

CJSHS

Department of Athletics

Grades 7-12



Enlarged City School District

Interscholastic Athletic Handbook

for

Student Athletes and Parents/Guardians

Visit the athletic website at
www.cortlandschools.org

and click on "Athletics" for:

- Sports This Week
- Team Schedules
- Physical Information
- Directions
- Announcements
- Cancellations

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CORTLAND ENLARGED CITY SCHOOL DISTRICT

Interscholastic Athletics Handbook

Dear Parents/Guardians and Student Athletes:

Welcome to the Cortland Purple Tigers Interscholastic Athletic Program. This handbook was developed to provide you with pertinent program information and the important guidelines, rules and regulations for program participation.

The athletic program is an integral part of the total high school educational process. As such, it provides opportunities and emphasizes definite goals which are difficult to duplicate or achieve in other high school activities or in later life. It is desired that athletics be an enriching and healthful experience in which physical, mental and social growth can be stimulated through interscholastic competition. It is also desired that the athletic program will develop individuals who project self-confidence, exhibit improved skills and practice good sportsmanship.

Participation in our athletic program is a privilege granted to students who maintain scholarship and demonstrate good citizenship in both school and our community. Students that choose to participate in the program assume the responsibility and commitment needed for successful program participation.

The goal of our program is to provide students with a positive sport experience that promotes team and individual growth in a safe and healthy environment.

The Cortland Enlarged City School District Interscholastic Athletic Program is governed by the regulations of the New York State Commissioner of Education's basic code for extra-class activities. In addition, the Cortland Enlarged City School District is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section III and competes in the Onondaga High School League.

I wish you success as a "Purple Tiger" and please strive to make **SPORTSMANSHIP** an important part of your athletic experience. Please feel free to contact me if you have any questions or concerns regarding the Cortland Purple Tigers Interscholastic Athletic Program. I look forward to working with you to ensure that you take advantage of the athletic opportunities our program has to offer.

Sincerely,

Jeffery Johnson
Director of Athletics and Physical Education
(607) 758-4115
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Cortland Sports Offerings

<u>Fall Sports</u>	<u>Level</u>	<u>Coach</u>
Football	Varsity	David Darrow
Football	JV	Zac Darrow
Football	Modified	Joe DiSanto
Field Hockey	Varsity	Jamie Brown
Field Hockey	JV	Maureen White
Field Hockey	Modified	Kindra Catalano
Boys Golf	Varsity	Yale Hughes
Boys Soccer	Varsity	Brian Rozewski
Boys Soccer	JV	Jason Moore
Boys Soccer	Modified	Nick Kline
Girls Soccer	Varsity	Abbey Albright
Girls Soccer	JV	Kristi Tartaglia
Girls Soccer	Modified	Ilona Ryon
Girls Tennis	Varsity	Bob Walrath
Girls Tennis	JV	Lara Discenza
B/G X-Country	Varsity	Matt Dearie
B/G X-Country	Modified	Paul Drexler
Cheerleading	Varsity & JV	Nikki Zeches
<u>Winter Sports</u>	<u>Level</u>	<u>Coach</u>
Boys Basketball	Varsity	Jeremy Milligan
Boys Basketball	JV	Yale Hughes
Boys Basketball	Freshmen	Jeff Lacey
Boys Basketball	8 th	Brandon Galutz
Boys Basketball	7 th	Ben Albright
Girls Basketball	Varsity	Dick Penoyer
Girls Basketball	JV	Sarah Kleefeld
Girls Basketball	8 th	Abbey Albright
Girls Basketball	7 th	Maureen White
Girls Volleyball	Varsity	Cheri Olson
Girls Volleyball	JV	Lara Discenza
Girls Volleyball	8 th	Amy Johnson
Girls Volleyball	7 th	Maureen White

Wrestling	Varsity	Dave Darrow
Wrestling	JV	Joe Nicholas
Wrestling	Modified	Bill Gallow
Ice Hockey	Varsity	Don Armstrong
Bowling	Varsity	Zac Darrow
Cheerleading	Varsity & JV	Nikki Zeches

Spring Sports

Level

Coach

Baseball	Varsity	Ben Albright
Baseball	JV	Brandon Galutz
Baseball	Modified	Thomas Colt
Softball	Varsity	Zac Darrow
Softball	JV	Dan Camillo
Softball	Modified	Lara Discenza
Boys Lacrosse	Varsity	Matt Blaich
Boys Lacrosse	JV	Joe DiSanto
Boys Lacrosse	Modified	Jim Brown
Girls Lacrosse	Varsity	Kim Pace
Girls Lacrosse	JV	Jamie Brown
Girls Lacrosse	Modified	Ilona Ryon
Boys Tennis	Varsity	Bob Walrath
Boys Track	Varsity	Matt Dearie
Boys Track	Modified	Nick Kline
Girls Track	Varsity	Paul Drexler
Girls Track	Modified	Nick Kline

Philosophy by Sport Level

Modified (Grades 7 & 8)

This program is available to all students in grades 7 and 8. One is ineligible when the sixteenth (16) birthday is attained, however, if a student attains the sixteenth (16) birthday during a sport season, he/she may complete that sport season. Sport activities offered are determined by existence of leagues, student interest, relationship to the high school program and board approval. At this level the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural or recreation programs, but not as involved as those found in varsity and junior varsity interscholastic competition. An attempt will be made to give all team members meaningful contest participation over the course of a season.

Junior Varsity (JV) and Freshmen

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for JV participation. Also, 7th and 8th graders who have satisfied all selection/classification requirements may be included. At this level increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills and socio-emotional development. The JV program works towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. An attempt will be made to play all participants, however, equal playing time is never guaranteed nor is it required. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity and freshmen level.

Varsity

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster, however, gifted sophomores and sometimes freshmen may be included. It is also possible for a 7th or 8th grader, who has met the selection/classification requirement to be included on a varsity roster. This occurs more in sports commonly classified as "individual" (cross country, swimming, golf, etc.). Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at this level. While contest participation over the course of the season is desirable, a specified amount of playing time is never guaranteed. It is vital that each team member earn a role and know its importance. The varsity coach is a leader of his/her sport program and is responsible for communication and system development among each level.

Selection/Classification

The Selection/Classification program is a process for screening student athletes in grades 7 and 8 to determine if their readiness to compete at a higher level of competition (Varsity, JV or Freshmen) than their current grade level. It is based on readiness rather than grade level. This program has been designed by the NYSPHSAA to assess a student's physical maturation, physical fitness and skill. This program is intended for the student athlete that is exceptional and would be better served by playing on a higher level than age and grade might indicate. Information must be collected and evaluated by the Direction of Physical Education before a student may try out for a team. Factors that are taken into consideration are:

1. Recommendation for inclusion in this process from a physical education teacher or coach.
2. Parental permission.
3. Approval of the school district Selection/Classification Committee.

4. Students must have a valid and updated medical examination on file in the Nurses' Office.
5. Approval by the school physician for participation in the Selection/Classification program. The development or maturity level must be determined by the school physician in accordance with the established guidelines for the level of a particular sport.
6. The six item athletic performance test must be administered by a physical education teacher selected by the Director of Physical Education. The athlete must meet or exceed the criteria established for the level of participation desired.
7. The individual's prior experience and skill level is judged on the demands of the sport at the level of play at which the student is seeking to qualify.

Eligibility for Competition (NYSPHSSA Eligibility Standards)

These standards are the rules of the New York State Public High School Athletics Association, Inc. and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition.

"All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions." – NYSPHSAA, Inc. Constitution, Article II. (2). They are effective August 1, 2010.

State Regulations - According to the Commissioner's Regulations, a pupil shall be eligible for inter-school competition in a sport provided that he/she is a bona fide pupil, is registered in the equivalent of four regular courses, is meeting the physical education requirement, and is an amateur (never received payment for athletic talents in that sport).

Please note the Cortland Enlarged City School District's policy exceeds the state regulations regarding eligibility for competition and requires enrollment in five courses plus physical education.

High School - A pupil shall be eligible for four consecutive seasons of senior high school athletic competition in a sport commencing with the pupil's entry into the 9th grade and prior to graduation. A pupil reaching the age of 19 before July 1 may not participate during that next school year or beyond. Students below grade 9 may be eligible for participation on a high school team if they qualify according to Selection/Classification procedures.

Modified – Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season.

Each individual team has its own regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition. Your coach will inform you of these rules.

Duration of Competition

Regulation of the Commission of Education: A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation, except as otherwise specified by the commissioners regulations. A pupil enters competition in a given year when the pupil is a member of the team in the sport involved, and that team has completed at least one contest.

Foreign Exchange Students

In order to be eligible for athletic competition in New York State, foreign exchange students must meet all other eligibility requirements and must NOT have already graduated from their home country's secondary school system. The exchange must be through a program approved by the Council of Standards for International Exchange and Travel.

Exchange students must notify the Athletic Director to have their eligibility verified prior to practice and competition.

NYSPHSAA – Transfer Rule

- A. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other person with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district or in a private school within that district's boundaries of his/her parents residency. The Superintendent, or designee, will determine if the student has met district residency requirements.
- B. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one year if as a 9-12 student participated in that sport during the one year period immediately preceding his/her transfer. Students who transfer from any school to the public school district of the residence of her/her parents (or other persons with whom the student has resided for at least six months) or a private school within that district's boundaries shall be exempt from the Transfer Rule. That such a transfer without penalty will only be permitted once in a high school career. NOTE: A student in a foreign exchange program listed by CSIET has a one year waiver of the Transfer Rule. If such a student elects to stay a second year, he/she becomes a foreign student at the start of the school year with item (B) in effect.

Exemption to (B): For athletic eligibility a student must enroll in the public school district or in a non-public school within that district's boundaries of his/her parent's residency.

1. The student reaches the age of majority and establishes residency in a district and can substantiate that they are independent and self supporting.

2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice.

Otherwise, a student must enroll in the public school district of his/her parent's residency.

3. A student who is a ward of the court or state and is placed in a district by court order. **Guardianship does not fulfill this requirement.**
4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
5. A student who is declared homeless by the Superintendent pursuant to Commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closes to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student.

Undue hardships could be as such:

1. Academic Hardship – a successful hardship must show that a student transfers from school A to school B to take a multiple unit course sequence in school B that is not offered in school A and this sequence leads to the completion of a graduation requirement. This could include BOCES occupational educations, business or technology courses of study. In addition, this could include programs for students with learning disabilities requiring Individualized Education Programs, when school A does not offer such programs. Programs such as religion or other related programs that are not required to meet New York State Education Department requirements are excluded. Specialized singleton course offerings are also excluded.
2. Financial Hardship – a successful appeal will require documented proof of a significant loss of income or a significant increase in expenses (e.g., termination of employment or a son/daughter enters college). This appeal usually involves a transfer from private/non-public school to a public school.
3. Other Extreme Hardship – in most cases these will refer to extreme situations that could involve health or safety or other like circumstances. Appropriate documentation will be required.

C. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports.

Note: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

D. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or Athletic Director of the previous school submits, in writing, the number and dates of such practices to the principal or Athletic Director of the new school.

Transfer Procedures and Clarifications

In situations where there has not been a corresponding change of address of his/her parents (or other persons with whom the student has resided for at least six months) the school may petition the Section III Transfer Committee for a transfer waiver based on an undue hardship for the student.

1. Section III Transfer waiver requests are to be initiated by schools receiving a transfer student.
2. Students requiring a transfer waiver **are ineligible** until approved by the Section III Transfer Committee.
3. Student transfer waiver requests will be acted upon by the Section III Transfer Committee prior to the beginning of competition of each sport season.
4. Once a student enters grade 9 and participates in a sport at the 9th, Junior Varsity or Varsity level, they now come under NYSPHSAA Transfer Rule.
5. Transfer waiver requests must include a detailed explanation and rationale for the transfer.
6. Sending and receiving school may ask for a Transfer Committee hearing regarding a particular transfer. Member schools, leagues or sport committees may also request a Transfer Committee hearing.
7. A school receiving a transfer student may request a hearing referred to as a "Declaratory Judgment" if they want to resolve particular questions or uncertainties regarding a transfer.

Transfers Appeal Procedure:

A Notice of Appeal of any action of a Section III Committee must be presented in writing within ten (10) business days of the action by the specific Section III Committee or legislative body to the Executive Director. The Athletic Council's designee, a three member Section III Appeal Panel, shall act upon the appeal.

Definitions:

Athletic Recruitment – An act, on behalf of or for the benefit of a school, which attempts to influence a student to transfer to a member school for the purpose of participation in athletics.

Athletic Shopping – Involves the actions of a student, parent or legal guardian who make their choice of schools based upon the gaining of a possible athletic advantage to the student.

Athletic Shopping may include, but is not limited to, one or more of the following factors

which may have influenced the desire to transfer:

1. Dissatisfaction with previous school's athletic program.
2. Dissatisfaction with coach or other school athletic personnel.
3. An attempt to be a part of a better team or athletic program.
4. An attempt to enhance prospects for a college athletic scholarship or other athletic awards.
5. Avoidance of punishment or unpleasantness.

Requirements for Participation

Students must be registered in the Cortland Enlarged City School District prior to participation in interscholastic athletics.

Parents/guardians must review and sign the Cortland Enlarged City School District white physical card prior to their child's participation in interscholastic athletics.

The white physical card includes the assumption of risk agreement, permission to play a specific sport and the release for emergency treatment of a minor information. Parents/guardians must also list any student medical conditions or allergies, etc. on the card.

Sports Physicals

Students must have a pre-participation physical exam before participating in any interscholastic sports activity. Pre-participation physicals are offered through the Nurses' Office prior to the start of each sport season. Students may also have a pre-participation exam completed by a family physician. A copy of the exam must be filed with the school nurse and the necessary pre-participation forms must be completed. Pre-participation forms are available in the Nurses' Office and Athletic Office.

Interval Health History

An updated Interval Health History form for each student athlete must be completed by a parent/guardian prior to the start of each sports season. The update must be returned to the school nurse prior to participation. Interval Health History forms can be obtained from the school nurse.

Co-Curricular Activities Code of Conduct

Participation in co-curricular activities including all extra-curricular activities and athletics is a privilege that commands responsibility. The purpose of the co-curricular program is to promote educational attitudes and behaviors that will help students find success in

life beyond school. Participants have a responsibility to model behaviors that display high academic standards, leadership, sportsmanship, cooperation and service in both the school and community.

Expected Behavior for Participants

Participation in all co-curricular activities is based on compliance with all expectations of the activity advisor/coach, as well as those outlined in the Student Code of Conduct, including the following standards:

A. **Academic Standards:** The basis for the academic eligibility policy is not to be punitive, but to intervene when a student is failing and to provide additional support to ensure academic success.

1. A student may not receive a failing grade below 65 in more than one subject during each 10 week period in order to remain eligible for participation in extra-curricular activities.
2. Extenuating circumstances will be considered by the building administrators.
3. A student may regain eligibility at mid-marking period report or the marking period report.
4. An incomplete will be considered a failing grade until it is made up.
5. Summer School grades will be considered to meet eligibility standards.
6. A student failing the fourth quarter but passing the course will be considered eligible.

B. Citizenship Standards

1. Participants are expected to be honest, to be lawful and to maintain high standards of conduct year round, both in school and out.
2. Participants are to cooperate with all school personnel (administrators, teachers, advisors, coaches, managers, school vehicle drivers, custodians, supervisors, etc.).

C. Membership Standards

1. Participants will report on time for all practices and activities unless excused by the advisor/coach in advance.
2. A participant must be a full-time student (i.e., junior/senior high school student must be enrolled in at least five courses plus physical education).
3. Participants must be in school all day the day of the event, unless excused by a school official.

D. Substance Use and Abuse Standards

Participants shall show that respect for one's health and physical development is an integral part of daily living. Participation in co-curricular activities demands a

commitment, which involves sacrifice and dedication.

1. A participant's possession, use, manufacturing distribution or sale of alcohol, tobacco in any form, marijuana, prescription medications or other controlled substances or look alike or designer drugs is prohibited.
2. Participants are expected to avoid or leave an establishment or location where minors are involved with alcohol, illegal drugs or illegal activities.
3. Participants and/or parent/guardians are encouraged to confidentially approach an advisor/coach or school officials for help with a substance use problem and will be given appropriate confidential help.

Penalties: Participants will be held accountable for choosing behaviors that adhere to the standards set forth in the Co-Curricular Code of Conduct. In instances where the Co-Curricular Code of Conduct has not been met, consequences will be imposed by the principal based on the participant's entire school record and in accordance with Section VI of the District Code of Conduct.

A. **Range of Penalties:** Examples of penalties may include, but are not limited to the following:

1. Verbal warning
2. Written referral
3. Participants falling below the minimum standard will be placed on probation for five weeks. This means that they may practice but not participate in events. Participants falling below the minimum standard at the ten week periods will be ineligible for any participation in co-curricular activities. Student's eligibility status will be reviewed at five week intervals.
4. Suspension from event(s)
5. Removal from membership.

B. **Alternative Consideration**

1. Active participation in educational support programs.

C. **Due Process**

A due process is available to all participants. Any student who violates a provision of the Co-Curricular Code of Conduct is entitled to an informal hearing with the advisor, the principal and the student's parent(s), if desired. A decision will be made within two school days following the hearing.

A student has the right to appeal the informal hearing decision to the Superintendent of Schools, then to the School Board and then to the Commissioner of Education.

Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by New York State law and the Cortland Enlarged City School District. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. It is understood that hazing of any kind is not allowed at CJSHS or in our athletic program. It is further understood that we have a duty to report any acts of hazing we see or know of to an advisor, coach or administrator. Participation in or failure to report any hazing will result in a disciplinary review and possible suspension and/or dismissal from the athletic program.

Issuance of Uniforms and Equipment

Student athletes are responsible for all school issued uniforms and equipment. All school issued uniforms and equipment must be returned to the head coach in a timely manner at the conclusion of the season. A student athlete will not be eligible to participate in another sport until all equipment is returned. In addition, the student athlete will be financially responsible for any school issued items that are not returned.

Girls Lacrosse - Goggles

Parents/Guardians will be responsible for purchasing the safety goggles to be used by their child for girls lacrosse. The safety goggles must meet the safety standards and rules set forth by the National Federation of High School Athletics Associations and US Lacrosse. The safety goggles for girls lacrosse must also meet the most current standard ASTM F803-3 for protective eyewear. Safety goggles must have the ASTM approved stamp on them.

Parents/guardians can check the list for approved goggles on the following website www.uslacrosse.org. The goggles will be listed under sport science and safety.

Parents/guardians should also consult with the head coach prior to purchasing goggles to ensure the goggles meet the require safety rules and standards.

Parents/Guardians that are not able to purchase the goggles should contact the Director of Athletics.

Transportation

Participants will travel to and from events under the supervision of personnel assigned by school administration. The advisor/coach may authorize return transportation by the student's own parent by signing the travel release form. An administrator, with written parental permission, may authorize alternate transportation to an event, or return transportation by an adult other than the student's parent.

The Athletic Department Travel Release Form should be completed in advance of all contests. The Travel Release Forms can be downloaded from the athletic website.

Risk Factors

Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a “contact” or a “non-contact” sport. Furthermore, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risk for injuries to occur.

Reporting Injuries

It is the responsibility of the student athlete to report to their advisor/coach and to the Athletic Trainer any injury or change in physical condition that affects their ability to safely participate in an activity.

Athletes that are being treated by a physician for an injury must receive written permission from the physician to return to play after an injury.

Insurance

The parent's/guardian's insurance is the primary insurance and the school district insurance is the secondary insurance. If there are additional costs not covered by the primary insurance, the secondary insurance will cover these costs minus a \$25.00 deductible.

Head Injury Protocol

The following procedures will be protocol for all head injuries sustained by an athlete:

1. Any athlete with a suspected head injury must be removed from practice/game that day regardless of signs/symptoms.
2. Any athlete removed from play for a head injury must have appropriate medical clearance from a licensed physician before practice or competition may resume.
3. Close observation of athlete should continue for a few hours by coach and/or parent.
4. A Student Incident Report must be filled out by the Head Coach and sent to the Nurses' Office within 24 hours of incident.
5. NYSPHSAA Concussion Check List must be completed.
6. Please contact the Athletic Trainer and Director of Athletics within 24 hours of the incident.

7. After medical clearance, Return to Play (RTP) should follow a step-wise protocol with provisions for delayed RTP based on return of any signs or symptoms. ImPACT testing will be performed three days post concussion. Results will determine when athlete should make medical appointment for clearance.

Returning to Play After an Injury

If a student athlete has a licensed physician attended injury or illness, he/she must have a medical release from the attending licensed physician and the approval of the school physician before participating in a practice, scrimmage or a contest. The release must be filed with the school nurse.

If the student athlete goes to an emergency room for care, he/she must obtain a written release statement from the attending physician before leaving the hospital.

Please Note: The NYSPHSAA Handbook Committee recommends that each incident of prolonged absence should be reviewed individually by the coach and the Athletic Director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

Athletic Trainer

The Cortland Enlarged City School District contracts with Cayuga Sports Medicine in Ithaca for a full-time Athletic Trainer. The Athletic Trainer is available after school hours for injury assessment, treatment, rehabilitation and referrals.

Communication with Coaches

Parents/guardians that have concerns regarding their child's participation on a team should first encourage their child to communicate with their coach in an honest and polite manner at an appropriate time.

Parents/guardians that find it necessary to communicate directly with a coach should contact the coach and schedule a time to meet to discuss concerns in a timely and respectful manner in a private setting.

Practices and Contests

Each student athlete is required to attend all practices and/or contests unless excused by the advisor/coach. An athlete who is injured or ill but still able to attend school is also required to attend practice even though they will not be actively participating. Any student athlete failing to abide by this policy will be subject to appropriate disciplinary action. Disciplinary action could range from a warning, to suspension, to dismissal from

the team. Remember, once you have been placed on a team roster, you are making a commitment to that team for the full season. Any student athlete who considers quitting a team is encouraged to first talk with the respective advisor/coach and communicate his/her concerns and/or reasons for wanting to leave the team.

Changing Sports

An athlete may change sports during the season with the consent of both coaches involved and the Director of Athletics.

Leaving a Squad

Any participant who leaves a team without both the knowledge and consent of the advisor/coach and the Director of Athletics will not be allowed to participate in the first 25% of his/her contests in the next sport season in which he/she participates. This penalty is the maximum to be administered. A lesser penalty may be deemed appropriate if mitigating circumstances are found.

Jewelry Rule – NYSPHSAA Standards

No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. NOTE: The sports of bowling and golf are exempt from this rule. *Wrist watches are permitted in cross country.*

College Planning for Student Athletes

Students interested in participating in college athletics after they have completed their high school athletic career should contact their guidance counselor during their freshmen year and inform the counselor that they are interested in playing at the collegiate level.

The guidance counselors will be able to assist student athletes and parents/guardians with the academic requirements for participation and registration for the NCAA Clearinghouse.

The NCAA has specific eligibility requirements. Student athletes and their parents/guardians should become familiar with the participation requirements when the student athlete enters their high school career.

Guidance counselors at the Cortland High School have the necessary information for NCAA eligibility requirements.

Parents/guardians and student athletes can obtain further information about the NCAA or NAIA by writing or calling the following organizations:

The National Collegiate Athletic Association
6201 College Boulevard
Overland Park, Kansas 66211-2422
(913) 339-1906

NCAA Clearinghouse
www.ncaaclearinghouse.net
NCAA Hotline: (800) 638-3731

National Association of Interscholastic Athletics
6120 South Yale Avenue
Suite 1450
Tulsa, Oklahoma 74136
(918) 494-8828

Athletic Certificates and Awards

At the conclusion of each sport season, a certificate will be awarded to each athlete who finishes the season in good standing. The certificate is symbolic of the effort, dedication and contribution necessary to complete a sport season. A Varsity athlete can earn a certificate, a varsity letter and a pin. A Junior Varsity and Modified athlete can earn a certificate of participation.

Athletes must finish the season in good standing to be eligible for an award. Any student who has not turned in their uniforms and equipment will not receive an award until all issued uniforms and equipment is accounted for. Athletes unable to complete a season due to injury, illness or other such circumstances may earn an award if the coach feels it is justified.

Varsity Awards - One varsity letter is issued to a student athlete for his/her high school career in all varsity sports. It will be issued the first time an athlete participates on a varsity squad. In addition, athletes will be given a certificate and metal emblem pin specific to that sport in which the athlete participated in and each successive time after that.

Captain Pins – Coaches will also award a captain pin to team captains on each varsity team.

Junior Varsity and Modified Awards – A certificate of participation will be given to each athlete specific to that sport in which the athlete participated in and each successive time after that.

Senior Plaques – A Senior Awards Banquet is conducted in June. A plaque is presented to all seniors who competed on a varsity sport during their senior year and have received at least a total of three varsity letters in one sport or four varsity letters in any sport during their athletic career.

Senior Athletic Awards – A Senior Awards Banquet is conducted in June. Plaques are awarded to those athletes selected by the varsity head coaches and is based on their outstanding career while a representing the Cortland Jr.-Sr. High School.

Special Awards - Coaches will award various end of season plaques to top athletes for each sport. Each coach has their own criteria for selecting athletes for the awards.

The Role of the Parent in Interscholastic Sports

A very important goal of high school athletics should be to make the athletic experience a positive one for the athletes, parents and spectators who chose to watch our teams perform. To achieve this goal we must all work together to support the following ideals:

1. As a parent, I recognize that it is vital that I support the efforts and decisions of the coaching staff.
2. As a parent, I also recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with the principles of good sportsmanship at all contests at the Cortland Jr.-Sr. High School and opposing school sites. I agree to cheer in a positive manner for outstanding play and will refrain from criticizing the efforts of the officials, the athletes (both teams), and the decisions made by coaches.
3. Attendance at practice is a priority for all team members. As a parent or guardian of a team member, I will make every attempt to assure that my child will be able to attend all practices and contests.
4. I will support and endorse all of the rules, policies and procedures listed in the remainder of this handbook.

Parent/Guardian Pre-Season Meeting

The coaching staff will conduct a parent/guardian pre-season meeting prior to their first contest. Coaches will discuss and review program rules and team expectations. All parents/guardians are encouraged to attend the meeting to receive pertinent information regarding the sport specific program and their child's participation.

Code of Ethics

The staff assigned to the Interscholastic Athletic Program at the Cortland Jr.-Sr. High School subscribes to the following Code of Ethics as recommended by the NYSPHSAA

1. **To emphasize** the proper ideals of sportsmanship, ethical conduct and fair play.

2. **To eliminate** all possibilities which tend to destroy the best values of the game.
3. **To stress** the values derived from playing the game fairly.
4. **To show** cordial courtesy to visiting teams and officials.
5. **To establish** a happy relationship between visitors and hosts.
6. **To respect** the integrity and judgment of the sports officials.
7. **To achieve** a thorough understanding and acceptance of the rules of the game and standards of eligibility.

Section III Sportsmanship Policy

Any member of a squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation. (see *Taunting, pg. 90, Next Previously Scheduled Contest, pg. 89 - Section III Handbook*)

Any player who is:

1. Ejected from one contest shall not participate in the next regularly scheduled contest;
2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

Rules Infraction Disqualification:

Relief would only be granted for rules infraction disqualifications that are not unsportsmanlike.

Example: Running out of lane in a track meet – wrong athlete/bench personnel disqualified

If a school investigates a rule disqualification only and finds justification for not applying the penalty, then that school must notify the Section Office within one working day with rationale. (Form 1-B)

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game

immediately and banned from further participation in all sports for a period of time to be determined by the Section, not to exceed one year from the date of the offense. NOTE: member of the squad includes player, manager, scorekeepers, timers and statisticians.

Reporting for all Disqualifications:

The Athletic Director of the school that has had athletes/coaches disqualified completes the designated reporting form and must e-mail or fax that form within one work day of the contest to the Section Office.

Failure to notify or delinquency in reporting disqualifications may result in a school being reprimanded by the Section III Executive Committee. Future shortcomings in this area will result in stronger disciplinary action.

Failure to enforce – a school administrator that fails to enforce this policy will have a contest forfeited in which the offending individual participates as an ineligible participant (next previously scheduled contest)

A notification must take place before the next contest. Time restrictions may require that telephone communications take place in order to properly notify all parties.

**Spectator Code of Behavior/Ethics
(Section III of the NYSPHSAA)**

1. Direct all energies to encouraging your team.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a more intelligent spectator.
5. Treat all visiting teams in a manner in which you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Be positive.

**Student Athletes Code of Behavior
(Section III of the NYSPHSAA)**

1. To demonstrate self control and respect for others at all times be they official, spectators or other athletes.
2. To remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. To deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.

4. To respect the integrity and judgment of the officials.
5. To remember that improper behavior while in uniform reflects poorly upon yourself, your school and your community.
6. To understand and abide by the rules and regulations of the game.
7. To accept victory with grace and defeat with dignity.

High School Sports Standards Chart for Interschool Competition

Sport	# of Practices to 1 st Scrimmage Team/Individual	# of Practices Prior to 1 st Contest Team/Individual	Team and Individual Max. # Contests*	Min. Time Between Contests or Scrimmage	Individual Contest Limitations Per Day	Rules	Scrimmage Limitations per Day
Baseball Battery	8/6 10/8	10/8 15/13	20	1 night	2 contests	NFHS	2
Basketball	8/6	10/8	18	1 night	1 contest	NFHS – Boys NCAA – Girls	1
Bowling	Training	Training	20	1 night	6 games	USBC	1
Cross Country	10/8	10/10	16	2 nights	5000 m. or 3.1 miles	NFHS	1
Field Hockey	8/6	10/8	16	1 night	1 contest	NFHS	1
Football	11/11	15/15	9	4 nights (1)	1 contest	NFHS	1
Golf	Training	Training	18	1 night	1 match	USGA & LOCAL COURSE RULES	1
Ice Hockey	8/6	10/8	20	1 night	1 contest	NFHS	1
Lacrosse	8/6	10/8	16	1 night	1 contest	NFHS – Boys US LACROSSE – Girls	1
Soccer	8/6	10/8	16	1 night	1 contest	NFHS	1
Softball	6/4	8/6	20	1 night	2 contests	ASA	2
Swimming	12/10	12/10	16	1 night	4 events	NFHS	2
Tennis	6/4	8/6	18	1 night	2 matches++	USTA	1
Outdoor Track	10/8	10/10	16+	1 night	4 events	NFHS	1
Volleyball	6/4	8/6	20	1 night	Tournament: 15 games 2 matches/day	NCAA - Girls	1
Wrestling	10/8	15/13	20 points +	1 night	4 bouts (5 bouts tournament only)	NFHS	1

(1) 2 nights for scrimmage

*Indicates maximum plus section, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ modified scoring system must be used

Modified Sports Standards Chart for Interschool Competition

Sport	# of Practices to 1 st Scrimmage Team/Individual	# of Practices Prior to 1 st Contest Team/Individual	Team and Individual Max. # Contests*	Min. Time Between Contests*	Individual Contest Limitations Per Day	Rules	Time and Distant Limits
Baseball	8	10	14	1 night	2 contests*	NFHS	7 innings
Pitcher	10	15		2 nights*	1 contest		pitchers*
Basketball	9	11	14	2 nights	1 contest	NFHS – Boys NCAA – Girls	7 minute quarters
Cross Country	10	13	10	3 nights	1 run	NFHS	
Field Hockey	9	11	12	2 nights	1 contest	NFHS	25 min. halves
Football	13	17	7	4 nights**	1 contest	NFHS	10 min. quarters
Lacrosse – Boys	10	15	12	2 nights	1 contest	NFHS	9 min. quarters
Lacrosse – Girls	10	13	12	2 nights	1 contest	US LACROSSE	25 min. halves
Soccer	9	11	12	2 nights	1 contest	NFHS	15 min. quarters
Softball	8	10	14	1 night	2 contest*	ASA	7 innings
Pitcher				2 nights*	1 contest		pitchers (1)
Outdoor Track	10	15	10	2 nights	3 events	NFHS	
Volleyball	8	10	14	2 nights	2 matches	NCAA – Girls	
Wrestling	13	15	12 points	2 nights	2 bouts*	NFHS	Max. of 8 pts thru 2 pt. contests

** Three nights/scrimmage

(*) See details in Game Rules Section
 *Except in football and cross country, contests may be played with only one night's rest three times per season for rescheduling purposes only

Cortland's Top "10" for Sportsmanship

1. Cortland student athletes, spectators and coaches will show respect for all opponents, spectators and game officials.
2. Cortland coaches will set a positive example for our student athletes and spectators.
3. Cortland spectators will cheer heartily for Cortland and show appreciation for outstanding play by our opponents.
4. Cortland student athletes will understand the rules of the game and will play by them.
5. Cortland spectators, student athletes and coaches will accept the judgment of officials.
6. Cortland spectators and student athletes will support Cortland's coaches.
7. Cortland student athletes will encourage each other and be "good teammates"
8. Cortland spectators, student athletes and coaches will accept victory and defeat with dignity – we will win without bragging and we will lose without excuses.
9. Cortland spectators will treat all coaches, referees and student athletes as if they were friends.
10. Cortland spectators and student athletes will treat the equipment and property of all schools as if it were their own.

Remember – Good sportsmanship is the "Golden Rule" in action!