

RIO VISTA HIGH SCHOOL

ATHLETIC HANDBOOK

Athlete Code Agreement

Athletics means more than competition between two individuals or two teams representing different schools. Instead, athletics is a means of teaching a very healthy way of life. Participation in athletics will help students learn fair play and sportsmanship, promote an understanding and appreciation for good teamwork. The athlete learns that quitting means failure while hard work eventually brings success. With these goals in mind, the administration, Athletic Directors, and coaches/advisors have formulated this guide for the use of all concerned.

Conduct of Athletes

The conduct of athletes is closely observed in many areas of life. It is important that behavior meets or exceeds these standards in all the following areas:

On the field, participation in RVHS athletics requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. To promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game.

RVHS athletes will be required to comply with the rules of each sport and to further ensure that fairness in competition is not limited by their actions in any way.

CIF SAC-JOAQUIN SECTION CODE OF CONDUCT

1. The Code of Conduct in the Sac-Joaquin Section Bylaws shall be the Code of Conduct for each league in the Section, unless the respective leagues adopt another, which is approved by the Board of Managers.
2. Each school should teach interpretations of the Code of Conduct to students.
3. The host school principal or his/her designee, other than the coach, shall be in attendance at all spectator sports. The visiting school principal or designees, other than the coach, should attend contests as discretion determines. (Discretion shall be influenced by rivalries, size of anticipated crowds and previous problems.)
4. Each coach, principal and other school employee shall abide by the following regulations:
 - a. To make no demonstrations themselves, which will encourage unfavorable reactions on the part of his/her players or spectators or permit any such demonstration on the part of his/her players;
 - b. To require his/her players to accept all decisions by the officials without question; with the exception that the captain may make reasonable protest after he/she has requested a time-out for that purpose;
 - c. To limit protests of captains and coaches to decisions involving interpretations of rules;
 - d. To encourage the coaches and the players to make a positive effort to assist in controlling the conduct of the school's spectators;
 - e. To voice no public criticism of the officials;
 - f. To make no unfavorable comments regarding officials or officiating to the media;
 - g. To do everything possible to prevent the press and radio from commenting unfavorably of the officials or the officiating.
5. The home school shall provide adequate security to ensure safety at all contests.
6. Schools shall deny entrance to school athletic events to all spectators who persist in baiting the officials.
7. Each school shall make a determined effort to build a better pattern of sportsmanship through advertising, news stories, on the loud speaker and in the printed game programs.
8. Each school shall endeavor to train yell and song leaders in attitudes and methods of good sportsmanship and crowd control.

VIOLATION OF CODE OF CONDUCT

1. When the Commissioner receives notification of a violation, he will use his discretion as to whether he will take one of the following actions:
 - a. Direct the school's principal, in writing, to reprimand the violating coach. The principal is to verify in writing to the commissioner that the coach has been reprimanded;
 - b. Request the Board of Managers to invoke Article III, Section 2.2.
2. School may appeal under Bylaw 1101.1.

Athletes should think of their school and not necessarily of personal interest. This means placing the team above the individual and having the interest of the school and the team above all else. Whenever possible, athletes should actively support other sports in which they are not participating by attending those events or contests. Athletes must understand that compliance with the standards of good sportsmanship is an absolute, which is required by athletes experiencing success or failure, victory or defeat. ***Athletes, who find themselves unable to comply with these standards, must understand their opportunity for participation shall be limited or removed.***

GENERAL CIF ELIGIBILITY AND SAN JOAQUIN SECTION REQUIREMENTS

1. **ENROLLMENT STANDARD REQUIRED FOR PARTICIPATION (BYLAWS 201 AND 205)**
 - a. Students must be enrolled full time (minimum 20 units) at the school for which they are competing. (See also bylaws 205.B.(1)a., 216, 303, 304, 503.C and 503.G)
 - b. Students will be considered enrolled in a school for purposes of participation in interscholastic athletics (Bylaw 205.B) when they have:
 - Been entered as a full-time student [20 units or equivalent in a non-traditional program-see also Bylaw 205.B.(1)a. and b.(ii)] in attendance in classes at that school. OR
 - Participated in a fall sport when the tryouts and/or practices of that team begin before classes at the school begin in the fall. Such a student will be considered to be enrolled during that practice time as long as they have registered for, and are enrolled, as a full-time student for the fall semester of that school year [20 units or equivalent in a non-traditional program; see also Bylaw 205.B.(1)a. and b.(i)].
2. **PENALTY FOR PROVIDING INCORRECT, INACCURATE, INCOMPLETE OR FALSE INFORMATION**
 - a. If it is discovered that any parent(s)/guardian(s)/caregiver or student has provided incorrect, inaccurate, incomplete or false information in regards to any aspect of eligibility status on behalf of a student, that student is subject to immediate ineligibility for CIF competition at any level in any sport for a period of up to 24 calendar months from the date the determination was made that incorrect, inaccurate, incomplete or false information was provided.
3. **AGE LIMIT**
 - a. A student whose 19th birthday is attained prior to June 15 shall not participate or practice on any team in the following school year. A student whose 19th birthday is on or before June 14 is ineligible. (NOTE: a student must be born on or after June 15, 2004 to be eligible.)
4. **SEMESTERS OF ELIGIBILITY**
 - a. **Eight Consecutive Semester Rule**
 - A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school and/or in any classes taken subsequent to the completion of the eighth grade, whether or not the student is enrolled in school, whether or not the student is academically or otherwise eligible and whether or not the student avails themselves of the opportunity to participate in interscholastic sports during this time. Eligibility is only available during the student's first eight consecutive semesters of enrollment in high school (grades 9-12).
 - b. **Definition of a Semester of Attendance**

- Once a student attends a class and is continuously enrolled for 15 school days in the 9th grade, and/or has taken classes subsequent to the completion of the 8th grade, at any school or has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility.

5. **TRANSFER ELIGIBILITY**

- a. A student shall be considered to be a transfer student when:
 - The student has attended class at their former school (School A); (Revised April 2016 Federated Council) AND/OR
 - The student has played in an athletic contest for their former school; AND/OR
 - The student has tried out for or practiced with a team prior to the beginning of the school year for five days or more; AND
 - That student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
 - That student enrolls as a full-time student in a new school (School B). THEN That student shall be determined to be enrolled in and having transferred to School B if all conditions of Bylaw 201.A.(1) are met.

6. **Intradistrict or Interdistrict Transfers do not guarantee athletic eligibility** in RDUSD schools.

7. **AMATEUR STANDING RULE**

- a. A student is governed by CIF amateur rules when the student participates in CIF competition. A student who violates CIF amateur or award rules shall be penalized according to the following:
 - First Violation: The student shall receive a formal warning and return any award(s) in excess of the maximum amounts allowed in 212.C (3) and (4) AND THE ACCOMPANYING Note.
 - Second Violation: The student shall be ineligible to participate in interscholastic athletics for a period of one (1) year from the date of CIF's determination of the second violation.
 - Third Violation: The student shall be banned from interscholastic athletics for the remainder of the student's eligibility.

8. **OUTSIDE COMPETITION**

- a. Article 6, Section 600, states that a student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. No soccer exceptions if the season of sport continues as winter.

9. **ALL STAR COMPETITION**

- a. Article 9, Section 901b., Any student taking part in a prohibited all-star contest or similar contest shall be barred from all CIF athletic contests for up to one year following the date the infraction is verified.

RVHS ACADEMIC ELIGIBILITY

Rio Vista High School's administrators, athletic directors, coaches/advisors take the rules regarding co-curricular and extracurricular participation seriously and are responsible to ensure compliance with local, regional and state guidelines for each activity. These guidelines are annually reviewed to determine eligibility requirements. All students must maintain complete eligibility at all times to represent RVHS in conferences and competitions.

It is the policy of Rio Vista High School, River Delta Unified School District and the CIF, that students who desire to participate in the interscholastic athletic programs, co-curricular, or extracurricular activities, make satisfactory progress toward graduation. To be eligible to participate in any interscholastic athletic program or RVHS sponsored extracurricular activity, the following rules apply in addition to all CIF or other organizational requirements:

- All students participating in co-curricular and/or extracurricular activities must maintain a minimum of a 2.0 grade point average (GPA) and receive no more than 1 "F" grade per eligibility period.
- Incomplete (I) grades shall be computed as "F" grades for eligibility purposes.

Eligibility is based on final grades at the conclusion of each grading term at RVHS.

Students may attend summer school to make up a deficient grade in Term 4. They must take and pass the same course(s) with the same course title from Term 4 during summer school.

Any student who is declared academically ineligible at the end of the grading period will be declared ineligible for the Term.

Eligibility for transfer students will be based on grades earned at the time of transfer to RDUSD.

ATHLETIC ELGIBILITY

Clearance must be completed through [Athletic Clearance](#) for the student/athlete to be eligible to begin any activity including but not limited to, team practice, competition in contests or events, off season programs such as weight lifting, spring football, or summer leagues.

ATHLETIC CLEARANCE

Quick steps for parents/students using the online athletic clearance process.

Before an athlete can attend and participate in practice, double check this list before turning in the packet:

- Have you completed (or updated) a physical, signed by your doctor, dated since June 1, 2026?
- Have you completed the online Athletic Clearance and enrolled yourself in every sport you wish to participate in this year?
- Have you uploaded your signed physical form to [AthleticClearance.com](#)?

Optional but much appreciated...

- Have you purchased your ASB sticker? Being an athlete, a big portion of the ASB budget goes to supporting sports at RVHS... if everyone pitches in \$25, ASB has more to plan fun things for everyone. Plus you get discounts on event and dance tickets! You actually get your money back and help your school at the same time!

In addition, if you are a student transferring from another school:

- Have you turned in your completed and signed transfer paperwork?
- You may not play in contests until you are CLEARED by the SECTION and that takes some time!

Online Athletic Clearance Direction Sheet

1. Visit [www.AthleticClearance.com](#) and choose your state.
2. Register or Log in.
3. **If your athlete is a first-time athlete at Rio Vista High**, register with a valid email username and password. You will be asked to type in a code to verify you are human. If this step is skipped your account will not activate. **If your student has already been registered in previous school years or seasons**, LOG IN to your existing account to update the year/sports season using your precious username and password.
4. Select “**Start Clearance Here**” or “**New Clearance**” to start the process.
5. Choose the School Year in which the student plans to participate. *Example: Football in Aug 2026 would be the 2026-2027 School Year.*
 - a. Choose the School at which the student attends and will compete for.
 - b. Choose Sport(s). It's okay to choose potential future sports. It may save time later in the school year.

6. Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. **(If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages and update any pertinent information.)**

Special notes:

1. **Transfers** - IF your student has attended another high school before RVHS, there is important paperwork that needs to be completed and submitted to the Section office BEFORE he or she can participate in sports. PLEASE ASK AT THE OFFICE OR MAKE AN APPOINTMENT WITH MR. TRUAX TO GET THIS PAPERWORK!! The sooner it is completed, the better. Not completing it can result in forfeiture of any wins acquired while your athlete participated and the athlete being sanctioned from playing sports for up to a year.
2. **Physicals** - You may upload a copy of your physical under the "Upload Physical" heading in the Uploads Section (you will notice multiple buttons under that heading in case you have a multiple-page document) OR you can skip past it by saving what you have entered, then continuing with the rest of the enrollment process. Students will not be able to practice or participate until the physical is completed and uploaded to their athletic clearance account.
7. Once you reach the **Confirmation Message** you have completed the process.

Online Athletic Clearance FAQ

What is my Username?

Your username is the email address that you registered with.

Multiple Sports

Once you complete a clearance for one sport and arrive at the Confirmation Message, you will have the option to check off additional sports/activities for the current school year. PLEASE ONLY CHECK OFF SPORTS YOU KNOW YOU WILL PLAY. Don't just check ones because you are interested in them.

If you decide to participate in an additional sport/activity later on, you can access the multiple sport checkboxes by clicking on "Print" under the Confirmation Message of your original Clearance for that specific year.

Physicals

The physical form your school uses can be downloaded on the Physicals page. Most schools will accept the physical online (done by uploading the completed form on Step #2) as well as turning in a hard copy to the athletic department. Statuses for this page are as follows:

Completed: All upload areas are filled (may not be required)

In Progress: At least one upload area is filled

Incomplete: No files have been uploaded

Document Library

This area is meant to store your files so they can be accessed later in the year or perhaps years following. You can either upload your files to the Document Library then apply them to your Clearance on the Physical page OR you can choose/browse for the file on the Physical page and the file will save to the Document Library for future use.

Why haven't I been cleared?

Your school will review the information you have submitted and "Clear" or "Deny" your student for participation. You will receive an email when the student is cleared.

SCHOOL ATTENDANCE

- Student athletes must maintain an attendance percentage of 94% to remain eligible for athletic participation.
- Any period absences or tardy during the school day make the student ineligible for practice, meeting, or other event.
- Students must attend a full day of school on the day of the event or contest to be eligible to participate. If the event or contest falls on a non-school day, the student must have attended the last regular scheduled full day of school to be eligible to participate in the event or contest.
- If the student has a legitimate reason to be absent for any part of the school day, they must notify the Athletic Director, Vice Principal or Principal at least 24 hours in advance. The student/athlete is required to bring a written note verifying the absence to the attendance office.

ATHLETIC ATTENDANCE

- Students are expected to attend all practices and contests unless they are absent from school due to illness or their coach/advisor excuses them. Students shall communicate with the coach/advisor when they cannot attend a practice, contest, or event.
- Unexcused absences from practice or failure to maintain good attendance may be the cause for removal from the team.
- Coaches/advisors will review practice and contest attendance expectations with their teams.

CARE OF EQUIPMENT AND UNIFORMS

Equipment and uniforms provided to teams represents a substantial expenditure. Thus, it shall be cared for and handled properly for financial reasons and to ensure the safety of the student/athlete.

- All equipment shall be inventoried, numbered, and checked out by coach/advisor.
- The student/athlete shall return the same piece(s) of equipment checked out to them.
- Equipment shall be returned in the same condition it was issued. Normal wear of the equipment is expected and determined by the coach/advisor.
- The student/athlete is responsible for the security of their equipment and uniforms. The student/athlete will be held financially responsible for the replacement of lost, damaged, or stolen equipment or uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because of the special processing and printing that is required to duplicate the uniform.
- All lost or stolen equipment and uniforms will be reported. Any student found wearing or in possession of stolen equipment or wearing equipment reported as stolen may be charged with possession of stolen property and subject to both school rules.
- The student/athlete must return or pay for all uniforms and equipment, or all school records will be held including report cards, transcripts, and diplomas. If the circumstance warrants, in the case of a large sum of money, arrangements for repayment may be made with the Athletic Director or administration.
- Equipment and uniforms must be turned in directly to the coach. Equipment and uniforms will not be accepted or stored in the office or with the Athletic Director.
- The student/athlete who leaves or quits a team prior to the end of the season must turn in all school equipment and uniforms within three (3) days after their departure.

INJURIES

1. All injuries will be reported to the coach/advisor immediately, and an accident report should be filed at the school site.
2. RVHS coaches/advisors have basic first aid and CPR training. The coaches/advisors will look at minor injuries such as minor abrasions, cuts, or sprains. In the event of serious injury, the student/athlete should not be moved, and medical professionals will be contacted.

3. All coaches/advisors shall have in their possession at all events or contests a binder or access to the Digital Home Campus app with all necessary documentation needed to handle emergencies.
4. If a parent, guardian, or caregiver is not present when a student is transported by ambulance, a responsible adult will stay with the student until the parent, guardian, or caregiver arrives.
5. If a student suffers a suspected concussion during practice or a contest, a doctor's note must be provided to the school before the student may resume practice or contests. If there is a confirmed concussion, a doctor's note must outline school accommodations.
Students/athletes that have been injured and treated by medical professionals shall not return to active participation until the school has received written permission and clearance from the doctor that allows the student to actively participate.

TRANSPORTATION / TRAVEL

The following guidelines will be followed:

1. Transportation vehicles will leave at the designated departure time set by coaches.
2. Bus Transportation: In the event the parent, guardian or caregiver wants to transport their son/daughter home from a contest, it must be arranged by contact with the supervising coach/advisor who has knowledge and can identify the parent, guardian or caregiver.
3. Any parent, guardian or caregiver participating in transporting students or athletes via District vehicle shall complete and have on file the required documentation with the District Transportation Dept.
4. Students are expected to conduct themselves in a mature, responsible manner at all times.
5. Coaches/advisors may adopt individual rules for travel to any event, or contest, which reinforces and/or strengthens existing rules.

DRUGS, ALCOHOL, TOBACCO AND ALL VAPING PRODUCTS

1. The student/athlete shall not possess or use any alcohol, drug, or drug paraphernalia at any time. Any violation of this policy results in the student/athlete being removed from the team for the remainder of the season.
2. All Education Codes under Reasons for Suspension (48900 a-o and 48900.2-.5; also 48915 a-e), but not limited to, will be followed by RDUSD.
3. If a student/athlete violates the alcohol, drug, or drug paraphernalia policy a second time, progressive discipline will be followed per the RDUSD Discipline Code.

GENERAL BEHAVIOR

Profanity, unsportsmanlike conduct, or disrespect to any person or institution will not be tolerated. The student/athlete accepts responsibility for their actions both on and off the field or court. All RDUSD disciplinary rules are in effect. Examples include:

1. Damaging equipment, using profanity, or participating in any displays of unsportsmanlike behavior will not be tolerated.
2. Defiant behavior and back talk toward any coach/advisor, school employee, or game official. Any disagreements should be handled in a private professional manner.
3. CIF Article 20, section 210, states any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, after a lapse of 18 calendar months from the date of incident, apply for reinstatement of eligibility to the CIF State Executive Director.
4. Stealing, damaging, defacing, or possessing a teammates' property, RDUSD property, or property from any other school without permission will be subject to discipline.
5. Any student/athlete suspended from school for any reason will be ineligible for any team/program of function, event or contest during the duration of the suspension. Eligibility to return to the team will be determined at the coach's and/or administrator's discretion.

6. Procedures regarding suspension of a student/athlete from a team/program are as follows:
 - The coach/advisor of the sport/program in progress will inform the student of the infraction.
 - If a student/athlete is suspended or dropped from a team due to disciplinary reasons, he/she shall be considered ineligible for team events, games or contests during the suspension. If the student/athlete is a member of more than one team during a single season, the suspension affects all teams the student/athlete is a member. The student/athlete is considered ineligible for another team during that sport or season and any off-season programs.
 - The student will have the opportunity to explain their action.
 - After investigation of the alleged incident and consideration of the facts, the coach/advisor along with the Athletic Director and administrator will take appropriate action which includes notification of the parent, guardian or caregiver and the student.
 - If the parent, guardian or caregiver wishes to appeal the decision, the case shall be presented in writing to the Athletic Director within three (3) school days the decision was rendered.
 - The Athletic Director and the administration will convene on the matter of the appeal within five (5) school days after the Athletic Director receives the request. A panel consisting of the Athletic Director and administrator will hold a hearing that includes the parent, guardian or caregiver, the student/athlete, along with any additional persons with direct knowledge of the event as soon as it is convenient for all those involved to meet. A decision will be rendered within twenty-four (24) hours of the hearing by the panel.
 - In the event the parent, guardian or caregiver wishes to appeal the panel's decision, the River Delta Unified School District Board Policy 1312.1, 'Complaints Concerning District Employees' procedures must be followed.
7. Post Season Behavior Expectations
 - **Bylaw 503 (Sportsmanship/Ejection Policy):** Outlines mandatory player behavior, behavioral expectations, and consequences for unsportsmanlike conduct or ejections, which apply fully to league, invitational, and post-season playoff contests.
 - **Return-to-Play Standards:** Dictates that following multiple-game suspensions or ejections, a school principal must meet directly with the player, parent/guardian, and coach to review behavioral expectations before the athlete is permitted back into competition.
 - **Article 5 General Provisions:** Details contest management and adherence to National Federation (NFHS) rules modified by the section for all tournament and playoff environments.

LEAVING OR QUITTING A TEAM

Students are encouraged to participate in RVHS athletics. Participation is a commitment by students, coaches/ advisors, and administrators alike. The following rules apply to students who leave, quit, or are suspended from the team by the coach/advisor.

1. If a student quits or leaves a team after rosters have been set, he/she will be ineligible for another team during that season of sport. The student cannot begin participating in the next season of sport until the current season is complete. It is the student's responsibility to notify the coach/advisor and Athletic Administrator they no longer wish to participate as a member of the team.
2. The student/athlete will forfeit all awards and participation points earned toward any awards.

AWARDS – ASB MEMBERSHIP

1. The Associated Student Body (A.S.B) and/or the Booster clubs purchase athletic awards for student/athletes.
2. **Each student/athlete shall be a member of the ASB organization and can purchase an ASB card** for the current year of participation.
3. The coach/advisor of each sport shall determine attendance at all team events (a minimum of 60%) and participation requirements to receive their athletic letter.
4. Awards points shall only be awarded to a student/athlete who remained eligible for the entire season

of a sport and have met all requirements of the CIF, Sac-Joaquin Section and RVHS Athletic Code and Policies.

5. The Athletic Director evaluates the accuracy of the awards and approves the list.
6. The Athletic Director verifies that all equipment and/or fees have been collected. Any student/athlete with outstanding equipment and/or fees shall not receive awards or recognition.

FOUR-YEAR LETTERMEN AWARD

In order to earn this award, an athlete must earn 70 points total and at least 15 points a year to be named a 4-year letterman. How the points system works:

- You receive 5 points for every JV sport in which you earn a letter.
- You receive 10 points for every Varsity letter you earn.

Students who earn a 4-year letterman award are granted a lifetime pass to all athletic events at RVHS.

PARENT COMPLAINTS OR CONCERNS

If a student/athlete, parent, guardian, or caregiver, has a concern or complaint, it helps to bring the attention of the correct people. In general, concerns and complaints are handled best when presented in a clear, non-threatening, professional manner.

Chain of Command

- Speak to your student athlete. He/she may be able to resolve the issue or concern.
- Have your student athlete speak to the coach. The issue may be resolved here.
- Parent may then speak directly to the coach during a scheduled meeting. This **should not** take place during, before, or after a competition.
- If the issue is still not resolved, the parent may contact the Athletic Director. The Athletic Director will schedule a meeting with the parent, athlete, and coach.
- If it is still not resolved, the Athletic Director will bring the issue to the school administration.

Communication that parents, guardians, or caregivers and student/athletes should expect from your coach/advisor(s):

- Philosophy of the coach/advisor
- Expectations the coach/advisor has for your student/athlete and the team
- Location and times of all practices and games
- Team requirements, special equipment, out of season expectations
- Procedures to follow should the student/athlete be injured during participation

Communication that a coach/advisor should expect from parents, guardians, or caregivers and student/athletes:

- Any concerns expressed directly to the coach/advisor
- Specific concerns with regard to a coach/advisor's philosophy and or expectations
- Notification of illness, injury or missed requirements of the student/athlete

Appropriate concerns to discuss with a coach/advisor:

- Treatment of your student/athlete, mentally or physically
- Ways to help your student/athlete to improve
- Concerns that involve your student/athlete only

Concerns or issues not appropriate to discuss with a coach/advisor:

- Playing time
- Team strategy
- Play calling
- Any student/athlete for whom you are not the parents, guardians, or caregivers