

MILLEDGEVILLE HIGH SCHOOL RULES AND REGULATIONS FOR ATHLETES

Milledgeville High School recognizes their obligation to develop good citizenship through both academic and extra-curricular programs. As part of the education programs, extra-curricular activities provide the practice setting to develop leadership, loyalty, good judgment, responsibility, and self-discipline.

Participation in an extra-curricular activity is considered a privilege and carries with it a unique responsibility. Athletes represent not only their school and student body, but also their families and community. For this reason, the administration of Chadwick-Milledgeville CUSD #399 demands a level of conduct more exacting than that required of other students. The rules of eligibility have been set by the administration and coaches, and meet standards established by the IHSA. The Athletic Committee consists of athletic directors and all coaches.

Scholastic Standing:

A student shall be doing passing work in at least twenty five (25) credit hours of high school work per week.

A student shall, unless they are entering high school for the first time, have credit on the school records for twenty (20) credit hours of high school work for the previous semester. Such work shall have been completed in the semester for which credit is granted or in a recognized summer school program which has been approved by the Board of Education and for which graduation credit is received.

A student shall not have graduated from any four-year high school or its equivalent.

Passing work shall be defined as work of such a grade that if on any given date a student would transfer to another school, passing grades for the course would immediately be certified on the student's transcript to the school to which the student transfers. Work taken in junior college, college, university, or by correspondence may be accepted toward meeting the requirements of this Section provided it is granted credit toward graduation from high school by the local Board of Education.

IHSA Rules and Regulations:

Athletes Are Not Eligible If:

1. If you turn 20 years of age during a specific sport season then your eligibility shall terminate on the first day of the season.
2. If you have attended more than eight semesters after entering the ninth grade. Ten days of attendance constitutes a semester.
3. If you have participated in a given sport for all, or parts of four seasons.
4. If you have competed under a false name.
5. If you are not enrolled, and in attendance, at school by the 11th school day of the semester.
6. If you are absent for more than ten consecutive school days during the semester.
7. If you play on a non-school team while you are a member of a school team in that sport.
8. If you have played on any college or university team.
9. If you attend a summer coaching school, camp, or clinic without complying with the cutoff deadline.
10. If you do not have a licensed physician's certificate of physical fitness to participate, issued within one year preceding your current participation.
11. If your parents do not live in the school district in which you attend high school.

Training Rules for Milledgeville High School Athletes:

Any student who is a participant in any school-sponsored sport, academic team, or other IHSA sponsored event shall be subject to all rules written in this code. **These rules apply twenty-four hours a day, seven days a week, twelve months a year, in or out of school.** There are no exceptions.

- 1.) Milledgeville athletes will NOT:
 - a. Use or possess tobacco/vaping products
 - b. Use or possess alcohol
 - c. Use or possess illegal drugs
 - d. Use or possess marijuana

Student athletes in the company of persons in violation of the above regulations will be considered to be in possession. Enforcement of these rules is not the sole responsibility of the coach, but must be shared by parents and team members. Both parents and team members sometimes have knowledge of training rule violations and, therefore, has an obligation to report the situation to the coach or administration.

During their high school years, any student involved in an extra-curricular activity who is involved in an incident of using or possessing tobacco, alcohol, or illegal drugs will be dealt with as follows:

First Offense – The individual will be suspended for 20% of the scheduled games but must practice. Each tournament day would be considered one contest of ineligibility. He/She will also be evaluated in a treatment program recommended by the school counselor.

* Penalties for offenses not completed in a sport will be completed in the next sport the individual will participate in.

Second Offense – The individual will be suspended from all athletic competition for a calendar year beginning with the date of the infraction. He/She will take a treatment program recommended by the school counselor. To be a member of the team, the athlete must still attend all practices.

Third Offense – The individual will be suspended from participation in all extra-curricular activities during the remainder of his/her time as a student at Milledgeville High School.

- 2.) Any athlete who is charged or found guilty of any offense that requires action by public authorities, other than traffic violations, will be brought before the coach, Athletic Director, and Principal for review.

Felony: The individual will be suspended from all athletic competition for a calendar year beginning with the date of the infraction.

Misdemeanor: The individual will be suspended for 20% of the scheduled games but must practice.

- 3.) Any athlete ejected from a game for a flagrant violation will have the incident reviewed by the coach, Athletic Director, and Principal.
- 4.) All athletes must be in attendance at school for a full day on the day of an athletic event in order to practice or participate, unless prior consent is given by the principal.
- 5.) Disciplinary action will be taken against any player for using vulgar or profane language.
- 6.) All athletes are to dress for home or away games according to the direction given by the coach.
- 7.) Any athlete who misses the bus for an out-of-town game without making arrangements with the coach will have to receive permission from the coach before being eligible to play in that game. **Athletes should NOT drive themselves to any out of town contest.**
- 8.) All athletes will ride to and from road games on the school bus. Any exceptions must be cleared with the coach/supervisor in charge.
- 9.) There will be no Sunday practices.
- 10.) The school training rules are to be explicitly adhered to. All athletes are to become familiar with these standards as to avoid any misunderstanding. The coaches do have the prerogative to increase the demands of these rules with approval of the administration.
- 11.) A *Rules and Regulations* sheet is to be signed by each athlete and parent each year and returned before the first practice.

ATHLETIC AWARD POLICY:

When an athlete completes the season, he/she is to receive awards as follows:

- A. Freshmen – One set of numerals during the year, plus a metal insert and a certification for each sport.
- B. Sophomores – One 5 inch letter during the year, plus a metal insert and a certificate for each sport.
- C. Juniors – One seven inch letter during the year, plus a metal insert and a certificate for each sport.
- D. Seniors – A senior plaque, a metal insert, and a certificate for each sport.

Special awards – Coaches' discretion, with approval of Athletic Director.

DETACH AND RETURN

We have read and understand the "RULES AND REGULATIONS FOR ATHLETES". We further agree to abide by these rules and regulations.

Date

Student's Signature

Date

Parent's Signature

Parent/Student Acknowledgement Form

I/we authorize and grant permission for any emergency medical care or treatment to be afforded my son/daughter as needed while in your custody and control. I/we certify that adequate insurance coverage is carried for the entire school year and that the following information is correct and in the event of any change, we will immediately notify Milledgeville High School of these changes.

Date

Parent/Guardian's Signature



STUDENT INFORMATION

Student Name _____ Age _____ Grade _____ DOB _____

Address _____

Parent/Guardian _____ Phone _____

Family Physician _____ Phone _____

Medical Insurance Co. _____ Policy # _____

Hospital Preference _____



Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



Concussion Information Sheet (Cont.)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>



IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2013-14/2013-14%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2013-14/2013-14%20IHSA%20Banned%20Drugs.pdf>

insert Consent Language here (w/o signature lines)

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_substance_classes.pdf



IHSA Sports Medicine Acknowledgement & Consent Form

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Testing Policy. We also acknowledge that we are providing consent to be tested in accordance with the procedures outlined in the IHSA Performance-Enhancing Testing Policy.

STUDENT

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IHSA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

CHADWICK-MILLEDGEVILLE C.U.S.D. #399

Chadwick-Milledgeville Jr./Sr. High School
100 E. 8th Street, Milledgeville, IL 61051

SPORTS INSURANCE WAIVER

The undersigned parent or guardian hereby assures Chadwick-Milledgeville District #399 that adequate insurance coverage is carried on the following student for the entire sports year and that the purchase of additional student insurance made available through the school district is unnecessary.

Name of Student: _____

Name of Insurance Carrier _____

Policy or Group
Number _____

Signature of Parent or Guardian

Date