

ARLINGTON SCHOOL DISTRICT ACTIVITIES HANDBOOK



**RULES AND REGULATIONS
2023- 2024**

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Introduction

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. Arlington Public School provides students with the opportunity to participate in a comprehensive activities program that includes athletics, fine arts, and select clubs or organizations associated with academic areas.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity sponsor. This handbook is advisory and does not create a "contract" with parents, students, or staff. The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in the handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based upon all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents are responsible for complying with all of the rules and procedures detailed in this booklet.

Parents must sign the Authorization and Acknowledgement form at the end of this handbook before their student will be permitted to participate in the activity programs of the district.

Student and parents must sign the Acknowledgement of Conduct Code prior to participation in an activity.

The provisions in this handbook are subject to change at the sole discretion of the Board of Education. From time to time, you may receive updated information concerning changes in the handbook. These updates should be kept within the handbook so that it is up to date. If you have any questions regarding this handbook, please contact the Superintendent for assistance.

NONDISCRIMINATION IN EDUCATION PROGRAMS AND ACTIVITIES

The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Name: Brian Sampson
Title: Superintendent
Address: 306 South Main PO Box 359
Telephone: 605-983-5598 ext 4
E-mail: brian.sampson@k12.sd.us

For further information on notice of nondiscrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area or call 1-800-421-3481.

For additional prohibited discrimination and related information, please review school district Policy 3053 – Nondiscrimination

SECTION ONE: GENERAL INFORMATION ABOUT THE ACTIVITIES PROGRAM

Academic Eligibility

To be eligible to participate in the school's activity programs, each student must meet South Dakota High School Activities Association (SDHSAA) and District requirements concerning scholastic eligibility (see Section Three of this Handbook). Participants must attend practices and participate in all conditioning during any period of ineligibility.

The school district will notify a participant whenever the participant is declared academically ineligible.

Students may not participate in any activity, performance or practice while serving a short-term suspension, long-term suspension, or expulsion from school.

Attendance at Practices and Contests

Participants in the activities program are expected to attend and be on time at all practices and meetings scheduled by the coach or sponsor. Participants may be excused for absences resulting from a participant's illness, a death in the family, a doctor's appointment, a court appearance, or other absences that are arranged in advance. The coach, sponsor, or director of an activity may require a participant who has an excused absence to complete an alternate assignment for missing a practice, meeting, event, performance, or contest. A participant who is unable to attend a scheduled practice, meeting, or game must contact the coach or sponsor in advance. Students who are absent from school due to illness are not required to provide the coach or sponsor with additional notification of the student's absence from practice.

Unexcused absences will result in:

- 1st violation - Each case will be handled at the discretion of the coach
- 2nd violation - Possible suspension from the activity for the year

In addition, each participant will need to be involved in 5 team practices, as set by the SDHSAA, before competing in a contest. Junior varsity and junior high sports will also follow this policy before they will be eligible to compete.

Students are required to be in school for at least three full periods out of the day in order to compete in activities that day.

- Exceptions:
 - Family emergencies approved in advance with a note from the principal

- Examples would be funerals and other serious family emergencies
- Missing school to participate in school athletics/activities
- Cases may be handled at the discretion of the coach and Supt/AD

If a participant misses a scheduled contest or performance, the coach or sponsor may impose discipline up to and including suspension of the participant from the activity for the remainder of the season or length of the activity.

Closings

Unless the administration determines that it is permissible for the activity to continue as scheduled, all activities will be canceled or postponed in the event that school has been called off for inclement weather or any other reason as determined by the administration.

Colors

The Arlington School colors are Red and White.

Complaint Procedure

To reduce conflicts in the school's activities program, students and/or their parents should use the district's formal complaint procedure to manage conflicts about the program. The complaint procedure is printed in the school's student handbook and may be found on the district's web site.

Concussions

Arlington concussion injury policy for a student/athlete to return to play

"Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as loss of consciousness, headaches, dizziness, confusion or balance problems, shall be immediately removed from the contest/practice and shall not return to play until cleared by an appropriate health-care professional."

1. All athletes will need to have completed a baseline ImPact test before starting the season.
2. Using the following guidelines a coach who becomes aware of the following signs or symptoms, regardless of how the coach becomes aware of these signs and or symptoms should follow the procedure listed below.
 - a) Immediately remove the student/athlete from the game or practice.

- b) If the student athlete's signs of a concussion are obvious and no trainer or EMT is available, the student/athlete should be monitored closely and not return to practice for the day or future games and/or practices until a parent has been notified and can make the decision on which approved health care provider can make a formal evaluation. An Arlington School Parent/Athlete Consent for Continued Participation Following a Concussion waiver must be signed before a student athlete may return to any future games and/or practices. The waiver will require the following signatures: a parent, coach, an approved health care professional in conjunction with the ImPact test provider, the student athlete and the athletic director.
 - c) If a trainer or an EMT is available at the site, the trainer or EMT may diagnose whether the injury is a lesser injury than a concussion. If the trainer or EMT makes the decision that the injury is not a concussion, the student athlete may return to play. If however, a trainer or EMT makes a decision that a student/athlete may have suffered a concussion or cannot make an informed decision, the student athlete should then follow items "a" and "b" listed above.
3. A healthcare professional listed as acceptable by the Arlington School District will be a Licensed Medical Doctor or a Licensed P.A or CNP in conjunction with the ImPact test provider.

ARLINGTON SCHOOL PARENT/ATHLETE CONSENT FOR CONTINUED PARTICIPATION FOLLOWING A CONCUSSION

I hereby knowingly and voluntarily allow _____ to participate in _____ understanding the possibilities of further injury including: brain damage, paraplegia and quadriplegia, loss of limb or body part and permanent damage to a body part. I will not hold the school district, its employees, or its contractors (including athletic administrator, trainer and coaches) accountable for any further injury that may occur.

The undersigned Parents certify to the District that they have consulted with a health professional or professionals of their choice in conjunction with the ImPact test provider concerning the Athlete's injury, and are not relying upon the School District or its employees in making the determination that the Athlete may return to participation in sports.

I have read the above statement and understand it in its entirety.

Parent

Certified Doctor or CPA or CNP

Parent

ImPact Provider

Athlete

Athletic Director

I have read and understand the above statement and I willfully will participate in _____

Athlete

Date

AN AUTHORIZATION FROM THE STUDENT'S TREATING PHYSICIAN PERMITTING THE STUDENT'S RETURN TO ATHLETIC PARTICIPATION MUST ACCOMPANY THIS FORM.

Dances

School dances are part of the district's extracurricular activity program. Students who wish to participate in school dances must comply with the activity code. Students may be prohibited from participating in school dances as a consequence for violating school rules or these activity rules.

Junior High/High School Dances

Junior high/High school (7-12) dances are restricted to students currently enrolled in the junior high/high school and will be sponsored by advisors. Any advisor wishing to sponsor a junior high/high school dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least one faculty member and at least two additional adults. Once admitted to the dance, students must remain until the close of the dance. Students who leave the dance will not be readmitted.

Homecoming and Prom

The Homecoming dance is open to students and guests of Arlington High School.

The Junior/Senior Prom is open to students and guests of the Arlington High School junior and senior classes. Guests must follow all rules that the students must follow. Each student is responsible for his/her guest's conduct. Appropriate attire is required for these dances. No blue jeans, shorts, or T-shirts will be allowed at the banquet or dance for Prom. Black dress jeans will be acceptable.

Electronic Communication

The school board supports the use of technology by coaches, extracurricular sponsors, and other staff members to communicate with students for legitimate educational, extracurricular, and other school-related purposes. However, electronic communication between students and teachers, sponsors, and coaches shall be appropriate at all times and shall not violate any law, district policies, or the Regulations and Standards for Professional Ethics. Please see the Social Media Policy For School District Employees for further explanation.

Equipment

Each participant in the athletic portion of the activities program will be issued a locker to store his/her personal belongings and school equipment that has been checked out. Students should secure their athletic lockers with combination locks.

School-owned clothing or equipment that is checked out to individual students remains the property of the school. The clothing or equipment is not to be used or worn by the student except for the intended use. Each piece of

equipment or clothing is to be returned to the instructor or coach when the season or the use for such clothing or equipment is over. Each participant is responsible for all equipment checked out to him/her. Students will be assessed the replacement cost for school equipment that has been check out to him/her and is lost or stolen.

Uniform policy: Students and athletes will only wear school issued equipment or uniforms. The coach or advisor must approve any clothing or jewelry other than school issued in advance.

Fundraising

All school-sponsored fundraising activities must be approved by a member of the school district administration. Fundraising for any activity must comply with the district's policies, including applicable provisions specifically pertaining to Booster Clubs and PTOs for non-school-sponsored fundraising. Use of the school mascot shall not be permitted unless approved by the superintendent.

Individual Training Rules and Rules of Conduct

Head coaches or sponsors may develop additional training rules or rules of conduct for their activity. Students are responsible for knowing these rules and complying with them.

Injuries

Participants who suffer any type of injury while involved in extracurricular activities must notify the coach or sponsor immediately. The coach or sponsor will then evaluate the injury and, if necessary, notify the participant's parents or seek immediate medical treatment.

If at any time during participation a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or sponsor of the activity. The release requirement will be satisfied if the initial doctor's order specifies the duration of the student's restriction from participation and/or competition.

Insurance

The school district does not provide medical or other insurance coverage for students who participate in athletic contests or other activities. It is the parents' responsibility to provide adequate insurance to cover any medical expenses that may be incurred while the student is participating in athletics or other activities.

The school district makes an accident insurance plan available for purchase by participants and their families through an authorized insurance agent.

Information about policies which families may purchase will be available prior to each sports season and at fall registration.

Lettering Requirements

While each sport has their own lettering criteria, there are some criteria that pertain to all sports.

- A. Three consecutive years in a program will qualify a senior for a letter.
- B. Each individual coach along with the activities director will be allowed to use discretion in the following categories for lettering purposes:
 - 1. Injuries
 - 2. Individual conduct, attitude, citizenship
 - 3. Post-season play
 - 4. Managers or trainers (manage same sport two years in a row to letter)
 - 5. Student transfers
- C. Any condition not provided for concerning lettering in the above categories will be discussed with the activities director and the individual coach of the sport in question.
- D. Students will only receive the actual letter one time throughout their career. After the first time they receive pins.

Managers	*Manage same sport two years in a row to letter.
Football	*Participate in at least one-half of all quarters of play.
Cross Country	*Medal in a Varsity Cross Country Meet and attend all practices.
	*JV runners must medal in two JV meets and attend all practices.
Boys Basketball	*Participate an average of one quarter per varsity game.
Girls Basketball	*Participate an average of one quarter per varsity game.
Wrestling	*Score at least 26 team points in varsity action.
	*Score at least 52 points in JV matches.
	*Must work in at least 5 youth practices, ref local youth tourney, and attend all varsity practices.

Golf	*Must play in two of the varsity meets or place in the DVC, Region or State golf meet.
	*JV golfers must medal in two JV meets and attend all practices.
Volleyball	*Participate in one half of all matches.
Track	*Place in a meet with 6 or more teams & participate in all other meets and practices unless you have an excused absence.
Chorus	*Student must maintain an "A" grade each quarter in the class.
	*Student must earn a minimum of 20 points using the chorus point scale over the course of the year. (Scale posted by the instructor.)
Band	*Student must earn a minimum of 20 points using the Band point scale over the course of the year. (Scale posted by the instructor.)
Oral Interp	*See the instructor
Plays	*All participants of the play must participate in at least one play for all performances and attend all practices (with no more than one excused absence).
Softball	*Participate in half of the total innings.

Mascot

The official emblem for the Arlington boys' and girls' athletic teams is the Cardinal. The official emblem for the Kingsbury County wrestling cooperative athletic team is the Knight. The mascots cannot be used for non-school-sponsored purposes unless approved by the superintendent.

Practices

The individual head coach or sponsor, in cooperation with the activities director, will schedule all starting times of practices. All participants are expected to be ready at the time set by the coach or sponsor.

To be eligible to practice, a participant must satisfy the following requirements:

1. Submit to the activities director a signed physical form and Activities Code that verifies that a physical examination has been completed and

that the student and parent(s) understand the school's position regarding the use or possession of alcohol, tobacco, and other related drugs.

2. Furnish the activities director with proof of insurance.

No student will be permitted to practice without a physical examination, proof of insurance or insurance waiver, a medical consent form, and an interim pre-participation history form. The physical examination is valid for up to three years.

Student Manager, Helpers, or Activity Aids

Students wishing to serve as student volunteers for extracurricular activities must gain the permission of the activity coach or sponsor. Student volunteers must comply with all of the rules and procedures contained in this handbook.

Sunday and Wednesday Night Activities

In order to provide students sufficient time away from school for family-related activities, the school will endeavor not to schedule activities on Wednesday evenings or on Sundays. Practices will be organized so that all participants are showered, dressed, and/or leave the facilities by 6:30 p.m. on Wednesday nights. An exception to this guideline would be when a team, group of students, or an individual may be required to participate in an activity sponsored by the conference, district, or state on a Wednesday night.

The school does not allow Sunday practice sessions, except when a varsity team, group of students, or individual is scheduled to compete or perform in a Region or State event on Monday. Practices scheduled for a Sunday must have the prior approval of the activities director or building principal.

Transportation

All participants are expected to ride to and from away activities by means of approved school transportation.

A participant may ride home with his or her parent/guardian only if the parent/guardian personally contacts the sponsor at the activity. A participant may ride home with an adult if the participant's parent/guardian has personally contacted the principal prior to the activity and the adult personally contacts the sponsor at the activity prior to leaving with the student. Parents are discouraged from requesting to take their children home after an away contest or performance. Travel to and from an event provides time for the students to further develop a strong team concept.

Weight Room

The weight room has been developed to help each athlete, student, or adult in the community maintain a level of physical fitness. No one may use the

weight room or equipment without proper supervision. The coaches will develop a schedule for use of the weight room by athletes during the school year and during the summer months.

The weight room is a high demand area within the school facilities. The following guidelines will help determine the priorities in reference to use if more than one group desires to use the facility at the same time:

1. Physical education instruction
2. By the team sports, which are in season
3. Conditioning programs for athletes not currently out for a sport
4. Summer conditioning programs
5. Adult education

SECTION TWO: AVAILABLE ACTIVITIES

Athletic Teams

Basketball (boys and girls)
Cross County (boys and girls)
Football
Golf (boys and girls)
Track (boys and girls)
Softball
Volleyball
Wrestling (boys and girls)

A Club

Any student who has participated in any sport is eligible for membership. The purpose of the Club is to stimulate and encourage sportsmanship and to assist in bringing about a closer bond between students in all sports.

Band

The school district sponsors marching band, pep band, and jazz band in addition to concert band. Participants must be enrolled in band class in order to be eligible to participate in these groups.

Cheerleading

Participants are selected by the sponsor(s) or judges appointed by the sponsor. Cheerleading members will attend all home and away athletic contests.

Chorus

The school district sponsors combined mixed chorus, girls glee, and boys glee. Participants must be enrolled in chorus class in order to be eligible to participate in these groups.

Drama (One-Act Play and All School Play)

The Drama activities are open to all students interested in any aspect of theater and offers varying levels of involvement. The main focus of this activity is to produce the fall competitive play and spring play.

Future Farmers of America (FFA)

FFA is an integral part of the agricultural education department and all students of that department are urged to belong. The activities include training in leadership, opportunities for travel and recreation, and safety and community service activities. Students may participate in field trips, conventions, judging contests, and hands-on experience.

National Honor Society

The National Honor Society is a national organization that recognizes student character, scholarship, leadership, and service to the school. Student members shall be selected from the junior and senior classes by the high school faculty. The results of the selection will be announced and those selected will be honored at a banquet.

Oral Interpretation

Students compete in seven different categories of competition. These include serious reading, duet interpretation, humorous reading, non-original oratory, poetry reading, readers theatre, and storytelling.

Robotics

The purpose of robotics is to support students involved in student research projects. The club members include students enrolled in 8th grade science honors, physical science honors, biology honors, and science independent study. The club encourages student participation in competitions, seminars, training camps, and research programs.

Student Council

The purpose of student council is to arouse the spirit of loyalty toward the school, to promote good citizenship, to sponsor school activities, to extend the spirit of good fellowship throughout the student body, to foster a spirit of cooperation between the students and faculty, and to seek to develop a spirit of cooperation, good will, and better understanding with other schools. The organization, operation, and scope of the student council shall be administered by the student council advisor.

Student Publications

The yearbook is published by the publisher after being designed by the students along with the help of the advisor. The annual is financed partially by funds raised from the sale of the books.

SECTION THREE: SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION RULES

Eligibility

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the South Dakota High School Activities Association. Eligibility requirements are established by the SDHSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at <https://www.sdhsaa.com/Portals/0/PDFs/Handbook/Athletics/3-ConstitutionByLaws.pdf?ver=2016-07-21-131149-890>. A summary of the major rules is given below. Contact the principal, activities director or the activity sponsor or coach for an explanation of the complete rule.

- **Age.** The student must be under 20 years of age at the time of participation. Age to be determined by birth date.
- **Enrollment.** The student must have enrolled not later than the sixteenth school day of the current semester.
- **Eight Semester Rule.** A student shall be eligible for four first semesters and four second semesters of interscholastic competition while enrolled in grades 9-12. For the purpose of this subsection, enrollment and attendance in school or participation in one or more contests shall count as a semester of eligibility. Once a student enrolls as a ninth grader, all semesters must be consecutive unless waived as per Article VII, Section 3 (I), page 10 of the SDHSAA Constitution.

Academic Eligibility.

- **Preceding Semester/Trimester.** The student, unless they are entering high school for the first time, shall have successfully earned a minimum of two (2) units of credit which are used in the issuance of a diploma, for the preceding or for the most recent semester/trimester of attendance in any accredited high school. For the purposes of this subsection, enrollment and attendance in school or participation in one or more contests shall constitute a semester/trimester in determining eligibility. However, the Board of Directors or the Executive Director shall have the authority to waive the attendance rule when and if a student withdraws from school as a result of an injury or illness and does not return to any school for the remainder of the semester/trimester and the student does not receive any high school course credits.

NOTE: Failure to earn two (2) units of credit the previous semester/trimester causes the student to become ineligible the entire following semester/trimester. NOTE: Only credits accepted by the school for graduation

may be used in determining whether a student successfully earned two (2) units of credit. Source: Minutes of the January 10-11, 2001 Board of Directors Meeting.

- **Current Semester.** The student shall (a) be enrolled in an accredited high school and attend courses for which a minimum of two (2) units of credit may be earned towards the issuance of a diploma, (b) be receiving alternative instruction as set forth in SDCL § 13-27-3 or (c) any student in grades ten, eleven, or twelve may apply to an institution of higher education or a postsecondary vocational education institution as a special student in a course or courses offered at the institution of higher education or postsecondary vocational education institution. Correspondence/college courses approved in advance by the high school principal for which credits earned are used in the issuance of a high school diploma may count towards the two (2) units of credit eligibility requirement. (Refer to SDCL § 13-28-37)
- **Project Grades.** A student's grades which are dependent upon completion of a project such as a vocational education project after the close of the academic school year shall be determined by the grade averages of record assuming satisfactory completion of the project.
- **Credit recovery.** Students who have been declared ineligible because of academic deficiencies from the previous semester/trimester may earn scholastic/academic eligibility by taking an academic course(s) via the options approved by the SD Department of Education. Examples include, but not limited to, on-line courses, in-district credit recovery courses, alternative education settings, digital courses, etc. The principal must monitor the successful completion of the course(s) and reinstate eligibility only after the successful completion of 2 units of credit as per Chapter I, Part IV, Section 1, Subsection D., page 14 of the Bylaws.
- **Beginning and Ending of a Semester.** For the purpose of this subsection, the first semester shall be considered as ending at midnight on the day before the second semester begins and the second semester shall be considered as starting on the first day classes are held in said semester. The actual ending of the first/second semester or school year, rather than the date of graduation exercises or diploma date, controls the determination when eligibility terminates.

Arlington School District Academic Eligibility

Students in athletics and activities are required to maintain certain academic standards to remain eligible to participate.

- On the last day of the second week of each quarter students' grades will begin being checked.

- o Grades will continue to be checked on the last day of each subsequent week.
- Any student with an F will be placed on the 'Ineligibility List'
- Each quarter, each student will be granted a one-week probationary period where they are eligible to participate while they improve their grade.
 - o During this period, if a student improves their grade, and is not on the 'Ineligibility List' for the subsequent week they will remain eligible. However, they will not be granted a probationary period if they find themselves on the 'Ineligibility List' again during the same quarter.
 - o If a student does not improve their grade, they will be deemed academically ineligible to compete until they are no longer on the weekly 'Ineligibility List'.
 - o If a student has already exhausted their probationary period and they are on the 'Ineligibility List', they are deemed academically ineligible to compete until they improve their grades and are no longer on the weekly 'Ineligibility List'.
- Academic eligibility is a weekly determination. A student's eligibility status changes the day after the 'Ineligibility List' is distributed and does not change again until the day after the next 'Ineligibility List' is distributed. This typically would result in a student being deemed ineligible for a Monday through Sunday period.
- If a student receives a failing grade for a quarter or semester, they will remain academically ineligible until grades are posted for the first time in the next quarter/semester.
 - o Students who receive a failing grade for the final quarter of the school year are deemed academically ineligible for any activities that extend beyond the last day of school.
 - These students will NOT be academically ineligible for the beginning of the next school year.
- Students deemed academically ineligible:
 - o Will practice with the team at the coach/advisor/director discretion and must sit on the bench during home contests and away contests.
 - A coach may waive these rules in lieu of having the student spend this time working to improve their academics.
 - o Will not compete or dress for any varsity or sub-varsity competitions.
 - o Will not travel with the team to away competitions/events if the team leaves during the school hours.

Head Coach/Activities Director should visit with any member of the team that is on the following ineligibility list.

Students in Green have been granted a one-week probationary period where they are eligible to participate while they improve their grade.

Students in Red are ineligible for all games or performances starting from the upcoming Monday to the following Sunday until they are no longer on the weekly 'Ineligibility List'.

One-Week Probationary Period	Exhausted Probationary Period	Ineligible
Students listed below have failed a class for one week and have been granted a one-week probationary period where they are eligible to participate.	Students listed below have exhausted their one-week probationary period for the quarter.	Students listed below have not improved their grade after the one-week probationary period and are deemed academically ineligible to participate.
7th Grade CAN PARTICIPATE	7th Grade	7th Grade NO PARTICIPATION
8th Grade CAN PARTICIPATE	8th Grade	8th Grade NO PARTICIPATION
9th Grade CAN PARTICIPATE	9th Grade	9th Grade NO PARTICIPATION
10th Grade CAN PARTICIPATE	10th Grade	10th Grade NO PARTICIPATION
11th Grade CAN PARTICIPATE	11th Grade	11th Grade NO PARTICIPATION
12th Grade CAN PARTICIPATE	12th Grade	12th Grade NO PARTICIPATION

SECTION FOUR: CODE OF CONDUCT

All students associated with Arlington Public School and participating in extracurricular or school sponsored activities (including all SDHSAA activities) are required to avoid conduct that is detrimental to the integrity of, and public confidence in, the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

Standard of Conduct. Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

Coach and Sponsor Rules. Coaches and/or activity sponsors shall establish training rules or rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with coach or sponsor rules.

Arlington Cardinal Code of Ethics

Students involved in any athletic/fine arts programs are under the full direction of the coach/advisor/director/supervisor along with his/her assistants. Students are expected to abide by the rules and regulations set up. Failure to abide by the rules is sufficient cause for a student to be dismissed or dropped from an activity.

All SDHSAA policies and procedures will be followed and conformed to along with the Arlington High School policies. The Arlington Cardinal Code of Ethics is in effect year-round. Each new year begins the first day after the final SDHSAA State event and continues until the current years final SDHSAA event is completed.

All punishment may carry over to the following year if the consequences have not been met by the end of the previous year. For a student to carry out their punishment they must be out for the activity within the first week of the season and continue in the activity until after the state event or until the team is eliminated from further competition.

These rules are the minimum and may be strengthened by the individual in charge of the activity. Activities under the Cardinal Code of Ethics are, but not limited to the following:

<u>Girls Sports</u>	<u>Boys Sports</u>	<u>Other Activities</u>	<u>Extras</u>
Cross Country	Cross Country	*Robotics	Prom
Basketball	Football	**FFA (Non-Graded)	Sr. Priv.
Volleyball	Basketball	*Band (Non-Graded)	HC Royalty
Track & Field	Track & Field	*Vocal (Non-Graded)	Dances
Sideline Cheer/ Comp Cheer	Wrestling	*Plays	Field Trips
Golf	Golf	*Oral Interpretation	Sr. Skip Day
Softball			
Wrestling			

*Exceptions may be made as decided by the Superintendent/AD based on what is best for the group involved.

**FFA also follows specific FFA bylaws in addition to the Arlington Code of Ethics

Controlled substances or marijuana.

Athletes will follow SDCL 13-32-9. The law states: Suspension from extracurricular activities for controlled substance violation--Notice to South Dakota High School Activities Association. Any person adjudicated, convicted, the subject of an informal adjustment or court-approved juvenile diversion program, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department

of Education for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon a subsequent adjudication, conviction, diversion, or suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education. Upon such a determination in any juvenile court proceeding the Unified Judicial System shall give notice of that determination to the South Dakota High School Activities Association and the chief administrator of the school in which the person is participating in any extracurricular activity.

Upon placement of the person in an informal adjustment or court-approved juvenile diversion program, the state's attorney who placed the person in that program shall give notice of that placement to the South Dakota High School Activities Association and chief administrator of the school in which the person is participating in any extracurricular activity.

As used in this section, the term, extracurricular activity, means any activity sanctioned by the South Dakota High School Activities Association.

Tobacco and Alcohol Policy

- The use, possession, acquiring, delivering, or transportation of tobacco, and/or alcohol is considered a violation of the 'Arlington Cardinal Code of Ethics' and will result in suspensions listed below.
- The setting in which the violation happens will result in differing consequences.
 - Settings:
 - In School
 - Within the school grounds
 - In any school owned property (bus/vehicle/location)
 - At any practice or away game

- In any instance not listed where an individual is representing an Arlington activity or athletics organization
 - Out of School
 - Any instance not listed above
- **Violations**
 - Each subsequent violation of the 'Tobacco and Alcohol Policy' during a given year results in an elevated suspension.
 - If a student has a previous violation, their 'Violation Count' will be elevated, and punishment determined based on total violation count and setting. See table below.
 - A student's violation count is reset to zero after the final SDHSAA state event each school year.
- **Penalties**
 - Suspensions will begin the day the violation is confirmed.
 - Level 1 suspensions are based on 10% & 20 % of the season
 - Examples of a 10% a season suspension:
 - Football/Cross Country/Track & Field/FB Cheer/Comp Cheer/Golf – 1 contest
 - Band/Vocal/Plays – 1 performance
 - OI/FFA/Robotics – 1 event
 - Basketball/BB Cheer/Volleyball/Wrestling – 2 contests
 - Prom – not allowed to attend if suspension is not served prior
 - While serving a suspension, the student will be required to attend all practices and games/performances with no chance to participate
 - If a violation occurs during an activity in which a student is participating, the student is no longer eligible for any post season awards or recognition for that activity
 - If the violation happens in between activity seasons, the suspension will be served at the beginning of the next activity season.
 - If a violation happens while a student is in multiple activity seasons, the penalty will be applied to each of those seasons
 - Example: A student is in Cross Country and Football at the same time and violates the 'Tobacco and Alcohol Policy' for the first time. The student will be suspended for 10% of the football season and 10% of the cross country season.

- If a penalty has not been completed by the end of the school year, the remaining penalty will be carried forward to the next year.
- A student will not be able to join and quit activities to manipulate when a suspension will be served.
 - If a student serves a suspension and then quits the activity, the suspension is considered not served and the penalty will be carried to the next activity.
 - If a student has a pending suspension and joins an activity that has already began its season, the student will not be allowed to serve their suspension for the activity they have just joined.

Tobacco and Alcohol Penalties		
Violation Count	Setting	
	Out of School	In School
1	10% of the Season	20% of the Season
2	Remainder of the Season or 6 weeks, whichever is longer.	Remainder of the Season or 12 weeks, whichever is longer.
3	The student is no longer eligible for any extracurricular activities for the remainder of the year. The student will be ineligible for all post-season awards that are given through the school or by outside organizations.	

Conduct

Student/Athletes must not only maintain the required academic standards, but also proper standards of conduct. Any student/athlete guilty of gross misconduct such as stealing, willful destruction of property or disregard for school authority will be subject to discipline determined by the coach, principal and athletic director. This could be a suspension from an event/activity for an undetermined length of time. A student/athlete must pay for any abnormal damages to school issued equipment.

Due Process

Students who are accused of misconduct are entitled to a due process hearing with the personnel involved with their activity and an administrator.

Prohibited Conduct. Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of South Dakota or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Possession, consumption, use, distribution, or being under the influence of alcohol, illicit drugs, tobacco, controlled substances, or any lookalike or imitations thereof; or being in the presence of alcohol, illicit drugs, controlled substances, or any lookalike or imitations thereof that are being possessed, consumed, used, or distributed by any person under twenty-one (21) years of age without parental supervision. "Lookalike or imitations" means substances such as K2 and products like electronic nicotine delivery systems, vapor pens, etc. (Note: the term "under the influence" for school purposes has a less strict meaning than it does under criminal law; for school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student; also, it includes being impaired by reason of the use or abuse of any substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis, inebriation, excitement, or irrational behavior, or in any manner changing, distorting, or disturbing the auditory, visual, mental, or nervous processes).
6. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if

those activities do not rise to the level of "hazing" as defined below. Initiations are prohibited except by permission of the superintendent.

7. Engaging in hazing as defined by state law and this policy. Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual simulation and sexual assault.
8. Bullying which shall include cyber-bullying, defined as the use of the internet, including but not limited to social networking sites such as Facebook, cell phones or other devices to send, post, or text message images and material intended to hurt or embarrass another person. This may include, but is not limited to; continuing to send e-mail to someone who has said they want no further contact with the sender; sending or posting threats, sexual remarks, or pejorative labels (i.e., hate speech); ganging up on victims by making them the subject of ridicule in forums; posting false statements as fact intended to humiliate the victim; disclosure of personal data, such as the victim's real name, address, or school at websites or forums; posing as the identity of the victim for the purpose of publishing material in their name that defames or ridicules them; sending threatening and harassing text, instant messages, or emails to the victims; and posting or sending rumors or gossip to instigate others to dislike and gang up on the target.
9. Using any Internet or social networking websites to make statements, post pictures, or take any other actions that are obscene, slanderous, abusive, threatening, harassing, or terrorizing.
10. Violating any school policy, handbook provision, or a coach's or activity sponsor's training rules or rules of conduct.

11. Dressing or grooming in a manner which is (A) dangerous to the student's health and safety or a danger to the health and safety of others, (B) materially and substantially disruptive to the work and discipline of the school or an extracurricular activity, (C) interpreted to advocate the use of illegal drugs or other substances by a reasonable observer.
12. Failing to report for an activity at the beginning of a season unless excused by the coach or activity sponsor.
13. Failing to attend scheduled practices and meetings unless excused by the coach or activity sponsor.

Such conduct is prohibited year-round regardless of whether it occurs on-campus or off-campus. However, punishment for violations that occur during the summer break shall be administered by the coach at his or her discretion.

Discipline. Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. (including but not limited to graduation ceremony and related activities). These disciplinary consequences and this Activity Code of Conduct are in addition to and do not prejudice, diminish, impede, or reduce any discipline that is authorized by state law, Board Policy, or the Student Handbook. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators and coaches will take the following into consideration when making disciplinary decisions:

1. Any prior or additional misconduct;
2. The nature and seriousness of the offense;
3. The motivation for the offense;
4. The amount of violence involved;
5. The student's demeanor and attitude regarding the violation;
6. The actual, threatened, or potential risk to the student and others due to the student's behavior;
7. Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
8. Whether the circumstances of the violation are likely to recur;
9. The student's willingness to participate in evaluations, counseling, or other programs;
10. Any mitigating factors;
11. Any other relevant factors.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity.

Evaluation, Counseling, and Treatment. Apart from any other disciplinary procedures, students who violate any provision of these rules may be required to undergo a formal clinical evaluation at the administration's/coach's/sponsor's discretion. Based upon the results of that evaluation, the student may be encouraged or required to participate in an education program, counseling, or other treatment deemed appropriate by the evaluating professional.

Reporting of Incident. Students shall report any violation of these rules to the coach, principal, or superintendent no later than 30 minutes after the beginning of the next school day after the violation has occurred. Failure to report an incident will constitute a violation of these rules and will be taken into consideration in making disciplinary determinations under this policy.

Misrepresentations. Any misrepresentation of fact by a student regarding any alleged violation of these rules shall be considered a separate violation of these rules, and the student shall be subject to additional disciplinary action.

Questions. Any parent or student who has questions about board policy, this code, training rules, or rules of conduct of coaches or activity sponsors, or their interpretation or application shall consult with the activities director and/or the superintendent.

Assistance. Students are encouraged to consult with their coach, an administrator, a counselor, or a teacher to obtain access to educational, counseling, and other programs and resources that may be available to help avoid misconduct that may result in discipline under this policy.

Section Five: Communication with Coach (Parent & Athlete)

Arlington Cardinal Parent & Coach Relations (found on school website under For Parents Tab)

Both parenting and coaching are extremely difficult commitments and vocations that both parties have chosen. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the children. As parents, when your children become

involved in Cardinal programs, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Location and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, training rules, lettering requirements.
5. Discipline that results in the denial of your child's participation.

Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your child becomes involved in the programs at Arlington High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child would like them to. At these times appropriate discussions with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Reasons your child is being disciplined.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be the best for all students involved with the information they have. As you have seen from the list above, certain things can be and should be discussed with your coach. Other things, such as those following, should be left to the discretion of the coach.

Issues Not Appropriate to Discuss

1. Playing time.
2. Team strategy.
3. Play calling.

4. Other student-athletes.

There are situations that may require a conference between the coach and the athlete and/or parents of the athlete. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary the following procedure should be followed to help promote a resolution to the issue of concern.

If You Have A Concern To Discuss With A Coach, The Procedure You Should Follow

1. Call to set up an appointment at the school.
2. The Arlington School telephone number is 983-5598.
3. If the coach cannot be reached, talk to the Athletic Director. She can set up the meeting for you.
4. Please do not attempt to confront a coach after a contest or a practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote a resolution.

The Next Step

What can a parent do if the meeting did not provide a satisfactory resolution?

1. Call and set up an appointment with the Activities Director and the athlete's parent to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. Desirable traits such as being on time, working hard, carrying out your job, working as a team, and being a good sport are all expected outcomes of participation. We hope the information provided makes your experience with the Arlington Cardinal Athletic programs less stressful and more enjoyable for all.

Please be a good sport at all times and represent our school and community in a positive way!

Arlington Cardinal Athlete & Coach Relations (found on school website under For Parents Tab)

Both being an athlete and coaching are extremely difficult commitments that both parties have chosen. By establishing an understanding of each position,

we are better able to accept the actions of the other and provide greater benefit to the team. As an athlete when you become involved in Cardinal programs, you have the right to understand what expectations are placed on you. This begins with clear communication from the coach of your sport.

Communication You Should Expect From Your Coach

1. Philosophy of the coach.
2. Expectations the coach has for you as well as all players on the squad.
3. Location and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, training rules, lettering requirements.
5. Discipline that results in the denial of your participation.

Communication Coaches Expect From Athletes

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As you become involved in the programs at Arlington High School, you will experience some of the most rewarding moments of your life. It is important to understand that there may also be times when things do not go the way you or would like them to. At these times appropriate discussions with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches

1. Your treatment, mentally and physically.
2. Ways to help you improve.
3. Concerns about your lack of progress.
4. Reasons for being disciplined.

It is very difficult to accept not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be the best for all students involved with the information they have. As you have seen from the list above, certain things can be and should be discussed with your coach. Other things, such as those following, should be left to the discretion of the coach.

Issues Not Appropriate to Discuss

1. Playing time.
2. Team strategy.

3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the athlete and/or parents of the athlete. These are to be encouraged. After practice would be a good time for the athlete to ask the coach for a time that is convenient for the athlete and the coach to meet. It is important that both parties involved have a clear understanding of the other's position. When these conferences involve parents, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach and would like your parents involved, the procedure you should follow

1. Call to set up an appointment at the school.
2. The Arlington School telephone number is 983-5598.
 3. If the coach cannot be reached, talk to the Athletic Director. She can set up the meeting for you.
 4. Please do not attempt to confront a coach after a contest or a practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote a resolution.

The Next Step

What can an athlete do if the meeting did not provide a satisfactory resolution?

1. Call and set up an appointment with the Activities Director and the athlete's parent to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. Desirable traits such as being on time, working hard, carrying out your job, working as a team, and being a good sport are all expected outcomes of participation. We hope the information provided makes your experience with the Arlington Cardinal Athletic programs less stressful and more enjoyable for all.

Please be a good sport at all times and represent our school and community in a positive way!

AUTHORIZATION AND ACKNOWLEDGEMENT

WARNING: SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will eliminate these risks. Students have suffered accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment while playing sports. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

I understand the statement above and I understand that by allowing my student to participate in athletic events, I assume the risk that he/she may be injured, perhaps severely.

Signature of Parent

Printed Name of Parent

Date

ACKNOWLEDGEMENT OF CONDUCT CODE

I understand that as a student representing the school district in activities, I am obligated to comply with the athletic handbook, including the code of conduct. I understand that if I violate the code of conduct or other rules in this handbook, I may be suspended from participation in all co-curricular activities and/or school sponsored activities or events.

Signature of Student

Printed Name of Student

Date

I understand that my student is obligated by this handbook, including the statements above.

Signature of Parent

Printed Name of Parent

Date