

MASCONOMET REGIONAL H.S.



STUDENT- ATHLETE GUIDEBOOK

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Program of Athletics

FALL SEASON	WINTER SEASON	SPRING SEASON
Cross Country - (B/G) V, JV	Basketball – V, JV, JV-2 (B/G)	Baseball – V, JV, JV-2
Field Hockey – V, JV, JV-2	Indoor Track – V, JV (B/G)	Softball – V, JV, JV-2
Soccer – V, JV, JV-2 (B/G)	Skiing – V, JV (B/G)	Outdoor Track – V, JV (B/G)
Football – V, JV, JV-2	Ice Hockey – V (G)	Tennis – V, JV (B/G)
Golf - V	Ice Hockey – V, JV (B)	Lacrosse – V, JV (B/G)
Cheerleading – V, JV	Gymnastics - V	
Volleyball – V, JV	Wrestling – V, JV	
	Swimming – V, JV (B/G)	

Mission Statement for Athletics

The athletic program at Masconomet Regional High School plays an integral part in school culture. Students have the opportunity to participate in a myriad 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 fellow teammates, students, staff members, community members, opponents, game officials, 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 possible.

Benefits of an Interscholastic Athletic Program

High school athletic programs are an integral part of the total education process. Successful interscholastic athletic programs teach young people values, including, but not limited to:

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

Physical well-being and chemical health

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. The School Committee establishes local policies, rules, and regulations. 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 Northeastern Conference

Masconomet Regional High School is proud to be a member of the twelve-school Northeastern Conference. The league is governed by the MIAA and its own constitution. The northeastern Conference is made up of the following schools:

Beverly	Masconomet
Danvers	Peabody
Gloucester	Salem
Lynn Classical	Saugus
Lynn English	Swampscott
Marblehead	Winthrop

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 high school Principal is 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:** The Superintendent administers school policy established by the School Committee. He/she is responsible for the actual implementation of the athletic policy.
6. **School Committee:** The school committee is the governing body for Masconomet Regional High School and 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 must be **avoided**:

- during a practice session
- prior to or immediately following an athletic contest
- during a time when other teammates are present

3. Athlete or parent contacts Athletic Director. If a parent contacts the Athletic Director, the Athletic Director will inform the coach that he/she 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, 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 choose to contact the Principal and should inform all parties involved regarding their decision.

Rules and Regulations for Student-Athletes

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

1. Physical Examination:

A student must have a physical examination, which has been administered by a licensed Massachusetts medical physician, nurse practitioner, or physician's assistant, on file with the athletic office in order to be eligible to participate in athletics (including tryouts). A physical examination is valid for 395 days (13 months). **A student whose physical exam expires during the course of a season will become *ineligible the day it expires*; students must submit a new physical prior to the start of the next day in order to remain eligible.**

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.

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:

<u>FALL</u>		<u>WINTER</u>		<u>SPRING</u>	
Football	\$650	Basketball	\$700	Lacrosse	\$500
Soccer	\$500	Ice Hockey	\$1050*	Baseball	\$600
Field Hockey	\$500	Gymnastics	\$600	Softball	\$550
Volleyball	\$650	Indoor Track	\$350	Track & Field	\$300
Golf	\$550	Wrestling	\$550	Tennis	\$500
Cross Country	\$350	Swimming	\$400		
Cheerleading	\$500	Skiing	\$300**		

* Out of district ice hockey pays \$1827 (scholarships not available)

** Also pays an additional amount for lift tickets

Qualifications for a hardship scholarship can be found on the school's website. Please be aware that strict deadlines exist *each season* for scholarship requests and applications submitted after this date will not be considered.

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 official 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:

Specific teams must conduct a tryout period because of space limitations. 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 those expectations. Athletes cut from one team are encouraged to try out for another team as long as space is available. The coach will notify students who are cut from a team. The coach will provide productive feedback to the student-athlete. 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 is important to child development. With that in mind, we 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 athletics teams that cannot be replicated in a classroom. With the exception of football, the no-cut sports are individual competition sports where students can focus on improving their individual performances. In “cut” sports, factors such as facility restrictions, number of participants on the playing field/court/ice (etc.) at one time, and safety considerations are examples of why particular sports must limit the number of athletes on a team. Our program is competitive and students often decide to join another team if they don't make the team they try out for.

7. Playing Time:

User fees for athletics have become a reality in order to provide the well-rounded educational experience we want for our students. The user fee for athletics is a required fee to participate on a team and in no way guarantees any amount of playing time. As a matter of fact, student-athletes, particularly on varsity teams, may be an integral part of the squad but may see little to no playing time at all. Perhaps the most emotional part of being a student-athlete revolves around the amount of playing time a student-athlete receives. If an athlete has a question about the amount of playing time he/she is getting, he/she is encouraged to speak with the coach. Below is a list of guidelines to follow regarding playing time at various levels.

JV-2 Teams: At this level, students become accustomed to interscholastic practice and play. For some students, playing on a sub-varsity team is their first introduction to competitive sports. 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, even though it may not be equally distributed.

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 practices and during contests. (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 understands his/her role. 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 cannot be underestimated.

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 in a timely manner. On a practice day, athletes should stay after school to complete work whenever necessary. Students should inform coaches in advance 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. Personal Conduct (C5, pg. 36 STUDENT HANDBOOK)

The major justification for Athletics is to build good character among team members and, by example, among all students. Therefore, good conduct is expected and is a requirement of all team members at all times. Unsportsmanlike conduct, participation in vandalism or discourteous conduct, on or off campus, which would seriously misrepresent the character and values supported by the School Committee, will result in disciplinary action and could result in the loss of the privilege of participating in the Masconomet athletic program. If an athlete is to be considered for suspension from his/her team, the Principal or Assistant Principal will meet with the student and his/her parents, will review the evidence of the alleged misconduct, will hear the student's position concerning the alleged misconduct, and will advise the student and his/her parents of the decision. The decision will be implemented immediately. The parents may appeal this decision to the Superintendent and to the School Committee.

10. School Discipline - Detention:

An athlete who is disciplined for violating school policy is expected to fulfill his/her obligation before reporting to practice and/or a game. Students cannot expect, and should not request

disciplinary 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.

11. Attendance Requirement for Interscholastic Athletics:

Students are expected to attend all classes each day. If, for any reason, a student misses a portion of the school day, the student must communicate with the appropriate Assistant Principal in order to determine if the student is eligible to participate in athletics that day. If an athlete cuts a class or leaves the building without permission, he/she will be ineligible to play in that day's contest 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 for the entire day, due to extenuating circumstances such as a college interview or a prolonged orthodontist appointment, clearance must be given by the Assistant Principal 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 and may be reinstated upon sufficient evidence of improvement.

12. 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.

13. 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.

14. 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. 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.

15. Health Insurance:

All athletes should be enrolled in a HMO or similar health insurance plan. It is the family's responsibility to file all claims under its own plan. Filing forms are available from the athletic trainer.

16. 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 an athlete is suspended on a Friday, he/she will be ineligible to participate until the next day school is in session.

17. Transportation:

All team members are required to travel to and from 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.

18. 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 athletes returning equipment damaged through misuse, will be held responsible for meeting the current replacement cost.

1. Students will be notified by the coach and/or the Athletic Department regarding collection and/or payment for equipment not returned.
2. Students will not receive any of their end-of-season awards until all equipment and uniforms have been returned (or paid for).
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.

19. Sportsmanship:

Good sportsmanship is a significant 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 MIAA rules and regulations. Any form of taunting of officials or players will not be tolerated at any athletic event (home or away). 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.

20. Student-Athlete Contest Disqualification:

Athletes should be aware that MIAA regulations invoke a one game suspension (without the chance for appeal) for student-athletes ejected from an athletic contest (2 games in soccer, basketball and ice hockey), with a second offense in the same season 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.) See MIAA Rules #48 & #49 for a more detailed description of the sportsmanship rules and penalties imposed for certain violations.

21. 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.

22. 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.

23. MIAA Rule 62.1... Chemical Health... Drug and Alcohol Policy:

From the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest), 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.

This policy includes products such as “NA or near beer”. 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. This rule represents only a minimum standard upon which schools may develop more stringent requirements.

This MIAA statewide minimum standard is not intended to render “guilt by association”, e.g. many student athletes might be present at a party where only a few violate this standard. If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

The minimum PENALTIES are:

First Violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. 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 purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second And Subsequent Violations:

When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. For the student, these penalties will be determined by the season the violation occurs. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.

If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, 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 one year and will be unable to participate in athletics during the length of the probation period.

25. Steroid Use:

Anabolic androgenic steroid use at the high school level is of grave concern, and the seriousness of the problem has been well documented. High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes. Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long-term consequences. Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids. Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport. The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

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, other smokeless tobacco products, and electronic cigarettes.

27. 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 and 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.

28. 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.

29. 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.

30. Transfer Students (see MIAA Rule #57 for more details on the transfer rule):

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.

31. Foreign Exchange Students (see MIAA Rule # 57.6 for more details)

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.*

32. 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 regarding any issues that may impact the team. 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!”**

Under NEC rules, an athlete who violates the chemical health violation during his/her season is ineligible to earn all-league and all-star status for that season.

In addition, a captain found in violation of the chemical health rule will lose his/her captaincy for the remainder of the academic year in which the violation occurred.

33. Fundraising:

Fundraising by Masconomet Regional High School athletes, team parents, or “boosters” clubs is an acceptable part of the athletic program. Team 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 a particular part of the sport program. (i.e. purchase t-shirts, jackets, sweatshirts, team dinners, banquets, programs, etc.)

For Booster Club (Student Support Organization) school committee approved fundraising policies, please visit this link on our website

<https://drive.google.com/file/d/1CqOnj-eIpXtCjYp6OEU-cWGUMQuF3uPt/view>

Overnight team the administration and school committee must approve activities in advance. These types of trips are generally discouraged so coaches must justify in writing the reason for their request, including an itinerary of the planned trip, the educational benefits it offers, as well as the safety measures coaches will take while students and coaches are away from home.

34. Unsupervised Use of School Facilities:

At no time may an athlete use any school facility without prior **approval and proper adult supervision**.

35. Security of Personal Belongings

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

36. Locker room and School Facilities

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

37. 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. Seniors will still have their names read, will walk across the stage, and will be given the diploma holder. They will participate in all activities that take place on graduation night. At the conclusion of the season, the senior 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, and the student will then obtain his/her diploma from the Principal's office.

38. Activity Fee Refund

Once a student officially practices with the team (after the tryout period has concluded), he/she is not eligible for a refund, unless the student is injured and cannot participate for the remainder of the season. If this is the case, the athletic department requires a doctor's note stating the date of the injury and the prognosis. If the student is unable to play for the rest of the season due to the injury, the athletic department will prorate the refund based on the percentage of the season missed. This information is forwarded to the Principal for approval and then to the accountant for payment on the next warrant. Students who are injured must request a refund prior to the end of the regular season in that sport in order for the refund to be considered.

- Students who are cut from a team and students who register for a sport but decide not to participate will receive a full refund.

39. Volunteers

Volunteers are sometimes selected by the head coach in order to assist with practice and game preparation. The athletic director does not officially approve the volunteer coach until he/she undergoes a CORI check and the required Volunteer Coach Contract as approved by the Masconomet School Committee. He/she then works under the direct supervision of the coaches.

40. Ticket Sales:

We charge for admission to the following home games: football, boys/girls basketball, boys' hockey, wrestling and most MIAA sponsored events. Adults are charged \$5 and students are charged \$3 for Masconomet regular season home events.

41. State Law Regarding Sport-Related Head Injury and Concussions

The state of Massachusetts requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law.

Student-athletes and their parents, coaches, athletic directors, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials.

- The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season.
- If a student athlete becomes unconscious during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for "return to play."

Parents of student athletes and students who plan to participate in an athletic program at Masconomet High School must take a free on-line course. A free on-line course is available through the NFHS and contains all the information required by the law.

- You will need to click the "order here" button and complete a brief information form to register. At the end of the course, you will receive a completion receipt. The entire course, including registration, can be completed in approximately 30 minutes.
<http://nfhslearn.com/courses/38000>

42. Letter Requirements

Athletic awards are issued in the following progression:

- a. 1st Varsity letter – "M", certificate, and pin
- b. 2nd Varsity letter – pin and certificate

- c. 3rd Varsity letter – pin and certificate
 - d. 9 Varsity letters or more – Joseph Casey Bowl to be awarded in the spring of the senior year
- A senior who participated in any one sport during his/her junior and senior years will be awarded a varsity letter.
 - In the case of injury, any requirement may be waived if the coach judges that the athlete would have been a consistent performer in that sport.
 - The coach may award a varsity letter in the event of any unusual circumstances with the approval of the athletic director.
 - An athlete must display sportsmanship and conduct which exemplify the school to his or her opponent, spectators, teammates, and officials and must conform to practice and game rules/ regulations as established by the school and the coach of that sport.
 - Players added to the varsity roster as end-of-season tournament additions are not awarded a varsity letter.

The following conditions must be met in order to earn a varsity letter:

Football, Boys' Soccer, Girls' Soccer, Cheerleading, Volleyball, Golf, Field Hockey, Boys' Ice Hockey, Girls' Ice Hockey, Basketball, Girls' Lacrosse, Boys' Lacrosse, Baseball, Softball – a player must finish the season as a bona fide team member in good standing.

Boys' and Girls' Cross Country

- Finish in the top 15 at least two times

Boys' and Girls' Tennis

- Compete in at least one varsity match

Co-ed Swimming

- Earn at least 7 points in a season

Wrestling, Boys' Skiing, and Girls' Skiing

- Wrestle 50% of the varsity meets

Boys' and Girls' Indoor/Outdoor Track

- Earn at least 7 points in a season
- Qualify for states or NEC Open in an individual event (relays do not count as individual events)

43. Out Of Season Coach-Athlete Contact Limitations

A coach may not directly or indirectly require an athlete to participate in a sport or a training program outside of the MIAA defined sport season.

Voluntary conditioning sessions open equally to all students in a school and which are entirely devoid of sports-specific activity may be conducted between seasons provided no candidate is either required to participate or penalized for not doing so.

See MIAA Rule #40 for additional information regarding out of season coach-athlete contact limitations.

Points of Emphasis:

- Coaches may offer general counsel to student-athletes and parents about credible and beneficial out-of-season activities via handouts and/or website postings.
- Masconomet Regional High School would like to emphasize that there are no requirements or expectations for student-athletes involving participation in out-of-season activities, nor will there be any consequences for those who choose not to participate.

