

SCHOOL DISTRICT OF THE CITY OF ROYAL OAK ATHLETIC CODE OF CONDUCT

INTRODUCTION

It is the responsibility of student-athletes to become familiar with the specific rules and regulations of each sport as well as the general policies of this Athletic Code of Conduct. The Royal Oak Athletic Code of Conduct will be enforced for the entire calendar year, including summer months and vacation periods and will apply to any violation that occurs during the calendar year. Student-athletes should realize that the Athletic Code of Conduct rules and regulations are in effect seven-days per week, 24 hours per day and are not limited to student behavior at school-sponsored activities or on school property. A student-athlete who violates the Athletic Code of Conduct shall be subject to disciplinary action as outlined in the penalty provisions of this document. This is in addition to any disciplinary action that may be taken by the school. It is understood any coach may establish additional rules specific for his/her program consistent with the Athletic Code of Conduct subject to review with and approval by the Athletic Director. The Athletic Code of Conduct will be reviewed and discussed with all coaches and student athletes prior to the start of each season.

PHILOSOPHY

The interscholastic athletic program in Royal Oak is an integral part of the total educational program. Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Representing the Royal Oak School District in interscholastic athletics is a privilege, not a right.

As an integral part of the educational process, the athletic program should always conform and support the objectives and standards of the school. Athletes should strive for educational excellence and demonstrate good sportsmanship at all athletic contests.

ROYAL OAK ATHLETIC DEPARTMENT OBJECTIVES

1. To provide a positive image of school activities in Royal Oak.
2. To provide students with opportunities for physical, mental, and emotional development.
3. To experience team play along with loyalty, cooperation and fair play.
4. To create a desire to exceed and excel.
5. To practice self-discipline and emotional maturity while learning to make decisions under pressure.
6. To develop an understanding of the value of extracurricular activities in a balanced educational experience.
7. To demonstrate good sportsmanship at all times.
8. To develop leadership qualities and skills.

EXPECTATIONS FOR PARENTS

1. Make sure your student has a positive sports experience.
2. Have your child at practice and games.
3. Come to the games as often as you can.
4. Cheer positively.
5. Allow the coach to coach.
6. Let the referees referee.
7. Encourage and compliment your child.
8. Make an appointment to talk to the coach.
9. Remember that this is your child's game.

EXPECTATIONS FOR STUDENT-ATHLETES

1. Follow all training rules, school rules and regulations.
2. Exhibit good sportsmanship towards the opponents, officials, teammates and fans.
3. Work to excel in academics.
4. Put team goals ahead of personal goals.
5. Be a role model for all students before, during and after school.
6. Have pride in yourself, your team, your school and care for your facility.
7. Respect, but never fear the opponent.
8. Work harder than the competition both in and out of season and never quit.
9. Be on time and prepared for practices, meetings and games.
10. Accept the results; learn from the mistakes; focus on the goal and never give up!

MHSAA ATHLETIC CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements.
3. Observe all policies regarding conduct.
4. Talk with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials, before, during and after contests.

ATHLETIC CONFERENCE AFFILIATE & ATHLETIC OPPORTUNITIES

Royal Oak High School is a member of the Oakland Activities Association (O.A.A.), which is composed of the following schools:

Avondale High School	Farmington Hills North Farmington	Rochester Stoney Creek
Beverly Hills Groves High School	Hazel Park High School	Royal Oak High School
Birmingham Seaholm High School	Lake Orion High School	Southfield High School
Bloomfield Hills High School	Oak Park High School	Southfield Lathrup High School
Clarkston High School	Pontiac High School	Troy High School
Farmington High School	Rochester High School	Troy Athens High School
Farmington Hills Harrison	Rochester Adams High School	West Bloomfield High School

The following programs are offered as part of the Royal Oak School District Athletic Department:

Fall

Volleyball (Girls)
Sideline Cheer
Cross Country (Boys)
Cross Country (Girls)
Football
Golf (Girls)
Soccer (Boys)
Swimming (Girls)
Tennis (Boys)

Winter

Basketball (Boys)
Bowling*
Competitive Cheer
Ice Hockey*
Swimming (Boys)
Basketball (Girls)
Wrestling

Spring

Baseball
Golf (Boys)
Lacrosse (Boys)*
Soccer (Girls)
Softball
Tennis (Girls)
Track & Field (Boys)
Track & Field (Girls)
Lacrosse (Girls)◆

* Denotes self-funded sports

◆ Denotes a club sport

ATHLETIC TEAM AWARDS

Coaches shall set their own standards for the earning of an athletic team award in each sport.

1. An athlete shall not receive more than one numeral or varsity letter award during his/her school career. Certificates shall be presented to each athlete should he/she earn more than one award.
2. The school reserves the right to request that students remove improperly worn letter awards.
3. The junior varsity award is a certificate.
4. The varsity athletic team award is the School Letter and the numeral for their year of graduation.
5. Coaches may give special awards.

DRESS CODE

We expect our athletes to project a favorable image of our school. Dress must follow the Royal Oak Schools Code of Conduct guidelines.

ATHLETIC CODE OF CONDUCT ELIGIBILITY (*RULES OF THE MHSAA)

*ENROLLMENT

To be eligible for interscholastic athletics, a student must be enrolled in a high school no later than the fourth Friday after Labor Day (1st semester) or fourth Friday of February (2nd semester). A student must be enrolled in the school for which he/she competes.

*AGE

A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age, the exception to that is a student whose nineteenth birthday occurs on or after September 1st of a current school year.

*PHYSICAL EXAMINATION

A student must have a physical examination, as required, completed by a physician certifying that the student is fully able to compete in athletics. A physical examination for the current school year is interpreted as a physical examination given after April 15th of the previous school year. The student **shall not participate** in any practice sessions or contests until the completed form has been turned into the Athletic Office.

*PARENT APPROVAL/STUDENT APPLICATIONS

The student/athlete must submit, to the Athletic Office, the athletic information and permission forms, signed by student and parent, before participating in practice sessions, contests or activity programs.

*SEMESTERS OF COMPETITION

A student may not compete in more than four (4) first semesters and four (4) second semesters.

*SEMESTERS OF ENROLLMENT

Students cannot be enrolled in high school for more than eight (8) semesters. The seventh and eighth semesters must be consecutive.

HIGH SCHOOL ACADEMIC ELIGIBILITY

To be academically eligible to participate in athletics or co-curricular activities, a student shall have successfully passed no less than eighty percent (80%) – 4 out of 5, 5 out of 6, or 6 out of 7 classes in the previous semester, of which at least three classes must be a C- or better. If the student is ineligible based on the previous semester grades or deficiencies over multiple semesters (see below), the student will be ineligible for participation until deficiencies, including incompletes and failures from a previous semester are recovered.

While a student may participate with one “E” or failing semester grade, if the student fails a second class in any subsequent semester, the student will be ineligible to compete until one or more failures are recovered. A failure of a course required for graduation is recovered by successfully completing a pre-approved course (through summer school, evening credit recovery courses, or other pre-approved options) that will replace the failed course. A failure of a course not specifically required for graduation is recovered by successfully completing a pre-approved course in the same category for graduation requirements. At no time may a student who wishes to participate in a covered activity have two unrecovered “E” grades on his or her transcript.

During the period of participation in a credit recovery program, the student must provide Royal Oak High School Administration with a weekly progress report. Said progress report must show significant improvement and progress in all classes in which credit is to be recovered. Failure to meet this requirement will result in immediate ineligibility to participate in athletics and co-curricular activities.

The Athletic Director or designee will check compliance at the end of the first marking period of each semester. If the student is not meeting this standard, the student will be ineligible for competition participation until the standard is met, a period of not less than one calendar week.

Failure to comply: Ineligible to participate for the next semester or until such compliance is fulfilled.

***AWARDS**

A student may accept, for participation in athletics, a symbolic or merchandise award, which does not have a value over \$25. Awards in the form of cash, merchandise certificates, or any other negotiable document are never allowed.

Failure to comply: Ineligible for competition for a period of not less than one semester from the date of the violations. If the violation occurs after Monday of the fourth week of a semester, a student is ineligible for the balance of that semester and the succeeding semester.

COLLEGE BOUND STUDENT ATHLETES

All students wishing to compete at a Division I or II College must register with the NCAA Clearinghouse after their junior year of high school. Make an appointment with your high school counselor each year to make sure you are meeting all core requirements. You may also visit the MHSAA website at www.mhsaa.com for more information.

***AMATEUR STATUS**

Students participating in athletics or planning to do so in their school career will not accept any money for participation in athletics, sports or games. Will not receive any money or other valuable considerations for officiating an interscholastic athletic contest or sign a contract with a professional team. The above rule applies to all competitive sports.

Failure to comply: Ineligible for competition for a period of the remainder of the season up to one year.

***LIMITED TEAM MEMBERSHIP**

A student, after participating with high school teams, cannot participate on non-school teams during the same sport season. Ice hockey and all individual sports will apply the limited team membership rule from the point of a student’s first participation in a contest or scrimmage, rather than practice. Students in individual sports may participate in a maximum of two (2) non-school individual meets or contests in that sport while not representing his/her school. An event held on consecutive days is considered a single meet (for the purpose of this section only).

Failure to comply: Ineligible for competition for a period of the remainder of the season up to one year.

STUDENT ATTENDANCE DAY OF COMPETITION/PRACTICE SESSIONS & STUDENT SUSPENSIONS FROM SCHOOL

In order to participate in any PRACTICE OR CONTEST, the athlete must be in attendance the entire school day of the practice or contest. Exceptions may include such things as pre-arranged medical or dental appointments, scheduled court appearances, death in the family or funeral attendance, (proper documentation supporting absence is required, i.e. doctors notes, court papers, etc.). The participant shall make PRIOR ARRANGEMENTS with the coach for an excused absence.

Any athlete, who is suspended from school for violation of the policies and regulations of the student handbook, WILL BE PROHIBITED FROM PARTICIPATION IN CONTESTS OR PRACTICES on the day(s) that suspension is served.

Failure to comply:

First Violation: Ineligible to participate in the next contest.

Second Violation:
Third Violation:

Ineligible to participate in the next three contests.
Ineligible for competition for a period of not less than one semester from the date of the violations. If the violation occurs after Monday of the fourth week of a semester, a student is ineligible for the balance of that semester and the succeeding semester.

SUMMER AND OFF-SEASON PROGRAMS

A wide variety of sports, clinics and training programs are offered to students during the summer months and off-season by colleges, organizations, or individual coaches. Because these programs are held in the summer and off-season, they are **VOLUNTARY**. No student shall be required to enroll in these programs as a condition of placement on an athletic team or activity for the succeeding school year or sport season.

VACATIONS DURING THE SEASON

Attendance at all practices and games is very important. A written notice from the athlete's parents establishing the dates of an absence must be submitted to the head coach before the absence. Any athlete missing practice must recondition before participation will be permitted. Although student-athletes should not be unduly penalized due to absence during scheduled school breaks, any absence for a vacation that the coach was not notified of will be considered unexcused. In addition to reconditioning after returning from an unexcused absence, the student-athlete may face additional consequences deemed appropriate by the coach.

QUITTING AN ATHLETIC TEAM

Quitting a team is a serious matter. If an athlete quits one sport after the season has begun, he/she will not be eligible to participate in another sport that season without the prior consent of both coaches and the Athletic Director nor will they be allowed to attend pre-season conditioning for the upcoming season.

DUAL PARTICIPATION

Participation in two sports during the same season is discouraged. However, with the written consent of both coaches and the Athletic Director, a student-athlete may compete on two teams during the same season. (This only applies to teams where squad cuts are not involved).

TRAINING RULES AND CONDUCT

Representing the District in an interscholastic competition is a privilege, not a right. Students who participate in District interscholastic athletics program are expected to represent the highest ideals of character by exemplifying excellent conduct, excellent citizenship and excellent sportsmanship. Royal Oak student-athletes are also expected to engage in good training habits, which include abstaining from the use of tobacco, alcohol, drugs, anabolic steroids and human growth hormones. Separate and apart from a student's performance as an athlete, the student's conduct, citizenship, sportsmanship and training habits reflect at all times on the student-athlete, his/her team, the school and the community. Accordingly, the Board of Education establishes this Athletic Code of Conduct for all students who aspire to participate in interscholastic athletics as representatives of the Royal Oak School District.

- A. **Violations of federal, state or local/law ordinance including felony or misdemeanor acts other than minor traffic offenses.** Conviction of said offenses is not necessary to establish a violation of the Athletic Code of Conduct, which will be determined through an independent school investigation. Such offenses, when witnessed by a teacher, administrator, other responsible adult(s) or when substantiated by other reliable evidence may constitute a violation of this Code of Conduct. Depending upon the severity of the incident penalties will range from suspension from athletic competition to dismissal from the squad.

First Violation: Athlete suspended for 6 weeks or 6 dates of game competition whichever is greater.

Second Violation: Athlete suspended for 36 weeks or 36 contests whichever is greater.

Third Violation: Athlete shall lose the privilege of participating in interscholastic athletics for the remainder of his/her high school career.

- B. **Inappropriate behavior which school officials consider "conduct unbecoming an athlete" and representative of the Royal Oak School District.** Depending upon the severity of the incident, penalties may include a formal reprimand, suspension from competition or dismissal from the squad.
- C. **Hazing** is defined as any intentional, knowing, or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that which creates physical or mental discomfort, and is directed against a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization, club, or athletic team sponsored by the District and whose membership is totally or predominately other students from the district.

Soliciting, encouraging, aiding, or engaging in "hazing" on or in any school property at any time, or in connection with any activity supported or sponsored by the District, whether on or off school property, is strictly prohibited. Any student of the District aware of the planning or occurrence of hazing activities is required to notify the appropriate District administrator immediately. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition.

Depending upon the severity of the incident, penalties may include a formal reprimand, suspension from competition or dismissal from the squad.

- D. **Violations of the Student Handbook.** Penalties will be prescribed by the building administration. Any violation of this code, which is also a violation of the student handbook, may be investigated by the building administration. Penalties for violations of the student handbook may be imposed separate and apart from any penalty imposed under this code.
- E. **Violation of any team conduct rule as may be established by the team’s head coach and approved by the Athletic Director.** Penalties for violations of these rules may be imposed separate and apart from any penalty imposed under this code.
- F. **Use, possession, concealment, distribution, sale or being under the influence of those substances listed in Items 1-6 below violates the Athletic Code of Conduct:**
1. Tobacco or tobacco products in any form
 2. Alcohol or alcoholic beverages in any form
 3. Illegal drugs, including but not limited to those substances defined as “controlled substances” pursuant to federal and state statute
 4. Drug paraphernalia
 5. Substances purported to be illegal, abusive or performance-enhancing, i.e. “look-alike drugs”
 6. Steroids, human growth hormones, or other performance-enhancing drugs

It shall not be a violation of the Athletic Code of Conduct for an athlete to use or possess prescription drugs when taken pursuant to a legal prescription issued by a licensed practitioner. Along with following school district policy on the dispensing of medication, a parent/guardian shall notify his/her son/daughter’s coach in writing of the medication prescribed, the duration of the prescription and if the medication could alter the athlete’s behavior or affect of the athlete’s ability to participate in a physical activity. Such notification shall be prior to the season, or during the season if a physician prescribes the medication during the season.

SUBSTANCE ABUSE PENALTIES AND RECOMMENDATION

1. **Self-Disclosure**
Any athlete, who by himself/herself or together with his/her parents or legal guardians, voluntarily discloses to an administrator a need for assistance for alcohol or substance abuse prior to a violation of the Athletic Code of Conduct occurring is required to follow the chemical assessment/treatment procedures outlined in the Student Code of Conduct. Under such circumstances, the athlete will not be charged with a violation of the Athletics Code of Conduct, unless it is determined that the athlete has used this self –disclosure opportunity primarily to avoid a penalty under the Athletic Code of Conduct. This self-disclosure exemption is available to an athlete only once during his/her athletic career.
2. **First Violation**
The athlete shall select either option 1 or 2 as follows:

Option 1 – Athlete suspended for 6 weeks or 6 dates of game competition whichever is greater. The athlete is expected to complete a substance abuse awareness program* and will continue to practice but may not dress for a game or contest.

Option 2 – Athlete suspended for 20 dates of game competition or 20 weeks whichever is greater
3. **Second Violation**
The athlete shall select either option 1 or option 2 as follows:

Option 1 – The athlete suspended for one season of competition. The athlete must become involved in an outside treatment program for chemical dependency*. Reinstatement after one season is not automatic, the director or a counselor of a chemical dependency treatment center must issue such certification of participation before the athlete will be reinstated.

Option 2 – Athlete suspended for 36 weeks or 36 contests whichever is greater.
4. **Third Violation**
The athlete shall lose the privilege of participating in interscholastic athletics for the remainder of his/her high school career.

***At no cost to the Royal Oak School District.**

Penalties shall be cumulative beginning with and throughout the students’ participation as an athlete. **The penalties will overlap seasons and the offenses will accumulate through the student athletes career.**

Sportsmanship Good sportsmanship is viewed by the National Federation, Michigan High School Athletic Association, Oakland Activities Association and Royal Oak Schools as a commitment to fair play, ethical behavior and integrity. Sportsmanship expectations of the student-athlete are as follows:

- Accept and understand the seriousness of your responsibility, and the privilege of representing yourself, your family, your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the basic rules of the game.
- Treat your opponents the way you would like to be treated.
- Refrain from taunting, trash talking, or making any kind of derogatory remarks to your opponents before, during or after the game, especially comments of ethnic, racial or sexual nature.
- Refrain from intimidating behavior.

- Respect the integrity and judgment of game officials.
- Win with humility, lose with grace, do both with dignity.
- Select positive cheers, which praise your team without antagonizing the opponents.
- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Wear proper school attire at all athletic events.

SUPPLEMENTAL RULES AND REGULATIONS

Rules that are unique to a given program may be implemented upon the approval of the principal or building Athletic Director. These rules must be in writing and submitted to participants and their parents/guardians prior to the start of the program, except under special circumstances approved by the principal. Suspension/exclusion from participation in any activity is permitted if deemed appropriate by a coach, with notification of his/her immediate supervisor and the student's parent/guardian.

APPEAL PROCEDURES

Appeals of any section of this code's actions must be initiated by parents of minor students or the student if age 18 or older. Appeals must first be directed to the building principal.

- A. A request for an appeal shall be made within three (3) days of the date action was taken. The request must be made in writing stating the adjustments being requested and the reasons therefore.
- B. The student and/or the student's parent and affected coaches have the right to be present at all review hearings and must be notified in advance of the time and place. Both the affected student and administration have a right to present witnesses at all review hearings.
- C. Based on the review of the appeal, the building principal will adjust, revoke, or sustain the action. Copies of requests, hearings, and outcomes of appeals will be forwarded to the Board of Education.
- D. The building principal shall decide the activities in which the student shall be permitted to participate pending the outcome of the appeal.
- E. In cases where action was taken directly by the principal and/or in cases in which dissatisfaction exists with the results of the review hearing by the principal, a written appeal may be made within three (3) days to the Executive Director, Administrative Services/designee and, where applicable, the Executive Director, Student Services. The review must be held within three (3) days of receipt of the appeal.

EQUIPMENT – FINANCIAL RESPONSIBILITY

Athletes in the School District of the City of Royal Oak are responsible for athletic equipment issued to them by the athletic department. This equipment is to be worn only for practice or competition in the sport for which it was issued. **It is not to be worn at other times.** This equipment represents a large expenditure of money by the athletic department and is to be returned to the coach within one week of completion of the sport season. If equipment is stolen, lost, or not returned, the athlete will be held responsible for the replacement cost of the equipment.

PAY TO PARTICIPATE AGREEMENT

I understand that the payment of the Pay to Participate fee does not guarantee playing time for the student athlete, and does not provide any control over conditions of the team or the Athletic Department. I also understand that paying the fee does not in any way alter the Board of Education Policy, the District's Co-Curricular Code of Conduct, individual team rules or the Michigan High School Athletic Association Regulations.

I also understand that there will be no refunds of the Pay to Participate fee unless the student athlete suffers a season ending injury prior to the mid-point of the season, preventing the student athlete from participating in one-half of the regularly scheduled contests. In this instance, a physician's letter must accompany the request for the refund.

It is understood that a student athlete will not be allowed to participate, including practice, unless all signatures are affixed below and the fee has been paid in full. The fees are as follows:

- \$150 for the first sport, \$100 for the second sport and no charge for the third sport for each high school athlete. There is a \$250 annual student cap.
- \$40 for the first sport, \$25 for the second sport and no charge for the third sport for reduced meal eligible high school students.
- \$100 for the first sport, \$50 for the second sport and the third and fourth sport is free for each middle school athlete.
- \$25 for the first sport, \$12 for the second sport for each reduced meal eligible middle school athlete.
- There is an annual family cap of \$700.

Payments can be made via:

- Credit Card (Visa and Mastercard) online through PaySchools (Link is available on the District Website).
- Checks made payable to Royal Oak Schools.

WARNING

Participation in supervised interscholastic athletics and activities may be one of the least hazardous activities in which any student will engage in or out of school. Participation in interscholastic athletics includes a risk of injury, which may range in severity from minor to long-term catastrophic. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Players must obey safety rules, report physical problems to their coaches, follow a proper conditioning program, and inspect their equipment daily. *It is the parent's responsibility to provide the proper medical coverage to pay for an emergency or medical treatment required due to an injury. The School District of the City of Royal Oak does not provide any type of supplemental insurance for student-athletes.*