



May 5, 2020

DISTRICT OF COLUMBIA STATE ATHLETIC ASSOCIATION

Policies, Rules, and Regulations Governing Athletics

A Handbook for Members

District of Columbia State Athletics Association
Clark Ray, Director
1050 First St., NE, 6th Floor
Washington, DC 20002



Contents

I. DCSAA PURPOSE 3

II. Organization 3

III. MEMBERSHIP 4

IV. RESPONSIBILITIES, DUTIES, & REQUIREMENTS 5

V. ELIGIBILITY..... 11

VI. WAIVER 19

VII. SCRIMMAGES, SEASONS, PRACTICES, and CONTESTS 19

VIII. PROTESTS INVOLVING GAME COMPETITIONS 31

IX. AWARDS 31

X. INCLEMENT WEATHER 32

XI. HEALTH, SAFETY, and WELLNESS 36

XII. POLICY POSITIONS..... 43

XIII. CHALLENGES and COMPLAINTS 46

XIV. INVESTIGATIVE PROCEDURE 46

XVIII. DEFINITIONS 51

XIX. SPORTS GUIDELINES..... 53

I. DCSAA PURPOSE

A. Mission

The mission of the District of Columbia State Athletics Association (DCSAA) is to serve member schools by providing leadership and support for interscholastic athletic programming that will enrich the educational experiences of all participants.

The DCSAA will preserve and promote the educational significance of interscholastic athletics by:

1. Ensuring that interscholastic athletics programs are compatible with the educational mission of member schools
2. Providing for fair competition between member schools
3. Promoting sportsmanship and ethical behavior and establishing and enforcing standards of conduct for student athletes, coaches, administrators, officials, and spectators
4. Promoting gender equity and equal access for disabled students to athletic opportunity
5. Protecting the physical well-being of student athletes and promoting healthy adolescent lifestyles
6. Promoting participation of disabled students on member teams

B. Duties

The DCSAA shall:

1. Support the duties of the DC State Athletics Commission (DCSAC, Commission)
2. Set and enforce membership standards
3. Certify member school coaches and event officials
4. Possess exclusive jurisdiction over the implementation and enforcement of the Mayor's rules and regulations governing the conduct of interscholastic athletics programs, including regulations related to participant eligibility

II. ORGANIZATION

A. District of Columbia State Athletics Commission and the District of Columbia State Athletic Association

The DCSAC is an independent agency, established by DC law, which provides oversight and governance over interscholastic athletics in the District of

Columbia. The DCSAA is an office under the direction and control of the DCSAC, and is authorized by the DCSAC to interpret, apply, and enforce the Mayor's regulations governing the conduct of interscholastic athletics and to make conforming amendments to any internal procedures.

B. DCSAC Administration

The DCSAC shall choose annually, from among its members, a Chairperson and such other officers as it deems necessary. All meetings of the DCSAC shall be called by the Chairperson or a majority of the members. The Commission shall meet at least quarterly.

The DCSAC shall appoint an Executive Director to carry out the day to day duties and responsibilities of the Commission. The Executive Director shall serve a three (3) year term by majority vote. The Executive Director may be reappointed by a majority vote. After notice and an opportunity to be heard, the DCSAC may remove the Executive Director only for cause that relates to the Executive Director's character or efficiency by a majority vote of the Commission.

The Executive Director of the Commission shall serve as the Director of the DCSAA.

C. DCSAC Committees

The Chairperson of the DCSAC shall be an ex-officio member of all standing and ad-hoc committees. Committee membership may include administrators, athletic directors, coaches, local school board members, officials, and public members.

These standing committees include Appeals, Rules and Regulations, and Sportsmanship. The Chairperson of the DCSAC may appoint additional ad-hoc committees with specific assignments when deemed necessary, including officials committee, sports committee, and tournament committee.

The Chairperson of the DCSAC shall appoint individuals to serve as committee chairpersons. The individuals appointed shall serve for an indefinite period of time. The Chairperson of the DCSAC however, with the advice of the DCSAC Executive Director, in his or her discretion, may remove a committee chairperson.

D. Amendments to the DCSAA Regulations

The DCSAC, the DCSAA Director, LEA Athletic Directors, or any member school may propose changes, additions, or deletions to the DCSAA regulations.

Proposed changes to the DCSAA regulations shall be submitted, in writing, to the DCSAC Rules and

Regulations Committee prior to the spring DCSAC public meeting. Proposed changes and comments submitted in writing by the Director of the DCSAA, the DCSAC, an LEA Athletic Director, or member school shall be reviewed by the Rules and Regulations Committee at the DCSAC Spring meeting.

The proposed changes shall be submitted to the Mayor for consideration of promulgation pursuant to D.C. Official Code §38-2661.31.

III. MEMBERSHIP

A. National Federation of State High School Associations

The DCSAA is a dues paying member affiliate of the National Federation of State High School Associations (NFHS) and as such is the voting representative of the District of Columbia on all matters that come before the NFHS National Council.

B. DCSAA Member Schools

Membership in the DCSAA shall be voluntary, with the exception of the District of Columbia Public Schools which are required, by D.C. Official Code § 38-2661.23 (a), to be members.

Each member school shall:

1. Be subject to the DCSAA statute, regulations, and this handbook
2. Ensure that students with disabilities have appropriate opportunities to participate in athletic activities
3. Provide to the DCSAA a copy of their fall, winter, and spring sports schedules for interscholastic competition
4. Ensure that all sports and activities offered by the school are covered by an insurance policy
5. Ensure that students provide written authorization to participate for each team that he/she wishes to participate on that is signed by the parent or legal guardian
6. Ensure that all coaches, officials, and other personnel, including volunteers, engaged with students participating in interscholastic athletics and activities obtain a biannual background check and demonstrate expertise with regard to a respective sport
7. Establish and maintain a record of each student's eligibility for each school year of the student's participation. All documentation required shall be on file at the member school and available to the DCSAA upon request at any time prior

to the first (1st) official contest of each sport and maintained during the sport season

8. By July 1 of each year preceding the next school year submit a membership application and declaration form declaring the sports in which the member school will compete.
9. Sign an affirmation of the obligations of membership

A school that previously withdrew from DCSAA membership in a sport and wishes to declare as a member school for that sport for the next season must comply with member school re-entry requirements as established by the DCSAA.

A school team must be sponsored by, and under the control of, the school and registered with the DCSAA through the annual membership renewal process. A school team must have: (1) a coach appointed by the principal, (2) a regular practice schedule through the season defined for that sport, (3) a meaningful schedule of contests through the season defined for that sport, and (4) school uniforms. Teams that are not registered with the DCSAA are not eligible for tournament participation. All school teams must be registered with the DCSAA during the annual summer renewal process. Each participant in a DCSAA sponsored interscholastic athletic event must be a member of his or her recognized high school team in that sport.

Member schools are not permitted to practice with or play interscholastic athletic teams representing high schools that are not members and/or state approved non-members of the DCSAA or NFHS State Athletic Association.

Each member school and/or LEA may develop their own interscholastic athletic policies and standards, however those policies and standards shall not be in conflict with the DCSAA regulations or this Handbook and shall meet the minimum state requirements.

For a list of DCSAA member schools and membership information, visit the DCSAA website at <https://www.dcsaasports.org>.

C. State Adopted Rules

The DCSAA is responsible for establishing guidelines for each individual sport in order to ensure compliance with NFHS rules and regulations. The DCSAA is responsible for establishing and ensuring compliance with "State Adopted" rules. LEAs and member schools shall not create rules and regulations that are in conflict with NFHS, State, and/or State Adopted rules and regulations.

The playing rules of the United States Tennis



Association and the United States Golf Association are adopted for the sports of tennis, and golf respectively except as modified by the DCSAA.

IV. RESPONSIBILITIES, DUTIES, & REQUIREMENTS

A. DCSAA Director

The DCSAA, and its Director, shall interpret and enforce the DCSAA laws and regulations and may grant waivers of the regulations. Any waiver decision made by the DCSAA, and its Director, may be appealed to the DCSAC Athletic Appeals Panel (AAP). All decisions or actions as noted above shall be documented and shall be part of any hearing or appeal procedure.

The DCSAA Director shall:

1. Manage the budget and operations of the DCSAA
2. Provide administrative support to the DCSAC
3. Carry on the business of the DCSAC and DCSAA between meetings
4. Regularly report on DCSAA activities to the DCSAC

The DCSAA Director shall administer the day-to-day operation of the agency and serve as senior staff to the DCSAC. The DCSAA Director may decide issues that arise between scheduled meetings of the DCSAC. The DCSAA, and its Director, shall collect and maintain the following from member schools:

1. Participant eligibility lists
2. Waivers of participant eligibility
3. Member school and/or LEA decisions on participant eligibility
4. Documentation of penalties a member school and/or LEA has imposed for eligibility violations

The DCSAA, and its Director, shall hear and decide complaints and initiate a review, and/or investigation, of any alleged violation of the DCSAA laws and regulations of which the Director has become aware, or which has been officially reported to the Director pursuant to the complaints and challenges procedure. The DCSAA Director may also refer investigations to committees established by the DCSAC Chair or employ special investigators as necessary to conduct such investigations.

The DCSAA, and its Director, shall administer knowledge examinations for coaches and officials of each DCSAA sponsored athletic event no less than four (4) times each year. The knowledge exams shall be based on the NFHS sports knowledge exams. The DCSAA, and its Director, shall collect and maintain records related to the certification and qualifications of member school coaches and event officials.

In the event that the DCSAA Director is unavailable to perform his or her duties due to a conflict of interest, or otherwise, and a matter requires immediate action, the DCSAA Director may delegate the matter to a subordinate staff member of the DCSAA, or to the Chairperson or Vice Chairperson of the DCSAC.

B. Member School Principal and/or Administrative Head

The principal or administrative head of a member school shall be responsible for the conduct of the interscholastic athletic program in which representative teams participate, including the organization and scheduling of individuals and teams. The administrative head may delegate his or her authority, but such delegation will not negate the responsibility for a violation of the DCSAA laws or regulations by his or her school. In the event of delegation of authority, a letter or document shall be filed with the DCSAA office by the respective principal/administrative head of school.

Safety and Welfare Management. The member school principal and administration shall ensure that there are adequate safety provisions in place for student athletes, participants, and spectators in all activities, and shall provide sanitary and well-maintained facilities for the dressing and housing of visiting teams and officials.

Sportsmanship. Member schools are required to conduct all of their athletic affairs with other schools in a spirit of good sportsmanship and with the interests of the student athletes first and foremost. Acts which are prima facie evidence of a failure to abide by this rule are those which are noted below, and others of a similar nature, which transgress the usually accepted code for good sportsmanship:

1. Failure to provide for proper control of spectators at a contest. When the number of spectators is expected to be large in relation to the seating capacity of the facility, uniformed state, county, or local police shall be provided for crowd control. The host school is expected to take reasonable and proper steps to assure crowd control under any foreseeable conditions. Spectators shall be required to comply with the following code of conduct:
 - a. Refrain from using profane, vulgar, obscene, abusive, and/or derogatory gestures and/or language towards a student athlete, participant, coach, official, or school staff
 - b. Refrain from throwing objects
 - c. Refrain from entering the playing surface or otherwise attempting to interrupt the event or contest
 - d. Refrain from the use of alcohol or other controlled substances
 - e. Respect officials' decisions and refrain from harassing officials in any manner
 - f. Treat the visiting team and officials with courtesy and respect
- g. Refrain from participating in or encouraging acts of bullying, hazing, and taunting
2. Failure of a team or competitor to stay in a contest until its normal end when failure to do so is related to dissatisfaction with the officiating of the contest, unless the physical safety of the team or competitor would have been endangered by continuing the contest.
3. Harassment of game officials by a coach. Going onto the playing surface to interrupt a contest in protest of a decision by an official; conduct by a coach, team member, or any individual in the official party which invokes a penalty against the team; continued and visible actions by a coach which indicate to the team and to the spectators that the coach believes the game is being improperly officiated; public demonstrations before, during or after a game with game officials which indicate to others extreme dissatisfaction with the officiating; and such related actions when exhibited in aggravated form are evidence of poor sportsmanship.
4. Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff, and spectators the importance of good sportsmanship before, during, and after athletic contests. The host school is encouraged to read a brief statement to the teams and the public concerning sportsmanship prior to the start of each athletic contest.

C. Member School Athletic Director

The Athletic Director of each member school shall exercise general control over, and maintain, written records of all of the interscholastic athletic matters of his or her school including, but not limited to, the following:

1. Sanctioning of all local interscholastic athletic contests in which his/her school(s) participates.
2. Excluding any contestant because of improper conduct or ineligibility.
3. Excluding any contestant whose physical health would be jeopardized by such participation, because of illness or injury suffered, until such time as the contestant is declared physically fit by the school or attending physician.
4. Protecting the well-being of all visitors and officials attending interscholastic athletic contests conducted by his/her school. Administrative heads of member schools shall be expected to provide adequate security and, in the absence of such provisions, penalties may be imposed by the DCSAC.

5. When a contest is conducted at a neutral site, the Athletic Director of the participating schools shall be held jointly responsible for the protection and wellbeing of all visitors and officials. In the absence of adequate security, penalties may be imposed upon either or both of the schools.
6. Protecting the wellbeing of the school's participants by providing them with safe and suitable uniforms and equipment, and conducting practices and contests in a manner which minimizes risk to the health and safety of student athletes.
7. Ensuring that all required contracts for athletic contests in which the school participates are in writing and bear the proper signatures.
8. Designating a staff member of the school as the faculty manager for the teams representing the school or to serve as the faculty manager. If no such designation is made, the coach shall be deemed as serving as the faculty manager.
9. Ensuring that an authorized representative accompanies the school's teams to and from all contests.
10. Certifying in writing the eligibility of his/her school's contestants in accordance with the Regulations of the Office of the State Superintendent of Education.
11. Exercising such other powers regarding the interscholastic athletic program of the school as is consistent with the needs of the school and with the provisions and spirit of the Regulations of the DCSAA.
12. Urging all students competing on the school's teams to obtain medical accident insurance which covers athletic participation.

Adult Representation. The school principals and athletic directors are responsible to the DCSAA for school teams and other school organizations. All teams and individual participants must have adult representation present and responsible for them at all times. Such adult representation must be an employee or a designated representative of the school district. If the representative is not the coach of record, then the designee must provide written introduction on school letterhead, signed by the principal, or the student-athlete(s) will not be permitted to participate. Schools must have game coverage (other than the coach) at all varsity contests.

Athletes' Assembly. Prior to each season, every school should hold a Student-Athletes' Assembly planned by the principal, athletic director, head coaches, and medical personnel to discuss policies, liability, sportsmanship, safety, and wellness. One

parent or guardian should attend with each student-athlete.

Transportation. The DCSAA is not responsible for providing transportation to and from DCSAA Championship events. Schools shall arrange for the transportation of teams by common carriers such as school buses, bus lines, METRO, vans or taxi cabs. They should discourage the use of private cars when possible.

Required Use of Officials. Member schools and tournament sponsors shall be required to use officials approved by DCSAA for interscholastic contests. Use of non-approved officials without permission from the DCSAA Director may result in the member school forfeiting the contest and/or the tournament sponsor being placed on probation. In the case of emergencies such as an act of God, refusal by an association to work games, or a shortage of qualified officials, schools which desire to use officials other than approved officials must obtain permission from the DCSAA Director.

Equipment. Member schools should ascertain that all athletic equipment is in first-class condition and that no defective equipment is used. All equipment should meet the protective standards established by the National Operating Committee on Standards for Athletic Equipment (NOCSAE) for certification or recertification (<http://www.nocsa.org/>).

The DCSAA recommends that all member schools have written policies, made available to the public, on the following:

1. Equipment Cleaning;
2. Equipment Repair;
3. Equipment Safety Review; and
4. Equipment Condemnation.

For the purposes of this handbook, equipment means regulation equipment used by athletes while participating in interscholastic athletic practice sessions and contests. Examples of equipment include: football helmets, soccer shin guards, baseball catcher's helmets with faceguard, and the like.

Sportsmanship. Member school Athletic Directors shall comply with the following code of conduct:

1. Encourage and promote friendly relations and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by familiarizing students and others in the community with the ideals of good sportsmanship, and by publicizing these concepts and attitudes so that all members of the school community understand and appreciate their meaning.



sport. A school shall be placed on the Non-approved schools for play list if its coaches do not attend a sport specific DCSAA rules clinic.

All individuals hired and/or contracted, paid or nonpaid to coach a school sponsored athletic team shall be required to fulfill the following requirements:

1. Certified coaches at all levels of competition shall be required to hold a current certification in adult CPR, First Aid, and Automated External Defibrillators (AED).
2. Certified coaches at all levels shall be required to have a current criminal background check on file with DCSAA.
3. Certified coaches at all levels shall be required to take and keep current the following NFHS courses: "Concussion in Sports – What you need to know" and "A Guide to Heat Acclimatization and Heat Illness Prevention."
4. Certified coaches at all levels shall be required to take, and pass, a DCSAAA Rules Knowledge Test and keep current an NFHS approved courses in each sport they coach.
5. Certified coaches at all levels shall be required to obtain at least five (5) continuing education hours every two (2) years. Two (2) of the five (5) continuing education hours must be sport specific.

2. Review the sportsmanship rules with all athletic staff and student-athletes.
3. Encourage all to judge the success of the interscholastic athletic program based on the attitude of the participants and spectators rather than on the number of games won or lost.
4. Insist that all participants adhere to the highest standards of good sportsmanship as a means of ensuring desirable spectator attitudes.
5. Develop and implement policies for their interscholastic athletic programs to discourage acts of bullying, hazing, and taunting.

Sportsmanship. Member school coaches shall comply with the following code of conduct:

1. Ensure that the interscholastic program is designed to enhance academic achievement and shall never interfere with opportunities for academic success.
2. Never disparage an opponent, an official, or others associated with interscholastic athletics and discourage gossip and rumors about them.
3. Actively set an example of respect and support for contest officials and opponents.
4. Maintain high ethical standards in all forums, chat rooms, and all forms of social media and communication regarding the sport and participants.
5. Properly supervise the athletes under their immediate care.
6. Ensure that student athletes and participants adhere to the code of conduct.
7. Enforce school policies regarding bullying, hazing, and taunting and never tolerate any of these actions by team members or others.
8. Know the playing rules and procedures of their

D. Member School Coaches

Only those professional employees certified by the DCSAA, whose salary and/or stipend is paid by the District of Columbia, or in the case of public charter and nonpublic schools by a similar governing body, and who is accepted as a coach by the governing body shall coach, assist in coaching, or direct member school teams in the District of Columbia.

Rules Interpretation Clinics. Annual rules interpretation clinics will be conducted for local boards of officials in each sport prior to the opening of each season. The date, time, and location of all clinics will be published. Coaches are required to attend their sport specific clinic as part of their certification process. Failure to do so shall prevent the coach from coaching in interscholastic athletic competitions in the District of Columbia.

All varsity head coaches (junior varsity if the school does not sponsor a varsity team) shall be required to attend a DCSAA rules clinic for their particular

sport and teach them to team members.

9. Insist upon strict compliance with all DCSAA rules and regulations and never seek an advantage by circumvention of the spirit or letter of the rules.
10. Never illegally recruit athletes

E. Officials

Officials for DCSAA sponsored athletic contests, both regular and post-season, are to be certified and registered with the DCSAA office. The DCSAA coordinator of officials will facilitate this process with all local officials' boards. Registration and certification requirements are as follows:

1. Be at least 18 years of age and a high school graduate.
2. Be a member in good standing with a local DCSAA recognized officials' group.
3. Pass a criminal background check
4. Attend a DCSAA sponsored rules interpretation clinic for the current year.
5. Pass the NFHS examination (75% is the lowest passing score).
6. Pay the DCSAA registration fee (through the local officials association).
7. Within 24 hours of a game/contest ejection of a player or coach, the responsible officials' association must report to the DCSAA the name of the ejected individual and the nature of the event/violation.

Rules Interpretation Clinics. Annual rules interpretation clinics will be conducted for local boards of officials in each sport prior to the opening of each season. The date, time, and location of all clinics will be published. Officials are required to attend their sport specific clinic as part of their certification process. Failure to do so shall prevent the official from officiating in interscholastic athletic competitions in the District of Columbia.

Officials shall be required each year to attend the DCSAA rules interpretation clinic and to pass the rules examination provided by the DCSAA office for the sport(s) they officiate.

Failure on the part of an official to attend the DCSAA rules interpretation clinic and pass the rules examination in the same season shall cause the official to be placed on probation and to lose their eligibility to officiate a state tournament contest during that season.

Failure to satisfy both requirements in the same season for two consecutive years shall cause the

official to lose varsity officiating status during the second season. Failure to fulfill this obligation in subsequent years shall cause the official to continue to be restricted to junior varsity contests until both requirements have been satisfied in the same season.

If, for a legitimate reason which is documented by the president of their association, an official is unable to attend the DCSAA rules interpretation clinic, they may view a videotape of the DCSAA clinic or, in the absence of a videotape, attend a clinic conducted by another NFHS member state association provided the following procedures are observed:

1. No later than the day of the DCSAA rules interpretation clinic, the president of the association notifies the DCSAC Executive Director, in writing, of the official's inability to attend the clinic.
2. The out of state clinic is conducted by an individual either trained by the NFHS or designated as a clinician by the state's athletic association.
3. The official arranges for a letter to be sent to the DCSAC Executive Director from the state's athletic association office verifying his/ her attendance at the clinic.

Required Use of Officials and Recognition of Officials' Associations. The officiating of interscholastic contests in the District of Columbia which involve one or more member schools shall be under the control of the DCSAA and such control may include, but is not restricted to, giving examinations, evaluating officials, setting game fees, determining the number of officials per game, and assigning officials.

An officials' association which desires to officiate middle school and high school contests shall request recognition and approval from DCSAA by submitting the following documents to the DCSAA Officials' Committee:

1. A letter of request to be recognized by the DCSAA and indicating the association's willingness to abide by DCSAA rules and regulations. The president of the requesting officials' association or their designee shall petition the DCSAA to render a decision.
2. A brief history of the association including, but not limited to, the officiating experience (if any) of the members and if a new association is being formed, the purpose for which the association is being formed.
3. A copy of the association's constitution and bylaws including a statement that it does not discriminate on the basis of age, gender, race, religion, etc.
4. A description of the association's recruiting and training programs for new members.

5. A membership roster indicating the number of years of experience at the sub-varsity, varsity, and state tournament levels for each member and also their most recent rating in a previous association. This information must be documented and is subject to verification.
6. Letters of recommendation or names of references from leagues which the association has serviced during their existence.
8. Conduct the game so as to enlist the cooperation of the athletes, coaches, and spectators in promoting good sportsmanship.
9. Uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues and the public.
10. Refrain from participating in or encouraging acts of bullying, hazing, and taunting, and never tolerate any of these actions.

The Officials' Committee shall review the aforementioned documents and meet with the officers of the association to discuss their petition.

The Officials Committee shall reserve the right to consult with any other interested parties during the evaluation process.

The Officials' Committee shall report its findings to the DCSAC and recommend that the officials' association be granted recognition, granted recognition with conditions, or denied recognition.

The DCSAC shall consider the petition and the Officials' Committee's recommendation, and shall make a decision to approve or deny the request. The petitioner may request that an informal hearing be held before the Commission pursuant to the procedures in the handbook. The Commission shall decide if the petitioning officials association shall be granted recognition, granted recognition with conditions, or denied recognition.

Sportsmanship. Officials shall comply with the following code of conduct:

1. Exercise a high level of self-discipline and responsibility
2. Know the rules and mechanics of their sport and be thoroughly trained to administer them.
3. Be prepared and qualified both mentally and physically for the contest they are officiating, dress neatly and appropriately, and comport themselves in a manner consistent with the high standards of the profession.
4. Maintain self-control in all situations and with all persons.
5. Never make inappropriate or obscene gestures or comments to athletes, coaches, or spectators.
6. Be impartial and fair in all decisions, and never attempt to subsequently compensate for an unpopular decision while officiating a contest.
7. Refrain from commenting upon or discussing a team, athlete, or game situation in all forms of public communication and social media. The official must be highly ethical in all forums, chat rooms and all forms of social media and communication regarding the sport and participants.
8. Comply with eligibility rules and standards
9. Respect the facilities of the host school and refrain from engaging in conduct that will cause damage to the facilities
10. Refrain from participating in or encouraging acts of bullying, hazing, and taunting
11. Maintain high ethical standards in all forums, chat rooms, and all forms of social media and communication regarding the sport and participants.

F. Student Athletes and Participants

Student athletes and participants shall be required to comply with the following code of conduct:

1. Be courteous and respectful to the visiting team, coaches, officials, and school staff
2. Refrain from using profane, vulgar, obscene, abusive, and/or derogatory gestures and/or language towards a student athlete, participant, coach, official, or school staff
3. Refrain from the use of alcohol, performance enhancing drugs, and other controlled substances
4. Respect officials' decisions and refrain from harassing officials in any manner
5. Refrain from quarreling, fighting, cheating, and gambling on high school interscholastic athletic events
6. Refrain from excessive celebration after scoring or after winning a contest
7. Comply with the rules of the sport in which the student athlete is competing
8. Comply with eligibility rules and standards
9. Respect the facilities of the host school and refrain from engaging in conduct that will cause damage to the facilities
10. Refrain from participating in or encouraging acts of bullying, hazing, and taunting
11. Maintain high ethical standards in all forums, chat rooms, and all forms of social media and communication regarding the sport and participants.

V. ELIGIBILITY

A. Generally

Requirements for students to be eligible to participate in interscholastic athletics at a member school shall be applied uniformly to all member schools and amongst all students participating or seeking to participate in interscholastic athletics at a member school.

In order to establish eligibility to participate in interscholastic athletics at a member school, a student shall meet the requirements regarding:

1. Age, semester and grade level;
2. Residency;
3. Academics;
4. Health and fitness; and
5. Attendance

The LEA or member school shall make the initial determination of a student's eligibility to participate in interscholastic athletics and certify eligibility status for all enrolled and participating students as set forth in this section.

A certification of eligibility roster shall contain the following information:

1. Full name of eligible athlete (Last, First, MI);
2. Address of residence (Street, City, State);

3. Age and date of birth;
4. Date of first entry into ninth (9th) grade (Month and Year); and
5. Identify if the student is a transfer student and, if so, the name of the school from which the student transferred and the date of the transfer.

Each LEA or member school shall submit a master eligibility roster by sport to the DCSAA fourteen (14) days after the start of the official season for the sport but prior to the first official date of competition. A supplemental eligibility list may be submitted to the DCSAA no later than twenty-one (21) days after the first official contest.

The information provided on an eligibility roster shall be considered "directory information" in accordance with 34 C.F.R. § 99.31(a)(11). The member school shall provide this information to the DCSAA unless the parent(s) or the adult student has opted out of allowing directory information disclosure and refuses to sign a consent authorizing disclosure for this specific purpose.

If a member school is not authorized to disclose the above information on the eligibility roster, the applicable student shall not be certified as eligible to participate in a DCSAA sanctioned sport or activity.

The DCSAA may request that the member school provide supporting documentation to verify the



certification including, but not limited to, the name of the parent or legal guardian of the student-athlete and contact information for the parent or legal guardian. The DCSAA may request additional information: (1) if it determines that the information provided in the certification of eligibility roster is incomplete, or (2) if it determines that the information provided is inconsistent with information that the DCSAA has on file. The DCSAA will provide the LEA and/or member school with a letter detailing the information being requested and how the information relates to eligibility verification.

If the LEA or member school fails to provide the aforementioned documentation, the student shall not be certified as eligible to participate in DCSAA sanctioned sports or activities.

Students on a supplemental eligibility roster may not participate in an official contest without prior written approval of the member school's principal and athletic director.

Each member schools and/or LEA's athletic director shall be responsible for verifying the eligibility of each student within one (1) week after receipt of the eligibility list, including a supplemental eligibility list.

Students who are not listed on an eligibility roster are not eligible to participate in games or/contests for the sport or activity.

A student is eligible to participate in regular season, playoff, or championship interscholastic athletic contests for a maximum of eight (8) semesters, in any one sport, in grades nine (9) through twelve (12).

Student-athletes in grade nine (9), ten (10), eleven (11), or twelve (12) attending a member school in which a desired sport is not offered, may request authorization to participate at any member school offering the desired sport.

Students under this section seeking to participate at another school may only participate if it is allowed in the written policy of the member school in which the student seeks to participate, and the student meets the eligibility requirements of the DCSAA and/or member school. A member school may require actual costs associated with a student's participation and the sending school may be required to provide funding for the costs.

Under this section, the student's selected school will serve as their school of choice for athletic participation in the specified sport which is not offered at their school of enrollment. If the student seeks to participate in the specified sport at a different member school, they will be bound by the transfer rule per 5-F DCMR § 107.1.

In cases of uncertainty or disagreement, the eligibility of a student shall be determined by the DCSAC. The DCSAA may challenge the eligibility determination of any student-athlete participating in a member school and/or LEA's sports program or activity governed by DCSAA membership standards to the DCSAC Athletic Appeals Panel (AAP).

Any request from a member school regarding an eligibility determination shall be in writing and contain the school's eligibility determination and all information used to reach the determination. If a student, member school, or LEA objects to an eligibility determination, they may issue a challenge by following the process outlined in 5F DCMR 110. The school and the student shall be informed that the decision of the DCSAA Director may be appealed to the DCSAC Appeals Committee.

B. Age

Students who turn 19 years old on or before August 1 are ineligible to participate in interscholastic athletics. In determining the age of a contestant, the birth date as entered on the birth record of the Bureau of Vital Statistics shall be required and shall be so certified on all eligibility lists.

Requests for a waiver of the age requirement shall only be considered for participation in non-contact or non-collision sports.

C. Residence

A student must meet the residency requirements set forth by the District of Columbia and/or be current on any out of state tuition payments in order to be eligible to participate in interscholastic athletics.

Notwithstanding 5-F DCMR § 107.1(k), a student who is homeless as defined by OSSE shall be eligible to participate at the member school in which the student is enrolled.

For purposes of eligibility, a child placed within the Child and Family Services Administration's custody is eligible to participate in interscholastic athletics immediately at the school in which the student is enrolled.

D. Academics

Each member school and/or LEA shall establish standards which assure that students involved in interscholastic athletics are making satisfactory progress towards graduation. In order to be eligible for participation in interscholastic athletic contests and activities a student must pursue a regular course of study, or its equivalent as approved by the member

school and/or LEA, and shall maintain a 2.0 grade point average (GPA), or its equivalent as officially calculated by the member school and/or LEA grading scale, per marking period. For those member schools which do not calculate a GPA, such member school shall submit a certification to the DCSAA, in a manner established by the DCSAA, stating that the school does not calculate GPAs and that all students participating in a DCSAA sanctioned sport have a minimum equivalence of a 2.0 GPA and are in good academic standing as consistent with 5-F DCMR § 104.6.

A student who is receiving special education services and is precluded from meeting the aforementioned academic requirements due to modifications in the grading procedure or course of study shall be adjudged eligible by the LEA and/or its' designee if the student is making satisfactory progress in accordance with the requirements of their Individualized Education Program (IEP).

The last term of the previous year shall determine eligibility for the first marking period of the following school year.

Summer school courses shall be added to the accumulation of courses take during the entirety of the previous school year. Summer school grades can only be taken into account if using the final accumulation of courses to determine eligibility. Summer school courses will count toward the total number of classes passed during a semester provided that the work for such courses was completed before the first day of the next school year. In order to calculate GPA, summer school courses shall not replace a failed course, but should be added to the total number of courses used to calculate GPA. Written verification of the completion of applicable summer school courses must be received in the form of an official report card before a student shall regain eligibility.

Students deemed academically ineligible based on the above provisions of this rule, may participate in team practices.

A student forfeits or regains eligibility, in accordance with the provisions of this rule, on the day report cards are issued.

E. Attendance

A student-athlete shall maintain compliance with state attendance regulations and shall maintain 85% attendance per marking period in order to maintain eligibility to participate in a DCSAA sanctioned sport or activity.

A student athlete must be present in school the day of to participate in any tryout, practice, game or match, unless they have an excused absence.

A student may not participate in a practice, scrimmage, or contest during a period of suspension or during the time the student is assigned to an alternative school for disciplinary reasons.

A student who is not legally in attendance at school due to illness or injury shall not be permitted to participate in a practice, scrimmage, or contest on that day.

F. Enrollment

A student must be legally enrolled in the high school which they represent in order to participate in a practice, scrimmage, or contest.

A student who attends two different schools during the regular school day shall be eligible to participate only at the school at which the student is receiving instruction in the core academic areas, and is satisfying the majority of their graduation requirements. They may not participate at the school in which they are receiving only specialized educational instruction, for example vocational training.

A student with a disability and/or special needs who is enrolled in a nonpublic school or program shall be eligible to participate in interscholastic athletics as follows:

1. If the nonpublic school or program sponsors the interscholastic sport in question, the student shall be eligible to participate only at that school or program.
2. If the nonpublic school or program does not sponsor the interscholastic sport in question and the student is served in a regular high school for all or part of the school day, the student shall be eligible only at that regular high school.
3. If the nonpublic school or program does not sponsor the interscholastic sport in question, and the student is enrolled exclusively in the nonpublic school or program, and the nonpublic school or program is located on the campus of a regular high school, the student shall be eligible only at the regular high school on the same campus.
4. If the nonpublic school or program does not sponsor the interscholastic sport in question, and the student is enrolled exclusively in the nonpublic school or program, and the nonpublic school or program is not located on the campus of a regular high school, the student shall be eligible to elect to participate at any member school within the District of Columbia as long as the selected LEA's policy permit such participation.
5. The student's selected member school will serve as his/her school of choice for athletic participation not to exceed a maximum of eight (8) semesters



in any one sport pursuant to 5-F DCMR § 104.4. If the student seeks to participate in athletics at a different school, they will be bound by the transfer rule and its exceptions.

G. Transfers

A student who transfers enrollment from any school, including a member school, to any member school in grades nine (9) through twelve (12) is ineligible to participate in interscholastic athletics unless he or she meets one (1) of the exceptions listed in 5-F DCMR § 107.

Unless one of the exceptions applies, a student who has previously participated in interscholastic athletics and has previously transferred shall not be eligible to participate. The period of ineligibility shall be one (1) school year commencing with the first day of official attendance in the receiving school.

Member school representatives shall not engage in any activity seeking to influence a student to transfer from one (1) member school to another for the purpose of participating in interscholastic athletics. DCSAA reserves the right to request any documentation necessary in determining a whether a transfer exception applies.

Transfer Exceptions

1. A student in grade nine (9) may transfer one (1) time during that school year without loss of eligibility. They shall be eligible immediately upon registration provided they meet all other DCSAA eligibility requirements. However a student-athlete shall not participate in a contest at the varsity level for two different schools in the same sport during the same school year. A student-athlete is considered a ninth (9th) grader until the first day of school of their tenth (10th) grade year.
2. A transfer student may be eligible to participate if the transfer is due to a valid change of address.
3. A transfer student may be eligible to participate if the transfer is caused by a court action. A court action is an order from a court of law affecting legally committed students. In the case of a transfer of guardianship or custody, the transfer shall be the result of a court order signed by a judge, commissioner, or master of a court of competent jurisdiction. A petition for the transfer of guardianship or custody, an affidavit, or a notarized statement signed by the affected parties shall not be sufficient to render the student eligible to participate in interscholastic athletics. For purposes of eligibility, a child placed within CFSA custody is eligible to participate in interscholastic

athletics immediately at the school in which they are enrolled. A student who registers on the basis of a petition for the transfer of guardianship is not eligible to compete until the custodial legal guardian has provided the aforementioned required documentation or has received a signed court order designating them as the student's custodial legal guardian.

4. A student who is in their second, third, or fourth year of eligibility and transfers as a result of a seat opening in the school in which the student had previously applied but was rejected due to a lack of capacity or a result of admission via the DC school based lottery, may be eligible to participate. For this exception to apply, the receiving school must have appropriate documentation including: (1) a dated and school stamped student application from a previous school year; (2) a letter in response to the application notifying the student that they were not accepted; and (3) a letter dated after the start of the school year offering the student a seat in the receiving school or a notification of admission from the lottery school.
5. A transfer student may be eligible to participate if the transfer takes place because of promotion or administrative assignment to the ninth (9th) grade from a school whose terminal point is the eighth (8th) grade, or to the tenth (10th) grade from a junior high school whose terminal point is the ninth (9th) grade, shall not constitute a transfer. Students so promoted or administratively assigned shall be eligible.
6. A transfer student may be eligible to participate if the transfer is due to the sending school dropping its entire athletic program (discontinuing all of their interscholastic athletics sports programs).
7. A transfer student may be eligible to participate if the transfer is due to the sending school discontinuing a single sport at the varsity level.
8. A transfer student may be eligible to participate if the transfer is the result of the closure of the sending school.
9. A transfer student may be eligible to participate if the transfer student has special needs, as identified by the Individualized Education Program (IEP) or Section 504 Plan, and is transferred to another public school for the delivery of a free appropriate public education.
10. A transfer student may be eligible to participate if the transfer is the result of the student's being homeless as defined by OSSE, except if the student's homeless status is shown to have been created by the student or his/her family for

the primary reason of eligibility in interscholastic athletics including:

- a. Seeking a superior team;
 - b. Seeking a team more compatible with the student's abilities;
 - c. Dissatisfaction with the student's position or playing time;
 - d. The student following the coach to another school to which the coach has transferred;
 - e. Dissatisfaction with the philosophy, policies, methods or actions of a coach or administrator pertaining to interscholastic athletics;
 - f. Avoiding disciplinary action imposed by another state athletic association; or
 - g. Avoiding disciplinary action imposed by the school of origin related to or affecting interscholastic athletic participation.
11. A transfer student may be eligible to participate if the transfer is a result of the student exercising transfer options (i.e., persistently dangerous schools 5-E DCMR § 3805 or victim of a violent crime 5-E DCMR § 3809, etc.) mandated by DC law.
 12. A transfer student may be eligible to participate if the student is a qualified foreign exchange student under 5-F DCMR § 107.1.8(m) or an international student residing in the District with his or her custodial parent(s).
 13. A student who has not previously participated in the sport for which they are interested in competing, who is released by a proper school authority from a sending school, and has completed the registration process at the receiving school shall be eligible immediately upon registration provided they meet all other DCSAA eligibility requirements. The receiving school must submit, to the DCSAA, an electronic or signed statement from the athletic director of the sending school that states the student did not participate in the specific sport the preceding year in which they wish to participate.

Transfer Release Form. The student-athlete has the option to submit a Student-Athlete Transfer release form which must be signed by the custodial parent or the custodial guardian of the student-athlete, the athletic director and principal of the sending school and the athletic director and principal of the receiving school stating that the transfer is for non-athletic purposes in support of their transfer/waiver request.

H. Amateur Status

A student may not participate in an interscholastic sport unless they are considered an amateur in that sport. A student forfeits their amateur status if they do any of the following:

1. Knowingly plays on or against a professional team which is defined as a team having one or more members who have received or are receiving directly or indirectly monetary consideration for their athletic services.
2. Signs a professional contract, accepts reimbursement for expenses to attend a professional tryout, or receives financial assistance in any form from a professional sports organization.
3. Enters a competition under an assumed name. The surname and given name used by any athlete in the student's first game of interscholastic competition shall be used during the remainder of the student's interscholastic career. Any change in spelling or use of another name shall be regarded as an attempt to evade this rule unless the change has been properly certified by the athlete to the principal or administrative head of the school.
4. Receives remuneration of any kind or accepts reimbursement for expenses in excess of the actual and necessary costs of transportation, meals, and lodging for participating in a team or individual competition or an instructional camp or clinic. Reimbursement for the aforementioned expenses is permitted only if all of the participants receive the same benefit.
5. Receives cash or a cash equivalent (savings bond, certificate of deposit, etc.), merchandise or a merchandise discount, (except for discount arranged by school for part of team uniform) a reduction or waiver of fees, a gift certificate, or other valuable consideration as a result of the student's participation in an organized competition or instructional camp or clinic. Accepting an event program or a complimentary item(s) (t-shirt, hat, equipment bag, etc.) that is inscribed with a reference to the event, has an aggregate retail value of no more than \$1,500.00, and is provided to all of the participants, shall not jeopardize the student's amateur status.
6. Sells or pawns awards received.
7. Uses the student's athletic status to promote or endorse a commercial product or service on the internet, in newsprint, radio, television advertisement or any other form of media, or personal appearance.

8. Accepting compensation for teaching lessons, coaching, or officiating shall not jeopardize the student's amateur status.

A student who forfeits their amateur status under the provisions of this rule is ineligible to participate at the interscholastic level in the sport in which the violation occurred. The student may be reinstated after a period of up to the total number of days in the school year provided that during the suspension, the student complies with all of the provisions of this rule. The suspension shall start on the date of the last offense.

I. Postgraduates

Postgraduates shall not be eligible to participate in interscholastic athletics. All graduates of recognized high schools shall be considered postgraduates.

Students whose commencement exercises are prior to the completion of the school's regular season schedule and the state tournament shall be eligible to compete.

J. Foreign Exchange & International Students

International student participating in a foreign exchange program shall be considered immediately eligible for a maximum period of one calendar school year if the student:

1. Has not completed his or her home secondary school program;
2. Meets all other eligibility requirements of this section;
3. Has been randomly assigned to host parents and a school, neither the school, nor any person associated with the school, has had input in the selection of the student, and no member of the school's coaching staff, paid or voluntary, serves as the student's host family;
4. Possesses a current J-1 visa issued by the U.S. State Department; and
5. Is attending school under a foreign exchange program on the current Advisory List of International Educational Travel and Exchange Programs published by the Council on Standards for International Education Travel and such program assigns students to schools by a method which ensures that no student, school, or other interested party may influence the assignment.

International students participating in a DCSAA recognized international student academic program who otherwise meet all other requirements may participate in interscholastic athletics to the extent



specified in this section. During the international student's first year of attendance at the member school, participation is limited to the junior-varsity level and the student is not eligible for state tournament competition. For purposes of these regulations the student's first year shall be a period of 365 calendar days after the student's first day of attendance at the receiving school.

In order to obtain approval as a DCSAA recognized international student academic program, the member school must at a minimum specifically incorporate and formally adopt the following requirements, policies, participation limits, and notification requirements in their program:

1. A student may not be accepted in the school or program for athletic purposes, including recruiting by an outside party. The school must include a statement in their application and program material providing notice of the prohibitions on recruitment and athletic purposes and advising that based on their program requirements and DCSAA regulations that recruitment based on athletics by anyone including an outside source will result in the student being permanently ineligible in interscholastic athletics at any DCSAA member school. The school, student, and parent must all sign a statement verifying that the student was not athletically recruited in any way and attesting that the student did not enroll for athletic purposes and has enrolled in the school for educational purposes.
2. With the exception of the requirement that a student must be living with their custodial parent, legal guardian, or relative caregiver in the attendance zone of the school, the program must require that students meet all other eligibility requirements including a pre-participation evaluation or physical including a parent's signature.
3. The program must specify that the international student's participation is limited to the junior-varsity level for the first year of attendance at the school and that student will be ineligible for state tournament competition during the first year of attendance. If a school does not have a junior-varsity team, a student may practice at the varsity level during their first year of attendance. After one year of attendance at the school in an approved international student academic program, the international student may be eligible for varsity participation and state tournament competition.
4. All of the above specific requirements must be part of the school's international student

academic program and must be communicated to the students in advance of registration.

The member school may obtain recognition of their school's international student academic program by submitting their program for approval to the DCSAA Director with adequate documentation. The member school must provide a copy of their policies and enrollment applications and agreements to the DCSAA Director for recognition. The burden is on the member school to establish that their program meets all the requirements.

At least annually, and prior to athletic participation, the school shall provide to the DCSAC Executive Director a list of the international students enrolled in their programs and include signed copies of the required forms.

International students who are not participating in a CSIET – recognized foreign exchange program, CSIET recognized international student program, or recognized international student academic program, are considered to be transfer students and are ineligible to compete in interscholastic athletics unless they are in compliance with all DCSAA eligibility requirements including the requirement that a student must be living with their custodial parent, legal guardian, or relative caregiver in the attendance zone of the school.

Once enrolled, foreign exchange and other international students shall comply with all DCSAA eligibility rules with exception of the requirement that a student must be living with their custodial parent, legal guardian, or relative caregiver in the attendance zone of the school.

Athletic recruitment of foreign exchange students or other international students by a member school or any other entity is prohibited, and any such students recruited shall be ineligible for the duration of their attendance at a DCSAA member school.

K. Illegal Contact with Student Athletes and their Parent(s), Legal Guardian(s), or Primary Caregiver(s)

A LEA/member school employee or LEA/member school approved volunteer may not initiate contact or request that a booster club member, alumnus, or athlete initiate contact with a student enrolled in another school or his/her parent(s), legal guardian(s) or a Relative Caregiver in order to persuade the student to enroll in a particular school for athletic purposes. Illegal contact shall include, but not be limited to, letters, questionnaires or brochures, telephone calls, and home visits or personal contact at athletic contests.

A LEA/member school employee or LEA/member school approved volunteer may do the following:

1. Discuss the athletic program with a prospective student or their parent(s), legal guardian(s) or Relative Caregiver during an open house or approved visit initiated by the parent(s), legal guardian(s) or Relative Caregiver
2. Provide information concerning sports offered, facilities, conference affiliation, and general athletic policies. However, they are not permitted to state or imply in any way that their athletic program is superior to that of another school or that it would be more beneficial or advantageous for the prospective student to participate in athletics at their school
3. Conduct an informational presentation at a feeder school

If a coach or athletic director is contacted by a prospective athlete or their parent(s), legal guardian(s) or a Relative Caregiver, the former must refer the individual(s) to the principal or head of school or school personnel responsible for admissions.

L. Improper Use of Influence for Athletic Purposes

The use of influence for athletic purposes shall include, but not be limited to, the following:

1. Offer of money, room, board, clothing, transportation, or other valuable consideration to a prospective athlete or their parent(s) or legal guardian(s) or Relative Caregiver,
2. Offer of waiver or reduction of tuition or financial aid if based, even partially, on athletic considerations. Non-school affiliated scholarship or financial aid programs which are primarily restricted to students of one school if the aid is based, even partially, on athletic considerations,
3. Preference in job assignments or offer of compensation for work performed in excess of what is customarily paid for such services,
4. Offer of special privileges not accorded to other students,
5. Offer of financial assistance including free or reduced rent, payment of moving expenses, etc., to induce a prospective athlete or his/ her parent(s), legal guardian(s) or Relative Caregiver to change residence.

M. Private Promoters & Sponsors

In any activity involving one or more DCSAA member schools, the member schools shall not endorse any

private promotion and/or sponsorship which might result in the exploitation of student-athletes or direct financial gain to the promoter or sponsor.

VI. WAIVER

The DCSAA has the authority to set aside any athletic rule, regulation, or policy, subject to any limitations set forth in the specific rule, regulation or policy, when the affected party establishes, by a preponderance of the evidence, all of the following conditions:

1. Strict enforcement of the rule in the particular case will not serve to accomplish the purpose of the rule;
2. The spirit of the rule being waived will not be offended or compromised;
3. The principle of educational balance over athletics will not be offended or compromised; and
4. The waiver will not result in a safety risk to teammates or competitors.

Waivers are exceptional and extraordinary relief from the athletic rules and regulations. Ignorance of any rule alone, whether by the student athlete, his/her family, or school, shall not be sufficient reason for waiving a rule. The burden of proof rests on the applicant (the student, his/her parents or guardians, principal, head of school, or other affected party) to show extenuating circumstances warranting waiver.

The waiver request shall contain all facts pertaining to the case, including sufficient data to make it possible to reach a decision without further investigation. It is not the duty of the DCSAA Director or the DCSAC to produce or collect information.

A request for a waiver shall be made by submitting a completed waiver application to the DCSAA as established in 5-F DCMR § 109.3.

Waiver requests are due no later than five (5) school days after supplemental rosters are due.

VII. SCRIMMAGES, SEASONS, PRACTICES, and CONTESTS

A. Sports Seasons

1. Seasons

- a. Fall Season. The fall sports season shall begin on or after August 1st and end with the start of the state championship in that sport. The first allowable competition date in the fall sports season shall be the fourth Friday in August or the first Friday in September.

- i. Any regular season contest that was postponed must be rescheduled and played before the beginning of the state tournament in that sport.
 - ii. A conference championship game must also be completed before the start of the state tournament in that sport and practice for any fall sport shall not begin earlier than August 1st.
 - iii. The first three (3) days of football practice shall be primarily for the purpose of physical conditioning and shall be restricted to non-contact activities. Coaches may introduce offensive formations and defensive alignments, run plays "on air," practice non-contact phases of the kicking game, and teach non-contact positional skills. Protective equipment shall be restricted to helmets, mouth guards, and shoes on the first day of practice. Shoulder pads may be added on the second and third day of practice. The use of dummies, hand shields, and sleds in contact drills is prohibited until the fourth day of practice. Blocking, tackling, and block protection drills which involve any contact between athletes are also prohibited until the fourth day of practice.
 - iv. Member schools shall have two (2) weeks, between March and May to conduct structured practice activities in football, soccer, and volleyball. Heavy equipment can't be used, and contact workouts are prohibited. Member schools must submit their Spring Practice schedule to the DCSAA by the last Friday in February.
- b. Winter Season. The winter sports season shall begin with the first approved day for practice and end with the start of the state championship in that sport.
 - i. Any regular season contest that was postponed must be rescheduled and played before the beginning of the state tournament in that sport.
 - ii. Conference championships must also be completed before the start of the state tournament in that sport and practice for any winter sport shall not begin earlier than 21 days before the first Friday in December.
 - c. Spring Season. The spring sports season shall begin on second Monday in February and ends with the start of the state championship in that sport.

- i. Any regular season contest that was postponed must be rescheduled and played before the beginning of the state tournament in that sport.
- ii. Conference championships must also be completed before the start of the state tournament in that sport and practice for any spring sport shall not begin earlier than February 1.

A school which participates in a game prior to the first allowable date or after the start of the state championship shall be required to forfeit the contest. The school shall be referred to the DCSAC Sportsmanship Committee for consideration of further action.

A school which conducts practice prior to the first allowable date shall be referred to the DCSAC Sportsmanship Committee for consideration of any disciplinary action.

No member school shall participate in a post season contest without the written approval of the DCSAA Director.

2. Canceled Season Policy

A school that cancels a sport before an official contest is conducted will not forfeit any wins to its anticipated opponents. Opponents in this case may request DCSAA extensions for finalizing that sport's scheduling. A school that cancels a sport after completing at least one official contest must

forfeit wins to its remaining scheduled opponents. Schools do not have the option of rescheduling other opponents in this case.

3. Out of season coach restrictions

- a. For safety purposes, school administrators or other school personnel should be present as supervisors during all open gym and skill development activities.
- b. Any individual who coaches at a DCSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules.
- c. If a high school coach, regardless of the sport (basketball, soccer, etc.) he or she coaches at the high school, also coaches an "outside" or "club team outside the sports season but during the school year, whether head or assistant, and has any students from the high school on that outside team, he or she cannot work with any of them during a dead period, and must abide by the numbers restrictions established below, on page 28, in an out-of-season workout.
- d. Coaches coaching an outside team either during the sports season or outside the sports season, but during the school year (basketball, soccer, etc.), must still abide by the numbers restrictions above (one less than a team).



- e. During the summer, coaches are free to work with individual or multiple athletes, from their school or their feeder schools, conduct practices, etc. except for the Summer Dead Period. Once practice for the fall sports season begins, skill development restrictions are in place.
- f. In season sports should always take precedence for facility use etc., over those not in season, in keeping with the philosophy of the sports season concept.
- g. Principals and athletic directors are responsible for seeing that this entire concept of the sports season is followed without exception.

4. Camps and Clinic Sponsorship

The DCSAA does not restrict a student's decision to attend an out of season athletic camp or clinic. However, schools, school organizations, coaches, or school related groups, such as booster clubs, may not sponsor an athletic camp, tournament, league or clinic which limits membership to their own school or league. Coaches employed by an out of season athletic camp or clinic may only instruct their returning athletes in accordance with this handbook.

School related groups, such as booster clubs, which desire to sponsor the attendance of their school's enrolled students at an out of season athletic camp or clinic, may do so with the approval of the local governing body. The disbursement of funds to pay for camp or clinic related expenses (fees, travel costs, etc.) shall be administered by the principal or head of school or their designee and the funds shall be allocated according to the following guidelines:

- a. All students and team members shall be notified of the available sponsorship by announcement, publication, etc.
- b. All applicants shall share equally in the funds provided.
- c. All applicants shall be academically eligible to participate in interscholastic athletics.
- d. All applicants shall have one year of prior participation in the sport for which the camp or clinic is intended or, absent any prior participation, he/she shall be judged by the coach to benefit substantially from participation in the camp or clinic.

5. Team Attendance at Out of Season Commercial Camps and Clinics

School related groups, such as booster clubs, which desire to sponsor the attendance of their schools enrolled students at an out of season athletic camp

or clinic, may do so with the approval of the LEA or governing body. School funds shall not be used for this purpose. The disbursement of funds to pay for camp or clinic related expenses (fees, travel costs, etc.) shall be administered by the principal or head of school or their designee and the funds shall be allocated according to the following guidelines:

- a. All students and team members shall be notified of the available sponsorship by announcement, publication, etc.
- b. All applicants shall share equally in the funds provided.
- c. All applicants shall be academically eligible to participate in interscholastic athletics.
- d. All applicants shall have one year of prior participation in the sport for which the camp or clinic is intended or absent any prior to participation, he/she shall be judged by the coach to benefit substantially from participation in the camp or clinic.

6. Individual Attendance at Commercial Camps and Clinics

Commercial camps and clinics are defined as a camp or clinic operated for profit which provides coaching or other sports training for a fee.

A student may participate in a commercial camp or clinic, including private lessons, both during and out of the designated sport season provided the following conditions are observed:

- a. The student must participate unattached and may not wear school uniforms.
- b. The student may use only school equipment whose primary purpose is to protect the wearer from physical injury.
- c. The school may not provide transportation or pay fees.
- d. The school coach may not require athletes to participate in a camp or clinic, or provide instruction to returning athletes in a camp or clinic except as provided in this handbook.

B. Scrimmages

Scrimmage shall be defined in as an informal competition between schools in which the officials are not compensated, a final score is not kept, the time periods are permitted to be modified, the results of the competition are not reported to the media, the coaches are permitted to interrupt the play to provide instruction, and the competition is strictly for practice purposes.

Admission shall not be charged to watch a scrimmage. Only academically eligible student-athletes who are attending a member school may participate in scrimmages of an athletic team during the season. Scores may not be displayed or recorded during the scrimmage. All participating schools must consider the event to be a scrimmage and therefore cannot count the results as part of their regular season win and loss record.

A member school shall not participate in a scrimmage or contest with an intra-district school that is not a member in good standing of the DCSAA.

A member school shall not participate in a scrimmage or contest with an associate or non-member school of another state association unless the opposing school, as part of a written contract, certifies that its contestants are eligible under the rules of its home state association.

Member schools shall not participate in a practice, scrimmage, or contest with a non-high school team.

C. Practice

1. Practice Session Guidelines

All practice sessions shall be conducted under the supervision of the school's certified, and/or approved volunteer coaching staff.

Member schools may conduct practice sessions during the approved sports seasons as defined in "Sports Seasons".

Member schools shall conduct practice sessions regularly during the 21 calendar days prior to the first scheduled contest.

Team practice in any sport is prohibited after the sports season ends until the first day following the final student day of the school year.

Students shall have unrestricted access to drinking water and be permitted a minimum of one five-minute rest period during each hour of practice.

Member schools shall comply with the heat related practice modifications designated by the DCSAA.

At no time during the school year may any off-season team gather with all positions represented.

Any team practice or game environment created in an Off-Season Skill Session is prohibited during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.

On a given day, an athlete is limited to skills development OR open facility OR weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, work days, etc.

However, the restrictions on non-school day practice sessions apply and there must be one day of no activity (practice, scrimmage, or contest) during any seven-day period.

2. Practice on Official Student School Day

Member schools shall comply with the following for all practice sessions held on official student school days.

Practice sessions shall be limited to three (3) hours; two hours on the field and one hour of instructional activity.

The three (3) hour limit on practice sessions on official school days includes all instructional activity on the field, court, mat, or track or in the pool, weight room, or classroom such as team meetings, film reviews, blackboard sessions, warm-up and cool-down exercises, drills or mandatory strength training.

Split sessions may be conducted but practice time shall not exceed two hours for any individual athlete.

A school which fails to comply with these practice requirements may jeopardize their membership status.

3. Practice on Non School Days

Member schools shall comply with the following for all practice sessions held on non-school days. A non-school day is defined as a day when, in accordance with the approved school calendar, students are not scheduled for academic instructional activities.

Practice sessions on a non-school day is defined as the time a participant engages in physical or instructional activity.

Each practice session shall be no more than two hours in length.

The hourly practice limitation does not include time for non-instructional activities such as dressing, showering, transportation, or training room care.

Students shall not participate in more than two practice sessions totaling no more than five hours of practice on non-school practice days including a one-hour walk-through session. A walk-through session shall be defined as a teaching opportunity with no protective equipment (e.g., shin guards, helmets, etc.) or equipment related to a given sport (e.g., soccer balls, field hockey sticks, etc.).

On days when two practice sessions are conducted, no practice session shall exceed two hours in length and must be separated with at least two hour of recovery time between the end of the first practice and the beginning of the next practice.

Split sessions, defined as a practice session held for different groups of students playing the same sport,



may be conducted but practice time shall not exceed three hours per session and five hours total daily for any individual athlete.

4. Skill Development Sessions

Skill development sessions are allowed but shall not be held during any tryout period of an in-season sport.

Skill Development Sessions are not allowed during the following Dead Periods: (Teams that are in season are exempt of these restrictions).

- a. Fall: From the start of fall sports practice through midnight Sept. 1;
- b. Winter: From the start of winter sports practice through midnight Dec. 1;
- c. Spring: From the start of spring sports practice through midnight March 15;
- d. Summer: During the week of the Fourth of July (if July 4 is on Saturday, it is the week before July 4; if July 4 is on Sunday, it is the week after); The Friday, Saturday, and Sunday before the opening of Fall Practice.
- e. Academic Dead Period. Sessions are also not allowed during the last five student days of

each semester or designated final exam days for the year. The weight room must also be closed during this period.

All skill development sessions must be voluntary and open to all eligible students. At no time, may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.

A student must be eligible under DCSAA guidelines to take part in out-of-season sessions.

Student insurance is strongly recommended for all those involved in athletics, in-season and out-of-season.

There is no restriction on the number of coaches who may work with the athletes.

Multiple skill development sessions may be held in a day but athletes are limited to one session per day (NONE during dead periods).

While facilities are being used for open facility, they may not be used simultaneously for individual skill development sessions

5. Open Gym Programs

Open Gym is defined as any facility used by the school for athletic purposes. Open gym and skill development sessions are open only to students enrolled at that school and may not be held on the same day.

Open gym and/or open facility sessions may not be held during a dead period.

Eighth graders are not permitted to participate in open facility or skill development sessions on high school campuses.

Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none.

The activities must be unstructured and student generated. Organized drills in the skills or techniques of a particular sport are prohibited. Organized competition with fixed team rosters is also prohibited.

A coach may not predetermine that the open gym will include only their sport and publicize the open gym as being restricted to that sport. It is the responsibility of the adult supervisor to permit as many different activities as the facility can effectively and safely accommodate.

A coach may open the facility and distribute playing equipment but may not instruct, officiate, participate, organize the activities, or choose teams in their assigned sport.

Playing equipment is restricted to that which is customarily used in a contest in a particular sport. Playing equipment which is only used in a practice session is prohibited.

The participants must provide their own workout clothing.

D. Contests

1. Definition

A contest is defined as a competition between two teams from different schools. Only eligible student-athletes who are attending a member school shall participate in scrimmages of an athletic team during the season. All regular season contests shall be scheduled through the member school and/or LEAs office of Athletics. All competitions must be conducted in accordance with the constitution, laws, policies, procedures, rules, and regulations of the DCSAA, and the NFHS.

2. Contest Guidelines

A student that has not previously participated in that sports season shall be required to participate with the team for a period of at least seven calendar days prior

to participating in a contest. Eligibility for participation in a contest shall begin on the eighth calendar day of participation with the team. However, if a student has been participating in a state tournament during the preceding sports season and is unable to begin practicing at least seven calendar days before the team's first contest, student shall be exempt from this requirement.

The third contest or competition date in a week shall be held on Friday (no early dismissal permitted), Saturday or Sunday. This requirement is waived when a school is closed for the entire week such as during winter or spring vacation.

A team shall not participate in two or more events at the same level of competition on the same day. However, a team shall be permitted a one-time per season exception to participate in two different events on the same day. If a team elects to use the exception it shall count as two contests or two competition dates as applicable toward the season team limitation.

With the exception of cross country, indoor track, outdoor track and golf, participation in a triangular meet shall count as two contests and participation in a quadrangular meet shall count as three contests toward the seasonal limitation.

Participation in any part of a quarter or half shall count as a quarter or half toward the weekly and daily limitations in that sport. However, in the case of football, participation on a free kick or a play from a scrimmage kick formation shall not count as a quarter. Overtime periods shall be considered as part of the fourth quarter or second half.

A week shall be designated as starting on Monday and ending on Sunday for all sports except football. A football week shall begin the day of the varsity game and end the day preceding the next varsity game or the following Friday.

The preceding game limitations, listed below on pgs. 35-36, with the exception of the individual daily limitation, shall not prohibit the rescheduling of postponed games at the discretion and convenience of the member schools involved provided the game was postponed due to inclement weather, unplayable field conditions, failure of the assigned officials to appear for the game, breakdown of the bus or van carrying the visiting team, or any other circumstances beyond the control of site management which preclude playing the game. However, a team may not participate in more than four contests or competition dates in a week.

The maximum number of regularly scheduled contests for each of the recognized sports, except football,

shall be exclusive of conference championships, playoffs to determine tournament state berths, and the state tournament or meet. Member schools are limited to one conference championship event. In wrestling, the state meet qualifying tournaments shall count as the only permissible event in addition to the regular season and state meets. The maximum number of regularly scheduled football contests shall be exclusive of the state tournament.

Any playoffs to determine state tournament berths shall be under the control and supervision of the DCSAC tournament committee.

A student shall participate in a particular sport for only one season during each academic year.

A school which participates in more than the allowable number of contests in a season shall be suspended from the state playoffs or, if a non-qualifying team, placed on probation for the next school year.

A school which exceeds the weekly contest limitation shall be required to forfeit the contest.

A student who exceeds the weekly or daily contest limitation shall be considered an ineligible athlete.

3. All-star contests

- a. The all-star contest must be approved by DCSAA in accordance with the following criteria:
 - i. The contest shall not be for determining a regional or national champion.
 - ii. The contest shall be organized, promoted, and conducted by and all profits go to a nonprofit organization. Involvement by a commercial organization shall be limited to providing financial support.
 - iii. The awards given shall be in compliance with this handbook.
 - iv. Exceptions to the adopted rules for the sport, including uniform regulations, shall require the approval of DCSAA.
 - v. A full financial report must be filed with the DCSAA Director within 90 days of the contest. Failure to submit a financial report within the specified period of time shall result in the sponsoring organization being placed on probation for the following school year.
 - vi. The event organizer shall not accept financial support or sell advertising to companies involved in the production or distribution of alcohol and tobacco products.

- b. A student who participates in a team sport may participate in an “all-star” competition for the sport that occurs outside the interscholastic season of the sport without jeopardy to his or her eligibility if:
 - i. The all-star competition is an activity sanctioned by the DCSAA or another National Federation of State High School Association (“NFHS”) member;
 - ii. All participants in the all-star competition are graduating seniors or students completing their athletic eligibility at the end of the school year or they have received a waiver from DCSAA to participate;
 - iii. The student has played in no more than one other all-star competition in his or her sport; or
 - iv. The all-star competition occurs after the student has participated in his or her final contest for his or her school.
- c. A senior who fails to comply with 5-F DCMR § 112.1 may be subject to a penalty that may result in the loss of athletic eligibility for the balance of the school year. For all other students, the penalty may result in loss of eligibility for the next season in the sport in which the student participated in the all-star competition. The DCSAC may review any penalty decisions.

4. School and Team Competition

Interscholastic competition is defined as any athletic contest between students representing two or more schools. Members of school clubs who participate in non-competitive, recreational activities or compete unattached are not considered to be engaged in interscholastic competition. Students are considered to be representing a school if the school does any of the following:

- a. Partially or wholly subsidizes the activity (providing equipment, uniforms, transportation, entry fees, etc.).
- b. Controls and administers the funds, regardless of their source, needed to conduct the activity
- c. Permits students to compete under the name of the school.
- d. Publicizes or promotes the activity through announcements, bulletins, or school sponsored publications in excess of what is customarily done for “outside” organizations.
- e. Presents or displays individual or team awards.

Schools may sponsor teams for interscholastic competition in a sport provided the following criteria are met:

- a. The governing body of the participating district or nonpublic school approves participation in the sport. The administrative head of the school shall notify the DCSAC Executive Director in writing of the school's intent to sponsor a team in a new sport.
- b. The governing body of the participating district or nonpublic school controls the funds needed to support the proposed team, regardless of their source, in the same manner as existing teams (coaches' salaries, purchase and repair of equipment, medical supervision, transportation, preparation and maintenance of practice and game facilities, awards, etc.). Requests from outside sources to make financial contributions or to donate equipment or services must be submitted in writing and must include an acknowledgment that the equipment becomes the property of the school. The contribution or donation must be approved in writing by the administrative head of the school.
- c. The participating schools agree to comply with all applicable DCSAA rules and regulations as stated in the current DCSAA Handbook.

5. Levels of Participation

Level 1 or development sport, less than 10 participating schools at the varsity level. DCSAA rules and regulations shall not be in effect.

Level 2 or recognized sport, 12 or more participating schools at the varsity level. Participating schools must petition the DCSAC for official recognition of the sport.

At the time of official recognition, DCSAA shall provide rules publications to the participating schools, designate an approved officials' association, conduct an annual or biannual rules clinic for coaches and officials, establish a maximum game schedule, and form a committee to promote the continued development of the sport and prepare for a future state championship. All DCSAA rules and regulations shall then be in effect.

Level 3 or championship sport, 14 or more participating schools at the varsity level. Upon petition by the sport committee and adoption of a tournament proposal, DCSAC shall establish a state championship.

Withdrawal of level 2 or level 3 status. If, for two consecutive years, less than the required number of schools participate in a sport, DCSAC may withdraw official recognition or suspend the state tournament/ meet for a period of time as determined by the Board of Commissioners.



6. Sanctioning Competitions

Member schools may participate in tournaments or meets involving four or more schools only if the event has been sanctioned by DCSAA and, if applicable, by the NFHS. Tournaments or meets shall be sanctioned in accordance with the following criteria:

- a. The event shall not be for determining a state champion.
- b. The event shall be organized, promoted, and conducted by and all profits go to a nonprofit organization. Involvement by a commercial organization shall be limited to providing financial support.
- c. Non-symbolic competition awards shall have a value of not more than \$250.00 per recipient and shall require the prior approval of the DCSAC Executive Director.
- d. Non-school event organizers shall submit a full financial report to the DCSAA office within ninety (90) calendar days of the completion of the event.
- e. The event organizer shall submit a list of out of state schools which have been invited to participate and such schools shall be subject to approval by the DCSAC Executive Director.
- f. Out of state schools which are not members of their state athletic association shall verify in writing that their participating athletes are in compliance with their state athletic association's eligibility rules and regulations.
- g. The event organizer shall not accept financial support or sell advertising to companies involved in the production or distribution of alcohol and tobacco products.
- h. The event organizer shall comply with all applicable NFHS sanctioning requirements.

Participation in a non-sanctioned event shall result in forfeiture of the contest. A second offense may result in the member school being placed on a non-approved play status for the remainder of the sport season. A third offense shall result in loss of eligibility to participate in sanctioned events for the remainder of the school year.

7. Local Competitions

The following rules shall apply for local competitions:

- a. DCSAA member schools or LEAs interested in competing in outside meets or tournaments should advise the sponsoring school or college to make application for sanction by the DCSAA. Application forms must be submitted via e-mail not less than thirty (30) days in

advance of the date on which the meet or tournament has been scheduled.

- b. The DCSAA shall evaluate each application for sanction. Factors to be considered include but are not necessarily limited to, the following:
 - i. Date, time, and place contest will be played;
 - ii. Distance to be traveled;
 - iii. Loss of time from school;
 - iv. Number of games required per day;
 - v. Commercial exploitation of competing teams;
 - vi. Game rules governing athletic contest(s) to be played; and
 - vii. Number of contests scheduled by the team.
- c. Sanctions shall not be given for athletic activities which:
 - i. Conflict with interscholastic athletic events sponsored by the DCSAA;
 - ii. Fail to require and endorse satisfactory entrance requirements for all teams participating;
 - iii. Offer awards which might jeopardize the amateur standing of winners or participants;
 - iv. Invite participation by suspended schools; and
 - v. Fail to utilize approval criteria for selection of participating schools or individual athletes.

8. Interstate Competitions

The following rules shall apply to sanctions for Interstate Competitions:

- a. Application for sanction of interstate athletic events must be submitted via e-mail to the DCSAA not less than thirty (30) days in advance of the date for which the event has been scheduled
- b. The DCSAA shall evaluate each request for sanction of interstate competition in terms of factors which shall include, but are not necessarily limited to, the following:
 - i. Date, time and place contest will be played;
 - ii. Distance to be traveled;
 - iii. Loss of time from school;
 - iv. Number of games required per day;

- v. Commercial exploitation of competing teams;
- vi. Game rules governing athletic contests to be played; and
- vii. Number of contests scheduled by the team.

- iii. Loss of time from school;
- iv. Number of games required per day;
- v. Commercial exploitation of competing teams;
- vi. Game rules governing athletic contests to be played; and
- vii. Number of contests scheduled by the team.

Sanctions shall not be given for a DCSAA member school or LEA to engage in athletic competition with:

- a. Any school that is not a DCSAA member unless that member is a regular member of or in good standing with the appropriate State High School Association;
- b. Any independent school that has not been approved by the DCSAA;
- c. Any one of the athletic activities described below unless such competitions have been sanctioned by all interested State High School Associations through the National Federation of State High School Associations:
 - i. Contests involving eight (8) or more schools, at least one (1) of which is from a state that does not border the host state;
 - ii. Contests involving schools from five (5) or more State High School Associations, at least one (1) of which does not border the host state; and
 - iii. Contests involving two (2) or more schools which are cosponsored by an individual or an organization other than a member school.

9. National Competitions

The following rules shall apply to sanctions for National Competitions:

- a. Sanction must be secured by the coach from the DCSAA whenever high schools or individual student-athletes wish to participate in non-high school or amateur contests or competitions for the purpose of establishing times, distances or marks necessary for qualification to compete in national, or international, meets
- b. Application for sanctions must be submitted to the DCSAA via email at least thirty (30) days prior to the proposed event(s).
- c. The DCSAA shall evaluate each request for sanction of interstate competition in terms of factors which shall include, but are not necessarily limited to, the following:
 - i. Date, time and place contest will be played;
 - ii. Distance to be traveled;

10. International Competitions

Whenever international competition involves high schools or student's representing the DCSAA member LEAs, it is necessary for such competition to be sanctioned by the Statewide Athletics Director and the National Federation of State High School Associations.

The coach must apply for sanction to the DCSAA at least ninety (90) days prior to the event.

The DCSAA shall evaluate each request for sanction of interstate competition in terms of factors which shall include, but are not necessarily limited to, the following:

- a. Loss of school time by student-athletes and Athletic Coaches;
- b. Liability for the student-athlete and the school;
- c. Effect on total school athletic program;
- d. Level of student-athlete participating;
- e. Effect upon student-athlete current or college eligibility;
- f. Effect upon maintaining student-athlete's amateur status;
- g. Nature of compensation offered by sponsors Athletic Coaches; and
- h. Credibility of sponsors.

Following approval by the DCSAA, the application will then be forwarded to the National Federation of State High School Associations for consideration. The National Federation will then notify the DCSAA, and the appropriate representative of the international sports federation of the decision on the application.

A complete financial report involving all phases of the competition shall be filed with the National Federation of State High School Associations and the DCSAA within thirty (30) days following the final competition

11. General Sanctioning Guidelines

In general, the following criteria shall be met for sanction approval by the DCSAA:

- a. The competition is not preliminary to a college or professional game;
- b. The competition is sponsored by an educational

institution or similar nonprofit organization;

- c. Feasibility of travel to the event, including the impact of travel on instructional time and compliance with the LEA policies and procedures for school-sponsored travel; and
- d. All awards shall comply with the rules and procedures set forth in this chapter.

12. State Championships

The minimum number of high schools which must sponsor a sport at the varsity level in order for DCSAC to approve a state championship shall be fourteen (14).

State championship play shall be permitted at the varsity level only in football, basketball, indoor and outdoor track, cross country, baseball, soccer, tennis, softball, and girls' volleyball, provided such tournament or meet is under the direct control and supervision of or has the approval of DCSAA.

All state championships shall be managed by committees established by the DCSAA.

Each tournament format, as well as the criteria and procedures for selecting and seeding the participating teams, must be approved by the DCSAC and any subsequent changes must also be approved by DCSAC. The DCSAC Executive Director shall advise the committees as to which proposed changes must be presented to the DCSAC. If the DCSAC Executive Director and the committee cannot agree, the proposed change must be presented to the DCSAC for approval.

All financial arrangements, including the collection of monies and expenditures, must be approved by the DCSAA Director.

Championship play in other sports must be confined to the individual conferences and conducted in accordance with the rules of the conference as approved by the DCSAC.



Maximum Game Schedules and Designated Sports Seasons



Sport	Season	Week	Limitations/Exceptions	# of Scrimmages
Fall				
Cross Country (B/G)	15 competition dates	3 competition dates		
Field Hockey	15 contests	3 contests		4
Football	10 varsity contests, 9 sub-varsity contests	1 contest	At least 15 days of practice shall precede the first game. At least seven (7) days of graduated conditioning shall precede the first full contact practice. No contest scheduled before the first Friday of the school year.	
Soccer (B/G)	18 contests	3 contests		4
Volleyball (G)	24 contests	3 contests		4
Winter				
Basketball (B/G)	26 contests	2 contests	No contests scheduled before December 1. Exception: three games in one week may be scheduled twice during the season. Exception: four games may be scheduled in one week if part of a holiday tournament.	
Swimming (B/G)	15 contests	3 contests		
Indoor Track (B/G)	11 contests	3 contests	No contests scheduled before November 26th.	
Wrestling (B/G)	18 contests	3 competition dates		
Spring				
Baseball (B)	25 contests	3 contests	No contest scheduled before February 25th. Exception: four games may be scheduled in one week if part of a holiday tournament.	
Softball (G)	25 contests	3 contests	No contests scheduled before February 11th Exception: four games may be scheduled in one week if part of a holiday tournament.	
Golf (B/G)	15 competition dates	3 competition dates		
Tennis (B/G)	22 matches	3 contests	No match scheduled before February 10th	
Outdoor Track (B/G)	18 contests	3 competition dates	No contests scheduled before February 16th.	
Lacrosse (B/G)	15 contests	3 contests	No contests scheduled before February 16th.	

VIII. PROTESTS INVOLVING GAME COMPETITIONS

All protests involving game competition that are allowable as defined in the NFHS (name of sport) Rule Book and deemed by the DCSAA Director to be the responsibility of DCSAA, and not a local league or conference, shall be heard by a three-person protest panel. This panel will include the DCSAC Executive Director, the DCSAC Chairman or Vice Chairman, and the State Tournament Director of the given sport. Protests must be submitted in writing within 48 hours of the conclusion of the contest or earlier if required by National Federation of State High School rules. The decisions of the DCSAC protest panel may not be appealed. All complaints other than protests involving game competition brought before DCSAC shall follow the procedures as noted above.

IX. AWARDS

A. Academic

The DCSAA provides Certificates of Achievement to all student-athletes and to the school for each team that achieves a minimum combined GPA of 3.00. The Principal or Athletic Director should determine and request the certificates from the DCSAA.

B. Sportsmanship

The DCSAA provides Certificates of Achievement to individuals, teams and schools that demonstrate notable qualities of exemplary citizenship or leadership. The Principal or Athletic Director should determine eligibility and submit the awards request to the DCSAA.

C. Athletic

Member schools and support groups affiliated with a member schools, such as an alumni association or booster club, shall be allowed to present recognition awards for team and individual accomplishments. The awards, including artwork and lettering, shall require the approval of the administrative head of the school and their value shall be mostly symbolic, no more than \$500.00. Member schools and support groups affiliated with member schools are also permitted to sponsor banquets.

A nonprofit group such as a coaches association, booster club not affiliated with a member school, or community service organization shall be allowed to present recognition awards for team and individual accomplishments with the approval of the administrative head of the school. Nonprofit groups shall also be permitted to sponsor banquets.



Commercial organizations shall be allowed to present recognition awards for team or individual accomplishments with the approval of the administrative head of the school.

Permissible awards include trophies, plaques, medals, letters, certificates, photographs, and similar items. Jackets, sweaters, shirts, watches, rings, charms, and similar items if properly inscribed (reference to the team or individual athletic accomplishment) are also acceptable. The awards shall have symbolic value only, awards with utilitarian value are prohibited. The aggregate retail value of the award shall not exceed \$500.00 per team or per recipient.

X. INCLEMENT WEATHER

A. Thunder and Lightning

The presence of thunder and/or lightning necessitates that all outdoor activities be suspended immediately. The occurrence of either thunder or lightning is not subject to interpretation or discussion. If thunder and/or lightning is heard and/or observed all outdoor activities will be suspended immediately. Players and spectators shall be directed to a safe location.

Schools should adhere to the following guidelines if thunder and lightning occurs during outdoor athletic contests:

1. Thunder or lightning necessitates that all outdoor practices and competitions be suspended.
2. Each Member School shall have a plan for shelter prior to the start of any contest.
3. When thunder is heard or when lightning is seen, the following procedures must be executed:
 - a. Suspend play and direct participants to the previously identified shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b. Do not permit people to stand under or near a tree; and have people stay away from poles, antennas, towers and underground watering systems.
 - c. After thunder and/or has left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

The following recommendations are made to mitigate the lightning hazard:

1. Identify an individual to monitor threatening weather conditions before, during and after outdoor activities and to make a final decision to suspend play.

2. Monitor local weather reports daily prior to any scheduled outdoor activities. Be aware of the potential for severe weather and plan accordingly. Be aware of local weather service terminology: “watch” vs. “warning”, as well as the signs of storm development.
3. Develop an emergency action plan for evacuation to a safe location for each venue that will host athletic practice and/or contests. Ensure that the designated safe location is immediately accessible (unlocked). Clearly identify appropriate nearby shelter locations with maps if necessary. A comprehensive plan should include instructions for participants and spectators as well as an established all clear signal. Communicate the emergency action plan to all officials and coaches prior to the need to take shelter to avoid unnecessary delay.

If thunder and/or lightning are present, shelter must be taken for a minimum of 30 minutes from the time of the interruption before considering the resumption of play.

If thunder and/or lightning is observed at the site of an outdoor activity 30 or fewer minutes prior to the scheduled start of that activity, the official/coaches and the responsible school authorities shall not permit the contest to begin on that date until the inclement weather has cleared or the conditions become playable.

If thunder and/or lightning is observed during the playing of the outdoor activity, the official/ coaches shall immediately cease play for a minimum of 30 minutes, have all participants and spectators seek appropriate shelter, as defined below, then re-evaluate the situation.

Any subsequent thunder and/or lightning after the beginning of the 30 minute count shall reset the clock and another 30 minute count shall begin.

Appropriate shelter is defined as any sturdy, fully enclosed, substantial building that has plumbing and/or electrical wiring that acts to electrically ground the structure. Examples of locations routinely used that DO NOT meet the criteria for an appropriate shelter include:

1. Baseball/softball dugouts;
2. Baseball/softball “covered” batting cages;
3. Outside storage sheds; and/or
4. Canopy/awning/tent/trees.
5. Persons should avoid taking showers and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis, and hot tubs) and land-line telephones during a thunderstorm.

If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees, or a dry ditch. Everyone should assume a lightning-safe position: a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered, and ears covered. Minimize the body's surface area contact with the ground. Do not lie flat!

If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e. light poles flag poles, etc.), metal objects (i.e. fences, bleachers, etc.), individual trees, standing pools of water and open fields. Persons should avoid being the highest object in an open field.

More information on thunder and lightning safety can be found at the following:

1. www.weather.gov
2. www.nfhs.org

B. Heat and Humidity

1. Ways to Measure/Gauge Heat and Humidity

Environmental temperature and humidity each independently contribute to dehydration and heat illness risk. A wet bulb globe temperature (WBGT)

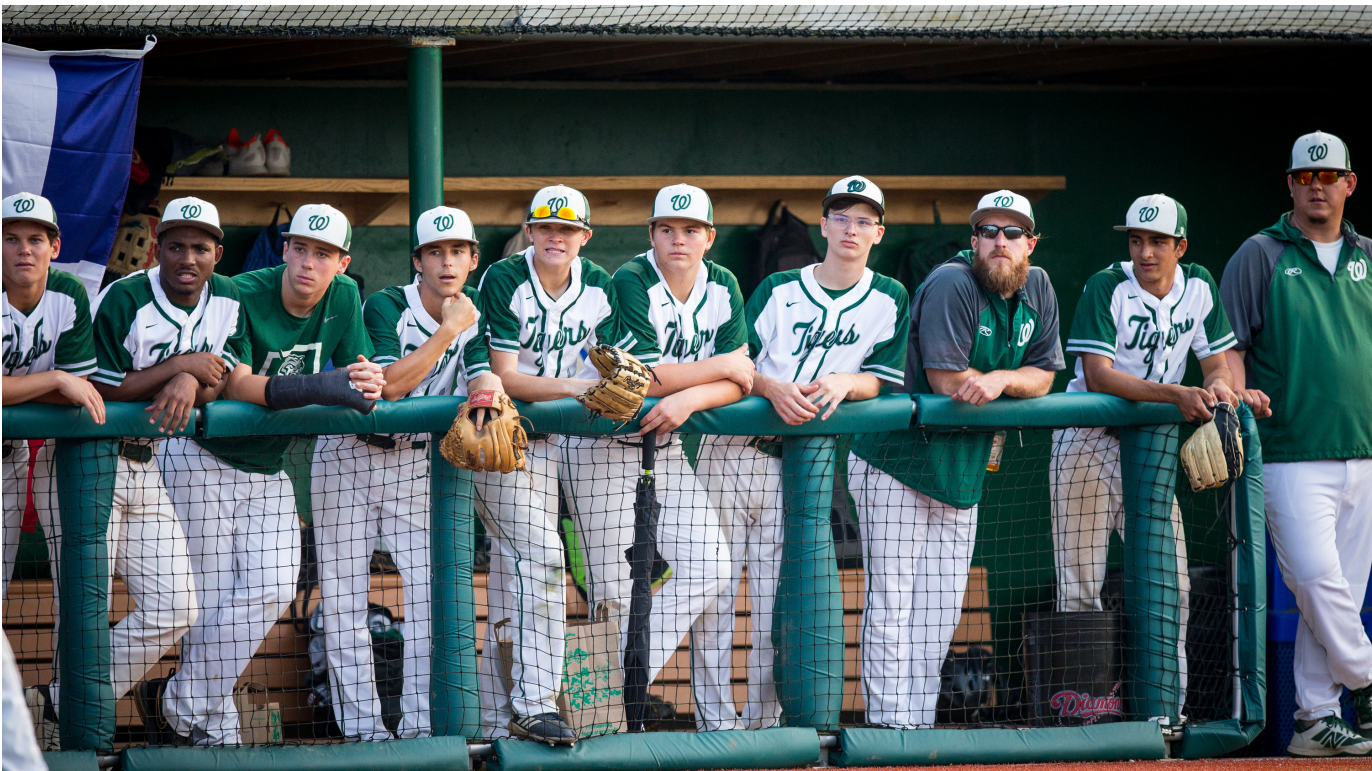
is required to be measured on-site to determine if practices/contests should be modified or canceled. It is the responsibility of the school's coaching staff to know the WBGT before, during and after a scheduled practice, activity, or game. Modifications to activity will be made according to the chart below. The on-site WBGT should be measured 10-15 minutes before practices or contests at the site determined to most likely reflect the highest WBGT reading. A WBGT is the most effective method for determining environmental heat risk because it takes into consideration not only ambient temperature and humidity, but also solar radiation. It is the responsibility of the school's coaching staff to know the WBGT before, during, and after a scheduled practice, activity, or contest.

Apparent Temperature Readings:

1. Caution: 85 to 95° F physical activity may cause fatigue.
2. Extreme Caution: 95 to 105° F possible heat cramps and/or heat exhaustion with prolonged exposure.
3. Danger: Above 105°F possible heat stroke with prolonged exposure; heat exhaustion and heat cramps likely.

The following guidelines are based off Grundstein et al. 2015 and are evidence-based for the region.

Measured as WBGT	Activity Guidelines (Category 3)	Minimum Break Guidelines (all sports)
< 82.0	Normal Activities	Three 3-minutes breaks each hour
82.2 - 86.9	Use discretion for intense or prolonged exercise;	Three 4-minute breaks each hour
87.1 - 90.0	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.	Four 4-minute breaks each hour
90.1 - 91.9	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities.	20 minutes of total rest breaks distributed during the 1 hour session
> 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached.	N/A



Principals shall be responsible for initially determining the eligibility of the students participating in interscholastic 2. Heat Acclimatization

If athletes are not properly acclimatized for play and treated properly they can suffer chronic if not fatal consequences. Student-Athletes who begin training in the late summer (i.e. football, soccer and cross country) experience over exertion heat-related illness more often than athletes who begin training during the winter and spring months.

All coaches and staff should participate in specific heat acclimatization training (<http://is.gd/zOFVLp>) and American Red Cross CPR/First Aid/AED training before being allowed to convene practice or participation in any sport.

The following heat illnesses and hydration information has been developed by the District of Columbia State Athletic Association Sports Medicine Advisory Committee (DCSAA SMAC) to provide the highest quality healthcare for student-athletes in the District of Columbia and to help educate student-athletes, parents, coaches, athletic directors, certified athletic trainers, medical professionals, and school staff about heat and hydration. These recommendations shall be followed by all coaches and staff and participants unless or until they are changed by the Department of Health or the State Athletic Office, or through heat acclimatization training or American Red Cross training standards.

This document should also be referenced periodically

for recollection, and any updates or improvements. This document was established to increase safety and performance for student-athletes who in engage in physical activity, especially in warm and hot environments. Many cases of exertional heat illness are preventable and can be successfully treated if onsite personnel identify the condition and implement appropriate care in a timely manner. The purpose of this information is to a) increase awareness of heat-related illnesses b) provide useful recommendations to optimize fluid replacement for athletes, c) provide information regarding predisposing factors that increase an athlete’s risk for heat illness, and d) identify factors that influence optimal rehydration during and after athletic participation.

Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at preseason practice after the first day of practice) must follow the 8-day heat acclimatization plan starting on the first official day practice is allowed. The 8-day period is adhered to on an individual basis, not as a team. All DCSAA member schools must follow the Heat Acclimatization Period that is detailed below:

- a. Days 1 – 5
 - i. First formal practices
 - ii. No more than 1 practice per day
 - iii. You can have a one-hour walk-through; however, a 3-hour recovery period must

be inserted between the practice and walk-through (or vice versa)

- b. Days 1-2
 - i. T-shirt, shorts, and helmet should be the only protective equipment provided
- c. Days 3-5
 - i. Only helmets and shoulder pads should be worn
 - ii. Contact with blocking sleds and tackling dummies may be initiated
- d. Day 6
 - i. All protective equipment may be worn, and full contact may begin
- e. Day 9+
 - i. Double practice days (2 days) cannot begin until after day 8
 - ii. 2 days cannot be longer than 5 hours total
 - iii. 2 days may not be held on back-to-back days

Physical exertion and training activities should begin slowly and continue progressively. The majority of heat-related deaths happen during the first few days of practice, usually promoted by doing too much too soon, and in some cases with too much protective gear on too early in the seasoning (i.e. wearing helmet, shoulder pads, pants, and other protective gear). Players must be allowed the time to adapt safely to the environment, intensity, duration, and uniform.

No dark colored clothes should be worn because it can increase the body's absorption of solar radiation, while moisture-wicking –type clothing helps with the body's ability to dissipate heat. Absolutely no long sleeves or pants are to be worn. As much bare skin as possible should be exposed, as permitted by the protective equipment and practice uniform.

Student-Athletes should never be denied or discouraged from drinking water/fluids. Fluids should be readily accessible throughout practice. Athletes should NEVER be punished by withholding water/fluids.

3. Heat Related Practice Modifications

Below are guidelines to be used any time the temperature is above 72° F. There are more accurate methods that can supersede this method, such as the use of WBGT index that combine impact of humidity, ambient temperature, solar radiation and air movement. If such equipment/data is unavailable, the information below may be used as a minimum guideline. This may also be used for indoor sports; however, heat and humidity readings must be obtained on-site.

- a. Go to www.weather.com
- b. Enter the zip code for the area of participation, activity, game or other play.
- c. Add the numbers of temperature and relative humidity.
- d. If the sum of the 2 numbers is greater or equal to 150 (+/-10 depending on level of acclimatization), practice should be restricted. Such restrictions should at least include:
 - i. Practice time limited to 2 hours
 - ii. Water breaks with helmets off every 15 minutes
 - iii. Helmets and shoulder pads only
- e. If the sum of the 2 numbers is greater or equal to 160 (+/- 5 depending on level of acclimatization) practice should be restricted. Such restrictions should at least include:
 - i. Practice limited to 90 minutes
 - ii. Water breaks with helmets off every 15 minutes
 - iii. Helmets only
- f. If the sum of the 2 numbers is greater or equal to 170 (+/- 5 depending on level of acclimatization), all practice should be stopped. Note: Any temperature above 72° F, with a relative humidity of 95% or higher, produces a high risk of heat related illness. Any temperature above 95°F, regardless of % relative humidity level, produces a high risk of heat related illness.

4. Code Orange and Red

- a. No practice in full gear
- b. No practices between 9AM and 6PM
- c. Increase the number of scheduled water breaks
- d. Water break intervals should be every 10 – 15 minutes and should last long enough to provide adequate time for each athlete to rehydrate
- e. Athletic trainers may limit activity of athletes with special conditions (asthma, sickle cell trait, anemia, diabetes, etc.)
- f. Heat and Humidity monitoring may require coaches to adjust practices by changing: start time, length of practice, number and frequency of breaks and water breaks, and athletes' attire.

XI. HEALTH, SAFETY, and WELLNESS

A. Medical Certification and Medical Coverage

The following shall apply to student athletes:

1. A student shall provide a medical certification confirming that the student is physically fit for the sport in which the student seeks to participate;
2. A student shall be covered by appropriate accident insurance, obtained either by his member school or his or her custodial parent, or custodial legal guardian and approved by his or her member school, during each season the student participates;
3. Appropriate notice of the coverage and cost of the accident insurance obtained by his or her member school shall be provided annually to the custodial parent or custodial guardian and adult students;
4. A custodial parent or custodial guardian submitting a policy for approval by the student's member school shall do so within the time specified by the member school;
5. Students participating in football shall be insured by additional football accident insurance which shall be paid for by the member school in which the student is enrolled;
6. A student shall not be eligible to try out, practice, scrimmage, or compete in an interscholastic contest unless a licensed physician (MD or OD) or a licensed nurse practitioner, verifies in writing on or after April 1 and before beginning such athletic activity for the current school year that the student has been adequately examined within the last 12 months and is cleared medically to participate, however, should any conditions found in section 5-F DCMR § 104.7 of this regulation occur since the last examination, a reexamination and/or a copy of a clearance letter signed by one of the above is required before the student can be medically cleared;
7. An athlete is temporarily ineligible to participate if the athlete who is otherwise properly certified to participate in interscholastic athletics is physically unable to participate due to illness or injury for five consecutive days on which a practice, scrimmage or contest is held. Prior to resuming participation, the athlete must present to the administrative head of school or designee, a statement from a licensed physician (MD or DO), a nurse practitioner, or a physician's assistant that the athlete is again physically able to participate.

8. Subsequent to any serious injury and prior to further participation in that sport, a student-athlete must receive a medical release from a licensed physician.
9. A student who participates in a contest without a pre-participation physical evaluation shall be considered an ineligible athlete.

A Department of Health Universal Health Care form certifying the examination as well as the parent's, legal guardian's, or Primary Caregiver's consent, shall be on file with the administrative head of the school prior to the student participating in a practice, scrimmage, or game.

For any subsequent sports season in the school year, a limited reexamination shall be performed if any of the following circumstances exist: (1) the athlete has been treated for an injury during the preceding sports season, (2) the athlete has been out of school during the preceding sports season with an illness other than the usual minor upper respiratory or gastrointestinal issue, (3) an operation has been performed on the athlete during the preceding sports season, or the athlete has a remedial defect.

Medical coverage shall be provided pursuant to the District of Columbia Public School Nurse Assignment Act of 1987 (D.C. Law 7-45; D.C. Official Code § 38-621). Provisions shall be made for qualified a healthcare professional to be present at all interscholastic contest in which a member school participates. The host school shall provide this service. Failure to provide this service shall require the host school to forfeit the contest.

B. Medical Emergency Action Plan

1. Each school must develop and disseminate an athletic emergency action plan (AEAP) and procedures for treating and transporting an injured athlete. The following shall be included in the AEAP:
 - a. Each member school shall designate an individual to maintain compliance with AEAP development and dissemination
 - b. The AEAP shall be specific to each site where athletic activity occurs including practices, scrimmages, competitions and conditioning sessions
 - c. Each member school shall identify a chain of command for implementation of the AEAP at each site
 - d. The AEAP shall be developed and coordinated with local EMS and local school officials. These individuals may include: school public safety

officials, on site medical personnel or school medical staff, and school administrators

- e. Each member school shall distribute the AEAP to all athletics staff members
- f. Identify location and availability of on-site emergency equipment
- g. Appropriate contact information for EMS
- h. The AEAP shall specify documentation actions that need to be taken post emergency and kept on record with the appropriate school designated personnel
- i. The AEAP shall be reviewed and rehearsed before the beginning of the first season practice by all parties involved
- j. Healthcare professionals who will provide medical coverage during games, practices, or other events shall be included
- k. The AEAP will be submitted to the DCSAA prior to the start of each season, i.e. August 1, November 1 and March 1. Any changes will be submitted to the DCSAA within 15 days
- l. The DCSAA strongly recommends following the Anyone Can Save A Life program for development and implementation http://www.anyonecansavealife.org/wcm/groups/mdtcom_sg/mdt/documents/documents/acsal_eap_guide.pdf
- m. Upon request the DCSAA will arrange for consultation and training for any member school

2. Member Schools without medical staff available shall:

- a. Use appropriate medical coverage
- b. Have a cell phone on hand
- c. Know your local emergency numbers
- d. Schedule breaks for hydration and cooling
- e. Provide ample recovery time in between practices
- f. Monitor weight loss
- g. Encourage adequate nutrition
- h. Have all necessary emergency materials already prepared prior to the need for them

C. Collision and Contact Sports

Collision practices and competitions at all levels shall be attended by an athletic trainer or team physician. Contact practices and games must have an athletic trainer available on site. It is recommended that an athletic trainer be available for limited contact practices and games when possible. Extra consideration

should be given to large-scale competitions (e.g. cross country meets, wrestling tournaments, and basketball tournaments).

Collision sports are defined as sports in which the athletes purposefully hit or collide with each other or inanimate objects, including the ground, with great force (e.g. American football, rugby, ice hockey, men's lacrosse).

Contact sports are defined as sports that emphasize or require physical contact between players (e.g. basketball, soccer, wrestling, women's lacrosse).

Limited contact sports are defined as sports in which the rules are designed to prevent intentional or unintentional contact between players (e.g. volleyball, softball, baseball, track & field, tennis).

D. Concussion and Head injuries

The athletic rule as it pertains to concussions is supported by two governing bodies, the National Athletic Trainers Association (NATA) and the NFHS, Sports Medicine Advisory Committee and is in compliance with District of Columbia's Athletic Concussion Protection Act of 2011. Proper management of a concussion is the best form way to prevent serious injury. It is most important to prevent Second Impact Syndrome – a catastrophic increase in intracranial pressure which can result in massive brain swelling, herniation, and/ or death. This syndrome occurs in athletes up to 14 days post-concussion and when an athlete returns to competition prior to the complete resolution of initial symptoms.

Therefore, member schools are required to follow the following concussion protocol:

1. Any athlete removed from play for a suspected concussion must be evaluated by a qualified healthcare professional.
2. Following the injury, all concussions are evaluated by the athletic trainer and/or certified medical personnel and referred for further medical evaluation by a physician.
3. Before the athlete returns to play/competition, he/ she must have written permission from a qualified healthcare professional. The qualified health care professional must be a District of Columbia certified and licensed Medical Doctor, Doctor of Osteopathic Medicine or an Athletic Trainer.
4. Following the concussion, the student athlete shall proceed as follows:
 - a. No physical activity; rest until asymptomatic for a minimum of 24 hours;

- b. Once asymptomatic, light aerobic exercise;
 - c. Progress from light aerobic exercise to moderate exercise;
 - d. Progress from moderate exercise to non-contact sport specific exercise;
 - e. Progress to full contact practice
 - f. Any recurrence of concussive symptoms at any stage will restart the student-athlete's recovery process.
5. An athlete with two concussions per season should be removed from contact sports for the remainder of that season. In order to return to play a physician's approval is required.
 6. It is highly recommended that an athlete with a history of three or more concussions avoid contact sports. A physician's approval is required in order to participate.

- from a qualified healthcare professional;
2. Completion and documentation of the "Return To Play" protocol; and
 3. Parental and/or legal guardian must sign a concussion awareness/instruction form.

E. Heat Illness

1. Prevention of Heat Illness

A proper heat-acclimatization plan in secondary school athletic programs is essential to minimize the risk of exertional heat illness during the preseason practice period. Student-athletes should gradually increase exposure to hot and/or humid environmental conditions during a minimum period of 10 to 14 days. When an athlete undergoes a proper heat-acclimatization program, physiologic function, exercise heat tolerance, and exercise performance are all enhanced.

Each exposure should involve a gradual increase in the intensity and duration of exercise and equipment worn until the exercise is comparable to that likely to occur in competition. When environmental conditions are extreme, training or competition should be held during a cooler time of day. Hydration should be maintained during training and acclimatization sessions.

Each school that does not have an appropriate qualified healthcare professional on staff must identify to the DCSAA a concussion point person who is responsible for following up on all concussion documentation and ensuring that the DCSAA approved concussion policy is adhered. No student-athlete returns to participation prior to:

1. The student-athlete receiving written clearance



Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. The heat acclimatization period is designed for students on an individual basis. Days in which student-athletes do not practice due to a scheduled rest day, injury, illness, or other reasons do not count towards the heat-acclimatization period.

2. Risk Factors for Heat Illness

- a. Prior Episode of Heat Illness
 - i. Some individuals with a history of heat illness are at greater risk for recurrent heat illness.
- b. Clothing and Equipment
 - i. Dry clothing and equipment absorb sweat and prevent evaporate heat loss.
 - ii. Dark clothing produces radiant heat gain.
 - iii. Bulky clothing, protective equipment can all increase body temperature, sweat loss and increase risk of heat illness.
- c. Fitness Level
 - i. Physical training and improved cardiovascular fitness reduce the risk of a heat illness.
 - ii. Individuals who are untrained are more susceptible to heat illness than are trained athletes.
- d. Medications and Drugs
 - i. Amphetamines (including ADHD medications), ephedrine, synephrine, ma huang, and other stimulants increase heat productions.
 - ii. Diuretics can also produce hydration.
 - iii. Any athlete taking medication for ADHD should be monitored closely for signs and symptoms of heat illness
- e. Alcohol and caffeine
- f. Obesity
 - i. Athletes with a higher body fat percentage are at an increased risk for heat illness, as fat does not allow the body to dissipate heat.
- g. Sickle Cell Trait
 - i. Special precautions should be taken in hot and humid conditions for athletes with the sickle cell trait (reference Sickle Cell section on DCSAA website)
- h. Increased Heat
 - i. Sweating is increased when the environmental temperature is increased. As sweat is lost, the chances of

dehydration increases.

- i. Increased Humidity
 - i. Evaporation is less effective at high humidity.
 - ii. As humidity increases, perspiration evaporates less rapidly.
 - iii. Heat loss by sweating can be dramatically impaired when the humidity is greater than 60%.

3. Heat Illness Practice Precautions

- a. Schedule training sessions to avoid the hottest part of the day and to avoid radiant heating from direct sunlight, especially during heat- acclimatization.
- b. The time period between 11 am and 3 pm is a blackout period in August during which no activities may be held outdoors or inside if not a temperature-regulated facility. On Code Orange and Code Red days this time period is extended to 6 pm.
- c. Plan rest breaks to match the environmental conditions and the intensity of the activity.
- d. Rest breaks should occur in the shade if possible, and hydration during rest breaks should be encouraged. Allow sufficient time for all participants to access fluids and partake freely during the break. Allow a sufficient number of water breaks as well.
- e. Minimize warm-up time when feasible, and conduct warm-up sessions in the shade when possible to minimize the radiant heat load in “high” or “very high” or “extreme or hazardous”.

4. Types of Heat Illnesses

- a. Muscle (Heat) Cramps
 - i. Are often present in student- athletes who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions. Dehydration, diet poor in minerals, and large losses of sodium and other electrolytes in sweat appear to increase the risk of severe, often whole-body, muscle cramps.
 - ii. Symptoms:
 - +Thirst
 - +Sweating
 - iii. Treatment:
 - +Rest
 - +Prolonged stretching of involved muscle group

- + Sodium replacement (i.e. salt tablet, Gatorade, salty snack, pickle juice)
- + For full body cramps the student-athlete should be transported to the hospital for intravenous fluids

b. Heat Exhaustion

- i. A moderate illness characterized by the inability to sustain adequate cardiac output, resulting from strenuous physical exercise and environmental heat stress. Inherent needs to maintain blood pressure and essential organ function, combined with a loss of fluid due to acute dehydration, create a challenge the body cannot meet, especially if intense exercise were to continue.
- ii. Symptoms:
 - + Slightly elevated body core
 - + Dizziness
 - + Fatigue
 - + Pale or sweaty skin
 - + Decreased pulse rate
 - + Fainting
- iii. Treatment
 - + Begin active cooling (i.e. ice bags, ice baths, fan, etc.)
 - + Place in cool environment
 - + Active EMS if fainting or student-athlete core temperature is greater than 104°F
 - + Elevate legs
 - + Rehydrate

c. Exertional Heat Stroke

- i. A severe illness characterized by central nervous system (CNS) abnormalities and potentially tissue damage resulting from elevated body temperatures induced by strenuous physical exercise and increased environmental heat stress. Rectal temperature is greater than 104°F combined with altered mental status. This increased core temperature disrupts organ function. *** MEDICAL EMERGENCY***
- ii. Symptoms
 - + Dizziness
 - + Drowsiness
 - + Confusion
 - + Irritability

- + Seizures
- + Weakness (Tachycardia (100-120 beats/ min)
- + Hypotension (Low Blood Pressure)
- + Vomiting

iii. Treatment (cold water immersion)

- + To be appropriately prepared for this medical emergency all materials necessary for immediate treatment must be prepared prior to practice/ games and be immediately available and close in proximity
- + Cooling must begin immediately, prior to or concurrent with EMS activation
- + Rapid reduction in body core temperature is critical and must be accomplished through immersion in ice water
 - > If WBGT is under 65F – Ice, water, towels in a cooler may be available
 - > If WBGT is over 65F – Ice, water, towels in a cooler shall be available
 - > If WBGT is over 80F – Cold water immersion tubs shall be available
- + The principle of Cool First, Transport Second shall be utilized.
 - > Cooling shall be done onsite and cease when the core body (rectal) temperature is under 103F.
 - > Once core body (rectal) temperature is below 103°F then transportation via EMS may commence.

d. Exertional Hyponatremia

- i. Occurs when an athlete consumes more fluids than necessary and/or sodium lost in sweat is not adequately replaced. Sodium in the bloodstream can become diluted and cause cerebral or pulmonary edema. Hyponatremia is the low blood-sodium levels in a student-athlete, which normally happens during warm or hot weather.
- ii. Symptoms:
 - + Elevated Body-Core Temp (> 104° F)
 - + Nausea
 - + Vomiting
 - + Extremity swelling
 - + Confusion

- + Seizures
- + Coma
- + Altered consciousness
- + Weight gain
- iii. Treatments
 - + For mild symptoms decrease fluid intake
 - + for severe symptoms seek medical attention in order to receive intravenous electrolyte solutions and/or medications

e. Dehydration

- i. Dehydration occurs when fluid loss (via sweat, urine, respiratory or GI tract) is greater than fluid intake (via drinking and food). Dehydration of 1% to 2% of body weight begins to compromise physiologic function and negatively influences performance. Dehydration of greater than 3% of body weight further disturbs physiologic function and increases an athlete's risk of developing an exertional heat illness (i.e. heat cramps, heat exhaustion, or heat stroke).
- ii. Signs of Dehydration:
 - + Dry mouth
 - + Thirst
 - + Irritability
 - + General Discomfort
 - + Headache
 - + Apathy
 - + Weakness
 - + Dizziness
 - + Cramps
 - + Chills
 - + Vomiting
 - + Nausea
 - + Excessive Fatigue
- iii. How to Check for Dehydration (at least two methods should be used)
 - + Urine Characteristics (least reliable)
A urine chart should be displayed to provide athletes with examples:
 - Lemonade urine color to clear urine color = well-hydrated
 - Regular amount of light colored urine = well-hydrated
 - Apple juice urine color or

- darker = not hydrated
- Small amounts of dark urine = not hydrated
- + Weight Checks
 - Weight checks both pre and post-practice to monitor weight loss, to determine how much fluid should be replenished. Use of a written daily record is strongly recommended.
 - A loss of just 1-2% of body weight can negatively impact performance. A loss of 3% or more body weight can significantly increase the risk of exertional heat-related illness.
 - Athlete should be back to their weight before the beginning of their next practice.
- + Refractometry
 - If readings fall within normal limits (hydrated), the student-athlete does not have to repeat the reading, unless a heat-related illness occurs.
 - If readings show student-athlete is dehydrated the athlete must be held from participation in heat and must subsequently produce a urine sample which indicates hydration on the following day prior to participation.

iv. Rehydration

Rehydration is the optimal replacement of fluids and electrolytes in accordance with individual needs. Fluid intake should nearly approximate fluid losses. Athletes should personally establish and monitor fluid requirements and modify behavior to ensure optimal hydration status. For most exercising athletes, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective. Traditional sports drinks (i.e. Gatorade or Powerade) may provide additional benefit in the following general situations:

- + Prolonged, continuous, or intermittent activity of greater than 45 minutes
- + Intense and/or continuous exertion
- + Repeated exertion
- + When multiple practices occur in one day in warm-to-hot conditions
- + 80° F to 105° F Humid conditions

+ Wet Bulb Temperatures of 65° F – 89° F Athletes must drink before, during, and after practice and games. For example:

- An athlete should always drink when they are thirsty
- Drink 16 ounces of fluid 2 hours before physical activity
- Drink another 8-16 ounces 15 minutes before physical activity
- During physical activity, drink 4-8 ounces of fluid every 15 to 20 minutes
- After physical activity, drink 16-20 ounces for every pound lost

What Not to Drink During Exercise:

- + Fruit juice with greater than 8% carbohydrates
- + Carbonated soda
- + Energy drinks
- + Iced tea
- + Coffee

Information about dehydration should be available to all student-athletes, especially after a heat related illness.

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		

f. Heat and Hydration Tips

Athletes must begin practices and training activities adequately hydrated. Hydration should start before, during, and after physical activity.

Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!!

Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/ or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the



Emergency Medical System. On-Site rapid cooling should begin immediately. The Emergency Action Plan should be activated immediately.

g. Steps to Prevent Heat Illness During the Summer Months

- i. Measure the WBGT when possible. If not, determine the heat index via internet. Re-measure several times throughout the event or practice.
- ii. Equipment check-utilize light colors, lightweight materials, and sun-protection clothing.
- iii. Provide unlimited opportunities for hydration. Hydration should never be withheld as a punishment!
- iv. Body weight, refractometry, or urine colors should be monitored for dehydration. Monitor student-athletes who show signs of dehydration. If necessary student-athlete may be held from practice until rehydrated.
- v. Assure proper acclimatization prior to high endurance/intensity exercise in heat.
- vi. If at all possible, practices should be attended by an athletic trainer or team physician who is prepared to manage heat-related emergencies.

F. Precautions Against the Transmission of Blood-Borne Pathogens

1. School personnel and student-athletes must comply with the following procedures to avoid the transmission of blood borne pathogens:
 - a. Before competing, cover any open wound.
 - b. Whenever possible, athletes should treat and cover their own wounds.
 - c. When rendering first aid to others, wear protective gloves at any time blood, body fluid containing visible blood, open wounds, or mucous membranes are involved.
 - d. If an individual gets someone else's blood or other body fluid containing visible blood on his/her skin, the area should be washed with a solution known to inactivate blood-borne pathogens.
 - e. If blood or other body fluids containing visible blood are present during practice or competition, activity should be halted, and the injured athlete(s) given proper attention. Any contaminated surfaces should be cleaned.

- f. Wash your hands with soap and water immediately after exposure to blood or other body fluid.
- g. Do not use common towels to clean surfaces contaminated with blood or other body fluid containing blood.
- h. Wash all soiled uniforms, towels, etc. in warm or hot, soapy, water.
- i. In general, use good hygienic practices and wipe down shared equipment.
- j. Member LEAs and Schools should have equipment inspection policy and maintain an equipment maintenance record.

XII. POLICY POSITIONS

A. Gender Equity

1. Title IX

Gender equity in participation for females is important to high school athletic programs and required under federal law. Female student-athletes must have participation opportunities that male student-athletes enjoy. All member LEAs and schools should have policies for increasing female participation in sports. The DCSAA is committed to ensuring that member schools adhere to 20 U.S.C. § 1681 et seq. (Title IX) and D.C. Official Code § 38-841.01 et seq. requirements concerning equal access to resources and protection against sexual harassment.

2. Membership on Coed Teams

If a school sponsors a boys' team and a girls' team in a particular sport, boys shall participate on the boys' team and girls shall participate on the girls' team even if the teams compete during different seasons. Sports are considered to be the same when one set of NFHS Rules govern both genders. If a school sponsors only a boys' team in a particular sport, girls shall be permitted to participate on the boys' team but if a school sponsors only a girls' team in a particular sport, boys shall not be permitted to participate on the girls' team. Notwithstanding the restrictions herein, a transgendered student, defined as a student whose gender identity differs from the student's assigned sex at birth, may be eligible to participate on a team other than their assigned sex at birth in accordance with a Member school policy that meets the minimum standards designated by the DCSAA. Coed teams shall participate only in the boys' state championship tournament or coed meet.

3. Gender Identity Participation

For the purpose of this section the following definitions

will be in place:

Gender Expression: The manner in which people outwardly expresses their gender.

Gender Identity: People’s inner sense of their gender. Most people develop a gender identity that corresponds to their biological sex, but some do not.

Non-Binary: Preferred umbrella term for all genders other than female/male or woman/man. Not all non-binary people identify as transgender and not all transgender people identify as non-binary.

Transgender: A gender identity in which a person’s inner sense of their gender does not correspond to their assigned biological sex.

Transitioning – The time when a person begins living as the gender with which they identify rather than the gender they were assigned at birth, which often includes changing one’s first name and dressing and grooming differently. Transition may or may not also include medical and legal aspects, including taking hormones, having surgery, or changing identity documents to reflect one’s gender identity.

No person shall, on the basis of gender, be excluded from participating in, be denied the benefits of, or be treated differently from another person or otherwise be discriminated against in any interscholastic athletics.

Pursuant to 5-F DCMR § 102.6, the DCSAA allows for participation for all students in a manner that is consistent with their gender identity and/or expression regardless of the gender listed on the student’s birth certificate. All students should have the opportunity to participate in DCSAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student’s records or identification documents. The determination of a student’s sex-assignment for the purposes of interscholastic athletics shall be made by the student-athlete’s school. Schools must allow students to participate in DCSAA activities in a manner that is consistent with their gender identity, including when accessing restroom and locker room facilities, and accommodations when traveling with the team. Once the student has been granted eligibility to participate in interscholastic athletics consistent with his/her gender identity, the eligibility is granted for the duration of the student’s participation and does not need to be renewed every sports season or school year. Concerning gender specific sports, a student athlete is not permitted to switch between gender identity during the sports season or school year for the purpose of interscholastic athletics. For example, a student may not participate on the girls’ cross country team and the boys’ soccer team during the

fall sports season nor may a student play basketball on the boys’ team in the winter sports season and run on the girls’ outdoor track team during the spring sports season. A questioning or non-binary student who wants to change gender identity for the purposes of interscholastic athletics would need to wait until the following school year to do so. Student athletes shall not be permitted to participate in gender specific sports that are different from their gender identity.

The DCSAA has established a set of criteria in which student-athletes are able to dispute challenges to their participation in a manner that is consistent with their gender identity by member schools. In the case where a member school does not permit a student to participate because of the student’s gender identity or expression, or if a school disputes the participation of a student based on gender, the student may seek review of eligibility for participation or may appeal an eligibility decision under the procedures set forth below:

NOTICE TO THE SCHOOL: The student and/or parents, guardians and/or caregivers shall contact the school administrator and/ or the school athletic director indicating that the student has a consistent gender identity different than the gender listed on the student’s school registration records and that the student desires to participate in activities in a manner consistent with his/her gender identity. The school shall reconsider participation based on the statement of the guardian. The school staff should work closely with the student to assess the degree to which, if any, the guardian will be involved in the process and must consider the health, well-being, and safety of the appealing student.

NOTICE TO THE DCSAA: If the school refuses to allow the student to participate, the school administrator shall contact the DCSAA Director, which will assign a facilitator who will assist the school and student in preparation and completion of a mediation process. If the mediation is not successful, the student has a right to appeal.

APPEAL: The student may seek a waiver from an Appeal Panel that is assembled by the Commission, under the waiver procedures to which the Panel will apply DC Human Rights Act standards for review. The Panel shall include a minimum of three (3) of the following persons, one of whom must be from the DCSAA staff:

- a. Physician, physician assistant or nurse practitioner with transgender health knowledge
- b. Psychiatrist, psychologist or licensed mental health professional with transgender health knowledge

- c. School administrator from a non-appealing school.
- d. DCSAA staff member
- e. Advocate familiar with transgender gender identity and gender expression competencies.

All documentation generated for the appeal process will remain confidential to protect the privacy of the student. The following documentation and information is required to proceed with the appeals process. All documentation and information shall be submitted directly to the DCSAA Director for Panel review:

- a. Required: Documentation of student's consistent gender identification and a written request to participate in athletics according to his/her gender identity (e.g., affirmed written statements from student and/or school staff and/or parent/guardian/caregiver/ and/or health care provider).
- b. Any other pertinent documentation or information.

GUIDELINES FOR REVIEW PROCESS: The Panel will convene following the waiver procedures and render a decision under those timelines.

All discussions, documents and information at all levels of the process either by a member school, appeals panel, and/or DCSAA shall be kept confidential unless consent is granted by the student or the student and his/her family.

B. EEO

The DCSAA is committed to promoting equal access and opportunity and to providing reasonable accommodations for all student-athletes who desire to participate in interscholastic athletics.

C. Bullying and Hazing

The DCSAA prohibits harassment, bullying, and hazing based on any of the following actual or perceived traits or characteristics: age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status by student athletes, member school staff, and officials, and is committed to providing all students with a safe and civil school environment in which all members of the school community are treated with dignity and respect.

Harassment and bullying mean any electronic, written, verbal, or physical act of conduct toward a student which is based on any actual or perceived trait or characteristic of the student and which creates an objectively hostile school environment that meets

one or more of the following conditions:

1. Places the student in reasonable fear of harm to the student's person or property
2. Has a substantially detrimental effect on the student's physical or mental health
3. Has the effect of substantially interfering with the student's academic performance
4. Has the effect of substantially interfering with the student's ability to participate in
5. Benefit from the services, activities, or privileges provided by a school

Harassment and bullying may include, but are not limited to, the following behaviors and circumstances: Verbal, nonverbal, physical or written harassment, bullying, hazing, or other victimization that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim; Repeated remarks of a demeaning nature that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim.

D. Sexual Harassment

The DCSAA prohibits any form of sexual harassment by student athletes, member school staff, and officials. Sexual harassment is defined as any unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature.

Retaliation against a person because the person has filed a sexual harassment complaint or assisted or participated in a harassment investigation or proceeding is prohibited.

An individual who knowingly files a false harassment complaint and a person who gives false statements in an investigation shall be subject to discipline by appropriate measures, as shall a person who is found to have retaliated against another in violation of this policy.

E. Use of Controlled Substances and Performance Enhancing Drugs

The DCSAA prohibits the use of alcohol, controlled substances, and performance enhancing drugs by student-athletes. In order to minimize health and safety risks to student athletes, maintain ethical standards, and reduce liability risks, member school personnel and coaches shall not knowingly supply, recommend, or permit the use of any drug, medication or food supplement solely for performance enhancing purposes. Ultimately, the possession and/or use of any controlled substance, designer or synthetic drug, or alcohol is prohibited and shall result in the penalties set forth in this handbook.

XIII. CHALLENGES and COMPLAINTS

The DCSAA, on its own motion, or upon receipt of a complaint or challenge submitted in accordance with the regulations, may investigate conduct that would constitute a violation of the requirements of this chapter.

A complaint or challenge shall be presented in writing and signed by the submitting party and mailed, hand delivered, or sent electronically to the DCSAA, and shall include any necessary supporting documentation.

Once the written complaint or challenge is submitted to the DCSAA, the DCSAA shall inform the member school of the and/or LEA of the complaint or challenge and provide the member school with the opportunity to respond, in writing, to the complaint or challenge within five (5) school days of the date on which the DCSAA notification of complaint was received by the member school. The DCSAA shall issue written findings and/or a decision regarding the complaint or challenge within ten (10) school days of the DCSAA receiving the report.

The DCSAA may request further supporting documentation necessary to make findings or issue a decision regarding a complaint or challenge. If the DCSAA requests additional supporting documentation, the request for the documentation shall state a date by which the additional documentation must be submitted. Parties shall comply with DCSAA requests for information related to the allegations in the complaint or challenge.

Failure to provide all required documentation to the DCSAA may result in an unfavorable decision for the party that fails to provide the required information.

The student, the member school and/or the LEA has the right to appeal the DCSAA's decision to the DCSAC AAP. The appeal must be submitted to the DCSAC AAP within five (5) business days of the DCSAC AAP's decision.

A student whose eligibility is in question may play in DCSAA sanctioned interscholastic athletic competition during the appeal process. If the AAP finds against the student, the DCSAA may issue sanctions against the member school and/or student, retroactively and for future events.

In the event a member requires forfeiture of a contest already played, the AAP shall review the decision affirming or denying the forfeiture and shall provide the results of its findings and recommendations to the member school not later than five (5) school days after the date the matter is reported to the DCSAA.

XIV. INVESTIGATIVE PROCEDURE

As an enforcement agency, the DCSAA has the authority to investigate complaints and potential violations of the DCSAA law and regulations. The following procedure shall be followed when the DCSAC or DCSAA receives information indicating that an incident or violation of the DCSAA regulations or Handbook has occurred.

Complaints or challenges shall be submitted in writing to the DCSAA and shall include all documentation necessary to support the allegation. Once the complaint or challenge has been received by the DCSAA, the DCSAA shall confirm receipt of the complaint or challenge, inform the member school and/or LEA of the complaint or challenge, and provide the member school with the opportunity to respond in writing to the complaint or challenge within five (5) school days of the date of the DCSAA notification of complaint.

The notification of complaint shall contain an explanation of the nature of the investigation and identify the person(s) conducting the investigation.

If the grievance is regarding the administrative head of school, the complaint may be referred directly to the governing body, or the equivalent supervising authority.

Permission shall be sought from the principal and/or administrative head of the member school to interview students and staff members, and each person interviewed shall be informed of the nature of the investigation. Parents must also provide permission to interview their child.

The DCSAA shall issue written findings and or a decision regarding the complaint or challenge within ten (10) school days of the DCSAA receiving the complaint or challenge.

XV. APPEALS

A. Procedure

The DCSAC may hear appeals of LEA decisions related to student eligibility and final written decisions of the DCSAA.

In order to request an appeal of the decision of an LEA or the DCSAA, a party shall submit written notice of appeal to the Chairperson.

The AAP shall schedule a hearing to occur within seven (7) calendar days of the appointment of the members of the AAP, where all parties shall be provided with the opportunity to present facts and all relevant arguments. The AAP shall notify the parties

of the date, time, and location of the hearing. If a party is unable to be present on the date and time selected by the AAP, the party may request a continuance of the hearing.

The DCSAC AAP shall issue a written decision within five (5) school days of the hearing affirming or denying the decision of an LEA or the DCSAA.

The decision of the Commission shall be final. The party may appeal the Commission's final decision to the D.C. Superior Court, pursuant to D.C. Code § 11-921.

B. Sportsmanship Appeals

Appeal of an automatic contest suspension. A coach or athlete may appeal an automatic contest suspension to the DCSAC Executive Director. The DCSAC Executive Director may decide the appeal or in his discretion refer it to the Sportsmanship Committee or subcommittee.

The DCSAA Director's, or Sportsmanship Committee's, or subcommittee's decision to uphold or rescind the suspension resulting from a game ejection is final and may not be appealed.

The decision of the Commission shall be final. The party may appeal the Commission's final decision to the D.C. Superior Court, pursuant to D.C. Code § 11-921. Appeals must be received by the Clerk of the Superior Court no later than 30 days after the date of the final decision.

C. Eligibility Appeals

The offending school may appeal to the DCSAC Appeals Committee for a waiver of the forfeiture penalty. If the forfeiture penalty is waived, the offending school shall be reprimanded and referred to the DCSAA Sportsmanship Committee for consideration of further action unless the athlete or their parent(s) or legal guardian(s) knowingly withheld information or provided false information that caused the student to be wrongly deemed eligible for interscholastic competition. The burden of proof, in both instances, rests entirely with the offending school. A forfeit shall constitute a loss for the offending school and a win for its opponent for purposes of standings and playoff eligibility and shall be automatic and not subject to refusal by the offending school's opponent.

Any Commissioner of the DCSAC who has a conflict of interest, or who may be directly affected or whose school or school district may be directly affected by a potential decision related to an appeal or waiver request shall recuse himself or herself from consideration of the matter and shall not vote on that appeal or waiver request. The Chairperson of the

DCSAC is responsible for maintaining the integrity of the decision making process.

XVI. LITIGATION and COURT ORDERS

A. Resolution Regarding Litigation

Legal costs associated with litigation against the DCSAA impact every high school that is a member of DCSAA. Therefore, the DCSAA will seek legal fees and associated costs from any member school and/or LEA that has unsuccessfully brought litigation against it. The DCSAA is also empowered to seek reimbursement of legal fees and associated costs from any institution seeking membership that has unsuccessfully brought litigation against it.

B. Court Orders and Resultant Forfeitures

In the interest of fairness to all student-athletes, any contest in which an ineligible student-athlete or coach participates under court order will be forfeited if the order is dissolved or the plaintiff ultimately fails to prevail.

C. Court Orders and Tournament Seeding

Student-athlete or teams that have gained court injunctions forcing their entry into DCSAA tournaments will be seeded last.

XVII. VIOLATIONS and PENALTIES

A. Membership Violations

A failure to comply with the DCSAA regulations or this Handbook shall constitute a violation which will result in the following penalties against the member school and either the student or the coach, or both. Depending upon the severity of the violation, more than one penalty may be imposed against the member DCSAA School, student, or coach, or all of the above. The following penalties may be imposed for violation of the DCSAA regulations or Handbook:

1. Against a member school:

- a. Declare forfeit of all games in which the violation occurred.
- b. Declare the member DCSAA School ineligible for championship honors for the current school year in the sport in which the violation occurred.
- c. Declare the member DCSAA School on probation for one school year which shall

render the school ineligible to compete in any approved State Meet or tournament for that year.

- d. Impose additional penalties as may seem justified in the particular case considered.

2. *Against a student:*

- a. Declare the student to be ineligible for the next sixty (60) school days following the date the student was found to be in violation. These sixty (60) school days will carry over into the next school year if the violation occurs during the spring marking period.
- b. Declare the student to be ineligible to compete in the sport in which the violation occurred during the subsequent season.
- c. Impose additional penalties as may seem justified in the particular case considered.

3. *Against a coach*

- a. Censure.
- b. Declare the coach ineligible to coach a team for one year in the sport in which the violation occurred.
- c. Declare the coach ineligible to coach a team in any sport for two years.
- d. Impose additional penalties as may seem justified in the particular case considered.

B. Eligibility Violations

1. *Member School*

The deliberate or inadvertent use of an ineligible athlete in the sports of soccer, football, volleyball, basketball, baseball, softball, and lacrosse shall require the offending school to forfeit the contest(s) and/or matches won in which the ineligible athlete participated as well as any points earned by the ineligible athlete, or by a relay team of which the student was a member, if applicable. The points contributed by an ineligible athlete to their team score shall be deleted and the contest score as well as the affected placements will be adjusted according to the rules of the sport.

The deliberate or inadvertent use of an ineligible athlete in the sports of cross country, wrestling, swimming, track, golf, and tennis shall require the offending school to forfeit the contests and/or matches won in which the ineligible athlete participated as well as any points earned by the ineligible athlete, or by a relay team of which the student was a member, if

applicable. The points contributed by an ineligible athlete to their team score shall be deleted and the contest score as well as the affected placements will be adjusted according to the rules of the sport.

If the infraction occurs during a tournament, including a state championship, the offending school shall be replaced by its most recently defeated opponent. Teams eliminated prior to the most recently defeated opponent shall not be allowed to reenter the tournament, team and individual awards shall be returned to the event sponsor and team and individual records and performances shall be nullified.

The intentional use of an ineligible athlete by a member school or repeated indifference to its responsibility to determine the eligibility of its athletes will subject the school to additional penalties which may include suspension for the amount of days up to length of the school year from the date the charge is substantiated.

The use of influence or illegal contact including but not limited to, violations noted in this handbook by a person(s) employed by or representing a member school including members of alumni associations, booster groups, and similar organizations to persuade, induce, or facilitate the enrollment of a student in that school for athletic purposes may render the student ineligible for up to one full school year from the date the charge is substantiated. In addition, the offending school may be placed on probation, as determined by the DCSAA, and the offending employee, if a coach, may be suspended for up to one full school year from the date the charge is substantiated.

2. *Coach*

The use of influence or illegal contact including but not limited to, violations noted in this handbook by a person(s) employed by or representing a member school including members of alumni associations, booster groups, and similar organizations to persuade, induce, or facilitate the enrollment of a student in that school for athletic purposes may render the student ineligible for up to one full school year from the date the charge is substantiated. In addition, the offending school may be placed on probation, as determined by the DCSAA, and the offending employee, if a coach, may be suspended for up to one full school year from the date the charge is substantiated.

3. *Student*

If the infraction occurs during a tournament, including a state championship, the ineligible athlete shall be replaced by their most recently defeated opponent or the next highest finisher. Contestants eliminated prior

to the most recently defeated opponent shall not be allowed to reenter the tournament.

Individual awards earned by the ineligible athlete and team awards, if necessary because of adjustments in the standings, shall be returned to the event sponsor. Individual records and performances by the ineligible athlete shall be nullified.

If an ineligible athlete participates in interscholastic competition contrary to DCSAA rules, but in accordance with a temporary restraining order or injunction against their school and the DCSAA, and the injunction is subsequently vacated, stayed, or reversed, or the courts determine that injunctive relief is not or was not justified, or the injunction expires without further judicial determination, the penalties stated above shall be imposed.

If an athlete or their parent(s), legal guardian(s) or Primary Caregiver knowingly withholds information or provides false information that causes the student to be eligible for interscholastic competition, the athlete shall be suspended from participation in any sport at any DCSAA member school for the number of days left in the school year from the date the charge is substantiated.

C. Sportsmanship Violations

1. Generally

Unless otherwise limited, the DCSAC Executive Director and Sportsmanship Committee may impose any penalties as deemed necessary based on the particular circumstances. The following are examples of possible penalties and represent degrees of discipline in enforcing a violation of sportsmanship:

- a. Reprimand, a reprimand may be given by the DCSAA Director or the Sportsmanship Committee. It is official notice that an unethical or unsportsmanlike action has occurred, is a matter of record and that such an occurrence must not be repeated.
- b. Probation, probation is a more severe penalty and may be imposed by the DCSAA Director or the Sportsmanship Committee on a member school, a particular team of a member school, a particular coach or athlete of a member school, or an official. Probation may be expressed in one of the following ways:
 - i. Conditional probation wherein the offending party may participate in regular season contests, sanctioned events, and conference and state championships provided he or she or the school files with

DCSAC a plan indicating the measures that shall be taken to alleviate the problem which caused him or her or the school to be placed on probation, or

- ii. Restrictive probation wherein a member school or a particular team of a member school may engage in its regular season schedule but may not enter any sanctioned events, participate in any playoff toward a conference or state championship, or be awarded a conference or state championship.
- iii. Suspension, a member school, a particular team of a member school, a particular coach or athlete of a member school, or an official may not participate in any DCSAC sanctioned interscholastic competition.

2. Coach

A coach may be disqualified before, during, or after a contest for unsportsmanlike and/or flagrant verbal or physical misconduct.

A coach disqualified before, during, or after a contest shall be suspended from the next contest up to and not to exceed the following two (a winner is determined or a tie is declared) contests at that level of competition and all other complete or suspended contests in the interim at any level of competition in addition to any other penalties which DCSAC or a conference may impose. During the suspension, the coach may not be present at any game at any level of competition in that sport involving their school. In addition, the coach may not be present at any game-related activities immediately before the contest, during the intermission, or immediately after the contest. The coach must be “out of sight and sound” of the game and game-related activities regardless of whether the coach is physically on school premises. If the offending coach is present at a game or game-related activity during the suspension in any capacity, including but not limited to: manager, statistician, site worker, spectator, etc., the individual will be suspended for one additional game at that level of competition.

If a coach is disqualified from the final contest of the season, the suspension shall carry over to the next year in that sport.

Coaches who do not fulfill their penalty in the same sport shall be disqualified for the appropriate length of time in their subsequent coaching assignment.

A coach ejected for a second time during the same season shall be subjected to a five game suspension

and meet, in a timely fashion, with the Sportsmanship Committee accompanied by the principal or designee.

3. Student – Athlete

An athlete may be disqualified before, during, or after a contest for unsportsmanlike and/or flagrant verbal or physical misconduct.

An athlete who leaves the team bench area and enters the playing field, court, or mat during a fight or other physical confrontation shall be automatically ejected from the contest. Additional penalties may be imposed if an athlete leaving the bench area becomes involved in the altercation.

An athlete disqualified before, during, or after a contest shall be suspended from the next contest, up to and not to exceed, the following two contests at that level of competition and all other complete or suspended contests in the interim at any level of competition in addition to any other penalties which DCSAC or a conference may impose. During the suspension, the athlete may not be present at any game at any level of competition in that sport involving their school. In addition, the athlete may not be present at any game-related activities immediately before the contest, during the intermission, or immediately after the contest. The athlete must be “out of sight and sound”

of the game and game-related activities regardless of whether the athlete is physically on school premises. If the offending athlete is present at a game or game-related activity during the suspension in any capacity, including but not limited to: manager, statistician, site worker, spectator, etc., the individual will be suspended for one additional game at that level of competition.

If an athlete is disqualified from the final contest of the season, the suspension shall carry over to the next year in that sport if the athlete retains eligibility in that sport.

Seniors shall fulfill their penalty in the post season all- star game in that sport. If not chosen to participate in the all-star game, they shall fulfill their penalty in another sport during the same season or another sport during a subsequent season. When a senior is disqualified from the last game of their high school career, the member school is requested to take appropriate administrative action to discipline the offending student.

An athlete ejected for a second time during the same season shall be subjected to a five game suspension and meet, in a timely fashion, with the Sportsmanship Committee accompanied by the principal or designee and by the coach.



XVIII. DEFINITIONS

When used in this chapter, the following terms shall have the meanings ascribed:

Administrative Head of School – The chief or head individual in charge of the school traditionally referred to or generally known as the principal or head of school.

Athletic Appeals Panel (AAP) – A review Panel composed of three (3) voting members of the District of Columbia State Athletics Commission who are appointed by the Chair of the District of Columbia State Athletics Commission (DCSAC)

Athletic Director (“AD”) – A person who holds the position of athletic director or a person or entity that performs the functions of an athletic director.

Athletic League – Includes the District of Columbia Interscholastic Athletic Association or its successor, the Public Charter School Athletic Association or its successor, and any other collaborative of LEA’s or schools for the purpose of which is to organize interscholastic athletic competitions against other members of the collaborative.

Board of Commissioners – The District of Columbia State Athletics Commission, the governing board of the DCSAA

Valid Change of Address – when a student moves from the residence where the enrolling parent(s) lived with the student, and that has been vacated by the entire family for use as its residence, to a new residence with the enrolling parent(s).

Boundary Zone or Attendance Zone – The area designated by DCPS as inbounds for a particular residence.

Commission – the District of Columbia State Athletics Commission (DCSAC).

Day – One (1) calendar day, unless otherwise stated.

DCPS – means the District of Columbia Public Schools.

DCSAA – means the District of Columbia State Athletic Association.

DCSAA – sanctioned sport or activity - means a sport in which DCSAA hosts a state championship and/or is governed by the National Federation of State High School Association rules. All sanctioned sports and/ or activities will be updated annually and published in the DCSAA Handbook.

DCSAA Handbook – means a publication containing interpretations and policy guidance consistent with this chapter and the District of Columbia State Athletics Consolidation Act of 2016, effective April 7, 2016 (D.C. Law 21-263; D.C. Official Code § 38-2661.01 et seq.)(2012 Repl. and 2017 Repl.).

DCSAA-sanctioned competition – means an interscholastic athletic event or program governed by DCSAA membership standards.

DCSAC – Means the District of Columbia State Athletic Commission, an independent agency created by statute to provide oversight and guidance of interscholastic athletics in the District of Columbia.

Double-Practice Day (2-a-day) – is two practices in one day. Neither practice’s duration can exceed three hours total, and student-athletes may not participate in more than five hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The two practices should be separated by at least three continuous hours in a cool environment.

First year of eligibility – The school year a student first enters ninth (9th) grade for the first (1st) time.

Hardship – A hardship is defined as an unforeseeable, unavoidable, and uncorrectable act, condition or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family.

Interscholastic Athletics Program – Means all athletic activities or sports offered within a school, the purpose of which is to provide opportunities for students to compete with other students on like teams in other schools.

Legal Guardian, Custodial Parent or Primary Caregiver – An individual who legally has responsibility for the care and management of the student during the student’s minority. The relationship is a legal one and must be created by a court order signed by a judge, commissioner, or master of a court of competent jurisdiction.

Local Education Agency or LEA – means an educational institution at the local level that exists primarily to operate a publicly funded school or schools in the District of Columbia, including the District of Columbia Public Schools (DCPS) and a District of Columbia public charter school.

Member School – Means a public, public charter, parochial, or private school in the District that is a member of the DCSAA

Ninth Grade – A student is considered to be in grade nine (9) upon the student’s promotion from the eighth (8th) grade to the ninth (9th grade) on the last school day of the student’s eighth (8th) grade (8th) grade academic year. The ninth (9th) grade year is considered to be completed on the last day of summer vacation prior to the first day of the new academic (tenth (10th) grade) year.

OSSE – The District of Columbia Office of the Superintendent of State Education.

Participant – Means an enrolled student who is attending a member school and who is listed on the tryout roster or official team roster of a school sponsored athletic team that participates in the school’s interscholastic athletics program.

Participant Eligibility – Means the status of a student’s fitness to participate in a DCSAA -sanctioned competition based on both residency and academic requirements.

Participate – Inclusion on the tryout roster or team roster as a member of a recognized school team to tryout or play in practices, contests, and competitions, or otherwise engaging in other activities as part of the team.

Practice – Defined as the period of time a participant engages in a coach-supervised, school-approved, and sport- or conditioning-related physical activity. Each individual practice should last no longer than 3 hours. Warm-up, stretching, and cool-down activities are included as part of the 3-hour practice time. Regardless of the ambient temperature conditions, all conditioning and weight-room activities should be considered part of practice.

Previous participation – Prior participation in interscholastic athletics in grades nine (9) through twelve (12).

Principal or Head of School – The Administrative Head of School includes but is not limited to Head of School, Administrator, Executive Director, or Charter Head.

Receiving school – The school a student enrolls in, after leaving his or her previous school.

Recovery Period – Defined as the time between the end of 1 practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment, with no sport- or conditioning-related activity permitted (i.e. speed or agility drills, weight training, conditioning, or walk-through, including talk and film sessions). Treatment with the athletic trainer is permissible.

Rules and Regulations – Encompasses all rules and regulations and policy found in 5-F DCMR Chapter 1 and the DCSAA Handbook.

Sending School – A school that a student withdraws from, in order to attend a different school.

Title IX – Title IX is a portion of the Education Amendments of 1972, Pub. L. No. 92318, 86 Stat. 235 (approved June 23, 1972), 20 U.S.C. §§ 1681 - 1688.

Transfer – The student has withdrawn from a sending school and has enrolled in a receiving school.

Walk-through – Defined as a teaching opportunity with student-athletes not wearing protective equipment (i.e. helmets, shoulder pads, catcher’s gear, shin guards) or using other sports related equipment (i.e. footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, cones). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight-room activities. A 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).

Week – Seven (7) calendar days, unless otherwise stated.

XIX. SPORTS GUIDELINES

I. BASEBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, 10 athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, nine (9) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – Practice may start on February 10th.
- ii. Pitchers and Catchers – Pitchers and catchers may start February 1st.
- iii. Practice Dates Before Competition – No scrimmages or games can be conducted until a team has completed three official practices.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA Baseball rules are the official playing rules for all games.
- ii. Competition Time Limit Restrictions
 1. There is a two hour time limit for all regular season games.
 2. The two hour time limit shall apply whether the 5th inning is finished or not.
 3. If a game does not reach five innings within the two (2) hour time limit, the game will be treated as a suspended game. The DCSAA, in conjunction with the overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 4. A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
 5. If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
 6. If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The DCSAA, in conjunction with the overseeing sports league, shall have the



authority to determine if the game shall resume at a later date.

7. There is no two (2) hour time limit in the championship game.

iii. MERCY RULE

1. Ten Run Rule – The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing five (5) innings if the losing team is down by ten (10) or more runs and has finished their at bat.
 2. Fifteen Run Rule – The game is officially over if a team is down by fifteen (15) or more runs after three (3) innings and an hour and a half has elapsed.
- ### iv. Complete Game – Seven (7) innings will constitute a complete game, except where other rules apply.
1. Two (2) hour time limit and five (5) innings constitute a complete game.
 2. The ten (10) run mercy rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished at bat.
 3. The game is officially over if a team is down

by fifteen (15) or more runs after three (3) innings and an hour and a half has elapsed.

4. Upon agreement, coaches can call a game at any time.
- v. Game Protest – Coaches must immediately declare any and all game protests at the time of the incident to the umpire and opposing coach. Official written notification must be submitted to the DCSAA within twenty four (24) hours of the incident by the Principal or LEA Athletic Director.

a record of those players that participate or are in uniform for all contests.

- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

d. SCHEDULING

- i. Scheduling – High School
 1. Maximum number of twenty (20) games and four (4) scrimmages.
 2. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- ii. Scheduling – Middle School
 1. Maximum number of fifteen (15) games and four (4) scrimmages are permitted.

h. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

e. FIELD DIMENSIONS

- i. Field Dimensions -
 1. Base Path – Bases shall be 90 feet apart.
 2. Pitching Distance – The pitchers plate shall be 60 feet 6 inches from the rear tip of home plate.
 3. Mound Height – The pitchers plate shall be 10 inches above home plate.

i. UNIFORM RULES

- i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that coaches wear the uniform of their team. Coaches will be restricted to the dugout if they are not in compliance and subject to further actions from the DCSAA.

f. PITCH LIMIT

- i. Pitch Limit -
 1. 1-25 pitches in a day = NO calendar day of rest
 2. 26-50 pitches in a day = (1) calendar days of rest
 3. 51-75 pitches in a day = (2) calendar days of rest
 4. 76-100 pitches in a day = (3) calendar days of rest
 5. 101-125 pitches in a day = (4) calendar days of rest
 6. If you pitch back to back days 1-25 pitch limit, you must rest the next two days.

j. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, an Athletic Trainer or Certified EMT approved by the DCSAA is required for all contests.

k. OFFICIALS

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

l. TEAM RESPONSIBILITY

- i. Game Balls & Book:
 1. Each team furnishes two top grade game balls.

g. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep

2. Additional game balls will be furnished simultaneously by both teams at the request of the umpire.
3. At the end of the game remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.
4. The home team is responsible for official game book.
5. If the home team does not have a game book, the visiting team's score is official.

m. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Baseball Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

n. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.

II. BASKETBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, six (6) student-athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, five (5) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – November 1, 2015.
- ii. No scrimmages or games can be conducted until a team has completed three (3) official practices.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA basketball rules are the official playing rules for all games.
- ii. Competition Time Limit Restrictions
 1. Each game shall consist of four (4) quarters or eight (8) minutes for high school and six (6) minutes for middle school.
 2. The halftime intermission shall be ten (10) minutes, and may be extended to a maximum of 15 minutes for special

activities, as long as the visiting team has been properly notified before the start of the competition.

3. Overtime periods shall be four (4) minutes
- iii. Mercy Rule – During the regular season or tournament game, if a team is ahead by thirty (30) points, a running clock will begin and it will only stop on timeouts. Substitution of starters will also begin at 30 points. If the deficit is



cut below 20 points, the time reverts back to standard operating time.

- iv. Scheduling – A maximum number of twenty six (26) games and four (4) scrimmages are permitted. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- v. Official Ball – The official state supported basketball is Wilson. This ball must be used during all state playoff games.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULES

- i. Coaches and players must comply with the NFHS basketball rules. Professional attire shall be worn by all members of the coaching staff during the contest. No jeans or sweats are permissible.

g. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, an athletic trainer or Certified EMT is required for all contests.

h. OFFICIALS

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

i. TEAM RESPONSIBILITY

- i. Team Responsibility–
 - 1. Game Clock – The home team shall be responsible for providing a responsible to operate the game clock.
 - 2. The clock operator shall wear an official shirt during the game.
 - 3. The home team is responsible for the game book.
 - 4. If the home team does not have a game book, the visiting team’s score is official.

j. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the basketball Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

k. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships. Coed teams shall participate only in the boys’ state championship tournament or coed meet.

III. CHEERLEADING

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for practice.
- ii. Weather Conditions (HEAT & HUMIDITY)
 - 1. Cheerleaders shall be provided five (5) days of conditioning to become acclimated to heat.
 - 2. No outdoor practice can be held between 11:00am-3:00pm

3. If the heat index warrants, a mandated light practice will be called by DCSAA
4. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practice.
5. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice under heat related restrictions.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS Spirit rules are the official rules for cheerleading.

d. UNIFORM RULES

- i. Coaches and cheerleaders must comply with the NFHS Spirit rules uniform requirements.
- ii. Professional attire shall be worn by all members of the coaching staff during contests. No jeans or sweats are permissible.

e. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Cheerleading Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

f. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.

IV. CROSS COUNTRY

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.
- ii. Squad Limit
 1. Any squad with less than five (5) entrants will not be considered a team and will not receive team points, and will not be eligible for team awards.
 2. In DCSAA Championship meets, a team may consist of five (5) to seven (7) participants; but only five (5) participants are allowed to score unless there is a tie. In the event of a tie, the sixth (6th) place



participant will be used to break the tie.

3. Road races may be allowed as a qualifying event only if prior approval has been granted by the LEA Athletic Director. All requests must be received in writing no later than thirty (30) days prior to the requested competition.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets.
- ii. Course Measurements
 1. Middle School – 2.5 miles (4.1k)
 2. High School – 3.1 miles (5k)
- iii. Scheduling
 1. DCSAA will schedule all championship sponsored meets
 2. Member schools may not participate in any sponsored meet that is in direct conflict with any DCSAA meet or championship.
- iv. Meet Entries – Each school may enter a maximum of fifteen (15) athletes but only seven (7) on each team will enter into the scoring. The seven (7) athletes will be designated prior to the start of the meet.
- v. Jury of Appeals – A Jury of Appeals if appointed, shall serve as the final board of appeals, if any. Coach first protests to the referee, if the coach feels the rules have been misapplied or misinterpreted. Situations that deem a protest or appeal are as follows:

1. Misapplication or misinterpretation of the rules.
 2. Correcting an error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
 3. Correction of meet results involving an ineligible participant (this can be made any time discovered).
 4. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
 5. Any discrepancies involving violations or alleged violators of any rules.
 6. An illegal or unfair start.
- vi. Scoring – The team score will be determined by the totaling of the points scored by the first five (5) finishers of each team. Teams that enter with fewer than five (5) runners and compete with fewer than five (5) runners shall not be eligible for team honors/ scoring. The designated scoring competitor who finish the race will be ranked and tallied in accordance with the table below:

Place	1st	2nd	3rd	4th	5th
Points	1	2	3	4	5

1. In DCSAA sponsored meets, a team may consist of five (5) to seven (7) participants; but only five (5) participants are allowed to score. In the event of a tie, the sixth (6th) place participant will be used to break the tie.
2. In a developmental or dual meet, there is no limit on the number of participants per team.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Track Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. UNIFORM RULES

The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- i. Each competitor shall wear a uniform bearing the school name and colors.
- ii. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
- iii. The waistband of a competitor’s bottom shall be worn above the hips.

f. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA

g. MEDICAL COVERAGE

- i. Athletic Health Care personnel must be present for all track meets. It is the responsibility of the person organizing the meet to ensure appropriate medical coverage is present.

h. TEAM RESPONSIBILITY

- i. Team Responsibility–
 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 2. It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.
- i. STATE CHAMPIONSHIPS
 - i. Bulletin – For playoff information, please refer to the Cross Country Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

j. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

V. FOOTBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, eighteen (18) athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, eighteen (18) student-athletes must be eligible and dressed with proper

game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.
- ii. Acclimatization Period
 1. Day 1 – T-shirts, shorts, and helmets only
 2. Day 2 – T-shirts, shorts, and helmets only
 3. Day 3 – Shoulder Pads, shorts, and helmets only
 4. Day 4 – Shoulder Pads, shorts, and helmets only
 5. Day 5 – Shoulder Pads, shorts, and helmets only
 6. Day 6 – Helmet and full pads, contact allowed, no scrimmages allowed
 7. Day 7 – Helmet and full pads, contact allowed, no scrimmages allowed
 8. Day 8 – Helmet and full pads, contact allowed, no scrimmages allowed
- iii. Practice – Weather Conditions (HEAT & HUMIDITY)
 1. No outdoor practice can be held between 11:00am and 3:00pm.
 2. If the heat index warrants, a mandated light practice will be called by DCSAA. Under these conditions, only shorts, t-shirts and helmets may be worn.
 3. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practices.
 4. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice held under heat related restrictions.
 5. Practice schedules shall be kept on file and available upon request.
 6. Mandatory Water Breaks Games: The game official must call an uncharged, one (1) minute timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule must be enforced in all games where the heat index warrants.
- iv. Preseason Practice Guidelines
 1. Single Session Practice Days – Student-

athletes may not engage in more than three (3) hours of on-field activities on single-session practice day. Student- athletes may not engage in any other physical activity organized or conducted by the school, except weight training.

2. Multiple Practice Days – There must be at least four (4) continuous hours of “recovery” time between the end of the first practice and the beginning of the last practice. During the four (4) hour “recovery” period, student-athletes are not allowed to participate in meetings or any other athletically related activity, including weight training.
- v. Maximum Practice Time – A total of five (5) hours of on-field practice is the maximum allowed for any practice day when you conduct multiple sessions. No single session practice may be longer than three (3) hours.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA football rules are the official playing rules for all games.
- ii. Official Ball – The official state supported football is Wilson. This ball must be used during all state playoff games.
- iii. Sideline Designation – The visiting team shall occupy the sideline opposite the home stands. If the home team elects to share the sideline, the sideline will be divided from the 40 yard line to the 20 yard line. No team shall be permitted in the divided portion of the sideline.
- iv. Scheduling – A maximum number of ten regular season contests and four (4) scrimmages are permitted.
- v. First Official Contest Date – The earliest date for a high school football contest is the fourth (4th) week of August.
- vi. Halftime – The halftime intermission will be twenty (20) minutes unless shortened by mutual agreement of both coaches and the umpire.
- vii. Mandatory Warm-up – There will be a mandatory five (5) minute warm-up after half-time that is enforced by officials for each team.
- viii. Mercy Rule – If at any time during a regular season game a team falls behind thirty five (35) points, the clock will go to running time. If a team reduces the margin below 35 points, the clock will revert back to regulation timing. Once a team is behind fifty (50) points, at the beginning

of the quarter, the time will be reduced to six minutes and running time will be used. If the deficit is reduced below fifty (50) points, and a new quarter is to start, revert back to regulation quarter start time.

- ix. Overtime Procedure – No game shall be permitted to end in a tie. The ten (10) yard line overtime procedure described in 2014-15 NFHS Football Rules book will be used to determine the winner of any game which is tied at the end of regulation.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULES

- i. Game Uniforms – The home team will wear uniforms with dark jerseys. The visiting team will wear uniforms with light jerseys. At the agreement of the head coaches involved, exception to this rule may be made to ensure that a contrast in colors exists.
- ii. Jersey Numbers – Player uniforms will be numbered in accordance with NFHS rules. If a team chooses to change jerseys during a game, each player must wear the same numbered jersey after the change.

- iii. Coaches Uniform – All coaches on the sideline must be dressed in coaching attire, which includes khaki pants or shorts, slacks or team sweat pants, and team polo or collared shirt. T-shirts and jeans are not acceptable.

- iv. Unacceptable Attire – Please review the NFHS Rule book for all items that are not accepted.

g. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, a licensed medical doctor is required for all varsity football contests.

h. OFFICIALS

- i. Official Assignment – All game/contest s officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

i. TEAM RESPONSIBILITY

- i. Team Responsibility–
 1. All field markings are provided by the home team
 2. The home team is responsible for down and distance chains
 3. Each team must furnish three (3) top grade team balls

j. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

k. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

VI. INDOOR TRACK AND FIELD

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.
- ii. Competition Site – Indoor competition venue has a standard 200-meter track. When feasible, there will be an obstacle-free zone in the inside and on the outside of the track at least one (1) meter in width.
- iii. Order of Events – Indoor competition shall consist of the following order of events unless changed by the meet director:

Without Preliminary Heats		With Preliminary Heats	
4x800m Relay	High Jump	HH Trials	High Jump
55m HH	Long Jump	Dash Trials	Long Jump
55m Dash	Triple Jump	4x800m Relay	Shot Put
4x200m Relay		HH Finals	Triple Jump
1600m Run		Dash Finals	
600m or 400m Dash		4x200m Relay	
55m LH		1600m Run	
1000m or 800m Run		600m or 400m Dash	
300m Dash		LH Trials	
3200m Run		1000m or 800m Run	
4x400m Relay		LH Finals	
		300m Dash	
		3200m Run	
		4x400m Relay	

- iv. Meet Location – All indoor track and field meets will be held at the Prince George’s Sports and Learning Complex in Landover, Maryland.

d. ATHLETE PARTICIPATION

- i. Middle School
 1. A middle school student-athlete shall only compete in a maximum of three (3) events.
 2. A middle school student-athlete shall participate in at least one meet prior to competing in a DCSAA championship meet.
 3. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
 4. The student-athlete must report to the field judge prior to competition.
- ii. High School
 1. A high school student-athlete shall not compete in more than four (4) events, including relays.
 2. A high school student-athlete shall not be entered in more than four (4) events, excluding relays, meet management reserves the right to scratch the athlete from excess events.
 3. A high school student-athlete who participates in more events than allowed, shall forfeit all individual places and points and shall be disqualified from the competition in that particular meet.
 4. The student-athlete entry and participation limitations do not apply to multi-event competition.
 5. A high school student-athlete shall compete in two (2) indoor meets prior to competing in a DCSAA championship meet.
 6. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
 7. The student-athlete must report to the field judge prior to competition.

e. TEAM PARTICIPATION / RELAYS

- i. Middle School
 1. Any team with less than four (4) entrants will not be considered a team for competition.
 2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
 3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
 4. No team shall enter more than one (1) relay team in any race.



ii. High School

1. Any team with less than four (4) entrants will not be considered a team for competition.
2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
4. No team shall enter more than one (1) relay team in any race.

f. SCORING

For scoring purposes, a team is made up of one or more competitors representing a single school. The top eight (8) qualifying times will be scored in the high school and middle school levels if more than eight (8) participants check in prior to the closing of an event. Once an event has been closed, it will not be reopened to accommodate late check-ins. The number of places to be scored for each event, unless otherwise changed by meet management shall go according to the following:

Dual Meets	5,3,1	Relays 5
Tri Meets	5,3,2,1	Relays 5,3
Quad Meets	6,4,3,2,1	Relay 6,4,2
DCSAA Championship Meet	10,8,6,5,4,3,2,1	Relays 10,8,6,5,4,3,2,1

- i. Scoring For Ties – In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.

g. Jury of Appeals

A Jury of Appeals if appointed, consists of five (5) coaches from five (5) participating schools and shall be appointed by the meet manager. The Jury of Appeals shall serve as the final board of appeals, if any. Situations that deem a protest or appeal are as follows:

1. Coach protests to the referee, if the coach feels the rules have been misapplied or misinterpreted.
2. Misapplication or misinterpretation of the rules.
3. Correcting and error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
4. Correction of meet results involving an ineligible participant (this can be made any time discovered).
5. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
6. Any discrepancies involving violations or alleged violators of any rules.
7. A decision made by a finishing judge, referee or timer.
8. An illegal or unfair start.

h. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Track Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

i. UNIFORM RULES

The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear a uniform bearing the school name and colors.
2. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
3. The waistband of a competitor’s bottom shall be worn above the hips.

j. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

k. MEDICAL COVERAGE

- i. Athletic Health Care personnel must be present for all track meets. It is the responsibility of the person organizing the meet to ensure appropriate medical coverage is present.

l. TEAM RESPONSIBILITY

- i. Team Responsibility–
 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 2. It is the responsibility of the team to have and keep track of the “Emergency Treatment Sheet” for each athlete competing.

m. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

n. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.

VII. OUTDOOR TRACK AND FIELD

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA rules govern Cross Country meets. Only equipment that meets the dimensions and specifications in the NFHS sports rules shall be used in interscholastic competition.
- ii. Competition Site – Outdoor competition venue has a standard 400-meter track. When feasible, there will be a coaches’ box designated by meet management.
- iii. Order of Events – Indoor competition shall consist of the following order of events unless changed by the meet director:

One Session Meet

High School Running Events	Field Events (4 Attempts)
----------------------------	---------------------------

4x800m Relay	Discus Throw
100m HH (33in / 110m HH 39in)	High Jump
100m Dash	Long Jump
4x200m Relay	Shot Put
1600m Run	Triple Jump
4x100m Relay	
400m Dash	
300m LH (30in / 300m IH 36in)	
800m Run	
200m Dash	
3200m Run	
4x400m Relay	

(The above refers to when there are no preliminary flights or heats required)

Two Session Meet

High School Running Events	Field Events (4 Attempts)
----------------------------	---------------------------

4x800 m Relay (Final)	High Jump
100m HH (33in / 110m HH 39in) (Prelim)	Discus
100m Dash (Prelim)	Long Jump
400m Dash (Prelim)	Shot Put
100m HH (33in / 110m HH 39in) (Final)	Triple Jump
100m Dash Final	
4x200m Relay (Final)	
1600m Run (Final)	
4x100m Relay (Final)	
400m Dash (Final)	
300m LH (30in / 300m IH 36in) (Prelim)	
200m Dash (Prelim)	
800m Run (Final)	
300m LH (30in / 300m IH 36in) (Final)	
200m Dash (Final)	
3200m Run (Final)	
4x400m Relay (Final)	

(The above refers to when there are no preliminary flights or heats required)

Middle School Running Events	Field Events (4 Attempts)
------------------------------	---------------------------

100m Lh/HH or 75m HH	
4x100m Relay	Long Jump
1600m Run	Discus
100m Dash	High Jump
4x200m Relay	Shot Put (4kg)
400m Dash	
800m Run	
200m Dash	
1600m Run	
200m Dash	
3200m Run	
4x400m Relay	

d. SCHEDULING

A member school may not participate in a sponsored meet that is in direct conflict with any DCSAA sponsored meet.

e. ATHLETE PARTICIPATION

i. Middle School

1. A middle school student-athlete shall only compete in a maximum of four (4) events.
2. A middle school student-athlete shall participate in at least one meet prior to competing in a DCSAA championship meet.
3. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
4. The student-athlete must report to the field judge prior to competition.

ii. High School

1. A high school student-athlete shall not compete in more than four (4) events, including relays.
2. A high school student-athlete shall not be entered in more than four (4) events, excluding relays, meet management reserves the right to scratch the athlete from excess events.
3. A high school student-athlete who participates in more events than allowed, shall forfeit all individual places and points and shall be disqualified from the competition in that particular meet.
4. The student-athlete entry and participation limitations do not apply to multi-event competition.

5. A high school student-athlete shall compete in two (2) outdoor meets prior to competing in a DCSAA championship meet.
6. An event will be charged to the competing student-athlete when he/she reports to the event judge or starter.
7. The student-athlete must report to the field judge prior to competition.

- i. Scoring For Ties – In the event of a tie, the points for the tie shall be added together and divided by the number of competitors who are involved in the tie.

f. TEAM PARTICIPATION / RELAYS

- i. Middle School
 1. Any team with less than four (4) entrants will not be considered a team for competition.
 2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
 3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
 4. No team shall enter more than one (1) relay team in any race.
- ii. High School
 1. Any team with less than four (4) entrants will not be considered a team for competition.
 2. A team must participate in two meets in order to qualify for the DCSAA championship meet.
 3. Each relay team can enter up to six (6) entrants for alternate purposes but only four (4) will compete.
 4. No team shall enter more than one (1) relay team in any race.

h. Jury of Appeals

A Jury of Appeals if appointed, consists of five (5) coaches from five (5) participating schools and shall be appointed by the meet manager. The Jury of Appeals shall serve as the final board of appeals, if any. Situations that deem a protest or appeal are as follows:

1. Coach protests to the referee, if the coach feels the rules have been misapplied or misinterpreted.
2. Misapplication or misinterpretation of the rules.
3. Correcting and error in team scoring, which has up to forty eight (48) hours after the end of the meet to be appealed and corrected.
4. Correction of meet results involving an ineligible participant (this can be made any time discovered).
5. Failure of meet management to follow a procedure contained in the terms and conditions outlined in the Cross Country DCSAA Bulletin.
6. Any discrepancies involving violations or alleged violators of any rules.
7. A decision made by a finishing judge, referee or timer.
8. An illegal or unfair start.

g. SCORING

For scoring purposes, a team is made up of one or more competitors representing a single school. The top eight (8) qualifying times will be scored in the high school and middle school levels if more than eight (8) participants check in prior to the closing of an event. Once an event has been closed, it will not be reopened to accommodate late check-ins. The number of places to be scored for each event, unless otherwise changed by meet management shall go according to the following:

Dual Meets	5,3,1	Relays 5
Tri Meets	5,3,2,1	Relays 5,3
Quad Meets	6,4,3,2,1	Relay 6,4,2
DCSAA Championship Meet	10,8,6,5,4,3,2,1	Relays 10,8,6,5,4,3,2,1

i. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those athletes that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Track Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Track Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

j. UNIFORM RULES

The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear a uniform bearing the school name and colors.
2. Any visible garment underneath the uniform top and/or bottom must be single solid color. If more than one visible garment is worn underneath, it must be the same color.
3. The waistband of a competitor's bottom shall be worn above the hips.

k. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA.
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

l. MEDICAL COVERAGE

- i. Athletic Health Care personnel must be present for all track meets. It is the responsibility of the person organizing the meet to ensure appropriate medical coverage is present.

m. TEAM RESPONSIBILITY

- i. Team Responsibility–
 1. It is the responsibility of the team to provide volunteers to assist the team with preparation and keep track of athletes prior to the start of the race.
 2. It is the responsibility of the team to have and keep track of the "Emergency Treatment Sheet" for each athlete competing.

n. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Outdoor Track Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

o. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

I. SOCCER

a. Declaration of a Team

- i. Request to Field a Team – Schools wishing to field a team must submit a request to the

overseeing sports league and the DCSAA 39 days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season.

- ii. Requirements for Game Play – A game shall not be started with fewer than seven (7) properly uniformed players on each team.
- iii. Squad Limits – The game shall be played by two (2) teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.
- ii. Heat Acclimatization – Players should be provided five (5) days of conditioning to become acclimated to heat.
- iii. Practice – Weather Conditions (HEAT & HUMIDITY)
 1. No outdoor practice can be held between 11:00am and 3:00pm.
 2. If the heat index warrants, a mandated light practice will be called by DCSAA. Under these conditions, only shorts, t-shirts and helmets may be worn.
 3. Reduction in the amount of time for practice or start time may also be deemed necessary for outdoor practices.
 4. A mandatory ten (10) minute water break must be conducted three (3) times during a two (2) hour practice. This mandate is for any practice held under heat related restrictions.
 5. Practice schedules shall be kept on file and available upon request.
 6. Mandatory Water Breaks Games: The game official must call an uncharged, one (1) minute timeout at the clock stoppage nearest the half-way point of each quarter. Coaches may meet with their players during this timeout. This rule must be enforced in all games where the heat index warrants.

c. ATHLETIC COMPETITION

- i. Rules of Competition – NFHS and adopted DCSAA soccer rules are the official playing rules for all games. The DCSAA will adhere to the NFHS Soccer rules, as has been modified for all soccer games and competitions. The

following are the official rules for soccer games:

1. The official time shall be kept by the head referee during regular season.
2. A regular season soccer game that has competed one-half or more of play is an official game.
3. A game that has been called due to inclement weather, prior to the first half being completed is a suspended game.
4. High school contests will be played in two (2) 40-minute halves.
5. There shall be a five (5) minute intermission prior to the start of the overtime.

d. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEITS

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team or individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

f. UNIFORM RULES

- i. Uniform Rule – Bicycle/spandex shorts may be worn under the uniform in accordance with the NFHS rule; however, they are not to be worn as the uniform bottom.
 1. Uniforms must be numbered in accordance with NFHS recommendations.
 2. The home team shall wear the lighter jersey and the visiting team shall wear the dark jerseys (with the agreement of the coaches involved) exceptions to this rule may be made due to uniform order issues.

g. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

h. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Soccer Bulletin, located online at www.dcsaasports.org under your sport specific tab.

i. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships

VIII. SOFTBALL

a. DECLARATION OF A TEAM

- i. Requirements for Fielding a Team – In order to field a team, 10 athletes must be eligible for participation.
- ii. Requirements for Game Play – To play a contest, nine (9) student-athletes must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.



b. PRACTICE

- i. Start Date – Practice may start on February 10th.
- ii. Pitchers and Catchers – Pitchers and catchers may start February 1st.
- iii. Practice Dates Before Competition – No scrimmages or games can be conducted until a team has completed five (5) official practices.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA Softball rules are the official playing rules for all games.
- ii. Competition Time Limit Restrictions
 1. There is a two hour time limit for all regular season games.
 2. The two hour time limit shall apply whether the 5th inning is finished or not.
 3. If a game does not reach five (5) innings within the two (2) hour time limit, the game will be treated as a suspended game. The overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 4. A new inning cannot start after one hour and forty-five minutes, except when necessary to break a tie score.
 5. If the game is tied at the two (2) hour time limit, teams may continue to play for an additional 15 minutes to break the tie.
 6. If the game remains tied at the completion of that inning or after 15 minutes have elapsed, the game will be treated as a suspended game. The overseeing sports league, shall have the authority to determine if the game shall resume at a later date.
 7. There is no two (2) hour time limit in the championship game.
- iii. Mercy Rule
 1. Ten Run Rule – The ten (10) run rule is in effect after the fifth (5th) inning. The game is officially over after playing five (5) innings if the losing team is down by ten (10) or more runs and has finished at bat.
 2. Fifteen Run Rule – The game is officially over if a team is down by fifteen (15) or more runs after three (3) innings and an hour and a half has elapsed.
- iv. Complete Game – Seven (7) innings will constitute a complete game, except where

other rules apply.

1. Two (2) hour time limit and five (5) innings constitute a complete game.
2. The ten (10) run mercy rule is in effect after the fifth (5th) inning. The game is officially over after playing 5 innings if the losing team is down by ten (10) or more runs and has finished at bat.
3. The game is officially over if a team is down by 15 or more runs after 3 innings and an hour and a half has elapsed.
4. Upon agreement, coaches can call a game at any time.
- v. Game Protest – Coaches must immediately declare any and all game protests at the time of the incident to the umpire and opposing coach. Official written notification must be submitted to the DCSAA within twenty four (24) hours of the incident by the Principal or LEA Athletic Director.

d. SCHEDULING

- i. Scheduling – High School
 1. Maximum number of twenty (20) games and four (4) scrimmages.
 2. A maximum of four (4) tournaments are permitted with each counting as one (1) game.
- ii. Scheduling – Middle School
 1. Maximum number of fifteen (15) games and four (4) scrimmages are permitted.

e. FIELD DIMENSIONS

- i. Field Dimensions -
 1. Base Path – Bases shall be 60 feet apart.
 2. Pitching Distance – The pitchers plate shall be 43 feet from the rear tip of home plate.

f. PITCH LIMIT

- i. Pitch Limit -
 1. Weekly Limit – A pitcher may not pitch more than 14 innings in a week (Monday through Saturday). This count is to be kept by the coach and recorded in the scoring book.
 2. Inning Limit – A pitcher may pitch a maximum of 10 innings within two (2) consecutive days and may not pitch more than 10 innings in a single day. This count is to be kept by the coach and recorded in the scoring book.

g. PARTICIPATION RECORD

- i. Data Collection – All head coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

h. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

i. UNIFORM RULES

- i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that coaches wear the uniform of their team. Coaches will be restricted to the dugout if they are not in compliance and subject to further actions from the DCSAA.

j. MEDICAL COVERAGE

- i. Medical Coverage – Per the DCSAA and the DCMR, an Athletic Trainer or Certified EMT approved by the DCSAA is required for all contests.

k. OFFICIALS

- i. Official Assignment – All game/contest officials must be certified by the DCSAA
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

I. TEAM RESPONSIBILITY

- i. Game Balls & Book:

1. Each team furnishes two top grade game balls.
2. Additional game balls will be furnished simultaneously by both teams at the request of the umpire.
3. At the end of the game remaining balls will be divided equally between the participating teams, with the home team receiving the odd number.
4. The home team is responsible for official game book.
5. If the home team does not have a game book, the visiting team’s score is official.

m. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Football Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

n. AWARDS

- i. Awards - DCSAA will provide awards for state tournaments and championships.

IX. TENNIS

a. DECLARATION OF A TEAM

- i. Schools wishing to field a team must submit a request to the LEA Athletic Director thirty (30) days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season that the team wishes to compete.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – DCSAA will adhere to the United States Tennis Association (USTA) Amateur Tennis Rules. Rules and regulations shall be found in the Friends at Court book on www.nfhs.com.
- ii. Participation and Entry Limits – Matches shall consist of the following:
 1. Three (3) Boys Singles – One (1) point per match
 2. Three (3) Girls Singles – One (1) point per match

3. One (1) Doubles – One (1) point per match (either all boys, all girls, mixed).
 4. Doubles players can't participate in a singles match
 5. Each Player can participate in only one (1) singles match
 6. Each school must enter its players in matches according to their established rank and position on the team. Stacking is not permitted.
- iii. Scoring – A player or doubles team will score one (1) point for his/her/their team for each match he/she/they win in the tournament.
1. Ten (10) game professional set; twelve (12) point tie breaker at 9-9.
 2. Four (4) team points win a match when seven (7) points are played.
 3. For a legal match victory, four (4) certified players must be present at the match.
 4. The highest number of points wins when less than seven (7) points are played. Example – Five (5) matches are played – Team A Wins 3; Team B Wins 2 = Team A Wins 3-2.
- iv. Forfeited Points

1. Teams will forfeit one (1) point per match if the opposing team does not produce an opponent.
2. Player must get on the court, call service and serve one (1) ball in order to forfeit the point.

d. PARTICIPATION RECORD

- i. Data Collection – All coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to the LEA Athletic Director within one (1) week after each interscholastic athletic contest. The forms shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all league and non-league interscholastic athletic contests in which student-athletes participate.

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA sponsored events are not permitted. The DCSAA and/or the LEA Athletic Director shall have the authority to forfeit games



due to concerns for the safety of the student-athletes.

- ii. Season Cancelled – Any team or individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can't finish the season.

f. UNIFORM RULES

- i. All members of a team shall begin their respective matches dressed in shirts (collared tennis shirts, t-shirts, etc.), or one (1) piece outfits for girls, which are similar in color and style. Boys are permitted to wear sleeveless style tennis shirts. Players may change shirts between games and at the end of a match; otherwise, shirts must be worn at all times while at the match site.
- ii. Caps, hats, or visors may be worn. Headbands made of cloth, elastic fiber or rubber are also permissible provided they are unadorned and no wider than two (2) inches. Bandannas worn as head coverings are not permitted.
- iii. Spandex shorts are prohibited as a uniform bottom. Tank tops for boys and shirts which leave the midriff exposed, along with any item of clothing, including head wear on which profane or otherwise vulgar slogans or artwork is displayed are also prohibited.
- iv. A player whose attire is in violation of these provisions will cause his/her school to be assessed a penalty by either the league or DCSAA office or both.

g. TEAM RESPONSIBILITIES

- i. It is the responsibility of each team to bring water and hydration products to the game/matches
- ii. Each team shall furnish top grade balls for play.

h. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Tennis Bulletin. Located online at www.dcsaasports.org under your sport specific tab.

i. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.

X. VOLLEYBALL

a. DECLARATION OF TEAM

- i. Request to Field a Team – Schools wishing to field a team must submit a request to the overseeing sports league and the DCSAA 30 days prior to the season in which they would like to compete. If a school has not fielded a team in the last four (4) years, the school shall make the request at least one (1) school year in advance of season.
- ii. Requirements for Fielding a Team – In order to field a team six (6) athletes must be eligible for participation.
- iii. Requirements for Game Play – To play a contest, six (6) athletes for high school and five (5) athletes for middle school must be eligible and dressed with proper game clearance requirements (Medication, Emergency Treatment Forms, etc.) present on site at game time.

b. PRACTICE

- i. Start Date – DCSAA sets the start date for fall practice.

c. ATHLETIC COMPETITION

- i. Rules for Competition – NFHS and adopted DCSAA Volleyball rules are the official playing rules for all games.
- ii. Official Ball – The official ball used for competition is white leather covered Spalding volleyball with the National Federation logo indicating that it is an approved ball. No rubber balls can be used for competition.
- iii. Scoring – All matches shall utilize rally scoring. Rally scoring is as follows:
 1. Varsity matches (regular season and championships), best two (2) out of three (3) set. A complete set will have 25 points with a 2-point separation or the first team to reach a score of 28.
 2. On the middle school level, a match may begin with 5 players. If you have a Libero player, you must use her as the 6th player on the team. No team can use the Libero player unless they have at least six (6) players on the court.
 3. The championship match will be player as the best three (3) out of five (5) set. All sets will be played to 25 points with a 2-point separation with a 28 point cap. The 5th set

in the championship match is played to 15 points with 2-point separation. There is no camp in the 5th set.

iv. SCHEDULING

1. The overseeing sports league shall schedule all league games/matches.
2. All non-league games/matches must be turned in to the DCSAA and the overseeing sports league.
3. The overseeing sports league shall schedule locations for all league meets.

d. PARTICIPATION RECORD

- i. Data Collection – All coaches must keep a record of those players that participate or are in uniform for all contests.
- ii. Participation Record – An “Individual Athletic Participation Record” form shall be submitted to DCSAA within seven (7) days after each interscholastic contest. The form shall be used in certifying the names of athletes who participated in the contests indicated on the form. The form must be submitted for all games played. A copy of the “Individual Athletic Participation Record” form is provided in the Appendix, and shall be entered electronically via the DCSAA website (www.DCSAASports.org).

e. FORFEIT

- i. Voluntary Forfeiture – Team or individual forfeitures of DCSAA governed interscholastic contests are not permitted.
- ii. Season Cancelled – Any team of individual, who voluntarily or involuntarily forfeits three (3) games, will have their season automatically cancelled.
- iii. Disbandment of a Team – The LEA Athletic Director shall immediately notify the DCSAA if a team can’t finish the season.

f. UNIFORM RULE

- i. Uniform Rule – Coaches and players must comply with NFHS rules, which designate that Coaches wear the uniform of their team.

g. OFFICIALS

- i. Official Assignment – All game/contests officials must be certified by the DCSAA.
- ii. Cost of Official Due to Forfeit – If a team forfeits a game, the cost of officials and transportation may be charged to that team.

h. TEAM RESPONSIBILITIES

- i. Game Clock
 1. The home team shall be responsible for providing a responsible person to operate the game clock.
 2. The clock operator shall wear the official shirt during the game.
- ii. Game Book
 1. The home team is responsible for the official game book.
 2. If the home team does not have a game book, the visiting team’s score is official.

i. STATE CHAMPIONSHIPS

- i. Bulletin – For playoff information, please refer to the Volleyball Bulletin, located online at www.dcsaasports.org under your sport specific tab.

j. AWARDS

- i. Awards – DCSAA will provide awards for state tournaments and championships.