

***** ATHLETIC DEPARTMENT *****
CAMBRIDGE RINDGE & LATIN HIGH SCHOOL

RULES, REGULATIONS, & GUIDELINES

Introduction

- The following information defines the interscholastic athletic regulations and procedures for all students participating in our High School Programs. The Athletic Department hopes this provides you with a better understanding of our philosophy, goals and guidelines.
- Participating in high school athletics may seem to some an overwhelming undertaking, however, it is one of the most memorable and rewarding experiences that students and their families can have in a lifetime. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this commitment.

Athletic Department Philosophy

Athletics are an important component of an educational institution and bases its philosophy upon the following ideas:

- The highest standards of sportsmanship will be demonstrated by players, coaches, parents and spectators. This will result in building an atmosphere that supports student athletes and their families and serves as a model of fair play to all involved. This will ensure that both winning and losing will be placed in their proper perspective.
- Winning isn't everything, nor is it the only thing. Student athletes must learn that there are other objectives than just beating their opponents. However, to participate without striving to win is to be a dishonest competitor. Students can and will experience the success that comes from giving his or her best effort.
- Representing one's school may also be a way to learn responsibility and build a favorable self-image. Athletics provides a feeling of belonging to a group that is a positive influence on a student's life.

Program Goals

The common goals of the athletic program at Cambridge Rindge and Latin School are for athletes to:

- ◆ Develop their physical, emotional, social and mental skills
- ◆ Develop appropriate attitudes/values as well as respect for teammates, opponents, authority and themselves
- ◆ Have fun
- ◆ Develop leadership qualities
- ◆ Learn to work and function as a team member toward common goals
- ◆ Develop pride in themselves, their team, school and community to foster school spirit.
- ◆ To allow as many students as possible to participate and share the experience and benefits derived from team membership.
- ◆ To compete successfully with Greater Boston League and non-league opponents

Game/Practice Sessions

- Student athletes have made a commitment to be at **ALL** practice sessions, contests and team meetings. Any team member who must be late, or miss practice, games, or meetings **must** confer with their coach prior to the absence. Absences may jeopardize retaining a position on the team. This includes extended trips during vacation. (Clarification: If student athlete is away from team for extended time, then he/she must make up time missed before being allowed to participate in interscholastic play. For example, if student misses 3 practice days then he/she must make up 3 practice days before being allowed to participate in a game.)
- Practices are held daily for approximately 2 ½ hours, or as appropriate to the activity. Some practices may be held on weekends.
- If school has been canceled because of inclement weather, all athletic events will be canceled.

Team Tryouts/Selection

- During the tryout period, each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach the he/she can fulfill these expectations.
- If a student is not selected for a team, they may contact the coach personally for an explanation.
- Students that are not selected are encouraged to explore other sport opportunities.
- The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play and the amount of playing time. **Players concerns should be addressed first between the player and the coach. If a significant resolution is not resolved, parents should plan a meeting with the coach. If a resolution is not reached between the athlete, parent and coach, the matter may be presented to the Program Leader of Athletics.**

NOTE:

Participation at the varsity level is generally limited to the most highly skilled players and those with the ability to interact with other players for team success. Assessments will be made by the coaching staff relative to the level of play, (Varsity, Junior Varsity and Freshman), most beneficial to the development and progress of each player. It should be understood that playing time could be limited by the strategy of the game and certain other conditions.

School Insurance/Injuries

- The school provides secondary health insurance coverage for all student/athletes injured during the season. The insurance plan takes up where family insurance, if any, leaves off. **All claims must be picked up and filled with the Athletic Trainer within 30 days of injury.** This is a policy provision- Do not forfeit by incomplete information or delay. Be aware, as with most insurance policies, there are limits to the coverage.

Athletic Participation Warning

- Although most athletic injuries are usually minor, serious injury, including permanent paralysis or death, may occur.

CAMBRIDGE RINDGE & LATIN SCHOOL ATHLETIC RULES & REGULATIONS

Participation in CRLS Athletics is a privilege and may be taken away from and student-athlete for violation of any of the following policies and rules.

Class Attendance Policy

- Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice. A Friday absence counts towards Saturday or Sunday participation. A student must be in attendance at school prior to 9:30 am and be present for at least 4 hours of the school day or they will be considered absent for athletic eligibility purposes. The only exception to this rule will be if a student-athlete receives written permission from the Principal or small learning community Dean of Students to attend a school sponsored field trip or visit a perspective college.
- Students who display a pattern of excessive or inappropriate dismissals, regardless of length, will similarly be withheld from practice and / or games. **Students, who skip classes, do not participate appropriately in class or do not fulfill their detention responsibilities will also be ruled ineligible for participation.**

School Equipment Responsibilities

- Students are responsible for, and are expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any items lost, stolen or damaged.
- Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Report Cards and/ or diplomas may be held for those who do not either return or pay for lost/damaged equipment.
- Student-athletes are not to wear uniforms- practice or game- at any time other than those allowed by specified team regulations.

Student- Athlete Code of Conduct

- Abusive or foul language will not be tolerated.
- Players will avoid unsportsmenlike gestures, and make a commitment to moral and ethical standards.
- Players will display respect for opponents and officials at all times.
- Larceny Policy: Any individual who is found in possession of another individual's personal property will be prosecuted to the fullest extent of the law. They will also forfeit their privilege to participate on any CRLS Athletic team for at least one full year. Participation on a CRLS athletic team after the one-year suspension would be contingent upon the outcome of a hearing comprised of CRLS and Cambridge Athletics staff and student-athletes.
- Team members will travel to and from all away games on transportation provide by CRLS. **The use of student transportation is prohibited.**
- Students are not to leave away game sites for any reason.
- All injuries should be reported to the coach and athletic trainer.

Hazing

MASSACHUSETTS GENERAL LAWS

CHAPTER 269

CRIMES AGAINST PUBLIC PEACE

CH. 269, S. 17. CRIME OF HAZING; DEFINITION; PENALTY

Whoever is a principal organizer or participant in the crime hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such students or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action. Added by St. 1985, c.536; amended by St. 1987m c.665.

CH.269, S.18. DUTY TO REPORT HAZING

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such a crime shall be punished by a fine of not more than one thousand dollars. Added by St. 1985, c.536; amended by St. 1987, c.655.

CH. 269 S. 19. HAZING STATUES TO BE PROVIDED; STATEMENT OF COMPLIANCE AND DISCIPLINE POLICY REQUIRED

Each institution of secondary education and public and private institution of post secondary education shall issue to every student group, student team or student organization which is part of such institution or is recognized by the institution or permitted by the institution to use its name or facilities or is know by the institution to exist as an unaffiliated student group, student team or student organization, a copy of this section and sections seventeen and eighteen: provided, however, that an institution's compliance with this section's requirements that an institution issue copies of this section and sections seventeen and eighteen to unaffiliated student groups, teams or organizations shall not constitute evidence of the institution's recognition or endorsement of said unaffiliated student groups, teams or organizations.

Each such group, team or organization shall distribute a copy of this section and sections seventeen and eighteen to each of its members, plebes, pledges or applicants for membership. It shall be the duty of each such group, team or organization, acting through its designated officer, to deliver annually, to the institution an attested acknowledgment stating that such group, team or organization has received a copy of this section and said sections seventeen and eighteen, that each of its members, plebes, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understands and agrees to comply with the provisions of this section and sections seventeen and eighteen.

Each institution of secondary education and public or private institution of post secondary education shall, at least annually, before or at the start of enrollment, deliver to each person who enrolls as a full time student in such institution a copy of this section and sections seventeen and eighteen.

Each institution of secondary education and each public or private institution of post secondary education shall file, at least annually, a report with the regents of higher education and in the case of secondary schools, the board of education, certifying that such institutions has complied with its responsibility to inform student groups, teams or organizations and to notify each full time student enrolled by it of the provisions of this section and sections seventeen and eighteen and also certifying that said institutions has adopted a disciplinary policy with regard to the organizer and participants of hazing, and that such policy has been set forth with appropriate emphasis in the student handbook or similar means of communicating the institution's policies to its students. The board of regents and, in the case of secondary institutions, the board of education shall promulgate regulations governing to content and frequency of such reports, and shall forthwith report to the attorney general any such institution, which fails to make such report. Added by St. 1985, c.536; amended by St. 1987, c.665.

Massachusetts Interscholastic Athletic Association Rules

Academic Eligibility

The MIAA academic eligibility standards are designed to ensure that a student is fully enrolled in school and actively engaged in his/her academic life on a consistent basis throughout the school year. While the MIAA standards are used as a baseline for eligibility, individual school districts are permitted to develop their own standards for participation. CRLS has adopted the following requirements for student athletic participation*:

- **Students must have at least a 70 GPA**

- **Students must pass 3 of their 4 classes and earn the appropriate credits (or be on track to earn credits)**

- **Student athletes enrolled in physical education classes must receive a passing grade.**

Any student athlete who falls below the academic eligibility standards may be eligible for an appeal following a probationary period.

A student that falls below the established CRLS academic eligibility standards for athletic participation will be allowed a probationary period commencing the day that report cards are issued. This will consist of a two week period of time in which the student will not participate in interscholastic contests or practices **and** will be **required** to attend tutoring/homework center. All homework assignments, projects, tests and quizzes must be completed on time and submitted to appropriate staff and faculty. Additionally during this probationary period, the student **must** complete a weekly progress report and submit it to the Program Leader for Athletics. Following this probationary period a review of the student will take place that **may** lead to an appeal hearing in regard to restoring athletic eligibility. The appeal will be heard by an appeal board made up of the CRLS Principal, Dean of Curriculum, Dean of Students, Program Leader for Athletics.

To be eligible for the fall athletic season, students are required to have passed four major subjects the previous year and have and have a fourth quarter GPA of 70 or above for the previous year. To remain eligible for the fall season, the student is required to maintain a 70 GPA in the first marking period.

To be eligible for the winter athletic season, students are required to have a 70 GPA in the first marking period and continue to stay eligible through second marking period by maintaining a 70 GPA.

To be eligible for the spring athletic season, students are required to have a 70 GPA in the second marking period and continue to stay eligible through third marking period by maintaining a 70 GPA.

The academic eligibility of all students shall be considered as official only on the date when report cards for that marking period have been issued to parents.

Eligibility Rules

- A physical exam signed by a medical practitioner after May 31st of the upcoming school year (i.e. a physical on 6/1/07 is good for the 2007-08 school year). Consequences for a forged document may involve the authorities as well as suspension/dismissal from program.
- A signed and dated parent consent form.

Additional Important Rules

- Switching sports is not allowed after the first contest.
- A student-athlete is limited to 12 consecutive sports seasons beyond 8th grade.
- An athlete is ineligible if he/she has turned 19 before September 1st of the school year.
- A player "thrown out" of a game shall miss the next game.
- A player "thrown out" of two games during the same season is disqualified for one full year.
- Striking or assaulting an official, results in disqualification for one full year.
- Bonafide members of a school team are precluded from missing a high school practice or game in order to practice or compete with an out-of-school team (rule 100). Violations will result in suspension for 25% of the season for the first offense and suspension for 25% of the season AND ineligibility for tournament participation on the second offense.

Chemical Health Rule

- During the school year, a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol: any tobacco product, marijuana; steroids; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor. (See MIAA.net for details)
- Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the student's eligibility status of the student during the next academic year.
- **ADDITIONAL SCHOOL POLICIES MAY BE FOUND IN THE CRLS HANDBOOK.**

Parent and Student Athletic Rules and Regulation Agreement

I, _____ have chosen to participate in Athletics' at Cambridge Rindge & Latin High School.

I have read and understand the athletic and MIAA rules and regulations. I also understand and agree to the consequences for violation of these rules and regulations.

Student Name (Print)

Date

Student Signature

As the **parent/guardian** of _____, I have read and understand the CRLS athletic department and MIAA rules and regulations. I also understand and agree to the consequences if my child violates a rule or regulation.

Parent/Guardian Name (Print)

Date

Parent/Guardian Signature

MEDIA RELEASE

I hereby agree and give my permission for the Cambridge Public Schools and/or Cambridge Rindge and Latin School (the "School") to record, film, photograph, audiotape or videotape my child's name, image, likeness, spoken words, student work, performance and movement, in any form (hereinafter collectively referred to as "Works"), and to display, publish, distribute or exhibit these Works or any part thereof for the purpose of and in connection with any material that may be created by the Cambridge Public Schools and/or the School for the Cambridge Public Schools and/or the School, including, without limitation, for posting on the Cambridge Public Schools and/or School's website and/or for broadcasting on television including Cambridge Educational Access (CEA).

I hereby further agree that the Cambridge Public Schools is the sole owner of all rights, title and interest, including copyrights in such Works and any parts thereof for all purposes, as the Cambridge Public Schools and/or the School shall determine in their sole discretion without limitation, reservation or compensation to me or my child.

By entering into this informed consent and release and granting the permission as stated herein, I am expressly authorizing Cambridge Public Schools and/or the School to use, in whole or in part, my child's name, likeness, image, spoken words, student work, performance and movement in connection with any materials for the Cambridge Public Schools and/or the School, including without limitation the Cambridge Public Schools' and/or the School, in all manner and media, as Cambridge Public Schools and/or the School determines in their sole discretion.

I also understand that Cambridge Public Schools and School shall own all rights, title and interest, including the copyright(s), in and to the materials, to be used and disposed in perpetuity without limitation as Cambridge Public Schools and the School shall determine in their sole discretion.

By entering into this informed consent and release and granting the permission as stated herein, I also am releasing the Cambridge Public Schools and the School and their respective officers, directors, agents and/or employees from and against any and all liability, loss, damage, costs, claims and/or causes of action arising out of or related to my son/daughter's participation in any media events, including, without limitation, television broadcasts, promotional materials or website projects.

I have read this Informed Consent and Release and understand its terms. I sign it voluntarily and with full knowledge of its significance.

Child's Name: _____ Grade: _____

Child's Signature: _____ Homeroom Teacher: _____
(If 14 years of age or older)

Parent/Guardian's Name: _____

Parent/Guardian's Signature: _____

Date: _____