

Philosophy of the High School Athletic and Extra-Curricular Code

This code has been prepared for the benefit of athletes and participants in extra-curricular activities, the parents of those students, the coaches of athletes, and the directors of activities and organizations in an effort to make athletics and extra-curricular activities a contributing and worthwhile part of the overall school program. It is the desire of all high school coaches and advisors that athletics and extra-curricular activities to be an enriching and healthful experience in which physical, mental, and social growth is stimulated through involvement in athletics and extra-curricular activities. A genuine understanding of the aims and objectives of athletic and extra-curricular programs will be realized by a careful reading and discussion of this code by the participants and their parents and guardians.

Participation in athletics and extra-curricular activities in the Iowa-Grant School District is a privilege, not a right. Student athletes and participants must adhere to the rules and guidelines set forth in this code. Violation of these rules and/or guidelines may result in revocation of a student's privilege to participate in athletics and/or extra-curricular activities.

The code applies to all members of athletic teams and to all participants in the following extra-curricular activities:

Performance Activity

All Solo and Ensemble Participants
Men's Choir
Morning Hand Bells
Musical
Academic Decathlon
FFA Officers and Contest Participants
Drama/One Act Festival
Destination Imagination
Model UN
Forensics

Participatory Activity

Student Council
Class Officers

I. Academic Eligibility

Every student who desires to participate in the Iowa-Grant School Athletics and Extra-Curricular Program must meet the eligibility rules set by the Iowa-Grant School District as set forth below.

- A. A student must carry a minimum of four credits per semester. Students must participate in a full day course of study. If because of scheduling problem, a class cannot be scheduled, a student with the permission of the principal may carry only 3.5 credits for a semester (and would have a study hall) and still be eligible for extra-curricular participation
- B. Students in grades 9-12 are ineligible to participate if they have one failing grade at the end of the most recent grading period. The most recent grading period refers to first quarter grades, first semester grades, third quarter grades, and second semester grades shall be considered the most recent grades.
- C. 15 days after a grading period in which a student earns a failing grade, the student must be meeting minimum grading requirements to become eligible for continued participation. During the 15-day period after a student earns a failing grade, he/she is precluded from participating in any athletic or extra-curricular interschool competition. The 15 day period of academic ineligibility shall commence the school day after report cards are issued to and confirmed by the principals office, and shall continue through the fifteenth scheduled school day. If at the end of this period of ineligibility the student meets the academic standards, they may resume participation in competition on the sixteenth scheduled school day. Students may be allowed to practice with the squad while they are academically ineligible.
- D. The ineligibility status described in the introduction to this section will be adjusted as follows for students in fall sports in which the date of earliest allowed competition is before the first day students are in class. Fall Sports- The minimum ineligibility period shall be the lesser of (1) 21 consecutive calendar days beginning with the date of the earliest allowed competition in a sport or (2) one-third of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction). A student may erase ineligibility status following the last grade reporting period of the school year through summer school courses (including correspondence courses) at the same or some other school provided the school gives credit toward graduation requirements for such courses and counts them in class-rank standings. Students attending summer school must take like or similar courses in order to erase ineligibility status. Prior approval from the high school principal is required to erase ineligibility status.
- E. Following reinstatement to the squad or activity after having received a failing grade, the academic progress of the student will be monitored for fifteen additional school days. Should the student's performance again fall below minimum requirements (as those minimum requirements have been set forth in Board policy 345.1 or if the student receives any single grade below a D), the student would become ineligible again, and the process outlined above would be repeated.

If a student is deemed ineligible under this section, the ineligibility applies to every athletic and extra-curricular activity in which the student participates.

II. Physical Examinations for Athletic Participants

Before an athlete will be allowed to report for athletic practice, she/he must first:

- A. Have a physical examination and/or alternate year card and an Iowa-Grant medical card. These cards must be on file with the athletic director's office.
- B. Each athlete must receive a physical examination during his/her freshmen and junior year, or at the time of initial entry into the athletic program. If a boy or a girl was hospitalized or suffered serious illness or injury since his or her last physical, then another physical is required.
- C. All injuries should be reported to the coach immediately. Filing an injury claim is the athlete's responsibility.

III. Rules of Conduct.

Good participants in our athletic and extra-curricular activities are developed through proper training, dedication, desire, and sacrifice. Each athletic coach or activity advisor will require that an athletic and extra-curricular code form be signed by student participants. It is the desire of the District to have parents or guardians sign the pledge to show their support in helping to enforce the code. The signature of the participant (and his/her parents/guardians) demonstrates that he/she understands the rules set forth in the code and indicates his/her willingness to abide by them.

A. Rules for All Athletic and Extra-curricular Activity Participants

Penalties: Penalties for infractions of the rules are listed below. These penalties apply to all students that are participating in interscholastic sports, including team managers and cheerleaders, and to participants in the extra-curricular activities listed at the beginning of this code.

1. The use, possession, buying, selling of alcohol, drugs, and tobacco is prohibited. The sale, purchase, and/or sharing of such prescribed drugs with others for whom the drug/controlled substance has not been prescribed is prohibited. In some cases violation of this rule may result in further school discipline including, but not limited to, student expulsion.

The minimum first violation of rule A. 1. shall be 20% of the total number of games scheduled at the beginning of the season. Varsity schedules will typically result in the following minimum number of contests:

Baseball	4 contests	Basketball	4 contests
Softball	4 contests	Volleyball	3 contests
Wrestling	3 contests	Cross Country	2 contests
Cheerlead-FB	2 contests	Cheerlead-WR	3 contests
Football	2 contests	Golf	3 contests

Self-referral: Penalties can be reduced through a self-referral made by the parent and/or student. A self-referral must be made in writing to the athletic director, co-curricular coordinator, or the high school principal by 1:00 p.m. the next working day following the infraction. Working days are considered to be Monday through Friday year round, unless it is a holiday. Self referral will result in the penalty being reduced by 50% to the following length(s). In the event that a self-referral results in a decimal, any number .5 or greater will be rounded up.

Baseball	2 contests	Basketball	2 contests
Softball	2 contests	Volleyball	2 contests
Wrestling	2 contests	Cross Country	1 contest
Cheerlead-FB	1 contest	Cheerlead-WR	2 contests
Football	1 contest	Golf	2 contests

The minimum second violation of rule A. 1. shall be:

Baseball	4 contests	Basketball	4 contests
Softball	4 contests	Volleyball	3 contests
Wrestling	3 contests	Cross Country	2 contests
Cheerlead-FB	2 contests	Cheerlead-WR	3 contests
Football	2 contests	Golf	3 contests

Self-referral: Penalties can be reduced through a self-referral made by the parent and/or student. A self-referral must be made in writing to the athletic director, co-curricular coordinator, or the high school principal by 1:00 p.m. the next working day following the infraction. Working days are considered to be Monday through Friday year round, unless it is a holiday. Self referral will result in the penalty being reduced by 50% to the following length(s). In the event that a self-

referral results in a decimal, any number .5 or greater will be rounded up.

Baseball	2 contests	Basketball	2 contests
Softball	2 contests	Volleyball	2 contests
Wrestling	2 contests	Cross Country	1 contests
Cheerlead-FB	1 contests	Cheerlead-WR	2 contests
Football	1 contests	Golf	2 contests

The minimum third violation of rule A. 1. shall be: A suspension from all athletic participation for the remainder of the student-athlete's career at Iowa-Grant Schools. Students may apply for admission into athletic participation after 1 (one) calendar year from date of infraction.

The minimum fourth violation of rule A. 1. shall be: A suspension from all athletic participation for the remainder of the student-athlete's career at Iowa-Grant Schools. Students may apply for admission into athletic participation after 2 (two) calendar years from date of infraction.

2. Conduct: All participants subject to this code shall conduct themselves, at all times, in a manner that is legally appropriate and that positively represents the Iowa-Grant School District. Actions referred to legal authorities may carry more severe penalties. Actions that result in legal action (ticketed offenses) may carry more severe penalties. Conduct unbecoming to a student representing our school may include one or more of the following, but is not limited to:
 - a. Stealing/theft in or out of school.
 - b. Flagrant misbehavior in class/school environment and/or flagrant disrespect of school personnel in or out of school.
 - c. Disorderly conduct – A generalized definition of disorderly conduct is as follows: whoever in a public place engages in violent, abusive, indecent, profane, boisterous, unreasonably loud or otherwise disorderly conduct.
 - d. Vandalism in or out of school.
 - e. Any violation of criminal laws or ordinances or any charge brought against a participant by a local, county, or state legal representative that he/she has violated criminal laws or ordinances.
 - f. Other conduct which adversely affects and relates to the management of the school and its efficiency.

- g. Each athletic coach or activity advisor may have additional rules for participation in his/her sport or activity.

The minimum first penalty for violation of rule A.2. shall be 20% of the total number of games scheduled at the beginning of the season:

Baseball	4 contests	Basketball	4 contests
Softball	4 contests	Volleyball	3 contests
Wrestling	3 contests	Cross Country	2 contests
Cheerleading-FB	2 contests	Cheerleading-WR	3 contests
Football	2 contests	Golf	3 contests

Self-referral: Penalties can be reduced through a self-referral made by the parent and/or student. A self-referral must be made in writing to the athletic director, co-curricular coordinator, or the high school principal by 1:00 p.m. the next working day following the infraction. Working days are considered to be Monday through Friday year round, unless it is a holiday. Self referral will result in the penalty being reduced by 50% to the following length(s). In the event that a self-referral results in a decimal, any number .5 or greater will be rounded up.

Baseball	2 contests	Basketball	2 contests
Softball	2 contests	Volleyball	2 contests
Wrestling	2 contests	Cross Country	1 contest
Cheerleading-FB	1 contests	Cheerleading-WR	2 contests
Football	1 contests	Golf	2 contests

The minimum second penalty for violation of rule A. 2. shall be:

Baseball	4 contests	Basketball	4 contests
Softball	4 contests	Volleyball	4 contests
Wrestling	4 contests	Cross Country	2 contests
Cheerleading-FB	2 contests	Cheerleading-WR	4 contests
Football	2 contests	Golf	3 contests

Self-referral: Penalties can be reduced through a self-referral made by the parent and/or student. A self-referral must be made in writing to the athletic director, co-curricular coordinator, or the high school principal by 1:00 p.m. the next working day following the infraction. Working days are considered to be Monday through Friday year round, unless it is a holiday. Self referral will result in the penalty being reduced to the following length(s)

Baseball	2 contests	Basketball	2 contests
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Softball	2 contests	Volleyball	2 contests
Wrestling	2 contests	Cross Country	1 contest
Cheerleading-FB	1 contests	Cheerleading-WR	2 contests
Football	1 contests	Golf	2 contests

The minimum third violation of rule A. 1. & A.2. shall be: A suspension from all athletic participation for the remainder of the student-athlete's career at Iowa-Grant Schools. Students may apply for admission into athletic participation after one (1) calendar year from date of infraction.

The minimum fourth violation of rule A. 1. & A.2. shall be: Suspension from all athletic participation for the remainder of the student-athlete's career at Iowa-Grant Schools. A student may apply for readmission into athletic participation after two (2) calendar years with no additional rule infractions.

B. Additional Rules for an Individual Athletic or Extra-curricular Activity

Each coach or advisor may have additional rules for participation in his/her sport or activity. These rules will be filed with the Athletic Director & Building Principal prior to the start of the respective season. Student-athletes and a parent are required to attend a pre-season meeting. The head coach will review the rules and expectations for their respective sport prior to the first competitive contest.

1. Penalties for Participants in Extra-Curricular Activities – Violation of Rules A.1
 - a. First violation
 - i. Suspension from one performance or event, handled strictly on a calendar basis OR
 - ii. Self-referral reduced penalties plus completion of the AODA program.
 - b. Second violation
 - i. Suspension of a total of eight event points: performance events are counted as two points each and participatory events are counted as one point. These are handled on a calendar basis
OR
 - ii. Self-referral reduced penalty to 4 event points and completion of AODA program.
 - c. Third violation
 - i. Enter and complete the AODA program plus suspension from all performances or events in each activity for one calendar year
OR

- ii. Self-referral reduced penalty to ½ calendar year and completion of AODA program.
 - d. Fourth violation
 - i. Suspension from all extra-curricular activities for the remainder of career at Iowa-Grant Schools. A student may apply for readmission into extra-curricular activity participation after 1 calendar year with no additional rule infractions. Completion of AODA is also required.
2. Penalties for Violations of Rule A.2. – All Athletic and Extra-Curricular Activity Participants
- a. The Athletic/Extra-Curricular Council will determine if the Rule has been violated by a participant.
 - b. The Council will handle each Rule A.2 violation on an individual basis. The history of individual participants and the circumstances of the situation may be considered by the Council in assessing a Rule A.2 violation.
 - c. First-time rule A. 2. violations may carry the minimum suspension as outlined for violations of rule A. 1. for a student who self-refers. Students who don't self-refer may receive a minimum penalty as outlined for violations of rule A. 1. Extra-curricular penalties may carry a minimum of 5 hours community service for self-referrals. Students not self-referring may have a minimum of 10 hours community service.
 - d. Rule A.2 penalties may also be assessed against a participant in conjunction with penalties assessed for violations of Rules A.1.
3. Rule B Violations
- a. Punishment for such violations will be left to the individual coach or advisor's discretion. These rules are in effect for the entire year. Minor rules are in effect only during the season.

IV. Penalty Guidelines

- A. An athlete is required to sit out from all levels of competition if suspended or ineligible, but the number of contests missed is determined only by the number of contests at the highest level at which they participate. Any student who is suspended from athletic competition for violating the athletic code must serve the suspension in a sport he/she had been out for in the previous school year.

An example: A student is found in violation of the athletic code between the winter and spring sports season. The student decides to go out for a spring sport for the first time. The student will be allowed to participate in the spring sport without penalty, but will serve the suspension in a fall or winter sport, whichever sport he/she first competes in during the following school year.

*A student must be eligible to participate in an event. An example: physically, academically, in attendance, etc., if it is to be counted as one of the suspension events.

- B. Suspension during a WIAA tournament series will result in termination of the season. This will also count as only a one event suspension.
- C. No scrimmage may count as a suspension.
- D. Though the penalties for athletics and extra-curricular activities are different, rule violations will count across the entire Athletic/Extra-Curricular Code. Therefore, a participant who is only in athletics during his/her first violation and who later becomes involved in any extra-curricular activities will be facing second penalties if another violation occurs.
- E. Sharing of information: Law enforcement agencies may share information about students pertaining to chemical use/abuse with the school administration, athletic director or Core Team members.

V. General Guidelines

- A. Each sport season will have an official starting date and finishing date in order to determine whether a participant is "in season" or "out of season". The dates set by the W.I.A.A. for each sport will be the official starting date. The official ending date for each sport will be when the state tournament is completed in that sport.
- B. Student-athletes who elect to "go out" for a sport after the tenth day of the official starting date will not be eligible for varsity competition.
- C. This Athletic and Extra-curricular Code is in effect twelve months a year. This is mandated by the WIAA handbook in Article VII-Health & Behavior, Section 2-Code of Conduct.
- D. If a participant is suspended from a team or activity for a code violation and is then reinstated after an appeal hearing, he or she may be eligible to win an athletic letter or any other award that an advisor may choose to give.

- E. Any student who loses eligibility is expected to attend all practice sessions and team meetings if he/she expects to be reinstated during that same season.
- F. Suspensions served during any season will count only if the participant finishes the season to the coach or advisor's satisfaction.

VI. Additional Rules

A. Attendance in School: A student will be allowed to participate in practice and contests only if she/he is in school all day, or has a medical excuse from a doctor, dentist, or chiropractor for an absence on that day. Students will be given two chances per semester for emergencies such as car trouble, over sleeping, or farm emergencies. All other excuses for partial absences will not be accepted and will make the student ineligible to participate during the day time, after school, evening practices, or events on the same day. These include, but are not limited to, parent request, needed at home, and doctor's appointments without verification. Individual exceptions to these rules may be made at the discretion of the principal.

B. Care of Athletic Equipment:

1. The school board has provided the athletic department with high quality equipment.
2. Each athlete is responsible for the proper care and safekeeping of the equipment issued to him/her. Lockers should be securely locked during and after every practice and game.
3. Any equipment lost through negligence must be paid for by the athlete, the price to be determined by the coach and athletic director.
4. School equipment is to be worn only at athletic events and practices unless otherwise authorized by the coach. At the conclusion of a sport season, all equipment must be turned in to the coach in charge. Parents' assistance in this matter will be greatly appreciated by the school.

C. Travel and Conduct on Trips:

1. All participants must use the mode of transportation provided by our school. Individual exceptions to this rule may be approved by the principal, athletic director, coach or advisor if a written request is made in advance.
2. No food will be allowed on the bus unless sanctioned by the adult in charge.
3. Student participants will be considered as "good will ambassadors" of Iowa-Grant High School and are expected to conduct themselves properly at all times.

D. Changing Sports:

1. An athlete may not quit one sport and begin another during the same season, except by agreement of both coaches.
2. An athlete cut from one sport may, however, try out for another sport, providing the person was not cut from the first sport for disciplinary reasons.
3. An individual may participate as an athlete, cheerleader, or manager in a sport during a given year and then decide to transfer to another sport the following year.

VII. The Athletic/Extra-curricular Council

- A. The Athletic/Extra Curricular Council will be composed of the following people: High School Principal, Elementary-Middle School Principal, and the Superintendent. In the event of a case in which a council member has a personal interest with the student in question, a proxy will be appointed.
- B. The purpose of the Athletic/Extra-curricular Council:
1. To review the Director's investigation, and act upon any reported violation of the rules and regulations of the Code.
 2. To provide a forum for any person who is accused of violating the code to present his or her case.
 3. To impose any penalty required under the Code.
 4. To review and make appropriate recommendations to improve the Code.
 5. To appropriately reinstate suspended participants back into active status.
 6. To participate in the appeal process set forth by the Code.

VIII. Reporting and Administration of Major Code Violations:

- A. Violations of the Code of Conduct shall be presented to the Director(s) of the Athletic and Extra-curricular Activity Council in writing and shall clearly describe the kind of violation alleged and the time and place of the alleged violation. The report of the violation must be filed on 370-Rule, Exhibit-4 and signed by the person who witnessed the violation or by the person making an accusation pertaining to a Code violation. If the report is signed by the participant as a self-admission of Code violation, then the prescribed penalty for such a violation is enacted automatically.
- B. The Director(s) shall investigate violations if reported as set forth above and may investigate alleged incidents, to determine whether there were Code violations.

- C. Any participant alleged to be in violation of the Code, his/her parents or guardians, and each member of the Council shall be notified of a reported violation and given a copy of the same by the Director(s) in a timely fashion.
- D. The Council is not required to meet on every case. Where the participant admits to a Code violation and it is dictated in the Code what the penalty shall be, and if the participant, parents or guardian do not wish to appear before the Council, no meeting is necessary. The Director(s) will inform the Council of the violation and the penalty applied.

The Council will meet on all cases where a participant or his/her parent or guardian, requests to come before the council

If a student is involved in both athletics and extra-curricular activities and is suspected to be in violation of the Code, the Council must meet.

- E. The accused and his/her parents or guardians shall have the right to appear before the Council prior to any vote on the final action to be taken by the Council. Note: The inability or refusal of the accused and his/her parents or guardians to appear before the Council at a time appointed by the Council shall not delay or interfere with in any manner the proceedings or action taken by the Council.
- F. The Council shall vote, whether the reported violation did or did not occur. Thus, each Council member will either accept or reject the reported violation. No vote will be taken unless a quorum of voting members is in attendance.
- G. The Director(s) will discuss and advise the coach or director involved as to the term of any suspension issued.
- H. The Director(s) will explain the terms of the suspension to the participant involved as soon as possible after the meeting of the Council, within 24 hours if a full school day exists within those 24 hours.
- I. A report of the suspension will be sent to the parents of the violator and also to the Superintendent by the high school principal.
 - 1. Copies of all reports and correspondence will be kept on file in the directors' offices.
 - 2. Records of all Council meetings and business will be kept on file in the directors' offices.
- J. In the event a student feels an improper decision has been made with regards to an alleged violation, the individual along with his or her parents or guardians may appeal the Council's decision in accordance with the appeal

procedures set forth in this Code. However, the accused shall remain ineligible for participation in practice and contests during the appeal process.

IX. Appeal Procedure: The Board of Education

- A. The participant and his/her parents may request a hearing before the Board of Education if unsatisfied with the determinations made at the first level. Such appeal must be made in writing to the Superintendent within 7 days after having received the determination at the first level. Such request of appeal shall be heard within 7 days after having received a request for appeal. In the event that a board member has a personal interest with the student(s) in question, the Board president will recuse the Board member who has a personal interest.
- B. The participant and his/her parents, the Director(s), Superintendent, High School Principal, and Elementary Principal shall be notified of the date on which the requested hearing will be held before the Board. If attending the hearing, all parties concerned must be simultaneously present during the appeal procedure at this level.
- C. The participant, his/her parents, and any witnesses may present evidence or speak in defense of the participant that is related to the allegations made against him/her.
- D. The Directors, other members of the Council, and/or the Principal may also provide information to the Board relevant to the appeal determination.
- E. After the presentation of any evidence by any concerned party (as identified above), the Board members and Superintendent will convene in closed session and will decide whether to accept or reject the initial determination made by the Athletic and Extra-Curricular Activity Council. The Board will not modify any decision issued at that level, but will simply determine whether the decision made by the Council is supportable based on the evidence presented at the hearing before the Board.

The Board will notify the participant and his/her parents of its final determination within 48 hour of the hearing before the Board. If such notice is made verbally, a written notification will be sent within 5 days of such hearing.

- G. Summer Appeal Process: The same procedures apply except that the Council may not be able to hold its initial meeting until the first professional contract day of the school year.

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