed and approved.*

*A waiver request is available for transfer students with special circumstances. The parent(s) of all transfer students who intend to participate in athletics should contact the Athletic Director immediately upon considering a transfer to Masconomet Regional High School.*

### **32. Foreign Exchange Students**

*Foreign exchange students are eligible under the following conditions:*

- A. Only if they are in a The Council on Standards for International Education Travel (C.S.I.E.T.) approved program and they meet all other eligibility requirements.  
A list of all C.S.I.E.T. approved programs may be obtained in the Guidance Office.*
- B. Their parents move to the U.S. and establish residence in the Tri-Town.*
- C. All parents hosting a foreign exchange student should contact the Athletic Director as soon as they know that the student coming to this country is interested in participating in an athletic program. Under present I.N.S. Regulations, students must now pay tuition.*

### **33. Postponed Contests:**

Throughout the school year, events may have to be postponed due to factors such as inclement weather. In most situations the home team makes the decision to postpone. By Cape Ann League rule, games are to be made up on the next available open date on both school schedules, including weekends, whenever practical. **(No Sundays)**

Decisions to postpone games are made as late in the day as is practical for proper notification of all interested parties. On school days the usual time is about 1:00 pm for afternoon events. If there are any questions as to the status of an event, please wait until after 1:00 pm before calling the Athletic Office. Please check the high school web page - any postponements are listed on the athletics page. On non-school days and for evening contests, postponements are made as soon as we are able to make the decision.

### **34. Directions to Away Events:**

Please go to [www.masconomet.org](http://www.masconomet.org), Athletics, current schedule, and click on the school name for directions to that location. The MIAA ([www.miaa.net](http://www.miaa.net)) is also a great page to find directions.

### **35. Team Captains**

It is a coaching decision as to how team captains are selected. They may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. It is expected that team captains be leaders of their team and should be ready to assume duties as outlined by their coach. They are expected to be more aware of team rules and student-athlete responsibilities. Captains are expected to communicate with the coach and team in the event of any problems that may effect the team or its members. Captains may be asked to meet with the Director of Athletics during the school year to discuss the athletic program. Captains of teams may be relieved of their position by the coach, in consultation with the Director of Athletics, for violation of team, department, or school rules. Please remember, **“Captain is a title, Leadership is an action!”**

### **36. Fundraising:**

Fundraising by Masconomet Regional High School athletes, team parents, or “boosters” clubs is an acceptable part of the athletic program. Fundraising activities must be done under the supervision of the head coach, and must receive approval of the Athletic Director and Principal prior to implementation.

In order for approval to be given, each fundraiser must have a justifiable objective. The money raised should be used to supplement the particular sport program. (Purchase t-shirts, jackets, sweatshirts, team dinners, banquets, programs, etc.)

### **37. Unsupervised Use of School Facilities:**

At no time may an athlete use the weight room or any other school facility without **approved adult** supervision. No student should be in the building unsupervised.

### **38. Security of Personal Belongings**

All personal belongings should be locked up in a locker or team room while the student/athlete is trying out, practicing, or playing. All students should lock their athletic lockers and should never leave their locker unlocked or open. The Masconomet Public Schools cannot be responsible for loss of personal belongings.

### **39. Locker room and School Facilities**

Student/athletes are expected to respect all athletic facilities. We expect the student/athletes to take pride in their facilities and those of opponents by using trash barrels and keeping these facilities in good condition. Any type of vandalism will not be tolerated.

### **40. Seniors Participating in Sports After Graduation**

Each coach (who will be involved in tournament play) will inform his senior players that they will not be receiving their diploma when they return to homeroom after the graduation ceremony. They will have their name read, they will walk across the stage, they will be given the diploma holder. They will participate in all activities that take place graduation night. The only difference is that when they return to homeroom, they will not be given the diploma.

The coach will supply Alan McCarthy ([amccarthy@masconomet.org](mailto:amccarthy@masconomet.org)) with a list of names of effected students.

At the conclusion of the season, the student athlete will return his/her uniform to the coach or the Faculty Manager. The Faculty Manager will inform the Principal's office that the uniform has been returned. The student will obtain his/her diploma from the Principal's Office.

### **41. Activity Fee Refund**

The process for a refund begins with the Athletic Department. We fill out the refund form if a student is eligible for a partial refund. Once a student begins the season (starts to practice with the team), the only reason a refund is approved is if the student is injured and cannot continue to play for the remainder of the season. If this is the case, the Athletic Department will need a doctor's note stating the date of the injury and the prognosis for continuing to play the sport for the rest of the season. If the student is unable to play for the rest of the season due to the injury, the Athletic Department calculates the refund due based on the percentage of the season the student was able to participate. This is forwarded to the Principal for approval and then to the Accountant for payment on the next warrant.

### **42. Scheduling Practices:**

We follow the MIAA rules on starting dates, etc. The length of the practice is determined by the coach but generally no more than 2 hours is recommended. Outdoor, on campus practices are scheduled by the coaches. Indoor practices are scheduled by the AD and the coaches. Off campus practices are scheduled by the AD and coach, depending on availability of facilities.

### **43. Volunteers:**

Volunteers to assist with a given sport are selected by the head coach who sends the resume to the AD. The person is approved by the AD after the person undergoes a CORI check. He/she then works under the direct supervision of the coaches. Volunteers are not employees of Masconomet but they are a critical component of many teams and supply needed expertise and support for the coaches and the students.

### **44. Ticket Sales:**

We charge for admission to the following home games: football, B&G basketball, B hockey, G Hockey, Wrestling (depends on rink used), and any MIAA sponsored games. Adults are charged \$5 and students are charged \$3 (except for Thanksgiving Day football game we charge \$7 and \$5)