



Porterville Unified School District
Creating Opportunities: Changing Lives

Student/Athlete

Handbook



PUSD
ATHLETICS HANDBOOK
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INTRODUCTION

The Porterville Unified School District's High School Athletics Handbook is a reference guide for student-athletes and parents, concerning the policies that govern interscholastic athletics. The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her squad members to the rules, regulations, and policies governing athletics. The Athletic Director will administer these rules and regulations as they relate to inter-squad and intercoach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary extra-curricular program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules. In addition, (Page 34, [Article 37 of CIF CS Constitution](#)) **lack of knowledge of the rules, regulations and interpretations or advice from non-CIF affiliated third parties shall not constitute grounds for successful appeals or defense of mitigating factors in the imposition on any penalty.**

SPORTS OFFERED

Fall Sports	Winter Sports	Spring Sports
Football	Basketball- Boys/Girls	Softball- Girls
Volleyball- Girls	Soccer- Boys/Girls	Baseball- Boys
Water Polo- Boys/Girls	Wrestling- Boys/Girls	Track and Field- Boys/Girls
Cross Country- Boys/Girls		Swim and Dive- Boys/Girls
Golf- Girls		Tennis- Boys
Tennis- Girls		Golf- Boys

EXPECTATIONS

PUSD has a duty to ensure that their athletic programs impart important life skills and promote the development of good character. At all practices and athletic competitions, coaches, players, and parents are expected to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.

PUSD Code of Ethics All coaches, parents, and student-athletes will...

1. ...recognize and reinforce that academics are our student-athletes' top priority.
2. ...uphold the ideals of sportsmanship and fair play at all times.
3. ...show courtesy to visiting teams and officials.
4. ...respect the integrity and judgment of sports officials.
5. ...achieve a thorough understanding and acceptance of the rules of the game.
6. ...uphold the standards of conduct and the standards of eligibility.
7. ...recognize that the purpose of athletics is to promote the physical, mental and social well-being of all participants.
8. ...remember to keep athletics in perspective; an athletic contest is only a game, not a matter of life and death.

ATHLETICS CODE OF CONDUCT

PUSD has a duty to ensure that their athletic programs impart important life skills and promote the development of good character. At all practices and athletic competitions, coaches, players, and parents are expected to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play

BEHAVIOR EXPECTATIONS

- Be prompt to practices and games.
- Be gracious in victory and accept defeat with dignity.
- Be respectful to others – no profanity, obscene cheers or gestures, negative signs, artificial noisemakers, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations or other actions that would demean individuals or the sport.
- Treat game officials with respect – no complaining about calls during or after an athletic event.
- Exercise self-control – no fighting or excessive displays of anger or frustration.
- Promote a healthy lifestyle encouraging good nutrition and rest.
- Be open-minded, willing to listen and learn.
- Encourage teamwork on and off the field.
- Honor the spirit and letter of rules of the sport – avoid improper gamesmanship techniques that violate the highest traditions of sportsmanship.
- Positive cheering only. Spectators should not shout coaching comments – leave coaching to the coaches.

CIF Ejection Penalties:

1. [Ejections CIF 503](#)

HAZING & BULLYING

Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Please remember, what one person may find “funny and harmless” can be perceived as embarrassing and traumatic to others. Hazing is strictly prohibited under the California Education Code.

ATHLETIC ELIGIBILITY

CIF ELIGIBILITY GUIDELINES:

In accordance with the state of [California and the California Interscholastic Federation](#), the following are provisions for participating on an interscholastic sports team:

- A student must not reach their 19th birthday on/or before June 14th of the previous year.
- A student must have attended high school for no more than eight (8) semesters after completing the eighth grade.

ACADEMIC ELIGIBILITY

- There are 4 grading windows in a school year. The first quarter, 2nd semester, 3rd quarter and the 2nd semester.
- A student who has a GPA below a 2.0 on 2 consecutive grading periods will be deemed ineligible for participation.
 - If a student is eligible and falls below a 2.0 on the next grading period they will be placed on academic probation eligible to participate.
 - A student who receives 3 F's in a single grading period is deemed ineligible immediately regardless of GPA. No probation period will be allowed if a student receives 3 F's.

RESIDENTIAL ELIGIBILITY/ [CIF TRANSFER Guidelines](#)

Pre Participation Registration

- Complete an online clearance at [athleticclearance.com](#).
- Get a [physical](#) from a licensed doctor (valid for one year).
- Upload proof of insurance.

PROOF OF INSURANCE:

According to CIF/PUSD policy, all athletes are required to have valid medical insurance in order to participate in any Athletics program. Insurance can be acquired through [Pacific Educators](#) if needed.

ATHLETIC POLICIES

TRYOUTS

Generally, coaches will hold a pre-season meeting for all interested student athletes explaining the tryout schedule and any pre-season voluntary conditioning sessions. All athletes meeting eligibility requirements may try out for a team. Multi-sport athletes must finish the current sport's season before trying out for a new team. However, it is a good idea to communicate with the coach of the new team with the intention to try out after the current season ends. Athletes coming from another sport are given the same tryout once their season ends.

PRACTICES

Coaches will have regular practice schedules depending on availability of field, pool, or gym space. Practices are expected to be no more than 2 - 3 hours in length, 5 - 6 days per week. Early morning practices may be held due to facility availability. Coaches may set practice times during vacations depending on the season. All players are expected to attend all practices and competitions, even if the sport is "no cut".

SEASON AWARDS AND LETTERS

To be eligible for a Varsity letter and or post-season awards/recognitions the athlete must be a participant of the varsity team for the majority of the regular season.

Release NOTES FROM MEDICAL PROFESSIONALS:

All student-athletes that have seen a doctor for a medical condition that has prevented them from participation are required to provide the coach and Athletic Office a written medical release BEFORE the athlete will be allowed to continue participation. Please note that the Athletic Department has the discretion to delay student participation in practices and competition beyond the date referenced by the physician based on school code.

CONFLICTS WITH OTHER SCHOOL COMMITMENTS

Athletes are expected to work with their coaches when conflicts arise due to other school commitments.

Athletes must recognize that missed practices or games may result in reduced playing time in future competitions.

SCHOOL ATTENDANCE

It is expected that athletes will attend class on school days in order to participate in practice or competitions. Students who miss class for a non-school event must provide a doctor's note or have it cleared through the athletic director and/or administration (prior to the absence) in order to be eligible to participate.

Quitting a Team:

To emphasize the importance and great degree of commitment asked of the student, any student-athlete who quits a team once they have been selected for that team, may not join any other team until the conclusion of that first sport's season. This rule may be waived at the discretion of athletic administration and coaches.

NON-SCHOOL OR OUTSIDE COMPETITION RULE

According to [CIF rules 600](#), a student athlete on a high school team becomes ineligible if the student athlete competes in a competition on an "outside" team in the same sport during the student athlete's high school season of sport. Individual sport athletes like swimming, wrestling, cross-country, golf, tennis, and track and field may compete in the same sport but MUST enter the outside competition in "unattached status."

TRANSPORTATION

All team members are expected to ride with the team to and from competitions. Legal parents or guardians may drive their child home from a competition after they have been signed out with the coach. All other transportation needs and issues need to be discussed and approved with the athletic administration.

UNIFORMS & EQUIPMENT

Athletes are issued uniforms and equipment for each team. A student will be fined for the replacement cost of uniforms and/or equipment that are not returned.

CLUB SPORTS

Many athletes and coaches are involved with club sports. PUSD teams are independent from all club sports. Participation in club sports does not fulfill P.E. requirements, nor is it a criterion for playing on a school team. Participation on an outside club sports team is not a valid excuse for missing school team practices or competitions. [Bylaw 600](#)

PUSD ATHLETIC DISCIPLINE POLICY

PUSD student-athletes are expected to represent their school, teams, and community in a positive manner on and off the field. In the instance that a student-athlete is found to be in violation of school rules or legal trouble, consequences will be administered in regard to their athletic participation. Students who face school disciplinary action will be required to take a leave of absence from the team for the number of days suspended in addition to an equal amount of time that they were removed from class.

- Example: If a student is suspended (in-school or at home) for 2 days. They will have no team contact for the 2 days they are suspended AND 2 additional athletic days.
- If a student is in violation of the PUSD Discipline Matrix, that discipline consequence will be mirrored athletically.
- Example: Removal from class will equate to removal from athletic practice or contest

SAFETY

ACCIDENT/INJURY

Coaches will have access to their student athletes' medical information at all practices and competitions. Coaches are trained in basic first aid. It is the responsibility of the athlete to report ALL injuries to their coach.

CONCUSSIONS

Please refer to [CIF](#) state website for further concussion information

ILLEGAL & PERFORMANCE ENHANCING SUBSTANCES

CIF [Policy](#)

STUDENT-ATHLETE DRUG TESTING (AR 5131.61)

The Porterville Unified School District maintains a mandatory drug-testing program for student-athletes to provide for their health and safety, undermine peer pressure, and discourage drug use

Positive Test Result	Athletic Eligibility Consequence	Return-to-Participate Protocol	Student Support
First Positive	Seven-day athletic suspension	Return after serving the seven-day suspension	Optional Counselor support (4-6 sessions)
Second Positive	Four-week athletic suspension	Return after serving suspension and a clean secondary test	Mandatory Counselor support (4-6 sessions)
Third Positive	Suspension for the remainder of the season or four weeks (whichever is longer)	Cannot move to another sport until a clean secondary test is completed	Mandatory "Solution Support" (12 sessions)

The testing service will include tests for, but not be limited to, one or more of the following illegal drugs and/or controlled substances: marijuana metabolite, cocaine metabolite, opiates, phencyclidine (PCP), amphetamines, alcohol, benzodiazepines, barbiturates propoxyphene (Darvocet), methadone, OxyContin, designer drugs and steroids.

CONFLICT RESOLUTION AND COMPLAINT PROCEDURES

CONFLICT RESOLUTION:

When conflicts or issues arise, it is important that they be addressed in a timely manner, and as directly as possible, so that they can be promptly resolved. It is important for student athletes and parents to recognize that coaching strategy, player/team selection, and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way and time to approach the coach with questions or concerns. NEVER approach a coach on the field after a practice or game.

- First step: Student Athlete contacts Coach – The student athlete should present the conflict/issue to the coach as soon as possible.
- Second Step: Parent contacts Coach – If needed, a parent may contact the coach directly. A parent should email or call the coach to set up an appropriate time to discuss the issue.
- Third Step: Contacting the Site Athletic Director – If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Site Athletic Director.
- Fourth Step: Contacting the District Athletic Director – If a satisfactory solution is not reached through direct contact with the site athletic director, the student and/or parent should contact the District Athletic Director.
- Fifth Step: Contacting the Principal – If there is still not a satisfactory resolution, the student or parent may contact the Principal.

ISSUES NOT APPROPRIATE TO DISCUSS

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be, and should be, discussed with your student athlete's coach. Other things, such as those listed below, must be left to the discretion of the coach.

1. Playing time
2. Team Strategy
3. Play calling
4. Other student-athletes

24 HOUR RULE

If the concern or complaint regarding a coach arises out of a particular game situation or specific incident, a "24 hour cooling off period" will be required before any meeting will be held. This requirement will help ensure that the meeting will be more productive and help avoid emotional responses that might otherwise occur. A parent should simply inform the coach by email or phone that they wish to set up a meeting, and no further discussion should take place at that time between the coach and the parent. If the incident in question occurs on a Friday, the meeting shall be scheduled on the next

school day agreeable to all parties.