

BOYCEVILLE COMMUNITY SCHOOL DISTRICT

ACTIVITIES CODE

2019-2020



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NONDISCRIMINATION POLICY

The School District of Boyceville does not discriminate against pupils on the basis of sex, race, national origin, ancestry, genetic information, creed, pregnancy, marital status, sexual orientation, or physical, mental, emotional, or learning disability or handicap in its educational programs or activities.

Approved: August 14, 2019

DISTRICT MISSION STATEMENT

The Mission of the Boyceville Community School District, in partnership with family and community, is to provide a high quality education in which students gain respect for themselves, others and their surroundings and develop a desire for excellence while learning the skills to become contributing members of a global society.

EDUCATIONAL PHILOSOPHY

We believe:

- ◆ Learning is a lifelong process.
- ◆ Children begin school eager to learn.
- ◆ Family, community and school are partners in the educational process.
- ◆ Communication is essential in any relationship.
- ◆ Teamwork strengthens the individual and the group.
- ◆ Individuals learn in different ways and at different rates.
- ◆ Every person is valuable.
- ◆ Attitudes are as important as skills.
- ◆ A positive school environment promotes learning.
- ◆ Success produces positive self-esteem.
- ◆ All people need a positive sense of self and community.
- ◆ Knowledge unlocks actions and beliefs.
- ◆ Striving for excellence is worth the investment.
- ◆ Our students are the future and the key to a better tomorrow.

ACTIVITIES PHILOSOPHY

The Boyceville Community School District recognizes the importance of extra/co-curricular activities as an integral part of the total educational program. We believe participation in school-sponsored activities is vital to the development of socially active and responsible young men and women. Involvement will provide each student with the opportunity to learn useful skills; the awareness of the importance of teamwork, sportsmanship, and fair play; and the realization that a positive attitude and hard work are essential ingredients for success in life. In order to receive these benefits, each student must meet certain expectations for the privilege of participating in activities for the Boyceville Community School District.

CORE BELIEFS

- ◆ Participation in athletic or co-curricular activities is a privilege.
- ◆ The purpose of the activities program is to complement the academic opportunities and enhance the overall educational experience for students at Boyceville Community.
- ◆ Academic success is the cornerstone of our educational program, and therefore the primary responsibility of all student-participants is to achieve and maintain a positive academic record.
- ◆ Boyceville Community Schools strive to provide every student with meaningful experiences through its activities programs.
- ◆ Success in athletic and co-curricular programs is defined by the development of the individual students' intellectual, personal, and social skills, which are necessary to become responsible, productive citizens.
- ◆ The activities program provides real-life opportunities for students to learn about themselves and to measure their development as a person in a wide array of circumstances. When outcomes become more important than the learning process, the program fails to meet its goals.

ACTIVITIES PROGRAM OBJECTIVES

- ◆ To provide the best possible instruction towards learning skills in a variety of competitive and non-competitive activities.
- ◆ To provides experiences related to competition, cooperation, and participation while displaying a high degree of sportsmanship.
- ◆ To afford the opportunity to make new friends while developing a wide variety of interests.
- ◆ To develop habits of health, physical fitness, and safety as well as instilling a sense of positive self-esteem.
- ◆ To promote community and school interaction while developing a positive school and student value system.
- ◆ To learn and practice self-discipline, self-confidence, and self-understanding.

ELGIBILITY RULES

The activities code, along with any other rules set forth by the school or by coaches/advisors, establishes expectations for student conduct as they represent the Boyceville Community School District.

Any student representing the student body and schools of the Boyceville Community School District as a member of an extra/co-curricular activity must conform to and abide by the Boyceville Activities Code. It is not the intent of this activities code to punish, but rather to guide and inform the participant of his/her responsibilities and privileges. It is then up to the individual participant to become and remain eligible. Any student who violates the Activities Code shall be denied the privilege of representing the school in extra/co-curricular activities.

Before any student may participate in any extra/co-curricular activity, the student shall be provided with a copy of the activities code and shall have signed a statement of acceptance of the requirements of the code. The signed statement of acceptance shall be on file with the Activities Director of the school.

The school district shall not discriminate in student participation in athletic programs or other activities, standards and rules of behavior, disciplinary actions or facilities usage on the basis of sex, race, religion, national origin, ancestry, creed, genetic information, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability handicaps in its education programs or activities.

Discrimination complaints shall be processed in accordance with established procedures.

RESPONSIBILITY OF THE STUDENT

Participation in activities is a privilege at Boyceville Community School District. In order to keep this privilege, students must accept certain responsibilities. The greatest responsibility each student has is to be a credit to himself/herself, to his/her parents, to the school and to the community. Students are the most visible representatives of our school, so they are expected to be fine examples of the quality of Boyceville Community School District students. They are expected to display the highest standards of social behavior and respect for those in authority, including teachers, coaches, advisors, administrators, officials and other school personnel, as well as fellow participants and competitors.

- ◆ Always remember you are students first.
- ◆ Every participant has responsibility to be a role model for other students and children in our community.
- ◆ There are higher behavioral expectations for students who participate in school-sponsored activities.
- ◆ Know and understand the expectations of this Activities Code and only sign it if you believe you can meet those expectations.

RESPONSIBILITY OF THE COACH/ADVISOR

Coaches/advisors are some of the most influential people in the Boyceville Community School District. Their methods and results are a matter of public record and discussion each time their group performs. In most cases, the attitude, desire, and spirit possessed by the group are a reflection of these same qualities in the coach/advisor. Coaching demands that the proper attitude and perspective be maintained.

- ◆ Remember you are always teachers first and therefore your primary responsibility is the development of each student you work with in your program both during the season and throughout the year.
- ◆ Model the expectations listed above for the students in your program.
- ◆ Know, understand and enforce the expectations of this Activities Code regardless of the impact it may have on your team.

RESPONSIBILITY OF THE PARENT

Parents are the greatest role models for a young person. The Boyceville Community School District seeks parental assistance to help develop outstanding young men and women who possess the self-discipline and motivation to make a difference in the world. The administration, faculty, staff, and coaches ask that parents be supportive of the programs and personnel at Boyceville Community School District and demonstrate that support by respecting the decisions and efforts of the coaches/advisors who work with the young people of Boyceville Community. Parental assistance is also requested in enforcing this Activities Code so that a fair and healthy environment will exist for all students.

- ◆ Model the expectations listed above for the children.
- ◆ Know, understand and enforce the expectations of this Activities Code regardless of the impact it may have on you and your family.
- ◆ If an issues arises that needs to be addressed we ask that you set up an appointment with your student's coach and if necessary the activities director or principal to meet and discuss any concerns you may have. Do not attempt to meet following a game or practice unless it has been arranged ahead of time.

SPORTSMANSHIP STATEMENT

While spectators, at any extra/co-curricular events either at Boyceville Community or any other site, parents and all other adults are expected to display sportsmanlike behavior, as we are ranked in sportsmanship each year by the Dunn-St.Croix Conference. Our goal as an athletic program is to have the highest ranking in all sports among our conference schools. An individual or group who displays an act of violence, boisterous conduct,

threatening language, or unsportsmanlike conduct toward coaches, players, or officials, or disobeys board policies or administrative rules may be removed from the event and may be prohibited from further attendance for a period of up to six weeks. The Activities Director or Principal will contact schools who will be hosting our teams during the period of suspension and inform them of the suspension. Individuals prohibited from attendance may follow the established grievance procedure.

BOYCEVILLE RULES OF CONDUCT

Academic Eligibility

Academic Standards

All student participants are to maintain passing grades in all their subjects in the most recent (school issued) grade-reporting period. All student participants are to take a full load of classes [minimum of 6 classes in the high school with one study hall or 7 classes in the Middle School with one study hall] or be in an alternative school-approved program. This same standard will be applied to homeschooled participants by requiring completion of the Home School Course and Grade Report Form.

Academic Ineligibility at the End of the Grading Period

A student who becomes academically ineligible may regain eligibility by meeting the academic standard following a period of 15 scheduled school days and nights of ineligibility. Academic ineligibility will start at 8AM on the Monday following when grades are due. For seventh and eighth grade students, the time period will be 5 school days. All students must be passing all classes at the end of this period.

Following their ineligibility, students will be required to be passing all of their classes. This will be determined through a grade check using JMC. Students who are not eligible will become eligible the day they are passing all of their classes following the ineligibility period highlighted above.

Students will receive a progress notice warning at mid-term of each grading period.

The Activities Director is responsible for communicating with the head coach whether or not the athlete is academically eligible. Students who are ineligible may not leave school early to travel with the team to an away contest.

The ineligibility described in 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. The minimum ineligibility period shall be the lesser of 21 consecutive calendar days beginning with the date of earliest allowed competition in a sport or one-third of the maximum number of games/meets allowed in a sport. Eighth graders entering their freshman year will follow these same rules. All students must be passing all classes at the end of this period

Terms

Eligibility will be based on both quarter and/or semester failure notices.

Incompletes

Students with incompletes at the end of a quarter or semester are not eligible to compete. A student regains eligibility immediately if incompletes are made up within two weeks after a grade reporting period.

Regaining Eligibility through Summer School

A student may erase ineligibility status related to 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 student successfully completes the class(es) with passing grades.

Special Education

A student who is enrolled in any federally approved Special Education or 504 program can have the “Failure Rule” waived. The student’s IEP (Individual Educational Plan) or 504 Plan must state that the student is not being graded using the school district’s standard grading system.

Transition into Middle School and into High School

Eligibility for fall activities will be based on grades from the previous school year's fourth quarter or second semester. For incoming freshmen and middle school students, fall eligibility would be based on the fourth quarter or second semester grades from the previous school year.

Academic Responsibility

Although students are ultimately responsible for maintaining their academic status, opportunities for academic support exist at school. Coaches/Advisors and other school personnel will actively monitor student academic standing throughout the year and recommend academic support when necessary.

MIDDLE SCHOOL ACTIVITIES PHILOSOPHY/ACADEMIC AND BEHAVIORAL POLICY

The purpose of Middle School activities are to help develop the intellectual, social, physical and psychological characteristics of all students involved in the programs. The goal of the middle school activities is to provide meaningful experiences and opportunities for all of the athletes participating in a sport or activity. We do not support the idea of absolute equal playing time or only playing the best athletes in order to win every contest. We certainly will work with all athletes to be competitive, but it is of great value that all athletes be placed in the position to help the team at different times during a contest.

The most critical factors in determining playing time are the student’s attitude and effort during practice. Many of the values attributed to sport are those that are best displayed during practice; being at and prepared for practice every day, working hard to improve skills and conditioning, being supportive of teammates, listening to and attempting to do the things coaches are teaching.

Athletics are used by school to help develop better people, people who are able to persevere through adversity, who enjoy competition not simply for the victory but as a means to challenge themselves to constantly improve, and who learn to develop positive relationships with all their teammates and demonstrate great respect for opponents, coaches and officials. When athletics become something else, when winning at all costs becomes our primary goal then we lose the positive aspect of sport and have to question their place in a school environment.

Participants in Middle School activities will be monitored with regard to academic and behavioral progress. Students who have 6 or more Conduct Points during the quarter will be deemed ineligible for a minimum of one contest. A student may regain their eligibility, after sitting out a minimum of one contest and not earning any additional Conduct Points. Middle School students who fail any class at the end of any quarter will become ineligible for a minimum of one week of competition and will remain ineligible until that grade(s) are remediated.

ATTENDANCE

1. Students must be in school and participate in class the entire day to be eligible for the day's performance/ competition/ practice/ meeting. Home Schooled students must have participated in their home-based education program during the day in order to participate in that day's co-curricular activities, The Home School Attendance Form will be used to verify attendance.
2. A student who is absent for all or part of the day will be ineligible for the day's performance/competition/practice/meeting. Students are not allowed to miss any classes because they arrived home late in the evening from an activity the night before.
3. Students with excused appointments or family emergencies may participate in the day's activity if the Principal or the Activities Director excuses their absence. If a participant is unexcused on Friday, they will not be allowed to participate over the weekend. Written verification of the appointment will be required for all appointments. The following are only excused appointments:
 - ◆ Medical, dental, chiropractic, optometric or other valid professional appointments.
 - ◆ College / Technical School visits.
 - ◆ Driver's license examinations.
 - ◆ Family emergencies are those events, which require a student to be away from school, and are unforeseeable. Only the activities director or the principal may grant participation in an activity on the day of an emergency.
4. If a student is suspended from school the suspension will include any performance, competition, practice, or meeting that occurs that day. An Out of School Suspension will also lead to a suspension of not less than one contest upon their return to school.
5. Students with detentions are ineligible until all detentions are served. Students may attend practice after serving a detention but may not participate in a contest until all detentions are served.
6. Attendance at practice is mandatory unless the school or the coach has excused the participant prior to practice. The consequence for missing practice will be left to the discretion of the coach/advisor.
7. No student shall miss a performance without the consent of the coach/advisor. The consequence(s) will be at the discretion of the coach/advisor.

BOYCEVILLE 7-12 SCHOOL CO-CURRICULAR TRAINING AND CONDUCT REGULATIONS

Students must conduct themselves in a manner which upholds the principles and standards of the Boyceville Community School District and the WIAA.

1. Participants are not to have in their possession or consume any amount of alcohol, tobacco, illegal drugs, or WIAA banned substance, or their look-alikes. Possession, consumption and civil offenses are considered infractions of this code.
2. Students are not to be in the presence of controlled substances when possession or use is illegal. If a student finds himself/herself in the presence of alcohol or controlled substances as described above, the student must leave immediately. Immediately means at once - not five or ten minutes later. To maintain full eligibility, students are to avoid situations or circumstances which cast doubt as to their commitment to honor the intent of the co-curricular code.
3. Participants shall not disrespect teachers, game officials, administrators, and other school personnel or students. Serious violations of school rules could result in the suspension of students from competition.

4. No participants shall violate any federal or Wisconsin law, any village, municipal or county ordinance, a law of any other jurisdiction in conformity with the Wisconsin Criminal Statutes.
5. Participants shall not engage in any form of harassment, hazing, or bullying behaviors.
6. All participants are expected to act in a manner that will reflect favorably on the Boyceville School District.
7. No cameras, cell phone cameras, video recorders, or other devices may be used to record or transfer images in the locker room at any time. The use of cameras, cell phones, or recording devices in a locker room is a serious offense. With evolving technology in cell phones, an athlete using a cell phone in a locker room may have a difficult time defending themselves, should a compromising picture or image be captured.
8. Boyceville High/Middle School expects all students to abide by ethical academic standards therefore all participants shall adhere to Academic Integrity Guidelines as printed in the student handbook: [See Appendix C](#)

CONSEQUENCES FOR VIOLATION OF TRAINING AND CONDUCT REGULATIONS

Violations of the training and conduct regulations are cumulative from grades 7 through 8 exclusively and from grades 9 through 12 exclusively. However, any violations committed by a Middle School student must be served even if it means that the violation extends into high school. Once all violations are served from a student's time in Middle School the next violation committed will be considered a 1st Offense. When a student misses a competition or performance during a season for a conduct code violation, they will be required to complete the season in good standing in order to fulfill their code violation obligations.

Consequences for violations of the AODA (Rule #1) and non-AODA (Rules #2-#8) rules are dealt with separately, however; if a student commits a cumulative total of three unique violations, regardless of the type of violation, the minimum consequence is a full season suspension.

Violation of Rule No. 1 will be addressed below in the Enforcement of an AODA Training Rule Violation section

Violation of Rule No. 2 - 8 shall result in a minimum one game athletic competition suspension, based on the severity of the infraction. For additional violations of these rules (#2 – #8) the minimum suspension will be double the consequence from the previous infraction. A third violation of these rules (#2 – #8) will result in a minimum consequences of a full season suspension.

AODA Training Rule Violation

1st Offense:

Athlete will be suspended for 50% of his/her current contests (or next season if during the off-season). Athlete will be suspended for 10% of his/her current contests (or next season if during the off season) if he/she accepts responsibility for a violation and completes an AODA (Alcohol and Other Drug Awareness) program that has been approved by the principal at the athlete's expense.

- ◆ Suspended athletes are required to attend all practices and games.

2nd Offense:

Athlete will be suspended for a minimum of 50% of the season. Prior to regaining eligibility for the remaining 50% of the contests, the athlete must adhere to the following guidelines:

- ◆ Complete a chemical dependency evaluation at a principal approved program at the student/parent's expense. If the athlete is found to be in need of a prescribed chemical dependency program, then the student must commit in writing to attend. A parent commitment statement supporting the athlete's completion of said program is required.
- ◆ Attend all practices and games.
- ◆ Complete 15 hours of community service as assigned by the activities director

3rd Offense:

Athlete will be suspended for one calendar year from the date of offense.

4th Offense:

The athlete will no longer be able to participate in activities in the Boyceville School District.

Contests

A contest is defined as one game or match, or a single day's activities. The exceptions are listed below:

<u>SPORT</u>	<u>EVENT</u>	<u>GAMES</u>
Baseball	Double Header	2 games
Baseball	Tournament	2 games
Softball	Double Header	2 games
Softball	Tournament	3 games
Volleyball	Triangular	2 matches
Volleyball	Quad	3 matches
Volleyball	Tournament	4 matches
Wrestling	Tournament	5 matches
Middle School Wrestling	Per scheduled event	3 matches
Middle School Basketball	Tournament	2 games

In a situation where an athlete can play varsity or junior varsity, the athlete shall be ineligible for both levels until the requirement(s) is satisfied. We will use the following round-off methods for the number of contests that will be missed:

- a) If the fractional portion of the number of contests is .499 or less than the number of contests, we will round down / up if the fractional portion of the number of contests is 0.5 or higher than the number of contests, we will round up.
- b) Any unserved portion of a penalty or violation will be carried over to the next sport in which the athlete participates. To regain eligibility the athlete must complete the entire season.
- c) Scrimmages do not count towards the number of contests missed.

Sample Suspensions for Violation			
<u>SPORT</u>	<u># OF GAMES OR MATCHES</u>	<u>10%</u>	<u>50%</u>
Varsity Football	9	1	5
JV Football	8	1	4
MS Football	6	1	3
Volleyball	29	3	15
MS Volleyball	12	1	6
Cross Country	9	1	5
MS Cross Country	6	1	3
Basketball	22	2	11
MS Basketball	14	1	7
Wrestling	42	4	21
Ms Wrestling	33	3	17
Baseball	20	2	10
Softball	22	2	11
Track	11	1	6
MS Track	9	1	5
Cheer	Fall 14	1	7
	Winter 22	2	11
Dance	Fall 9	1	5
	Winter 20	2	10

In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition. For example- In a double header, both games would be missed, in a tournament, all games or matches would be missed.

If a student appeals a suspension according to the school's appeal procedure, the student is ineligible during the appeal process.

Note: The WIAA penalty for training violations occurring during WIAA tournaments is disqualification for the entire tournament series in that sport.

Joining Sports after an Offense

- a) An athlete not out for a sport when an infraction occurs and then decides to go out for a sport, will serve a suspension at the beginning of that sport.
- b) An athlete who is suspended and normally does not go out for the next season's sport may go out for that next season's sport, but must finish the entire season and be in good standing with the coach of that sport. Otherwise, the suspension will start over again at the sport in which he/she normally participates.

DISCIPLINARY ACTION FOR CO-CURRICULAR ACTIVITIES

Academic Decathlon, Art Club, Drama, FBLA, FCCLA, FFA, Music (nongraded), NHS, Science Olympiad, Student Council, Quiz Bowl * All other school sponsored clubs/activities

First Offense - The student will satisfactorily perform 10 hours of community service prior to rejoining the activity. If a student is found to be in violation of an offense that is AODA related and he/she agrees to go through a professional outpatient assessment at a certified agency and follow the assessment's recommendations, the number of community service hours will be cut in half.

Second Offense - The student will be ineligible to participate in the co-curricular activity for 9 weeks and must satisfactorily perform 15 hours of community service. If the offense is AODA related the student must complete a chemical dependency evaluation at a principal approved program at the student/parent's expense. If the student is found to be in need of a prescribed chemical dependency program, then the student must commit in writing to attend. A parent commitment statement supporting the student's completion of said program is required.

Third Offense - The student will be ineligible to participate in the co-curricular activity for 18 weeks and must satisfactorily perform 20 hours of community service.

The student will be responsible to create a plan and schedule all community service hours. The activities director must approve the plan and final accounting of the community service hours.

These will be hours in addition to any hours required for graduation. If the student fails to meet his/her obligation, he/she will be ineligible to be involved in any activity until the community service hours are completed. Students in co-curricular activities that include a performance are required to participate in practice but will remain ineligible for performance until all community service hours have been satisfactorily fulfilled.

Students involved in both athletics and co-curricular activities will be required to perform both community service and miss athletic contests due to violations of the activities code. If a student has a violation of the activities code and is only in a co-curricular activity at the time they will serve the appropriate consequence plus will be required to miss a minimum of one game in their next athletic season to meet WIAA requirements.

ENFORCEMENT PROCEDURE AND DUE PROCESS POLICY

1. Violations of the activities code will be based on the following:
 - ◆ Violations reported to the school by law enforcement officials with corroborating evidence.
 - ◆ Violations reported by teaching or coaching staff members, parents, students, or members of the community.
 - ◆ Self Admission
 - ◆ Pictures and videos posted on the internet may be used as incriminating evidence for suspension from athletics. This will include any other forms of evolving technology.
2. Reports of violations must occur within 5 school days of the violation unless referred by the judicial system or social services. During the summer the 5 school day reporting period will go into effect on the first day of school in the fall. The Principal, within this framework, will act upon violations occurring in the summer months.

3. Upon receiving a report of a violation the principal or activities director shall notify the superintendent then conduct an investigation with the support of fellow administrators and/or guidance counselors, within 5 school days unless the superintendent agrees to an extension due to the circumstances of the reported violation, which shall include an interview with the accused, to determine whether or not the student has violated the activities code. A parent may be contacted in the investigation process.
4. If after the investigation, it has been determined by the principal or activities director that the student has violated the activities code, the student and his/her parents will be notified of the violation and consequences will begin immediately and will continue to be enforced throughout any appeal process. Parents will be notified of an infraction by letter and telephone.
5. Student participants who meet with the principal or activities director and deny violating the rule and later it is determined that a rule violation did occur will receive double consequences for each offense.
6. Parents and students will be informed by the principal or activities director that any challenge or complaint can be taken to the superintendent if they are dissatisfied. The student and parents will be asked to put their challenge or complaint in writing within 3 school days of being informed of the suspension.
7. The superintendent, or his designee, shall confirm or reject the decision within 5 school days from the date the superintendent receives the written appeal. The superintendent's decision will be communicated verbally and in writing. The superintendent's decision may not be appealed to the School Board.
8. The suspension will be enforced during the appeal process
9. The activities director shall keep a record of all violations.

ADDITIONAL RULES BY COACHES/ADVISORS

Nothing in this document shall be deemed as to limit a coach or advisor from establishing additional rules concerning student conduct during the season. Any rules established by the coach or advisor must be in writing and handed out to the student, their parents, and the activities director prior to the established starting date for the activity. Student cooperation with and adherence to any rules designed by the coach or advisor are required to maintain eligibility in that specific activity. These rules must be in accordance with the activities code and all other district policies.

It shall be the coach's/advisor's prerogative to suspend any student from a squad whom they consider a demoralizing influence or a detriment to the objectives of the activity. If a request is initiated by the advisor/coach, approval by the principal will be necessary for the suspension if an in-season-cut is to occur.

DUAL SPORT PARTICIPATION

A student athlete will be able to participate in two sports in the same season under the following conditions:

- ◆ Students must choose a major sport (a form will be provided that the student athlete, parents, coaches, and activities director will sign). When there is a date when both sports have a contest, the athlete would go to the sport that he/she chose as their major (first) sport.
- ◆ A meeting between the coaches, the athlete and their parents will take place with either the Activities Director or Principal to develop a practice/contest schedule.
- ◆ In the rare instance where it would be possible to participate in both sports on the same day, transportation would be the responsibility of the student's parents.
- ◆ Passing grades must be maintained. Grades cannot falter because of added demands on the student's time, because of the extra practice and contests.

NO QUIT POLICY

Members of performance organizations are expected to remain in their activities once they come out. If they quit, they will not be allowed to join a different performance organization that season. However, a participant to an activity will be given a two-week grace period from the time they began the sport. Quitting an activity after two weeks will result in suspension from joining other performance organizations for the rest of that season. Participation fees will not be returned. Exceptions include the following:

- ◆ Failure to continue because of injury or illness.
- ◆ Coach/advisor consents due to unforeseen personal problems.

EQUIPMENT/LOCKER ROOM

One of the values taught through participation in school-sponsored activities is that of responsibility. This applies to the care of school equipment and property. The school district hopes that every student will take pride in the facilities and equipment the Boyceville Community taxpayers have provided. The school attempts to provide the students of Boyceville Community with the best and safest equipment money can buy, so it is expected that each student will take excellent care of all equipment.

The original equipment issued to any student must be returned at the end of the activity. The student will be held financially responsible for any lost, misplaced, or deliberately mutilated equipment and will be ineligible from further participation in all activities until all equipment is returned or paid for.

In addition to maintaining equipment we ask all athletes to help maintain our locker rooms. Our locker rooms are used by a variety of groups and we do our best to keep them clean. Our athletes need to help us by picking up their items and placing them in their assigned locker and keeping their items washed and clean. The athlete's locker is the property of the Boyceville School District. School officials reserve the right to search the locker with or without the athlete's permission, knowledge, or consent and seize any items that violate school district policy.

TRANSPORTATION

Transportation is provided for all activities. Students are expected to ride to and from an activity on school-provided transportation. If a student is not riding school-provided transportation, he/she may ride with his/her parents/legal guardians by signing out their student with the coach following the event.

Parents requesting to have someone other than themselves or an immediate family member provide transportation to or from a school sponsored activity must submit a Waiver of Liability Transportation Request prior to the time school transportation is to leave.

There are activities offered in the Boyceville Community District that practice/perform off site. As a participant in one of these activities, the student and/or parent/guardian may be responsible for transportation to and from practice.

PARTICIPATION FEE

All students participating in the following Middle School or High School Activities will be charged a onetime yearly fee of \$50. All fees must be paid prior to a student beginning practice in the activity/athletic sport. Home Schooled students will pay the same fees as full-time students.

The following activities are required to pay the fee:

All Athletic Groups – Cross Country, Football, Volleyball, Basketball, Wrestling, Baseball, Softball, Track, Cheerleading and Dance

The following Co-curricular Activities – Academic Decathlon, Drama, FBLA, FCCLA, FFA, Science Olympiad, Quiz Bowl

CONCUSSION INFORMATION

According to Wisconsin State Statute 118.293 all organized youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

APPENDIX A

Concussion Fact Sheet for Athletes

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

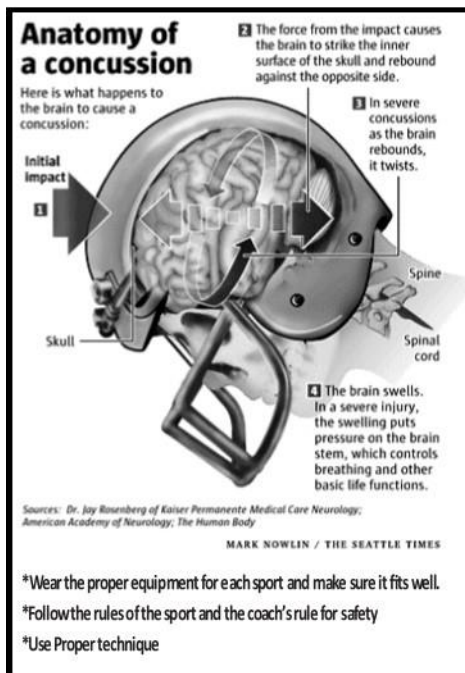
What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness. If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION	
Tell someone if you see a teammate with any of these symptoms:	<ul style="list-style-type: none">• Appears dazed or stunned• Forgets sports plays• Is confused about assignment or position• Moves clumsily• Answers questions slowly• Repeats questions• Can't recall events prior to the hit, bump, or fall• Can't recall events after the hit, bump, or fall• Loses consciousness (even briefly)• Shows behavior or personality change
Tell someone if <u>you</u> feel any of the following:	<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none">• Difficulty thinking clearly• Difficulty concentrating or remembering• Feeling more slowed down• Feeling sluggish, hazy, foggy, or groggy <p><u>Emotional:</u></p> <ul style="list-style-type: none">• Irritable• Sad• More emotional than usual• Nervous <p><u>Physical:</u></p> <ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Balance problems or dizziness• Fatigue or feeling tired• Blurry or double vision• Sensitivity to light or noise

SIGNS AND SYMPTOMS OF A CONCUSSION

- Numbness or tingling
 - Does not “feel right”
- Changes in your normal sleep patterns.



If you have a suspected concussion, you should NEVER return to sports or recreational activities on the same day the injury occurred. You should not return to activities until you are symptom-free and a health care provider experienced in managing concussion provides written clearance allowing return to activity. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports conditioning, weight lifting, practices and games, or
- Physical activity at recess.

What should you do if you think you have a concussion?

1. **Tell your coaches and parents right away.** Never ignore a bump or blow to the head even if you feel fine. If you experience symptoms of a concussion, you should immediately remove yourself from practice/play. Tell your coach right away if you think you or one of your teammates might have a concussion.
2. **Get evaluated by a health care provider.** A health care provider experienced in evaluating for concussion can determine if you have a concussion, help guide management and safe return to normal activities, including school (concentration and learning) and physical activity. If you have been removed from a youth athletic activity because of a suspected or confirmed concussion, you may not participate again until evaluated by a health care provider and receive written clearance to return to activity. You must provide this written clearance to your coach.
3. **Give yourself time to get better.** If you have had a concussion, your brain needs to time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. It is important to rest until you receive written clearance from a health care provider to return to practice and play.

Why should you tell someone about your symptoms?

Your chances of sustaining a life altering injury are greatly increased if you aren't fully recovered from a concussion.

- ◆ Practicing/playing with concussion symptoms can prolong your recovery.
- ◆ Practicing/playing with a concussion can increase your chances of getting another concussion.
- ◆ Telling someone could save your life or the life of a teammate!

Tell your teachers

Tell your teachers if you have suffered a concussion or head injury. Concussions often impair school performance. In order to properly rest, many students often need to miss a few days of school immediately following a concussion. When you return to school after a concussion you may need to:

- ◆ Take rest breaks as needed,
- ◆ Spend fewer hours at school,
- ◆ Have more time allowed to take tests or complete assignments,
- ◆ Suspend your physical activity (PE class and/or recess)
- ◆ Suspend your extracurricular activities (band, choir, dance, etc.)
- ◆ Reduce time spent reading, writing, or on the computer.

Concussion Fact Sheet for Parents

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness. If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION	
Signs Observed by Parents or Guardians	<ul style="list-style-type: none"> ● Appears dazed or stunned ● Is confused about events ● Answers questions slowly ● Repeats questions ● Can't recall events prior to the hit, bump, or fall ● Can't recall events after the hit, bump, or fall ● Loses consciousness (even briefly) ● Shows behavior or personality changes ● Forgets class schedule or assignments
Symptoms Reported By Your Child	<p>Thinking/Remembering</p> <ul style="list-style-type: none"> ● Difficulty thinking clearly ● Difficulty concentrating or remembering ● Feeling more slowed down ● Feeling sluggish, hazy, foggy, or groggy <p>Physical</p> <ul style="list-style-type: none"> ● Headache or "pressure" in head ● Nausea or vomiting ● Balance problems or dizziness ● Fatigue or feeling tired ● Blurry or double vision ● Sensitivity to light or noise ● Numbness or tingling ● Does not "feel right"

SIGNS AND SYMPTOMS OF A CONCUSSION

Sleep*

- Drowsy
- Sleeps less than usual
- Sleeps more than usual
- Has trouble falling asleep

*Only ask about sleep symptoms if the injury occurred on a prior day.

Danger Signs

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- ◆ One pupil (the black part in the middle of the eye) larger than the other
- ◆ Difficult to arouse
- ◆ Severe headache or worsening headache
- ◆ Weakness, numbness, or decreased coordination
- ◆ Repeated vomiting or nausea
- ◆ Slurred speech
- ◆ Convulsions or seizures
- ◆ Difficulty recognizing people or places
- ◆ Increasing confusion, restlessness, or agitation
- ◆ Unusual behavior
- ◆ Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to return to activity. This means, until permitted, not returning to:

- ◆ Physical Education (PE) class,
- ◆ Sports practices or games, or
- ◆ Physical activity at recess.

What should I do if my child or teen has a concussion?

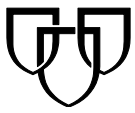
1. Seek medical attention. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.

3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's school administrators, teachers, school nurse, coach, and counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot keep up with school work and learn as well after a concussion. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- ◆ Take rest breaks as needed,
- ◆ Spend fewer hours at school
- ◆ Be given more time to take tests or complete work
- ◆ Receive help with schoolwork,
- ◆ Reduce time spent reading, writing, or on the computer.



Dear Parent/Guardian,

Mayo Clinic Health System - Red Cedar offers an innovative program for student-athletes that assists our physicians and athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT™ (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT™ is a computerized exam utilized in many professional, collegiate and high school sports programs across the country to successfully diagnose and manage concussions. If a student-athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. Additional information about ImPACT™ can be found at www.impacttest.com.

ImPACT™ recommends that student-athletes take the computerized exam before beginning sport practice or competition. Essentially, the ImPACT™ test is a preseason physical of the brain. It, however, is not an IQ test. This non-invasive test is set up in “video-game” type format and takes about 20 -25 minutes to complete. Many student-athletes enjoy the challenge of taking the test. It tracks information such as memory, reaction time, speed and concentration. Student-athlete’s pre-season / baseline test data is maintained on a secure server maintained by ImPACT™.

If a concussion is suspected, the student-athlete should see a physician for evaluation. It is recommended he/she see an ImPACT™ trained provider who will request the student-athlete take a post-injury test for comparison to the student-athlete’s baseline test. The clinical exam and test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured student-athlete. If an injury of this nature occurs to your child, you can talk with your physician, athletic trainer, coach or Mayo Clinic Health System - Red Cedar about how to proceed.

The post-injury test data, if any, is maintained on a secure server maintained by ImPACT™. The test data will only be available to Mayo Clinic Health System - Red Cedar, except as described below:

- The physician or clinician evaluating the student-athlete child may choose to make that student-athlete’s test data available to other health care providers who are being consulted regarding the treatment of that student-athlete.
- The student-athlete’s test data may be utilized by ImPACT™ to treat other athletes with similar head injuries or in studies conducted by ImPACT™ on head injuries. However, the identity of student-athletes will not be disclosed if test results are used for these purposes.

I wish to stress that the ImPACT™ testing procedures are non-invasive, and they pose no risks to student-athletes. We are pleased to offer this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. Mayo Clinic Health System - Red Cedar, coaching and athletic training staffs are striving to keep student-athletes’ health and safety at the forefront of the athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at 715-233-7740.

Sincerely,

Jodi Dotseth, Director of Red Cedar Physical Rehabilitation

APPENDIX B

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION



2019-2020 High School Athletic Eligibility Information Bulletin

Your high school is a member of the Wisconsin Interscholastic Athletic Association. The following rules and regulations are developed by the member schools of the WIAA and govern the participation by boys and girls in school athletics and in some instances, impact upon sports activities outside the school.

This information bulletin is a **summary** of the WIAA OFFICIAL HANDBOOK as it pertains to those rules and regulations. Both student-athletes and their parents should have an understanding of these requirements. Equally important is that student-athletes and/or parents talk to their principal or athletic director if they have any question about these regulations. For additional information on Rules of Eligibility see the WIAA Handbook, or visit the WIAA website at www.wiaawi.org.

This bulletin does not discuss specific penalties for all violations. The reason is that penalties vary depending upon the nature of the violation. In addition, schools often have established penalties or periods of ineligibility, which are greater than the minimum prescribed by WIAA rules.

There also are exceptions and other permissive provisions in some rules. Student-athletes and their parents should discuss all athletic eligibility related situations with the school principal or athletic director who, if necessary, will get a decision, interpretation, or opinion from the WIAA office.

Student-athletes, as well as parents are asked to read this bulletin, and then sign it and have their signature statement (attached) on file at their school prior to practicing and competing.

These are WIAA eligibility rules, which are **current for the 2019-2020 school year**:

Age

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year.

Academics

A student-athlete must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent school issued grade reporting period. Note: Some member schools adopt code and academic policies and other participation requirements which are more stringent than WIAA minimum requirements. In those instances the schools requirements prevail and must be applied as written.

Attendance

A student-athlete is eligible for interscholastic competition at a member school if he/she is carried on the attendance rolls as a duly enrolled full-time Grade 9, 10, 11 or 12 student in that member school. (Subject to satisfying all other eligibility requirements.)

Note: A full-time student is further defined as one where the member school is responsible for programming 100% of the student's school day. The student is eligible for like or similar awards, privileges and services as all the other students and meets all obligations and responsibilities as other students, without exception.

A. A student must complete eligibility in the four consecutive years starting with Grade 9 and the three consecutive years starting with Grade 10, unless there are documented extenuating circumstances and a waiver has been provided.

- B. A student is ineligible if he/she has graduated from a school offering studies through Grade 12 or its equivalent.
- C. A student who graduated in May or June retains eligibility for (a) any portion of a spring athletic schedule not completed by the end of the academic year and (b) the school's summer athletic schedule.
- D. A student is ineligible if he/she has not been enrolled in some school by the 17th day of a semester or trimester, except upon request of a school in special cases involving sickness, accident, military service, social services assignment, e.g.
- E. A student-athlete may not participate in school sports in more than four different years, and a student-athlete may not participate in the same sport more than one season each school year.

Determining Residence for Public School Students

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only at the school within whose attendance boundaries his/her parents reside, within a given school district, with these additional provisions:

- A. Board of Education approved full-time student(s), paying their own tuition and residing full time with parents in their primary residence shall be afforded eligibility. Transfer students are subject to provisions outlined in the transfers section of this document and in the Senior High Handbook.
- B. The residence of a student's guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility, except in situations involving transfer after the fourth consecutive semester following entry into grade 9. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the transfer and/or waiver provisions as described in the WIAA HS Handbook.
- D. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state and is enrolled in a district approved program may be eligible at either school (first priority to school of residence) but (a) may not participate at both schools in the same year and (b) academic ineligibility accompanies student upon transfer. Transfer restrictions may also apply.
- E. A student whose tuition is paid by the school within whose attendance boundaries parents reside or by the state or who is participating full time in a legislated open enrollment option must meet all statutory timeline requirements. This provision extends the opportunity to decline attendance at the new school and continue at his/her school of residence. If the student begins the school year at the new school and then transfers back to school of residence after attending one or more days of school or one or more athletic practices, he/she shall be subject to transfer provisions as outlined in the transfer Section of this document.
- F. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's attendance boundaries, provided enrollment is continuous (unbroken in that school).
- G. After a student-athlete has not participated and/or has had their eligibility restricted for one calendar year due to reasons relating to residence and/or transfer, he/she becomes eligible.
- H. A student-athlete will not be eligible if his/her attendance at a particular school resulted from undue influence (special consideration because of athletic ability) on the part of any person.

- I. A student-athlete who has been declared ineligible at a school for disciplinary reasons, academic reasons or due to another State Association's provision retains that ineligibility status if he/she transfers to another school.
- J. Except in situations involving transfer after a student's fourth consecutive semester, a full-time student whose residence in a given district and attendance at a member school does not conform with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers. Transfer students are subject to transfer provisions as outlined in the transfer section of this document and in the Senior High Handbook.

Determining Residence for Nonpublic School Students

A full-time student, whether an adult or not, is eligible for varsity interscholastic competition only if the student is residing full time with parents in their primary residence with these additional provisions:

- A. In the event of a divorce or legal separation, whether pending or final, a student's residence at the beginning of the school year shall determine eligibility except in situations involving transfer after a student's fourth consecutive semester. For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year'. Under this rule, a student who transfers after the beginning of the school year shall be ineligible at the new school unless approval is granted by the Board of Control in accordance with the waiver provisions as described in the WIAA HS Handbook under Waivers. Transfer restrictions may also apply.
- B. Residing full time with guardians shall determine eligibility in cases where both parents of a student are deceased. The execution of guardianship papers in situations where one or both parents are living does not by itself make a student eligible.
- C. A student may continue being eligible in the same school even though parent(s) and/or student move from within that school's traditional attendance area, provided enrollment is continuous (unbroken in that school).
- D. A student who has been in attendance in a nonpublic, self-contained school (i.e. grades K-12 or 7-12) for at least one complete school year prior to reaching Grade 9 and has not broken enrollment during that time is eligible in that nonpublic school upon entering Grade 9.
- E. Except in situations involving mid-year transfer and/or transfer after the fourth consecutive semester students attending member residential schools shall be eligible at the member school provided they reside at the school or reside full time with parents in their primary residence.
- F. Except in situations involving transfer after a student's fourth consecutive semester, a full-time student attending a nonpublic school but not residing in accordance with any of the provisions outlined above shall be eligible for nonvarsity competition only, for one calendar year, unless a waiver is provided as outlined in the WIAA HS Handbook under Waivers.

Transfers

A full-time student may be afforded up to eight consecutive semesters of interscholastic eligibility upon entry into Grade 9. **Transferring schools at any time may result in restrictions being imposed on eligibility, or in some cases a denial of eligibility.** For the purpose of this rule, attendance at one day of school and/or attendance at one athletic practice shall determine 'beginning of school year.' These additional provisions relate to transfer cases:

- A. A student who transfers from any school into a member school after the sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, but may practice, unless the transfer is made necessary by a total and complete change in residence by

parent(s). The calendar year (365 days) will be determined from a student's first day of attendance at the new school.

- B. Open enrolled and/or tuition paying students entering 9th and/or 10th grade at the beginning of the school year and who are within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.
- C. Open enrolled and/or tuition paying students entering 11th grade are restricted to nonvarsity opportunities for one calendar year.
- D. Open enrolled and/or tuition paying students entering 12th grade as transfer students are ineligible to compete at any level for one calendar year, but may practice.
- E. 9th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for the remainder of the school year. Restrictions are removed upon entering 10th grade.
- F. 10th or 11th grade students who transfer after the beginning of the school year and with written consent from both schools directly involved shall be restricted to nonvarsity opportunities for one calendar year (365 days beginning with first day of attendance at the new school).
- G. In the event of divorce or legal separation, whether pending or final, residence at the beginning of the school year shall determine eligibility for students entering 9th and/or 10th grade. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- H. District policies with respect to intra-district transfer do not supersede WIAA transfer rules in situations involving post-sixth semester transfers. Intra-district transfers occurring after the sixth consecutive semester following entry into grade 9 result in the student being ineligible for competition at any level for one calendar year (365 days beginning with first day of attendance at the new school), but may practice.
- I. Unless transfer, including an accompanying total and complete change of parents' residence, is effective at the outset of a semester, a student cannot establish eligibility at his/her new school until the fifth calendar day of such transfer.
- J. If within the first four consecutive semesters following entry into grade 9, a student who transfers more than once in any given school year shall be ineligible for all interscholastic competition for the remainder of that current school year and will be eligible for nonvarsity opportunities only for the balance of the calendar year. In situations involving transfer after the sixth consecutive semester following entry into grade 9 the student is ineligible to compete at any level for one calendar year, but may practice.
- K. A student may not have eligibility in more than one member school at the same time. A parent or parents who move from a primary residence within one school's attendance boundaries, to a secondary residence within another school's attendance boundaries, may be required by the Board of Control to provide evidence of a total and complete move.
- L. A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons, academic reasons and/or as a result of another State Association's regulation or sanction, retains such status at his/her new school for the same period as decreed by the former school.
- M. No eligibility will be granted for a student whose residence within a school's attendance boundaries, with or without parents, or whose attendance at a school has been the result of undue influence (special consideration due to athletic ability or potential) on the part of any person, whether or not connected with the school.

Physical Examination and Parent's Permission

A student-athlete whether an adult or not, must have written permission of parents to participate in school athletics, an emergency information form, and he/she must have a physical examination (signed by a licensed physician, physician's assistant or advanced practice nurse prescriber) every other school year.

A physical examination taken April 1 and thereafter is valid for the following two school years. Physical examination taken before April 1 is valid only for remainder of that school year and the following school year.

Training and Conduct

A student-athlete must follow his/her school's code of conduct (training rules) on a year-round basis.

- A. A student-athlete who violates his/her school's code of conduct during the season of a sport (start of practice to final game) must be suspended from competition for a period of time specified in the code (minimum of one meet) if the violation involves (a) possession and/or use of alcohol, (b) possession and/or use of tobacco, including chewing tobacco and (c) use, possession, buying or selling of controlled substances, street drugs and performance enhancing substances (PES).
- B. The member school will determine minimum penalties for violation of any other provisions of its code of conduct, including out of season offenses and for any other unacceptable conduct contrary to the ideals, principals and standards of the school and this Association including but not limited to criminal behavior.
- C. A student-athlete who violates his/her school's code of conduct at times other than during the actual season of a sport must be disciplined by the school, the nature of such discipline to be determined by the school as indicated in its code of conduct.
- D. A student-athlete who violates any part of the school or WIAA's code of conduct resulting in suspension for any portion of WIAA-sponsored tournament competition must be immediately declared ineligible for the remainder of tournament series in that sport. During the WIAA Tournament, an ineligible athlete may not suit up.
- E. A student-athlete, disqualified from a contest for flagrant or unsportsmanlike conduct, is also suspended from the next competitive event.
- F. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- G. A school must provide an opportunity for the student to be heard prior to a penalty being enforced. If a student appeals a suspension, according to the schools appeal procedure, the student is ineligible during the appeal process.
- H. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

Amateur Status

A student-athlete must be an amateur in all recognized sports of this association in order to compete in any WIAA sport.

- A. A student-athlete may not accept, receive or direct to another, reimbursement in any form of salary, cash or share of game or season proceeds for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, e.g.
- B. A student-athlete may receive: a medal, cup, trophy or plaque from the sponsoring organization regardless of cost; school mementos valued not more than \$200; an award valued not more than \$100 retail for participation in an athletic contest in a WIAA recognized sport; and may retain non-school competition apparel worn by the student as part of the team uniform.
- C. A student-athlete may not receive compensation or benefit, directly or indirectly, for the use of name, picture, and/or personal appearance, as an athlete because of ability, potential and/or performance as an athlete. This includes receiving free and/or reduced rates on equipment, apparel,

camps/clinics/instruction and competitive opportunities that are not identical for any and all interested students.

- D. A student-athlete may not be identified (with or without permission) as an athlete, provide endorsement as an athlete or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan, or service.
- E. A student-athlete may not participate in school athletics or in sports activities outside the school under a name other than his/her own name.

Sports Activities Outside of School

Athletes may compete in not more than two non-school competitions with school approval during each regular sport season. The contest(s) will not count against the individual maximum for the athlete in that sport. Non-school competition will not be allowed during the respective WIAA tournament series in a sport. Violation of this rule results in loss of eligibility for the remainder of the season (including the WIAA tournament series).

- A. WIAA rules do not prevent athletes from practicing with non-school teams or from receiving private skills instruction during the school season. However, they may not participate officially or unofficially (including “banditing”) in more than two non-school competitions or races, including scrimmages against other teams (with school approval).
 - (1) This restriction applies to normal non-school games as well as “gimmicks,” such as reduced numbers competition (3-on-3 basketball, 6 player soccer, e.g.), specific skill contests (punt, pass, and kick, shooting contests, free throws, 3 point, e.g.), fun runs, etc.
 - (2) During the season, athletes may participate in a skills contest with approval of the school. Specific skill contests (punt, pass, and kick, shooting contests e.g., free throws, 3 point, drive, chip and putt) isolate separate skills outside of the traditional competition setting. The skill contest may not include physical contact or extreme fatigue as the actual sport competition. Fun runs are not considered skills contests. There can be no school coach involvement. All other eligibility rules including amateur status apply.
 - (3) A student who was a member of a school team during the previous year may not delay reporting for the school team beyond the school’s official opening day of practice in order to continue non-school training and/or competition.
- B. During the school year before and/or after the school season of a sport and in the summertime, members of a school’s team may voluntarily assemble with their teammates (without school and/or school coach involvement) at their own discretion.
- C. A student-athlete or his/her parents must pay the fee for specialized training or instruction such as camps, clinics, and similar programs.
- D. A student-athlete may not be instructed except during the school season of a sport and approved summer contact days by the person who will be his/her coach in that sport in the following school season. All sports except football are exempt from this rule, BUT only (a) during the summer months and (b) if the program involved is not limited to individuals who are likely to be candidates for the school team in that sport in the following season.
- E. A student-athlete must not participate in an all-star game or similar contest except for summertime activities (a) within the same league or program (e.g., softball game between divisions of same league) or (b) in which a team is selected to represent a league in post-season play (e.g., Babe Ruth league team). Some post-season all-star opportunities may be permitted for 12th graders who have completed high school eligibility in a particular sport. Check with your Athletic Director to be certain.
- F. Schools/individuals are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

You Are Not Eligible:

- ◆ If you are not enrolled as a full time student at your school.
- ◆ If you reach nineteen (19) years of age prior to August 1.
- ◆ If you failed more than one class in the most recent grade-reporting period (or failed to meet your school's academic standard if that standard is stricter than the WIAA's).
- ◆ If eight (8) semesters have passed since entering Grade 9.
- ◆ If you have participated in school sports for all, or part of, four (4) school years.
- ◆ If you attend a public high school outside the district where your parent(s) reside full time in their primary residence. Exception: Tuition paying and/or open enrolled students who are entering 9th or 10th grade at the beginning of the school year. Refer to Senior High Handbook, Rules of Eligibility.
- ◆ If you attend a private school (except boarding schools) and do not reside full time with parent(s) in their primary residence. Refer to Senior High Handbook, Rules of Eligibility. **Transferring schools at any time may result in restrictions being imposed on eligibility or in some cases a denial of eligibility. Refer to Senior High Handbook, Rules of Eligibility.
 - Note 1 – You may be ineligible and/or limited to nonvarsity competition if you have transferred from any school into a member school after the beginning of your 9th grade year, and you have not received a waiver from the WIAA.
 - Note 2 – A student who transfers after their sixth consecutive semester following entry into Grade 9 shall be ineligible for competition at any level for one calendar year, unless the transfer is made necessary by a total change in residence by parent(s). The calendar year will be determined from a student's first day of attendance at their new school.
- ◆ You are not eligible to practice or compete at any level if you do not have on file in your school: (a) evidence of having passed a physical examination signed by a licensed physician, physician assistant or Advanced Practice Nurse Prescriber, (b) signature of parent(s) giving permission to participate in sports, (c) parent signature affirming receipt of WIAA Rules of Eligibility, and (d) emergency locator form on file.
- ◆ If you do not sign and follow the code of conduct established by your school.
- ◆ If you have violated your status as an amateur athlete by (a) accepting any amount of money or any kind of merchandise, (b) signing a contract for your services as an athlete, (c) receiving any benefit for the use of your name, picture, and/or personal appearance as an athlete, (d) providing any endorsement, as an athlete, in promoting a profit-making event, (e) playing under another name or (f) appearing as an athlete (with or without permission) in a commercial/advertisement and/or profitmaking event, item, plan or service.
- ◆ If you at any time have received an award of merchandise value such as e.g. shoes, jacket, sweater, jersey, duffel bag, back pack, watch, billfold, gift certificates, e.g., in recognition of your talent or accomplishment as an athlete.
- ◆ If you participate in more than two contests or events other than for your official interscholastic school team while you are a member of that school team and during the entire school season (start of practice to end of season) of that sport. You must have school approval.
- ◆ If as an underclassman you have played in an all-star contest.
- ◆ If you let anyone besides your parents pay a fee for specialized training, like a summer camp, or if you are instructed by your school coach outside the season of a sport (unless the contact is in the summertime and takes place during an approved contact period).

Your school is a member of the Wisconsin Interscholastic Athletic Association, and the rules and regulations as established by the member schools of the WIAA govern your participation in high school athletics, and impact/affect your sports activity outside of school.

The rules above are general statements only; see your principal, athletic director, or coach for further details and exceptions. Your school may have stricter rules than those listed here; again contact your principal, athletic director, or coach if you have a question on any eligibility rule relating to either your school or the WIAA. WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION – Stevens Point, Wisconsin 54482

APPENDIX C

Academic Integrity Guidelines

Boyceville Middle/High School is a place where learning and knowledge are based on the core values of respect, excellence, accountability, consideration, and honesty. We hold our students to the highest standards of performance and integrity and expect each student to maintain those standards and strive for continuous improvement. We expect Boyceville students to take responsibility for their actions and thus maintain academic honesty and a positive learning environment.

Boyceville High/Middle School expects all students to abide by ethical academic standards. Academic Integrity is completing and submitting work that is entirely your own words, thoughts, ideas, concepts, images or data or properly giving credit when you use another's words, thoughts, ideas, concepts, images or data. In addition, students are expected to maintain the security of their work so that other students may not access and use their work in an inappropriate manner.

Academic dishonesty-including plagiarism, cheating or copying the work of another, using technology for dishonest purposes, or any unauthorized communication between students for the purpose of gaining unearned academic advantage-is strictly prohibited. Boyceville's Academic Integrity Policy covers all school-related tests, quizzes, reports, class assignments, and projects, both in and out of class.

Plagiarism, cheating, etc. is not the same as cooperative or collaborative learning techniques. Teachers often expect, even encourage students to work on assignments collaboratively or collectively. This is okay, as long as the teacher has specifically designated that these methods can be used for an academic endeavor.

- **Collaboration:** Working together (with permission) in a joint effort.
- **Cooperation:** Working together in designated roles (as defined by a teacher) in a joint effort.
- **Plagiarism:** Committing literary theft; to steal and pass off as one's own ideas or words, and to recreate the production of another.
- **Cheating:** Using or attempting to use unauthorized materials, information, or study aids in any academic exercise (for example, copying part or all of someone else's work on any academic activity or sharing information about test content with another for dishonest academic advantage).
- **Facilitation:** Helping or attempting to help another student violate any provision of the Academic Integrity Policy (for example, having an assignment, test, or quiz exposed in a way that makes it easy for others to copy).
- **Falsification:** Making up information/data or a citation in any academic exercise.

Plagiarizing information, copying, or deliberately allowing another to copy an assignment, project, quiz, test, essay, etc. will result in the following but not all inclusive consequences:

Level 1: Consequences considered and potentially applied for single occurrence of an AIP violation on one assignment:

Level 2: Repeated occurrences or more severe AIG violations are considered a violation of the **Activities Code**. These violations would include facilitating others to cheat, copying of multiple assignments, quizzes, and/or tests, manipulating a teacher's grade book; destruction, damage, and/or manipulation of another student's or teacher's academic property. This includes students who violate the AIG more than once during an academic year or over two or more academic years and/or for one or more classes.

APPENDIX D

WIAA Performance-Enhancing and Banned Substances

The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.

A student-athlete is required to follow the school's code of conduct on a year-round (12 month) basis.

In-season violations of the school code will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts (a) involving use of alcohol, (b) use, including chewing, of tobacco and/or (c) use, possession, buying, or selling of controlled substances, street drugs and banned performance enhancing substances (PES).

It is the student-athlete's responsibility to check with the appropriate or designated athletic staff or school official before using any substance or supplement. Any substance chemically related to a banned or discouraged ingredient is also banned or discouraged. There is no complete list of banned or discouraged substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletic department staff prior to using a supplement.

BANNED_– Do not Use. Drugs that are illegal or could be harmful if taken in excess amount. **Possession and/or use violates WIAA Code.**

NOTE: There is NO complete list of banned substances. Any substance chemically related to these classes is also banned. The student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

- Anabolic Agents, such as but not limited to: testosterone; DHEA; androstenedione; names of steroids frequently end in "-one"; "-ol"; or have a number in front as in 17-androstenedione)
- Diuretics (water pills) and Masking other Agents: such as but not limited to thiazides
- Stimulants: such as but not limited to: ephedra, synephrine (bitter orange), methylhexanamine (DMMA or geranium extract), DMBA; amphetamine (Adderall); "bath salts"
- Peptide Hormones and Analogues: such as but not limited to insulin, hGH, hCG • Street Drugs: such as but not limited to: marijuana, THC, synthetic cannabinoids (spice)
- Anti-Estrogens: such as but not limited to SERMS, aromatase inhibitors, tamoxifen
- Beta-2 Agonists: bambuterol formoterol

Note: medications prescribed by a health provider used by the individual they have been prescribed to and used as prescribed should NOT be viewed as violating the controlled substance/supplement provisions of the school's code.

DISCOURAGED_– Dietary supplements are poorly regulated. Supplement products can contain banned ingredients without being on labels; or become contaminated with banned ingredients during manufacturing. Very few supplements have been tested for safe use by youth. Schools and coaches may not provide or allow discouraged items in connection to school's program. Possession and/or use may violate school district policy or code. (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use.) This list includes but is not limited to:

- Creatine
- Pre-Workout Boosters (these products frequently contain discouraged or banned ingredients)
- Caffeine-enhanced products such as but not limited to energy drinks and energy shots. Examples of sources of added caffeine include guarana, Yerba mate, cacao, cola nut, green tea extract, methylxanthine

Excess caffeine can cause jitteriness, nervousness, headaches, difficulty concentrating or sleeping increased heart rate or blood pressure. Small amounts of caffeine can produce these effects in some people.

- AAKG, NO₂, nitric oxide
- Co Enzyme Q
- HMB
- Pyruvate
- CLA (conjugated linoleic acid)
- Chromium Picolinate
- Amino Acids; alanine, arginine, asparagine, aspartic acid, cysteine, glutamine, glutamic acid, glycine, histidine, isoleucine, leucine, methionine, phenylalanine, proline, serine, threonine, tryptophane, tyrosine, valine (amino acids are widely available from meat, dairy, fish, and plant based foods.)
- Amino acid derivatives such as L-Carnitine
- Protein Powders. Most diets supply adequate protein. However, in cases where athletes can't eat enough food or when protein needs are higher than normal, limited supplementation may be needed. In these cases a physician or sport dietitian consultation may be helpful. If extra protein is needed read labels carefully. Visit supplement testing sites such as NSF http://nsfsport.com/NFL_contacts.pdf or Informed Choice <http://www.informed-choice.org/> for a listing of products that have been tested for purity. Protein

powders may contain discouraged or banned ingredients not listed on the label.

Permissible Supplements

Supplements that replace the calories, fluid, and electrolytes the body naturally loses during exercise.

- Sport Drinks
- Fitness Water
- Electrolyte Drinks
- Sport Gels
- Meal Replacement Drinks
- Vitamins/Minerals
- Meal Replacement Bars

Read product labels carefully. Some products may contain banned or discouraged ingredients. Due to lack of regulations product labels might not list all ingredients.

Warning Signs and Symptoms of Steroid Use

Possible Signs of Steroid Use:

“Puffy”, swollen look to the face
Acne; especially on shoulders, back or chest
Excessive time spent working out
Frequent nosebleeds
Frequent muscle cramps
Increased aggression and violence
Increased irritability
Periods of depression
Quick strength and weight gains
Wide mood swings
Possible Adverse Effects in Both Males and Females
Acne, especially on chest, shoulders and back
Addiction
Blood clots
Breast enlargement and pain (males)
Deepening of the voice (females)
Deformed sperm/possible birth defects (males)
Frequent Nosebleeds
Growth of permanent facial and chest hair (females)
Hardening of the arteries, higher cholesterol levels
Increased risk of heart attack, increased blood pressure
Increased violence and aggression/“roid rages”
Increased risk of injury and slower healing time
Insomnia, restlessness, depression
Liver damage; including cancer
Loss of hair and partial baldness
Lowered sperm count/temporary sterility (males)
Menstrual irregularities (females)
Muscle tendon damage
Pain when urinating (males)
Reduction of breast size (females)
Shrinking of the testicles/sterility (males)
Stunted growth
Suicidal thoughts
Swelling of feet and lower legs
Unpleasant breath odor

Evaluating Ergogenic Aid Claims

1. What is the source of the information?
 - Peer-reviewed journal
 - Magazine, newspaper or book
 - Company selling a product
2. Who wrote the article?
 - A professor or someone with a degree (Is the degree in a field related to sports medicine, nutrition or biochemistry?)
 - Someone with credentials
 - Not sure, article doesn't state
3. Critical analysis
 - Does the product sound too good to be true?
 - If a research study is cited, is it done on a healthy population or a diseased population, well-trained subjects or sedentary subjects, animals or humans, men or women?
 - Does the dosage seem large or unsafe?
 - Does the article make conclusive statements such as: This supplement will make you lose weight?
 - Does the product promise quick improvements in health or physical performance?
 - Does the product contain some secret ingredient or formula?
 - Are currently popular personalities or star athletes used in its advertisements?
4. Is the product effective? If it is still unclear whether the supplement is effective, seek other sources of information such as more articles on the topic or opinions of professionals in the field of nutrition and exercise.
5. Is the product safe at the recommended dosages?
6. Does the product cause long-term health problems?
7. Are possible side-effects identified?
8. Is taking the supplement ethical? This is often a hard question to answer. The thrill of competition is to strive to be the very best, but does being the very best mean enhancing your performance through external substances. The ancient Greek ideal and that of the International Olympic Committee is that an athlete should succeed through their own unaided effort. Every individual must assess his/her ethical standards. But here are a few questions to ask yourself:
 - What is the policy of your team or the governing body for your sport?
 - Is the substance banned from use during competition?
 - Is taking a supplement cheating or giving you an unfair advantage?

Provided by the WIAA and WIAA Medical Advisory Committee

Additional information may be obtained from the WIAA Medical Policies and Procedures Manual and the WIAA PES Power Point presentation.
Sources: NCAA Banned Drug List Jane Foos, RD, CD, Red Cedar Clinic Kevin Walter, MD, Childrens Corporate Center-Milwaukee Iowa High School Athletic Association

APPENDIX E

2019-2020 Calendar of Key Season Dates

August 5 st	Earliest day to issue Football Equipment
August 6 th	HS Football Begins
August 5 th	Activities Code Meeting
August 19 th	HS Cross Country Begins
August 19 th	HS Volleyball Begins
August 26 th	MS Fall Sports (FB, VB, CC) Begin
August 26 th	7 th Grade Orientation/New Student Orientation 6:30pm
October 14 th	MS Boys Basketball Begins
November 1 st	End of the 1 st Quarter
November 11 th	HS Girls Basketball Begins
November 18 th	HS Boys Basketball Begins
November 18 th	HS Wrestling Begins
December 17 th	MS Girls Basketball Begins
December 17 th	MS Wrestling Begins
January 17 th	End of the 2 nd Quarter / 1 st Semester
March 9 th	HS Track Begins
March 16 th	HS Softball Begins
March 23 th	HS Baseball Begins
March 27 th	End of the 3 rd Quarter
April 6 th	MS Track Begins
June 5 th	End of the 4 th Quarter / 2 nd Semester