

JOSEPH CASE HIGH SCHOOL

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“THE CARDINALS”

DEPARTMENT OF ATHLETICS

STUDENT-ATHLETE HANDBOOK

JOSEPH CASE HIGH SCHOOL

Contact Information

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High School Office
Athletics Office

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School Department Administration

Superintendent of Schools
Assistant Superintendent

Robert Monteiro
John Robidoux

Joseph Case High School Administration

Principal
Assistant Principal
Director of Athletics

Brian McCann
Christopher Costa
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Athletic Department Information

Athletics Website: www.athletics.casehigh.swanseaschools.org
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School Colors
School Mascot
Athletic Conference

Maroon & Gold
"Cardinal"
South Coast Conference

SECTION #1

GENERAL ATHLETIC DEPARTMENT INFORMATION

Joseph Case High School is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and the South Coast Conference (SCC). Athletic programs are designed to be supportive of the educational curriculum at our school and to provide a wide range of opportunities and experiences which will assist the student-athlete in personal achievement. Competitive athletics is developed within the context of good sportsmanship, health and scholastic achievement. Participation requires a sense of commitment, integrity, leadership and sound judgment. The coaching staff serves as a teacher and mentors the members of these teams, taking an interest in the student-athlete's personal and academic progress.

The purpose of this handbook is to act as a guide for student-athletes, parents and coaches, in the order of which that each may understand the accepted procedures and policies of Joseph Case High School and its athletic department, in conjunction with the MIAA. Each student-athlete and coach is required to read this handbook before participating in a sport. Student-athletes are also required to review this handbook with their parent(s)/guardian(s) before each sport season.

MISSION STATEMENT

The mission of Joseph Case High School's athletic department is to build self-confidence, self-esteem, pride and respect for self and others through participation in an athletic community which values each student as an individual. Our programs promote sportsmanship, hard work, fair play, fun, the development of team concepts, winning as well as losing with dignity, and other valuable lifelong lessons.

PHILOSOPHY

The athletic program at Joseph Case High School shall be an integral part of the education process. Competitive athletics shall be developed within the context of sportsmanship, health and scholastic achievement. This program should occupy a position at Joseph Case High School comparable to that of other extracurricular activities.

ATHLETIC PROGRAM OBJECTIVES

- To provide opportunities for physical, mental, and emotional growth.
- To develop confidence and self-esteem.
- To develop and improve time management skills.
- To develop and understand the concepts of individual and team play.
- To develop a sense of commitment, loyalty, cooperation and fairness.
- To learn that good sportsmanship means winning and losing with grace and dignity.
- To learn to make decisions under pressure.
- To foster town and school pride.

ADMINISTRATION OF THE INTERSCHOLASTIC ATHLETIC PROGRAM

Superintendent of Schools

- Ultimately responsible for all phases of the public school program
- Delegates his/her own power of administration of the interscholastic athletic program through the high school Principal to the Director of Athletics

High School Principal

- The official representative of the school and is directly responsible for the total conduct of all athletic activities.
- The official school representative in matters dealing with the MIAA and South Coast Conference.
- Insures that all MIAA guidelines and policies are followed
- Appoints coaches.

Director of Athletics

- The athletic director provides the leadership necessary for the daily operation of the athletic department.
- Directly responsible to the principal.

- Is responsible for the supervision and administration of the entire interscholastic athletic program.
- Is responsible for carrying out and enforcing all Joseph Case High School, South Coast Conference and MIAA rules/guidelines.
- Is responsible for the direct supervision and evaluation of all athletic coaches and staff.
- Responsible for all scheduling
- Responsible for transportation
- Responsible for obtaining officials for games
- Responsible for all athletic facilities
- Responsible for purchase and maintenance of athletic equipment
- Coordinates the athletic program with other school activities
- Recommends candidates for coaching positions to the building Principal
- Participates in budget preparation for the athletic program
- Approves coach's "Rules & Expectations" for their respective sports.

Head Coach

- The head coach is responsible for the total operation of his/her respective sport program.
- Represents the school in interscholastic activities
- Conducts their work within the framework of the goals of the school system, the policies and the procedures of the athletic department as contained herein and the regulations of the MIAA
- Strictly enforce eligibility rules, academically as well as athletically
- Exhibit exemplary behavior at all times
- Submit sport specific rules of behavior for his/her student-athletes to the Director of Athletics.
- Enforces the school and coach's "Code of Conduct" for student-athletes
- Are entirely responsible for the supervision of student-athletes in their charge
- Submit end of season reports to the Director of Athletics
- Attend all meetings scheduled by the South Coast Conference and/or the Director of Athletics

- Inform student-athletes of the benefits of participating in sports, risks associated with participating in sports and rules for reducing risks associated with sports

Assistant Coach

- directly responsible to the head coach

THE SOUTH COAST CONFERENCE LEAGUE

Joseph Case High School is proud to be a member of the nine school South Coast Conference (SCC). The league is governed by the MIAA and its own constitution. The league schedules most games played by Joseph Case High School, at all levels of competition. Some non-league games against schools from surrounding communities are also scheduled. The South Coast Conference consists of the following schools:

Apponequet	Bourne	Case	Dighton Rehoboth
Fairhaven	GNBVT	Old Rochester	Seekonk
Wareham			

SECTION #2

RULES AND REGULATIONS FOR ALL STUDENT-ATHLETES

Participating in the Joseph Case High School interscholastic athletic program is a privilege, not a right. Conduct of all participants should be exemplary in nature and bring credit to the athlete, school, team, coaches and the Town of Swansea.

Joseph Case High School student-athletes are bound by the rules stated in the following handbooks; MIAA “Blue Book”, student handbook and student-athlete handbook. Each coach may implement additional rules governing their respective sport program. These rules, approved by the athletic director, shall be presented to each participant at the beginning of each season.

The following rules are to apply to all athletes participating in the athletic program at Joseph Case High School:

JOSEPH CASE HIGH SCHOOL’S **CODE OF CONDUCT FOR STUDENT-ATHLETES**

In addition to the rules established by the MIAA, Joseph Case High School has in place a set of rules designated to strengthen the athletic program. They are to be considered policy for all individuals that participate in the athletic program. Any violations of the rules within the “Code of Conduct” are to be reported to the Director of Athletics within 24 hours of the infraction.

“CODE OF CONDUCT”

- ACADEMICS:** I will strive to achieve academic excellence. I must achieve a minimum of 3 C’s and 2 D’s in five (5 credit) classes to remain academically eligible.
- SPORTSMANSHIP:** I will portray myself in a positive and productive manner. I will win and lose with dignity.
- CITIZENSHIP:** I will act appropriately on the playing field/court, in the classroom, at school and in the community. I will always be supportive of others and do my best to extend a helping hand.

RESPECT: I will respect the equipment, facilities, myself, teammates, coaches, officials and all others while practicing and competing.

CHEMICAL SUBSTANCES:
I will not use drugs, alcohol and tobacco or be associated with others who do during the season. I will accept the ramifications of my actions related to the policies set forth by the MIAA, the Swansea Public School District and the team.

GAME AND PRACTICE:
I will approach games and practices positively with encouragement, humor and enjoyment. I will do my best to focus on dedication, discipline and desire in my efforts.

SELFLESSNESS: I will do my best to put the needs of the team and the program ahead of myself.

COMMUNICATION: I will always communicate with my teammates and coaches with integrity and honesty.

HAZING: I have read and understand the Massachusetts Laws and Swansea Public School Department policies on Hazing. I will report any incidences to a coach, teacher or administrator and will not participate in any activities that will humiliate or physically harm a member of the team.

ATHLETIC PARTICIPATION REGISTRATION AND REQUIRED DOCUMENTATION FOR PARTICIPATION

All student-athletes are required to complete registration forms to participate in athletics at Joseph Case High School. This registration can be completed on-line using the "R-School Today" registration program. This program link can be found on the athletic department's website and contains all the paperwork (including MA head injury reporting form) required for participation. Registration must be completed prior to the first practice or tryout. If the student-athlete fails complete this task, they will not be eligible for tryouts/practice until this requirement is fulfilled. For families with computer issues, Joseph Case High School can accommodate (by appointment only) a time/date that families can visit the high school and use their technology in order to complete this task.

PHYSICAL EXAMINATIONS

No athlete will be allowed to practice or be issued equipment or allowed to participate in any scheduled team activities/games until s/he has submitted a current physical examination form from a physician to the athletic department and the school nurse. ***If the player is found in violation of this rule during competition, the team forfeits each competition won, found in violation.***

The MIAA requires every student-athlete to complete an updated physical examination every thirteen (13) months.

A student whose physical expires during the course of a season must update his/her physical or risk. For example, a student whose last physical examination took place on October 1, 2014 would have until November 1, 2015 to update his/her documentation and complete an updated physical examination. On November 2, 2015, the student-athlete would be deemed ineligible and unable to complete the season beyond the thirteen-month anniversary of his or her last physical examination.

The athletic department regularly schedules sports physicals each spring at Joseph Case High School for all student-athletes.

ATHLETIC INJURY

Student-athletes must report all injuries to their coach immediately. The coach will recommend the immediate treatment plan for the student-athlete. If a physician prohibits a student-athlete from participating for any length of time, only the physician (in writing) can return the athlete to play.

INSURANCE

All Joseph Case High School student-athletes participating in the interscholastic athletic program are covered by a rider to the basic insurance program. This policy is non-

duplication, which means that if you have any type of personal insurance coverage, our insurance carrier will only pay what your insurance carrier doesn't pay, and that will only be for what they determine to be reasonable and customary charges. If you do not have any type of personal insurance coverage, our insurance carrier will only pay reasonable and customary charges for treatment. The limits of these charges will be determined by the carrier. If you have any questions regarding these limits that our insurance carrier provides, we ask that you contact the insurance carrier directly.

If your son/daughter is injured, no matter how slightly, he/she must report it to his/her coach, or the athletic trainer immediately so that an insurance form can be completed. If school athletic insurance is necessary for payment, it is the responsibility of the parent to obtain the necessary forms from the coach or Director of Athletics, and forward these forms to the medical treatment facility. If a student-athlete is taken ill by an athletic related injury after leaving a game or practice and must be taken for medical assistance, he/she must report this event to the coach and/or athletic trainer immediately upon their return to school.

ACADEMIC REQUIREMENTS FOR PARTICIPATION

To be eligible to participate in interscholastic athletics at Joseph Case High School, student-athletes must pass five full-time subjects with a minimum of 3 C's and 2 D's and full credit in the immediately preceding quarter. To be eligible for the fall season, student-athletes must pass at least five full time subjects, with a minimum of 3 C's and 2 D's and full credit in their **final** grades of the previous academic year (this rule does not apply to incoming freshman).

ATTENDANCE REQUIREMENT FOR PARTICIPATION

A student-athlete absent from school may not participate in any athletic activity during that afternoon or evening. Students must attend **5 full periods** to be eligible to participate in athletic activities that afternoon or evening. The Principal or his/her designee may approve a waiver to this rule. A waiver to this rule must be requested prior to the school day in question.

Excused Absences

Only the principal of Joseph Case High School may excuse a student from a five full period requirements in order to participate in an extracurricular event. The following absences can be considered excused absences:

- Absences that can be verified with a doctor's excuse
- Absences from class for a school-wide or class assemblies
- Bereavement of family members
- School sponsored field trips
- Court appearances (verification by notice of summons or statement from court officer required)
- Religious holidays
- Pre-approved college visitations

DAILY COMMITMENT

A team can function effectively only when all participants are present. Any student-athlete who skips practice is hurting him/herself and the team. It is important that a coach be notified if an athlete is not going to be present at a practice or game. All coaches expect their athletes to be present at all team related activities. Any student-athlete reporting late or missing practice will be informed of the efforts of his/her behavior has on the team and him/her, as well as be subject to team rules for consequences. A coach may suspend an athlete from practice or games for repeated unexcused absences. All athletes are excused from team activities for illness, injury, academic assistance, family emergencies or religious holiday observances reasons. Prior notification is expected when possible. Vacation is not an excuse.

JOINING A TEAM

Participation in athletics is a privilege. Student-athletes tryout voluntarily and assume the risk of being chosen as a member of a team. During the tryout period, a coach will provide an explanation of the expectations. It is the duty of the student-athlete to

demonstrate to the coach that they can meet these expectations. If you are cut from a team and seek an explanation, it is your responsibility to personally contact the coach.

No student-athlete will be permitted to try out for a team that has a cut policy after the fifth day of practice. No student-athlete will be allowed to try out for a team with a “no-cut” policy after ten school days, except under exceptional circumstances approved by the Director of Athletics.

LEAVING A TEAM

When a student-athlete tries out for a team, he/she does so with the thoughts and deliberation about the many commitments and responsibilities involved with participation on a sports team. The coach will devote some of his/her time and effort in the development of each individual. Student-athletes have a responsibility toward the coach and the team. Any student-athlete who quits a team after the selection of the squad has been announced will not be permitted on another team during the same season. The coach will notify the Director of Athletics when a student-athlete leaves a team after the start of a season. In the event a student-athlete is cut during tryouts for a sport, that student-athlete will be allowed to join a non-cut sport as the rules permit.

SENIOR RECOGNITION EVENTS

All senior recognition events held at the conclusion of a season must be approved by the Director of Athletics. A brief description of the event including a list of any gifts to be awarded must be provided to the Director of Athletics twenty-four hours prior to the event.

CAPTAIN'S PRACTICE

The term “Captain’s Practice” usually means the sport team’s captains or leaders organize and conduct out of season practice sessions for their upcoming season. Joseph Case High School does not sanction, condone or encourage “Captain’s Practice” in any sport.

TRANSPORTATION TO CONTESTS

For team unity, safety and liability reasons, student-athletes are required to travel to and from contests on the vehicle provided by the school. Exceptions, which should be **rare occurrences and emergency in nature**, can only be granted under the following guideline.

- Student-athletes will be allowed to travel with a parent/guardian after the conclusion of a game if the parent/guardian has provided proper documentation (a note or letter) to the respective Head Coach or Director of Athletics for approval prior to the away contest date. If approved, the parent/guardian assumes all liability for the student's travel.

No student-athlete will be allowed to travel with an individual other than their parent/guardian (or immediate family member). Nor will any student-athlete be allowed to drive to or from a contest in his/her own vehicle, or travel with another student.

DRESS AND BUS DECORUM

At all away games, student-athletes are official representative of their school and community. Accordingly, their dress should be appropriate and responsible. The coach is responsible for all behavior on team buses.

USER FEES

When necessary, the Swansea Public Schools will assess a "user fee" for participation in the athletic program at Joseph Case High School.

LOCKER ROOM AND EQUIPMENT

The student-athlete is responsible, not only for the general care and upkeep of his/her locker, but also the care and return of any uniforms and/or equipment issued to him/her. Along with a locker, a student-athlete will also be provided with an individual lock to secure his/her belonging. Any item damaged or not returned must be paid for equal to its

replacement value (to be determined by the athletic director). All obligations concerning equipment must be met prior to the involvement of the student-athlete in another sport and/or graduation (for seniors).

POSTPONED CONTESTS

Throughout the school year, events, scheduling conflicts and/or transportation issues, may have to be postponed due to factors such as inclement weather. In most situations the home team makes the decision to postpone. By South Coast Conference league rule, games are to be made up on the next available open date on both school schedules, including weekends, whenever practical.

Decisions to postpone games are made as late in the day as is practical for proper notification of all interested parties. On school days, the usual time is about 1:00pm for afternoon events. On non-school days and for evening contests, postponements are made approximately two to three hours prior to the event.

If there are any questions as to the status of an event, please visit our high school's on-line scheduling program. This program can be accessed through our high school website (casehigh.swansea.org), then click on the "Athletics" link and you will find "athletic schedules".

SCHOOL VACATION RULE

Joseph Case High School has no control over varsity athletic events being scheduled during regularly scheduled school vacations. These events are controlled by the dates of MIAA State Tournaments, the South Coast Conference and games per week allowed by MIAA rules.

The following policy applies to student-athletes traveling during Christmas, February and Spring Vacation weeks.

- The student-athlete, upon his/her return, will not be eligible to play the equal amount of games missed while on vacation.
- A student-athlete's return to participation after serving suspension will be at the coach's discretion as conditioning permits.

- A student-athlete missing practice only during vacation can return at the coach's discretion as condition permits.

The student-athletes must attend all games and practices upon return and they are required to support their teammates. This rule applies to all athletes on any level teams. An athlete playing at the varsity level must make a commitment to the team. Games that are lost because of the absence of players can have severe negative consequences, which include the loss of a league championship or the failure of the team qualifying for state tournament or championship. They are part of a team and teammates are depending on them.

SCHOOL SUSPENSIONS

As a minimum, any student-athlete suspended out of school or in school will not be allowed to practice, play or attend any meetings during the period of suspension. If the student extends beyond a Friday or vacation period, the student-athlete is not allowed to take part in any activity on the weekend or during the time period when school is not in session.

PHYSICAL EDUCATION

Any student-athlete who must be excused from Physical Education classes will not be allowed to participate in the extracurricular athletic program during the time that he/she is exempted from the Physical Education program.

CAPTAIN

Coaches are granted the autonomy to follow their own process when selecting captains.

Duties of a Captain:

- Set the proper example for all to follow in and out of the athletic program
- Assist the coach as required
- Encourage team member to live up to the "Code of Conduct"
- Be a spokesperson for the team

- Keep the team informed of practices
- Conduct practice duties under the supervision of the coach

ATHLETIC SUPPORT ORGANIZATION

For nearly 50 years, Joseph Case High School athletes have received the generous support of the “Friends of the Cardinals”. The “Friends” are always seeking additional volunteers to work within their organization. If you might be interested, please contact the Director of Athletics.

SPORTSMANSHIP

The Joseph Case High School community has a storied history in its value it places on good sportsmanship not only from our athletes and coaches, but also from our spectators. The level of sportsmanship is not determined solely by behavior on the day of the game. It starts long before competition commences at any level. Traits learned in our youth programs, with reinforcement through family attitudes and values, all influence the ongoing development of sportsmanship as our student-athletes progress through the various levels of competition

Some general guidelines for all to follow are:

- 1. Appreciate good play no matter who makes it*
- 2. Show compassion for injured players*
- 3. Avoid jeering and taunting opponents*
- 4. Avoid use of profane language*
- 5. Avoid obnoxious cheers*
- 6. Respects the judgment of calls by officials*
- 7. Keep in mind that Joseph Case High School is judged not just by the teams' performance and behavior, but also by that of its student and adult fans.*
- 8. Inappropriate cheering or taunting will not be tolerated at JCHS activities.*

THE ATHLETIC TRAINER & TRAINING ROOM

The training room serves to help student-athletes receive the best possible care. Joseph Case High School is extremely fortunate to have a highly qualified and skilled trainer as a member of our athletic staff.

The athletic trainer will post his monthly schedule/hours on the board located outside his office. This schedule is subject to change if games/practices are rescheduled.

At certain times of the day the athletic trainer is extremely busy and the training room crowded. During these times only athletes who need treatment or taping should be present. Training services will be granted on a first come, first served basis on practice days. On game days, athletes will be treated in an order that will allow bus and/or game commitments to be met.

At an away game, the host schools' medical personnel are responsible when the Joseph Case High School trainer is not present.

After an injury, a student may not return to competition without clearance by the trainer; **this may also include written permission/clearance from a doctor.**

PLAYING TIME

Perhaps the most emotional part of a student athlete's being involved in high school athletics centers around playing time. There are many decisions made on a regular basis by the Joseph Case High School coaching staff. Playing time is determined by attendance at practices and games, attitude, commitment and athletic skill. It is the coach's responsibility to decide which athletes should start a contest, which should play what position, and how long each player should play. These coaching decisions will be made only by the coaching staff and are approached very seriously after having observed the athletes in practice sessions, game like situations, scrimmages and actual games.

COMMUNICATION AND CONFLICT RESOLUTION

Athletic involvement can be highly emotional and very time consuming. From time to time conflicts and issues between a student-athlete and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible so that it can be resolved promptly. **Every effort should be made to resolve all issues at the lowest possible level:**

Appropriate concerns for parents/guardians to discuss with coaches:

1. The treatment of your son/daughter, mentally and physically.
2. Ways to help your son/daughter improve and develop.
3. Concerns about your student-athlete's behavior.

THE FOLLOWING PROTOCOL MUST BE FOLLOWED IN A CONFLICT SITUATION

Step #1 Student-athlete schedules a meeting with the coach to express their concerns. In order for the discussion between the student-athlete and the coach to be productive, the following times to approach a coach should be **avoided**:

- 9 Either prior to or immediately following a game
- 9 During a practice session
- 9 During a time when teammates are present; and/or
- 9 A time when it is apparent that there will not be sufficient time to allow for a complete discussion

Step #2 If step #1 does not resolve the conflict, then the student-athletes' parent/guardian should contact the coach to set up a meeting with the coach, parent/guardian and student-athlete. In order for the discussion between the student-athlete, parent/guardian and the coach to be productive, the following times to approach a coach should be **avoided**:

- Either prior to or immediately following a game
- During a practice session

- During a time when teammates are present; and/or
- A time when it is apparent that there will not be sufficient time to allow for a complete discussion

Step #3 If step #1 and step #2 do not resolve the conflict, then the parent/guardian should contact the athletic director to set up a meeting with the athletic director, the coach, parent/guardian and student-athlete. The athletic director will inform the coach that this meeting will take place, and in an attempt to reach a satisfactory resolution, all parties will meet.

Step #4 When all steps have been exhausted and no resolution is satisfactory, then the parent/guardian should contact the athletic director to request a meeting with the building administration (principal/assistant principal), parent/guardian, athletic director, coach and student-athlete.

PARENT ROLE / EXPECTATIONS

The following expectations are highly encouraged:

- Be publicly supportive not only of your player and his/her role, but also all players and their roles and the program.
- Be respectful and supportive to coaches at practice, games and at home. It is very important that a positive atmosphere is fostered concerning your student-athletes' role on a team. Many successful teams are destroyed when parents are not supportive of fellow players or coaches.
- Stay away from the sideline, bench and/or dugout, as it is a place where student-athletes and coaches can focus, communicate, strategize and defuse.
- Let the coaches coach the student-athletes

- Be a model of good sportsmanship and appropriate, adult-like fan behavior at games. Please do not engage in confrontational behavior with, or direct negative comments or actions towards coaches, opposing coaches, players, fans, officials or anyone else in attendance at games.

SECTION #3

ATHLETIC DEPARTMENT AWARDS

GENERAL LETTER AWARD REQUIREMENTS

1. A student-athlete must uphold all rules and regulations set forth in the Athletic handbook.
2. A student-athlete must remain a member in good standing (academics also) for the entire season.
3. A student-athlete must have good attendance and demonstrate commitment to the team as well as a positive attitude and effort.

SPORT SPECIFIC LETTER REQUIREMENTS

The coach of each sport will set the standards for letter achievement within his/her sport. The standards will be reviewed with team members prior to the start of the season by the head coach. The standards will also be available in writing within each sport's "team rules".

LETTERMAN JACKETS, LETTER AWARDS, BANQUETS, AND CHAMPIONSHIPS

I) Athletic Letterman Jackets – Qualifications

- Student-athletes must have earned a minimum of two varsity letters in addition to having six seasons of participation on the various athletic teams at Joseph Case High School (a season of participation will be credited to an athlete participating on a freshman, junior varsity or varsity team for a full season; an athlete may be eligible in his/her sophomore, junior, or senior year).
- Transfer student-athletes will need to provide proof of participation at another high school to the Director of Athletics for consideration for a jacket.
- A student-athlete injured prior to completion of his/her last season may be eligible to earn a jacket if approved by the Director of Athletics.

- It is the responsibility of the student-athlete to see the Director of Athletics at the completion of the season to “measure” for a letterman jacket (announcements will be posted at the conclusion of each season for this purpose).

II) Letter Awards

- A letter and sport specific pin is awarded to all student-athletes who earn their first varsity letter in any sport.
- A student-athlete who earns a second, third or fourth letter in a sport will be awarded a sport specific pin.
- Captains receive a “Captain’s Pin” in each sport in which they serve in the capacity.

III) Championship Teams

- Each team member of a South Coast Conference championship team will receive a team picture plaque; in addition, a year flag will be added to the gymnasium banner.
- For the state championship, a full banner will be displayed in the gymnasium.
- Any state championship awards are the responsibility of the “Friends of the Cardinals” and parent committees.

IV) Athletic Awards Assemblies

- The Athletic Department will conduct an awards assembly at the conclusion of each sport season. This date will be established / announced prior to each season.

SECTION #4

THE “MIAA”

THE MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

The Massachusetts Interscholastic Athletic Association (hereafter referred to as the MIAA) is the governing body of athletics within the State of Massachusetts. Its Board of Directors is made up of Principals from various districts throughout the state. The Board of Directors and its various subcommittees establish policy for all member schools.

Joseph Case High School is a member of the MIAA and is therefore governed by Association rules and regulations. Additional policies, rules, and regulations are set by the Swansea Public Schools. Under MIAA guidelines local communities are allowed to set their own policy, rules, and regulations as long as they are more restrictive than those stipulated by the MIAA. The MIAA organizes and establishes the guidelines for all post-season tournaments. All schools throughout the Commonwealth are responsible to govern themselves under the rules set forth in the rules identified as the Blue Book.

The following rules pertinent to participation in athletic programs at Joseph Case High School can be accessed at www.miaa.net, click on “MIAA Handbook”:

- RULES OF ELIGIBILITY
- MEMBERSHIP IN SCHOOL
- TRANSFERS
- PARTICPATION
- PRACTICE LIMITATIONS & LOYALTY
- COOPERATIVE TEAMS
- AGE LIMITS
- PENALTY FOR PLAYING IF INELIGIBLE
- ATHLETE OR COACH CONTEST EXPULSION

SEASON LIMITS

The fall season must not begin before the MIAA set guidelines. The fall season must end with the completion of the regular season except for the teams or individuals completing their participation in MIAA Tournaments.

Winter season will begin on the first Monday after Thanksgiving and conclude on the last scheduled competition unless a team qualifies for post season MIAA Tournaments. Spring season begins on the third Monday in March and concludes with the last scheduled competition unless teams qualify for post season MIAA Tournaments.

BONA FIDE TEAM MEMBER RULE

A Bona fide team member of a school team is a student who is regularly present for, and actively participates in, all team sessions (e.g. practices, tryouts, and competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. ***First Offense: Student athlete is suspended for 25% of the season (see Rule 62). Second Offense: Student athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon the confirmation of the violation.*** See Rule 96 for additional tournament restriction and Rule 86 for waiver guidelines.

MIAA CHEMICAL HEALTH RULE

During the season of practice or play, a student-athlete shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverages containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance. It is not a violation for a student-athlete to be in possession of a legally defined drug specifically prescribed for the student's own use by his/her doctor.

Minimum Penalties

First Violation: When the Principal confirms, following an opportunity for the student-athlete to be heard, that a violation occurred, the student-athlete shall lose eligibility for the next consecutive interscholastic contest totaling 25% of all interscholastic contests in that

sport (these penalties will be determined by the season in which the violation occurs). No exception is permitted for a student-athlete who becomes a participant in a treatment program. It is recommended that the student-athlete be allowed to remain at practice for the purpose of rehabilitation. All fractional part of an event will be dropped when calculation the 25% season.

Second and Subsequent Violations: When the Principal confirms, following an opportunity for the student-athlete to be heard, that a violation occurred, the student-athlete shall lose eligibility for the next consecutive interscholastic contest totaling 60% of all interscholastic contests in that sport (these penalties will be determined by the season in which the violation occurs). All fractional part of an event will be dropped when calculation the 60% season. If on the second or subsequent violation the student-athlete, of his/her own violation, becomes a participant in an approved chemical dependency program or treatment program, the student-athlete may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The Director or Counselor of a chemical dependency treatment center must issue such certification. All fractional part of an event will be dropped when calculation the 60% season.

MIAA TAUNTING POLICY

Taunting includes any actions or comments by coaches, student-athletes or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens based on race, gender, ethnic origin, or background, and conduct that attacks religious beliefs, size economic status, speech, family, special needs, or personal matters.

Examples of taunting include, but are not limited to:

- **“trash talk”** defined as a verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response;

- **physical intimidation** outside the spirit of the game, including “in the face” confrontation by one player to another and standing over/straddling a tackled or fallen player.

In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to existing MIAA Expulsion Rules. A warning shall be given to both teams by game officials prior to the contest.

At all MIAA contest sites and tournament venues, appropriate management may give spectators one warning for taunting. Thereafter, spectators who taunt student-athletes, coaches, game officials, or other spectators are subject to ejection.

SECTION #5

MASSACHUSETTS STATE LAWS PERTAINING TO INTERSCHOLASTIC ATHLETICS

HAZING

CHAPTER 269 OF THE GENERAL LAWS OF MASSACHUSETTS

Section 17 – Whoever is a principal organizer or participant in the crime of 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 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 student 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.

Section 18 – Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such a 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 crime shall be punished by a fine of not more than one thousand dollars.

Section 19 – Each institution of secondary education and each public and private institute 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 known 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 acknowledgement 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, pledges, or applicants has received a copy of sections seventeen and eighteen, and that such group, team or organization understand and agrees to comply with the provisions of this section and sections seventeen and eighteen. Each institution of secondary education and each public or private institute 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 Board of Higher Education and in the case of secondary institutions, the Board of Education, certifying that such institution 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 institution has adopted a disciplinary policy with regard to the organizers 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 Higher Education and, in the case of secondary institutions, the Board of Education shall promulgate regulations governing the content and frequency of such reports, and shall forthwith report to the attorney general and such institution which fails to make such report.

MASSACHUSETTS CONCUSSION LAW
105 CMR 201.000
HEAD INJURIES AND CONCUSSIONS IN EXTRACURRICULAR
ATHLETIC ACTIVITIES

201.066: School Policies

- All school districts and schools shall have policies and procedures governing the prevention and management of sports-related head injuries within the school district or school

201.008: Participation Requirements for Students and Parents

A. Pre-participation Requirements:

1. Each year, a school district or school shall provide current department-approved training, written materials or a list and internet links for Department-approved on-line courses to all students who plan to participate in extracurricular athletic activities and their parents in advance of the student's participation.
2. All students who plan to participate in extracurricular athletic activities and their parents shall satisfy the following pre-participation requirements:
 - a. Complete current Department-approved training regarding head injuries and concussions in extra-curricular athletic activities; and
 - b. Provide the school with a certificate of completion for any Department-approved on-line course or a signed acknowledgement that they have read and understand Department-approved written materials,

unless they have attended a school-sponsored training at which attendance is recorded or satisfied other means specified in school policies.

- c. Before the start of every sport season, the student and the parent shall complete and submit a current pre-participation Form, or school-based equivalent, signed by both, which provides a comprehensive history with up-to-date information relative to concussion history; and any history of co-existent concussive injuries.

B. Ongoing Requirements:

1. If a student sustains a head injury or concussion during the season, but not while participating in an extra-curricular athletic activity, the parent shall complete the Report of Head Injury Form, or a school-based equivalent, and submit it to the Coach, school nurse or person specified in the school policies and procedures.

201.010: Exclusion from Play

- Any student, who during a practice or competition sustains a head injury suspected concussion, or exhibits signs or symptoms of a concussion, or loses consciousness, even briefly, shall be removed from the practice or competition immediately and may not return to the practice or competition that day.
- The student shall not return to practice or competition unless and until the student provides medical clearance and authorization as specified in 105 CMR 201.011.

201.011: Medical Clearance and Authorization to Return to Play

** Each student who is removed from practice or competition for a head injury or suspected concussion, or loses consciousness, even briefly, or exhibits signs and symptoms

of a concussion, shall obtain and present to the Athletic Director, unless another person is specified in school policy or procedure, a Department Post Sports-Related Head Injury Medical Clearance and Authorization form, or school-based equivalent, prior to resuming the extracurricular athletic activity. This form must be completed by a physician or one of the individuals as authorized in 105CMR 201.011

- The ultimate return to play decision is a medical decision that may involve a multidisciplinary approach, including consultation with parents, the school nurse and teachers as appropriate.

- Only the following individuals may authorize a student to return to play:
 1. A duly licensed physician;
 2. A duly licensed certified Athletic Trainer in consultation with the licensed physician;
 3. A duly licensed Nurse Practitioner in consultation with a duly licensed physician; or
 4. A duly licensed Neuropsychologist in coordination with the physician managing the student's recovery.

**Massachusetts Concussion Law 105 CMT 201.000 can be seen in its entirety by visiting the MIAA.net website.