



Northridge High School

2019-2020 Student-Athlete Code of Conduct

As a student athlete at Northridge High School, each individual becomes a personal representative of the student body, school, and community. Every student athlete's conduct is under constant scrutiny and evaluation not only during the particular athletic season, but also at all other times, including school vacation periods; therefore, a student athlete's appearance and conduct must be, at all times, beyond reproach. Participation in athletics at Northridge High School is viewed as a privilege and not a right; a student athlete is supposed to be a good example as a student, as a citizen, and as an athlete to other students, parents, and community members at Northridge and at other communities. Participation on an athletic team at Northridge High School is allowed at the discretion of the coach of that team, subject to review by the principal, in accord with Indiana law. In addition, an athlete must meet or exceed those rules and regulations set forth by Northridge and the IHSAA.

Students are not only required to avoid the behaviors prohibited in the Student Athlete Handbook, but are further required to avoid any behavior that supports or encourages the misconduct of other students. The sanction assigned would be directly related to the nature of the supporting behavior and the violation encouraged by that support.

If a student is not violating the rules, but is present, then he or she could still be implicated in the violations of others. If someone is breaking the rules, a student should walk away, report them, or take whatever steps are necessary to show that he or she is not part of the problem.

With this tremendous responsibility in mind, four general statements of policy regarding rules and regulations are applicable to all student-athletes of Northridge. All athletes will adhere to these rules and regulations. Coaches will enforce all rules and regulations.

- Eligibility requirements established by the Indiana High School Athletic Association must be met and maintained.
- Athletes will meet and maintain standards established by the Middlebury Community School Corporation herein to be called the Student Athlete Handbook.
- Administrators and/or coaches may set guidelines in addition to those standards listed in the Student Athlete Handbook. These rules are referred to as "Supplemental Rules".

A. Indiana High School Athletic Association Rules and Middlebury Community School Corporation Rules: To be eligible to represent your school in interscholastic athletics you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled no later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the school coaching staff preceding date of participation in interscholastic contests; exceptions based on IHSAA rules only (refers to overlapping seasons).
3. must have received passing grades at the end of the last 9 weeks or semester grading period in at least five full credit hour subjects.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students:
 - a. unless you are entering the ninth grade for the first time.
 - b. unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
 - c. unless you are a ward of the court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSIET program.
 - d. NOTE: You must have been both academically and athletically eligible at the school from which you transferred.
6. must not have been enrolled in more than 8 consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name; have not accepted money or merchandise directly or indirectly for athletic participation; have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).

8. must have had a physical examination (IHSAA Physical Form) between April 1 and your first practice and filed with the athletic office your completed Consent and Release Certificate, signed code of conduct and Emergency Medical Form. Winter and spring sport athletes will use Drug Test Release Form in the NHS Student Athlete Handbook.
9. must not have transferred from one school to another for athletic purposes as a result of undue influence or persuasion by any person or group.
10. must not have received, in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than their school team.
13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral, or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability as a prospective student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with or against a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal written verification from a physician licensed to practice medicine stating that you may participate again.
18. must not participate in camps, clinics, or schools during the IHSAA authorized contest season. Consult your athletic director for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys when there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls' tournament entrant.

This is only a summary of the rules. Contact your school officials for further information before participating outside of your school.

B. Athletic Handbook Rules - The rules listed in this section are adopted for Northridge High School athletes with the intention of promoting citizenship and developing good behavior and positive attitudes. Note: These rules are in effect year-round.

1. **Attendance** – Athletes who have an unexcused absence, an all-day absence due to illness, or leave school early due to illness are not permitted to practice or participate in contests on that school day. If it is determined that an athlete has had an unexcused absence at a later time, the athlete may be subject to disciplinary procedures, including missing a practice or a contest. Verified appointments with medical or legal personnel or other excused absences (not including illness) do not affect contest and/or practice eligibility.

EXCUSED ABSENCES

Absences will be classified as excused when they are the result of:

- Absences due to approved field trips, rehearsals, contests, etc.
 - Absences due to an emergency illness in the family (example: mother taken to hospital)
 - Deaths and funerals
 - Medical and dental appointments, which must be scheduled during the school day. (Reminder: The school encourages parents to make appointments outside of the school day, or during study hall/service work period.)
 - Required religious observances (arrangements made in advance)
 - Court appointments (arrangements made in advance. The State does not consider these an absence from school)
 - College orientation visits are limited to two (2) a year. Arrangements must be made in advance. The visits should not be used to extend a vacation.
 - Driver's examinations (arrangements made in advance and requires parent's permission)
 - Approved family trips (limit five days a school year, within the five (5) day maximum). See section on Pre-Arranged Absence for procedures. The student must be accompanying the parent on the trip for the absence to be excused. (Also, see policy for make-up work)
2. Attitude - A student athlete shall display exemplary attitude, behavior, and citizenship at all times, not just during a particular athletic season.
 3. Lost Equipment - The athlete must return all equipment issued to him/her. If the equipment is lost and/or stolen, the athlete must pay the school the amount required to replace the missing item(s).
 4. Quitting a Team - An athlete who quits the team will not receive any awards, nor be permitted to play on a different sport/team in the same season.
 5. Rebellious Behavior - Insubordination, abusive or critical language, toward anyone, fighting, lack of full cooperation, lack of maximum effort, and harassment and/or intimidation (verbal, written, physical, and/or sexual) are all examples of misconduct which are strictly prohibited.
 6. Profanity – A student-athlete shall not use language, which is deemed abusive, offensive, or disrespectful by school personnel. A student-athlete shall not use obscene gestures or conduct, or possess materials that are considered obscene by school personnel.
 7. Responsibility - The conduct of all phases of participation in interscholastic activity, including practice sessions, trips to and from athletic contests, and residence away from home for participation in athletic contests, and participation in the contest itself, shall be according to the rules and dictates of the coach and Northridge High School.

a. **The head coach of each varsity sport may require that athletes practice or participate in contests on a weekend or vacation day, (never on Sunday).** As is the

case with each and all sports, athletes who choose to be on a team are expected to make a commitment to their sport, coach, and teammates. This means that athletes are expected to attend all practices and contests and thus meet and fulfill the same requirements as their teammates. While the majority of the non-school day practices and/or contests will be at the varsity level, there will upon occasion be instances in which non-varsity athletes will have an attendance obligation. Any penalty, which results from a violation, shall be determined by the grade-level head coach of the sport with approval from the administration.

b. Off-season Participation Rules – Athletes, who participate on an organized team not school sponsored during the school off-season, must note IHSAA eligibility rules. While coaches are expected to inform their players about the participation rule, it is the athlete's responsibility to know the rule. Ask the athletic director if in doubt.

c. Team Travel - Athletes are required to attend and return from any contests via means of the transportation provided by the school. Exceptions may be made only if in the coach's mind a need exists to permit the athlete to travel from the athletic event with his/her parents. The coach must be notified in advance in writing by the parent. (Return Transportation Authorization Form) At no time will an athlete be approved to drive or to travel with another student.

d. Removal from Team - Upon occasion it may be necessary to suspend or remove an athlete from a team. In that event the coach of the sport from which the athlete is suspended or dismissed will discuss the matter with the athlete. His/her parents are to be contacted regarding the decision. Depending upon the circumstances, an administrator might be involved in this action.

e. Definition of Summer - The period which begins on Monday (June 3, 2019) and ends on the day before Monday of Week 5 (August 5, 2019).

1. Whether Summer athletic activities are sponsored by a member School or a non-school organization, students may participate so long as participation is voluntary.

2. If a member School sponsors athletic activities for its student athletes at the School during the summer, such athletic activities may only be conducted in an Open Facility program, except for summer athletic competitions, which may be conducted outside of an Open Facility program.

3. Summer Conditioning Program may extend through Saturday of Week 4.

f. **Camps and Clinics** Students may attend camps and clinics provided the following standards are met. a. Attendance is limited to non-school time and may begin on or after Monday of Week 7 or the first day of School, whichever comes first, unless camp is a verified Olympic development camp. b. Fees, if charged, must be provided solely by the student, parent or Guardian except for underprivileged students. No School or athletic funds shall be used for such. c. No School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swimsuits, etc.) shall be worn by the student. d. No more than Three (3) students in basketball and volleyball, Five (5) students in baseball and softball, Six (6) students in

football or Seven (7) students in soccer who have participated in a Contest the previous year as a member of One (1) of their School teams in that sport may participate on the same team or in the same work station or drill at the same time. All work stations or drills must be held independent of each other and may not be integrated to simulate a game. Member Schools may not organize, supervise or operate School-sponsored camps; however, Schools may rent or lease their facilities to non-school sponsors. f. Coaches from a Member School Coaching Staff may not instruct students (1) who have participated in a Contest as a member of their School's team in that sport or (2) any freshman. g. Competition must be limited to intra-camp or intra-clinic practices, Contests and instruction. h. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur. i. Length of attendance is unlimited. j. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating. k. Coaches may use students, School owned equipment in Schools, camps and/or coaches clinics held in the State of Indiana or in adjacent state, when the coach is presenter. A record of students used as demonstrators must be kept by the School. Coaches may not use a student for demonstration purposes in more than Three (3) such clinics per sport between July 1 and June 30 each year. No more than One (1) such clinic may be in an adjacent state.

Conditioning Program During the School Year Out-of-Season, a student who participates in Individual Sports and in Team Sports may participate in a Conditioning Program; a Conditioning Program is a program designed for and limited to activities which promote physical fitness and exclude game drills. Examples of permissible activities are weight lifting, running and aerobic exercising. The limitations on participation by, and contact with, a student in Team Sports, During the School Year, Out-of-Season, do not apply to a student's participation in a Conditioning Program.

Limited Contact Program During the School Year Out-of-Season a student may participate in a Limited Contact Program; a Limited Contact Program is a program in which the use of the School's gymnasium, playing field or other school facilities is open only to students who attends the School, or a Feeder School of the School sponsoring the program, is open to all such students and participation is on a voluntary basis. Limited Contact Program sessions may be conducted a maximum of Two (2) times per week for a maximum of Two (2) hours per session. b. At a Limited Contact Program session, a School Team Sports coach may supervise the programs, communicate with students, offer instruction and work directly with all out-of season athletes, may use all equipment related to the sports, i.e. balls, goals, nets, etc., provided that: (1.) the program must be open to all students of the member School; (2.) attendance and participation must be voluntary and not required by the member School coach for membership on a particular sports team, and (3.) participation in a Limited Contact Program session by a student is limited to

the following periods of time;

Limited Contact Program Start Date End Date

Fall Season Monday of Week 9 Saturday of Week 15

Winter Season Monday of Week 23 Saturday of Week 31

Spring Season Monday of Week 40 Saturday of Week 45

Exception: Students in Sports who participate in a Limited Contact Program which immediately precedes that Sports' season may continue to participate in the Limited Contact Program until that Sports' first official practice date, i.e. a girls basketball player participating in the Fall Season Limited Contact Program may continue participation in the Limited Contact Program until the first official practice day for girls basketball.

During Summer Participation in all Summer activities shall be voluntary. During Summer a. During the Summer a student may participate in athletic activities and in a Conditioning Program sponsored by a member School or by a Non-School organization, provided that the student's participation is voluntary. b. If a member School sponsors athletic activities for its student athletes at the School during the Summer, such athletic activities may only be conducted in a Summer Open Facility Program, except for Summer athletic competitions, which may be conducted outside of a Summer Open Facility Program. c. See definitions of Summer Open Facility Program, Conditioning Program and Summer for beginning and ending times. The foregoing notwithstanding, Summer Conditioning Programs may extend through Saturday of Week 4. Camps and Clinics Students may participate in non-school sponsored camps and clinics provided the following standards are met. a. Attendance is limited to non-school time. b. Fees, if charged, must be provided solely by the student, parent or Guardian except for underprivileged students. No School or athletic funds shall be used for such. c. No School-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swim suits, etc.) shall be worn by the student. d. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur. e. Length of attendance is unlimited. f. Seniors or graduates who plan to attend should check with appropriate college rules and regulations regarding recruiting before participating. g. For all School sponsored camps and clinics, attendance must be terminated prior to Monday, Week 5.

Football A School, and players from the School's football program, may participate in Football Activities (participation in any football related activities while wearing helmets or shoulder pads) under the following standards: a. Students may not participate in any Full Contact Football Activities (any intentional football activity by a player where the goal is to take One (1) or more competing players to the ground as the result of a collision) during the Summer. b. Schools may sponsor up to Twelve (12) Football Activity Days (a day when a School's football coaching staff coaches Two (2) or more players from the School's football team engaged in Football Activities) during the Summer. c. A School's Football Activity Days may include up to Five (5) Football Competition Days (a day when a School's football

coaching staff takes Two (2) or more players from a School's football team to either Practice with or compete against One (1) or more players from another School or program). The maximum time for a School's Football Activity Day held at a member-School facility will be Three and one-half (3 1/2) hours of activity over a Five (5) hour period. d. A student's football equipment during Summer Football Activities is limited to a helmet, shoes, shoulder pads, a girdle and a mouth piece. e. A student may engage in no more than One (1) session of Football Activities during a Football Activity Day and the maximum time of the session is Two (2) hours. f. Prior to the first day of Summer, a School's football coaching staff must designate to the School's athletic director or the principal the specific Football Activity Days and the Football Competition Days in which the football program plans to participate.

Moratorium Each member School shall observe a moratorium week starting on Monday of the week which includes July 4th. During this Seven (7) day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted

8. Suspension from School - are of two types:

a. Out-of-school - The athlete who receives an out-of-school suspension shall not practice and/or participate in athletic contests until the suspension period is complete. For an out-of-school suspension, the time period begins immediately upon being suspended by the administration. The suspension period is completed at the end (12:00 a.m.) of the last day that the suspension is in effect.

b. In-school - The athlete who receives an in-school suspension shall not practice and/or participate in athletic contests during the actual suspension time. In-school suspension begins on the day that the student first spends in the suspension room. It is completed at the close of the school day on the last day the athlete serves in suspension. Student athletes are ineligible for any events or practices for a 24-hour period which begins with the ISS.

9. Practices and/or contests shall be postponed in the event of school closing or early dismissal due to inclement weather. Exceptions require approval by the A.D. and principal.

10. School-sponsored athletic activities are never held on a Sunday.

11. All school rules are in effect at extracurricular activities.

12. STUDENT DRUG TESTING PROGRAM

All NHS Athletes must participate in the random drug testing program. See Drug Testing information in the Student Handbook for details on the Middlebury Community Schools Random Drug Testing Program.

C. ATHLETIC HONOR CODE POLICY FOR SUBSTANCE ABUSE:

See Extracurricular Code of Conduct

1. Being a Student-Athlete at Northridge High School is both an honor and a privilege. With this privilege comes additional responsibility to model appropriate behavior. Without

question, student-athletes are held to a higher standard. This responsibility applies year-around, not just during the athlete's season of participation.

2. Student-athletes at NHS must participate in the random drug screening program on a year-around, not just during the athlete's season of participation.
3. Student-athletes would be in violation of the Athletic Honor Code for possession and/or consumption of alcohol, illegal drugs, drugs not prescribed to them, or the use of any form of tobacco product. Student-athletes may not possess, use or be under the influence of any substance which is, or the student-athlete has reason to believe is, or which is represented to be a narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, stimulant, legend drug, depressant, inhalant, or intoxicant of any kind, or any item that closely resembles or is represented to be any of the foregoing items.
4. If a student-athlete is at a party or location where any of these violations are occurring he/she should leave IMMEDIATELY.

D. CONSEQUENCES FOR EACH POLICY VIOLATION:

1. FIRST VIOLATION- As an athlete, he/she will also be subject to a 30% game suspension penalty.
2. SECOND VIOLATION- The student is not eligible to participate in any extra-curricular or co-curricular activities or drive to school for one year from the violation date.
3. THIRD VIOLATION- The student is not eligible to participate in any extra-curricular or co-curricular activities or drive to school for the remainder of their time in Middlebury Community School Corporation.

****All substance violations including drugs, alcohol, and tobacco are cumulative over the high school years. This includes all positive drug test results that were conducted for random testing, positive drug tests for reasonable suspicion, violations in the tobacco use policy and/or arrests and convictions involving drugs, alcohol, and tobacco from community violations..****

E. GENERAL PROVISIONS (rules provided for the purpose of governing those athletes relative to substance abuse).

1. Rules regarding substance abuse violations are in effect year round; that is off-season and summer as well as in season.
2. If the violation occurs while the athlete is out of season, the suspension will be served in the next season the athlete has established prior participation (i.e. received a NHS letter or participation certificate). Freshmen athletes will have the opportunity to establish participation in any sport. In all cases, the athlete will not be allowed to circumvent the rule and must finish the season in which the suspension occurred in good standing.
3. Substance abuse violations that occur during an athlete's high school years are not erasable as they relate to subsequent violations. All are counted and are erasable only when an athlete graduates from NHS.
4. The rehabilitative process begins immediately after reasonable suspicion or

confirmation. If the violation occurs during a vacation or summer, the rehabilitative process will begin as soon as possible.

5. Nothing in this policy shall be construed to require the school corporation to follow the provisions of the Process and Pupil Discipline Statute (IC 20-8.1-5) in removing a student from participation in any extra-curricular activity.

6. Being excluded from extra-curricular activities for an athlete means no practice, team conditioning/weight lifting or contest participation.

F. FELONIES, MISDEMEANORS, ACTS OF DELINQUENCY, AND OTHER ACTS OF BEHAVIOR WHICH REFLECT DISCREDIT UPON THE SCHOOL

A student may be suspended from athletics for the use of violence, force, coercion, threat, intimidation, passive resistance, or other conduct constituting an interference with the athletic program. He/she may be suspended for urging other students to engage in the above conduct. Damage or theft involving school and/or private property, intentionally causing bodily harm to fellow students or school employees, intimidating any student, possessing weapons, violation of local, state, or federal law, or failing in a substantial number of instances to comply with the directions of coaches and/or rules of the athletic program and the school are all grounds for suspension.

An athlete arrested, or detained, as a juvenile on such charges will be suspended from participation pending investigation of the incident. The consequences for the above mentioned violations will be immediate suspension from the team. **The length of the suspension, if the student athlete is found to be in violation shall be for a minimum of 30% of the maximum games allowed by IHSAA policy for the sport in which he/she is currently participating**

G. SUPPLEMENTAL RULES

In the interest of fairness athletic policies will applied to all athletes in all sports. While those rules listed in the Student Athlete Handbook are applicable to all athletes, each varsity or grade level head coach may desire and even need to establish some additional rules that are needed in order to make his/her sport function efficiently. These rules are not to supersede the departmental rules or school rules but are to be viewed as supplemental in nature.