

Orcas Island High School

2011-2012

Athletic Handbook



ORCAS ISLAND

Revised August 2011

Introduction

Dear Student Athlete and Parent,

The contents of this handbook have been prepared to welcome you and give you a basic understanding of the expectations and guidelines for participation in Orcas Island Schools' athletic program. Please read through this handbook and return the following items to your coach prior to the first day of practice.

- *Agreement to participate/Assumption of risk/permission to participate and Waiver of Student Insurance*
- *Medical Authorization*
- *Medical/Sport Physical*
- *Specific Sport Guidelines*
- *Concussion Information Form*
- *Participation fee (\$100 Middle School, \$150 High School/per sport)*

Being involved in Orcas Island School athletics requires a commitment of time... time that some students and parents do not anticipate. In addition to daily schoolwork, daily practices, and missed classes on game days, there is the challenge of ferry travel. All of these aspects of participation in athletics on Orcas Island will prove to be learning opportunities for students, helping them to develop diligence, perseverance, commitment and time management skills.

It is our goal through the Orcas Island athletic department to use each sport to develop life skills and character qualities that will carry through a student's life and be a benefit to them beyond high school athletics. Participation in athletics is about discipline, practice, setting and reaching goals and seeing your potential as an individual as well as a part of a team, all of which will prepare the student to become a great contribution to society as a whole.

Being a good sport is treating others, as you would like to be treated – with courtesy, fairness, respect, and compassion. Win or lose, it's about how you play the game, with dignity and integrity remembering that we represent ourselves, our families, our school and community.

We look forward to having you as a part of the Orcas Island athletics program. If you have any questions or concerns, please don't hesitate to contact me at the school at 376-1548, 298-2387 (c) or you can call the high school front office at 376-2287.

For the school year 2011-12, the district's ability to fully fund our athletic program is in doubt. Due to huge state cuts to school funding and the uncertainty about our enrollment, only the Fall Season for both middle and high school is included in our budget. It is our hope that enrollment will come in very much above budget numbers and allow us to fund Winter and Spring Seasons. However, that may not happen. Please be aware that we may not have enough school district money to fully pay for the Winter and Spring Seasons.

Sandi Harris

Athletic Director

Barbara Kline

High School Principal

Superintendent, Orcas Island School District

Orcas Island High School 2011-2012 Sport Offerings

NOTE: As of August 2011, no funds are allocated for Winter and Spring Athletics. Funding for athletics beyond the Fall Season is dependent on the availability of money to pay for these activities.

Fall

Football JV & Varsity
First practice August 17

Volleyball JV & Varsity
First practice August 22

Soccer-Boys & Girls Varsity only
First practice August 22

Winter

Girl's Basketball JV & Varsity
First practice November 14

Boy's Basketball JV & Varsity
First practice November 14

Spring

Girl's Golf Varsity only
First practice February 27

Boy's Golf Varsity only
First practice February 27

Baseball Varsity only
First practice February 27

Softball JV & Varsity
First practice February 27

Orcas Island Middle School 2011-12 Sport Offerings

Fall

Volleyball – September TBA

Co-ed Soccer- September 13

Winter

Boys Basketball – October 24

Girls Basketball – January 2

Participation Requirements

The following requirements must be met each season before participating in any sport:

1. Academics

In order to participate in any sport, students must have a 2.0 GPA from the previous quarter or semester and no more than 1 Fail or Incomplete in the previous semester. Students who do not meet this requirement can appeal to play by contacting the Athletic Director who will arrange a meeting for the student with the Coach, Principal and Athletic Director. If the appeal is granted, students will be allowed to play under the conditions decided at the appeal meeting. For example, if students have failed more than one class and are allowed to play, they must complete a 5 week suspension period where they are allowed to practice, but cannot suit up for or travel for games. If the season that they are in the suspension is Fall, they are suspended until after the last Saturday in September, all other seasons are suspended from the end of the semester through the first 5 weeks in the next semester. Incompletes may be completed during the suspension period and play can resume as soon as the class is complete.

2. Grade Checks

Will be scheduled every 3 weeks to determine if you are in good standings in each of your classes. Stay focused keep up with your studies and you will not let your team or yourself down by not being able to practice or play in an important game. If you are ineligible due to a grade check, you will be suspended from practice, games and game travel until the grade is brought up to a C- or above.

3. Medical Examination/Sport Physical

All athletic activities require participants to provide the Coach/Athletic Director with documentation of his/her satisfactory medical examination/sport physical prior to the first practice. Satisfactory medical exams are valid for 24 months or 2 years. The athletic department requires the original copy but strongly suggest that you make additional copies and keep one in your file.

4. Incident of Illness or Injury

To resume participation following an illness or injury serious enough to require medical care, participating athletes must present a physician's written release to the coach.

5. Assumption of Risk/Permission to Participate

All student athletes and their parents/guardians must sign the Assumption of Risk/Permission to Participate form prior to the student's participation in each sport.

6. Participation Fees

- *Middle school students shall pay \$100 per sport.*
- *High school students shall pay \$150.00 per sport*
- *Maximum fee for families having participants in several sports \$400.00 per family.*
- *Refund of fees: Full refunds will be made to students who do not continue participation after the first two weeks of practice. Injuries incurred during regular practice or regular competition or in the case of extenuating circumstances may qualify for a pro-rated refund. This will be determined on the recommendations of the Head Coach/Advisor with final approval being the responsibility of the Athletic Director.*
- *Students are eligible for a fifty percent (50%) reduction in fees if their families qualify for a free or reduced price lunch program. Students who qualify must make this known to the coach or AD.*

7. Mandatory Insurance for Student Athletes

Students must be covered by accident insurance (either the school plan or individual family coverage) in order to participate in any sport.

*Again this year, student accident insurance plans, offered by Myers-Stevens, are available, at a minimal cost, to provide coverage for all students. The School Time Only plan will cover all co-curricular activities with the exception of football. There is a Football Plan that can be purchased in addition to your private insurance carrier or along with the School Time Only plan. **SCHOOL INSURANCE RUNS THROUGH JUNE AND MUST BE RENEWED TO COVER ANY SUMMER ACTIVITIES.***

*All student athletes **MUST** be covered by the school accident coverage plan, or his/her parents/guardians shall be required to sign the Waiver of Student Accident Plans / Individual Insurance Verification form (on page 19 of this handbook), indicating that the family has its own insurance plan which shall be kept in force to provide coverage for the student throughout his/her participation in the athletic activity. The insurance company name and policy number, which provides coverage for the family, must also be included on the Waiver/Verification form.*

Students without insurance coverage are ineligible to participate in interscholastic sports.

8. Agreement to Participate

Students wishing to participate in any activity in the school's athletic program are required to read this handbook and sign the Agreement to Participate and any other contract(s) or agreements that the activity's coach provides.

9. Equipment

Participants accept the responsibility to care for uniform/equipment issued to her/him. If the uniform/ equipment is not returned at the end of the activity season, he/she may not participate in any co-curricular activity or receive honors or awards until he/she has returned or paid for replacing the uniform/equipment.

10. Handbook Changes

Changes in the Athletic Handbook may be made during the school year by the school authorities. Such changes will be made available to students in writing and will generally be made at the change in sport seasons when new handbooks are distributed.

Rules and Procedures for Participation

These requirements apply to all students who participate in any interscholastic program.

1. Academics

- The primary purpose of school is to receive an education. Our sports program is intended to enhance your school and life experience.*
- To begin participation in a co-curricular activity, a student must have earned a 2.0 GPA and a Fail or Incomplete in no more than 1 class. Students who do not meet this requirement can appeal to play by contacting the athletic director who will arrange a meeting for the student with the Coach, Principal and Athletic Director*
- The athletic department thrives on students doing their best academically. Classroom work comes first. If you have assignments that require your attention during a scheduled practice you must inform your coach in advance. Your coaches will support you through this process but will require a note from the teacher. If you are however continually negligent with your studies and miss a number of practices or games the coach may have a consequence.*
- Each participant's academic status will be monitored on a three-week basis. **Each student must have a C- or better in all classes at the three-week "grade check"**. If any class is below a C-, the athlete will be immediately suspended from the team until his/her grade(s) is up to a C- or better. You will not be allowed to practice, play or travel with the team until you have a progress report from your teacher that verifies that you have brought your grade up. You must turn a copy of*

your progress report in to the Athletic Director and to your coach. Each sport may carry a higher standard, and this will be communicated at the start of the season.

- *Students under special contract may be eligible for a waiver or a special academic contract.*

2. Attendance

Athletes must be in school for the full day in order to participate in practice or games unless you have prior approval and it fits into your coaches' guidelines.

3. Conduct, Attitude and Sportsmanship

- *Students participating in the co-curricular activities program are representatives of, and ambassadors for, both the school and community. As such, they must conduct and present themselves at all times in an exemplary manner. This includes adhering to acceptable dress and grooming.*
- *Athletes will be expected to model positive sportsmanship at all times (whether you're playing or not).*
- *Athletes will conduct themselves in and out of school with a positive attitude. Any reports of poor attitude can result in suspension for a minimum of one (1) day to a maximum of the whole season.*
- *Athletes will welcome all members to teams providing guidance and good examples of sportsmanship and team attitudes. Harassment or hazing of players is not acceptable and will result in consequences for those involved. Students found to be involved with harassing or hazing other players will be suspended from the team for the balance of the season. A student suspended from a team for hazing, will be required request permission to join a team in the following season or seasons. The student's request will be heard at a conference with the student, affected coach or coaches, the athletic director and principal*

4. Practice

- *Athletes must be at practice. If an athlete cannot be at practice he/she must contact the coach in advance. Failure to contact the coach and receive approval to miss practice will result in an unexcused practice.*
- *An athlete cannot participate in practice if he/she did not attend all school classes on the day of practice. If a student athlete is too ill to attend school, he/she is also too ill to participate safely in practice. An athlete may participate in practice if the absence from school was due to a routine doctor, dentist or other appointment and not due to illness.*

- *Each coach will determine the consequences for unexcused absences and tardiness at practice.*

5. Alcohol, Tobacco, Legend Drugs and Criminal Behavior

The following specific rules apply to the sport season (from first official meeting with coaches to awards presentation):

- A student athlete will abstain from alcoholic beverages, and will not be in the company of minors who are using alcohol.*
- A student athlete will refrain from tobacco use of any kind, and will not be in the company of minors who are using tobacco products of any kind.*
- A student athlete will refrain from use of legend drugs except as prescribed. Legend drugs are defined as any drugs, which are required by an applicable federal or state law or regulation to be dispensed by prescription only or are restricted to use by practitioners only. (Derivatives of these drugs also include i.e.: marijuana, amphetamines, barbiturates, opiates, hallucinogenic,*
See WIAA section, RCW 69.41.020-69.41.050, for more specific information, pages 16-18)
- A student athlete will not participate in criminal or unlawful activities. As a participant in interscholastic sports, you authorize the sheriff's department to release reports to school personnel regarding activities, which may be in violation of the athletic contract.*
- A student athlete will not be in the presence of others who are participating in the illegal use of alcohol, tobacco or drugs or any criminal or unlawful activity.*

6. Substance Abuse policy Possession, Use or Being Under the Influence of Alcohol, Illegal Drugs or Tobacco:

First Offense:

If a student athlete or participant in other co-curricular activities is suspected or found to be in possession, under the influence or using alcohol, illegal drugs or tobacco or is suspected or found to be in the presence of others who are participating in the illegal use of alcohol, tobacco, or drugs, the student will be immediately suspended from the team or co-curricular activity. A meeting will be held within three school days of the incident or report of the incident with the student, parent[s], principal, athletic director and coach (in the case of a student athlete). In the case of a participant in co-curricular activities other than athletics, the meeting will consist of the student, parents, principal, and the advisor of the activity.

At that meeting, the circumstances of the incident will be discussed and all those present will have time to present their information. The school committee, composed of the athletic director, coach or advisor and principal will hear all information, will ask questions and will

contribute any appropriate information that has been received. The school committee will meet within one school day of this parent, student and school committee meeting to determine consequences. The student athlete will be informed of the committee's decision immediately or as soon as possible (within one school day) after the decision is made.

If the student athlete or participant in other co-curricular activities is found to have been under the influence or in possession of alcohol, tobacco or illegal drugs, the student will be ineligible for interscholastic competition in the current interscholastic sports program or from participation in a non-athletic co-curricular program for the remainder of the season or program. Ineligibility shall continue until the next season or program in which the student wishes to participate. In order to be eligible to participate in the next interscholastic sports season or program, the student shall meet with the school committee consisting of coaches/advisors of the sport or activity, athletic director and principal to request approval to participate. The school committee may set conditions, such as a separate contract, to enable the student to participate. The school committee will have the final authority as to the student's participation in an interscholastic sports program or other co-curricular offering.

If the student athlete or participant in other co-curricular activities is found to have been in the presence of others who are participating in the illegal use of drugs, alcohol or tobacco, the student athlete will be suspended from the team for a minimum of one game. The school committee will determine whether the student athlete will be suspended for more than one game or for the entire season.

Second Offense:

In the case of a second incident, the student athlete will be immediately suspended from the team or co-curricular activity. A meeting will be held within three school days of the incident or report with the student, parent[s], principal, athletic director and coach (in the case of a student athlete). In the case of a participant in co-curricular activities other than athletics, the meeting will consist of the student, parents, principal, and the advisor of the activity.

At that meeting, the circumstances of the incident will be discussed and all those present will have time to present their information. The school committee, composed of the athletic director, coach or advisor and principal will hear all information, will ask questions and will contribute any appropriate information that has been received. The school committee will meet within one school day of this parent, student and school committee meeting to determine consequences. The student athlete will be informed of the committee's decision immediately or as soon as possible after the decision is made.

If the student athlete or participant in other co-curricular activities is found to have been under the influence or in possession of alcohol, tobacco or illegal drugs for a second time, the student athlete will be suspended from the team or activity for one calendar year (for athletics) or for an equivalent amount of time (for other co-curricular activities). An evaluation by a certified chemical dependency counselor is required before the student athlete or participant in other co-curricular activities can participate in any other season or activity during the school year, and the student must comply with the guidelines and recommendations of that evaluation. If the student is suspended from a team or activity for

the year in the spring season, the evaluation will be required prior to participation in the next school year.

If the student athlete or participant in other co-curricular activities is found for a second time to have been in the presence of others who are participating in the illegal use of drugs, alcohol or tobacco, the student athlete will be suspended from the team for the remainder of the season. In order to be eligible to participate in the next interscholastic sports season or program, the student shall meet with the school committee board consisting of coaches or advisors, athletic director and principal to request approval to participate. The school committee may set conditions, such as a separate contract, to enable the student to participate. The school committee will have the final authority as to the student's participation in an interscholastic sports program or other co-curricular offering.

Third Offense:

A third offense will result in permanent ineligibility from interscholastic play or participation in other co-curricular offerings.

Selling, Giving and/or Distributing Illegal Substances

First Offense:

An automatic suspension, from the athletic/co-curricular program for the remainder of the school year, and a referral to law enforcement authorities.

Second Offense:

Automatic suspension from the athletic/co-curricular program for the remainder of the time the student is enrolled in the school and referral to law enforcement authorities.

7. Coaches Guidelines/Rules

- Coaches may set rules that are in addition to those of the athletic department. The Athletic Director must approve these rules before the start of the season*
- Student athletes will be expected to abide by the coaches' rules as part of their participation in the sport.*
- Coaches may suspend student athletes for one or more games or for the entire season. If a student athlete feels that the coach has unfairly suspended him, the athlete may appeal to the athletic director whose decision will be final.*

8. Uniforms

- *Athletes will be allowed to wear their uniforms on game day and/or during games only.*
- *Athletes are not allowed to let other people wear their uniforms.*
- *Failure to abide by these guidelines could result in suspension from the team.*

10. Transportation

Whenever students are to travel to and from off-island, school sponsored events (such as ball games, and field trips, etc.) the following regulations shall be in effect:

- Students must complete an **assignment request form** prior to boarding the bus or other vehicle when leaving while school is in session. Classes that the athlete will miss for the remaining of the day will need to be signed off by that teacher. The teacher will give a listing of assignments that are to be worked on and the due date. The completed form must be handed to the coach before the bus leaves school, or the athlete will not be able to go to that competition. Class assignments will be due by the next class meeting unless prior arrangements are made with a teacher.*
- Students must board the bus or other vehicle at the school. Students who do not board the bus at the school, and who meet the bus at the ferry dock or elsewhere, shall be ineligible to participate in the event to which the student group is traveling except in the following instances.*
 - With advance permission from the Athletic Director and/or Principal, a student may travel with his/her parents or guardian or another approved driver.*
 - A student may meet the bus at the ferry landing in Orcas when the student is traveling directly from home to the ferry landing. A note from parents to the Athletic Director at the beginning of the season or before each departure is required. In such an instance, the student may depart from the bus at the ferry landing on the return trip. Students may not drive themselves from school to the ferry landing when the team is leaving from school. Students who wish to get off at the ferry landing and not return to school after a game may do so with a note from parent or guardian.*
 - Any other exception must receive advanced approval by the Coach, the Athletic Director and/or Principal.*
 - For certain games or events, students may be required to meet at the ferry landing and picked up from the ferry landing because there will be no transportation to or from school.*

- a. *Students must return on the bus to the school unless the student has permission to get off or picked up from the ferry landing because there will be no transportation from school at the ferry landing or unless the student's parent(s) are at the event and tell the coach or advisor that they are taking their student with them. Parents may take only their own son/daughter unless previous arrangements have been made by the both sets of parents with the Athletic Director or coach.*
- b. *Athletes traveling on school sponsored trips during school hours are required to study while on the ferry ride to the game.*
- c. *While students are at away games they may not leave the school except in the company of a supervising adult and with the permission of the coach.*

11. Awards

- a. *Athletic Awards Permitted - Awards to athletic teams and to individual members of such teams under the jurisdiction of the Association may be made by a member of the school in the form of letter, insignia, certificates, and/or such medals, miniatures or trophies as are customarily emblematic of athletic competition and whose utilitarian and/or intrinsic values are insignificant.*
 - 1) *The head coach of each sport will specify the criteria, which an athlete must satisfy in order to receive a letter award in that sport. These criteria should be written down so that it is available to the athlete at the beginning of the season.*
 - 2) *A student can receive one letter (big "O") during his/her high school career.*
 - 3) *The first season an athlete satisfies the specified criteria, he/she will receive a big "O" and an emblem signifying the sport in which he/she lettered, plus a bar (hash mark). If an athlete has already been awarded a big "O" in a previous sport, he/she will receive a bar only. In the second year and subsequent years an athlete letters in a given sport, he/she will be awarded a bar.*
 - 4) *Cheerleading will follow the same procedure.*
 - 5) *A certificate will accompany all rewards. If a letter is awarded, it will be accompanied with the proper emblem of the sport in which it was earned.*
 - 6) *If a letter is not earned, the student will receive a certificate of participation.*
 - 7) *All certificates should designate whether the student lettered or participated, and also the sport for which the certificate was written.*
 - 8) *Permanent records of athletic awards are maintained. The coach of a given sport should acquire these records and enter the awards made at the end of each season. The Athletic Director will have a copy of these records.*

- b. *Awards From Outside Organizations* - Awards of whatever type made by persons or organizations outside the school system to a school or its student team members in consideration of athletic achievement may not be accepted until approved by the WIAA Executive Board

MIDDLE SCHOOL ATHLETICS

Middle school athletics will adhere to the same rules and regulations as high school athletics with the following exceptions:

- 1. Middle school sports will have no more than 10 contests within a season.*
- 2. No more than two contests will be scheduled or allowed per week unless it is necessary due to vacation days or re-scheduled games as recommended by the AD.*
- 3. Middle school athletes must maintain a 2.0 GPA and not be failing any subject.*
- 4. The day before each game, athletes' grades will be checked. A minimum GPA of 2.0 (C) in each class is required in order to play, dress, or travel with the team. Students, who do not have at least a C in every class, will not participate in the game.*
- 5. All participants who turn out for a sport will play.*
- 6. The 6th grade will not be allowed to participate in interscholastic competition unless there are not enough participants in the 7th and 8th grades to field a team and this is approved by the school administration.*
- 7. There shall be no school-sponsored sports banquet to honor any middle school sport participant. Each participant will receive a certificate upon successful completion of a sport season, but there shall be no trophies given to any middle school athlete.*
- 8. Middle school athletes traveling during school hours will be assigned schoolwork to do while on the ferry. A due date will be given; the student/athlete is to do his/her work during the ferry travel. Failure to have his/her work done on the due date could result in ineligibility for the next competition.*

For additional information or clarification please consult with the Athletic Director.

W.I.A.A. RULES AND REGULATIONS

All participants must meet the standard of the Washington Interscholastic Activities Association to maintain eligibility. Each school district may further expand the rules and regulations. Following are some of the most pertinent rules set by the W.I.A.A.:

- 1. Age Limits - Senior H.S. (W.I.A.A. 18.4.0)- The student(s) shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season and on March 1 for the spring sports season.*
- 2. Transferring Students (W.I.A.A. 18.10.0)- After registering and/or attending a middle level or high school, students changing enrollment to/from one school district to another shall be considered transferring students. Transfer students must meet normal requirements of 18.10.1, 18.10.2 or 18.10.3.*

18.10.1 The following students who are attending a member school shall be deemed to meet residence rule requirements and transferring student rule requirements:

- A. A student whose transfer is based on a bona fide change and immediate change of residence for a minimum of one (1) full year to a new school (District) due to an actual physical relocation of and with the entire family unit to a different residence and preceded by termination of all occupancy of their previous residence.*
- B. A student attending school outside of his/her residence district for one (1) calendar year or more is eligible thereafter in a school of that district provided the enrollment/attendance is continuous.*
- C. A student whose parent(s) reside at different abodes as the result of a divorce or legal separation is allowed one (1) transfer between parents or guardians after entering the ninth grade without being restricted to sub-varsity competition for one (1) year. Any subsequent transfer shall be considered a transferring student and is governed by the transferring student rules and procedures*
- D. A student who is under commitment to the Department of Social and Health Services, a student who is on juvenile parole status and a student who has been adjudicated as a ward of a juvenile court where residence is the result of assignment by the government entity charged with his/her care.*
- E. A student whose release has been ordered by the Superintendent of Public Instruction on the basis of a special hardship or detrimental condition.*
- F. A student who has a residence change following the death or disability of the family unit in order to reside with a relative.*
- G. A seventh and/or eighth grade student who transfers to a school without a corresponding change of residence by his or her family unit and who meets all other conditions of eligibility shall be eligible at the new school when properly enrolled. Any subsequent transfer without a corresponding change of residence by his or her family unit shall require approval by the District Eligibility Committee.*
- H. A student completing the highest grade offered in an elementary, middle school or junior high school upon enrollment in a non-public school.*
- I. A student upon enrollment to the initial first level of a private school from a public school.*
- J. A student completing the highest grade offered in a private elementary, middle school, or junior high school upon enrollment in their resident public school.*

Previous Semester (W.I.A.A. 18.7.0) - The student shall have been in regular attendance in an elementary, intermediate, middle level, or junior high or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

18.7.1 Completion of a semester is determined by the local school district.

18.7.2 A student who fails to complete the previous semester/trimester shall be ineligible for athletic competition unless the student was in regular attendance a minimum of fifteen (15) weeks of the previous semester or ten (10) weeks of the previous semester.

3. *Regular Attendance (W.I.A.A 18.8.0) - The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.*
4. *Exchange Students (W.I.A.A. 18.10.3) – A student whose transfer is the result of participation in a one-year cultural or educational exchange experience.*
5. *Physical Examination (W.I.A.A. 18.13.0) - Prior to the first practice for participation in interscholastic athletics in a middle level school, and prior to the first practice for participation in a high school, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination. This physical examination must include, but not necessarily be limited to:

 - A. *Documentation of a detailed review of the student’s medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.*
 - B. *Documentation of satisfactory examination of the cardiopulmonary system.*
 - C. *Documentation of satisfactory sport-specific orthopedic screening examination.*
 - D. *A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.**
6. *Non-School Participation (W.I.A.A. 18.18.0) - During any sport season after joining a school squad, students may participate on professional teams in that sport and may not represent a college team in that sport.

 - 18.18.1 *Students are allowed to try out and/or participate in a practice setting with a college team.*
 - 18.18.2 *Students are not to be given special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.*
 - 18.18.3 *Students shall not compete in the uniform of their school at non-school events.**
7. *Amateur Standing (W.I.A.A. 18.19.0) - An amateur student athlete is one who engages in athletics for the physical, mental, social and educational benefits the student derives there from and to whom athletics is an avocation and not a source of financial reward. In order to maintain amateur standing, the student/athlete may not:

 - a. *Accept merchandise of more than \$100 in value;*
 - b. *Accept cash awards;*
 - c. *Enter competition under a false name;*
 - d. *Accept payment of expense allowances over the actual and necessary expenses for the athletic trip.**

- e. *Sign or have ever signed a contract to play professional athletics.*
 - f. *Play or have ever played on any professional team in any sport.*
 - g. *Receive or have ever received, directly or indirectly, a salary or any other form of financial assistance (including scholarships, educational grants-in-aid, or any of his/her expenses for reporting to or visiting a professional team) from a professional sports organization.*
8. *Athletic Awards That Can Be Made* (W.I.A.A. 20.1.0)- *Awards to athletic teams or to individual members of such teams under the jurisdiction of the Association may be made by a member of the school in the form of letter, insignia, certificates, and/or such medals, miniatures or trophies as are customarily emblematic of athletic competition and whose utilitarian and/or intrinsic values are insignificant.*
 9. *Awards From Outside Organizations* (W.I.A.A. 20.1.1) - *Awards of whatever type made by persons or organizations outside the school system to a school or its student team members in consideration of athletic achievement may not be accepted until approved by the Executive Board.*

WASHINGTON LAWS AND STUDENT ELIGIBILITY

Penalties for violation of RCW 69.41.020-69.41.050 (Legend drugs including steroids possession sale and/or use) - A violation of RCW 69.41.020-69.41.050 shall be considered a violation of the eligibility code and standards and shall subject the student to disciplinary actions. The following penalties will be administered:

1st Violation - *The student shall be immediately ineligible for interscholastic competition in the current interscholastic sport program for the remainder of the season.*

Ineligibility shall continue until the next sports season in which the student athlete wishes to turn out. In order to be eligible to participate in the next interscholastic sport season, the student athlete shall meet with the school eligibility board, consisting of coaches and administrators selected by the principal to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A student athlete who seeks and receives help for a problem with use of legend drugs shall be given the opportunity for assistance through the school and/or community program. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility reinstated in the athletic program, pending recommendation by the school eligibility authority.

2nd Violation - *A student athlete who again violates any provision of RCW 69.41.020 through RCW 69.41.050 shall be ineligible and prohibited from participating in any WIAA member school interscholastic sports program for a period of one calendar year from date of the second violation.*

3rd Violation - *A student athlete who violates for a third time RCW 69.41.02 - 69.41.050 shall be permanently prohibited from participation in any WIAA member school athletic program.*

Definition of Legend Drugs: drugs, which are required by any applicable federal or state law or regulation to be prescription only or are restricted to use by practitioners only (also includes the derivatives of these drugs).