

STUDENT ATHLETICS

District 202 has a \$129 sports participation fee for an athlete to participate on an athletic team. This fee must be paid prior to the first contest. A physical and Plainfield Community Consolidated School District 202 Athletic Code must be on file in athletic office prior to practice/tryout.

All tryouts and/or memberships begin on I.H.S.A. start dates.

Fall Sports

Cross Country – Boys & Girls home course is PHS
Football
Golf – Boys & Girls home course is Mistwood Golf Course
Poms
Sideline Cheer
Soccer – Boys
Student Athletic Training Program – Boys and Girls
Swimming – Girls
Tennis – Girls
Volleyball – Girls

Winter Sports

Basketball – Boys and Girls
Bowling – Boys and Girls
Competitive Cheer
Poms
Student Athletic Training Program – Boys and Girls
Swimming – Boys
Wrestling

Spring Sports

Baseball – Boys
Badminton – Girls
Soccer – Girls
Softball – Girls
Student Athletic Training Program – Boys and Girls
Tennis – Boys
Track & Field – Boys and Girls
Volleyball – Boys

Illinois High School Association (IHSA)

District 202 High Schools are members of the Illinois High School Association (IHSA) based in Bloomington, Illinois.

Philosophy

Our Athletic Program is guided by the philosophy that interscholastic activities are an important part of the total education program. A successful sports program generates a sense of school pride for the participants, student body, faculty, and community. Our sport programs strive to teach “Life Skills” as well as individual skills.

The objective goes beyond just the learning of skills for a particular sport. Students who participate in the program will hopefully enjoy a competitive spirit, self-control, camaraderie with teammates and a sense of personal self worth. Leadership skills, loyalty, self-discipline are character traits gained through participation. But most of all, the student should grow, learn and enjoy the experience. Athletics must, however, never overshadow the main purpose of an education. A “win at all costs” attitude is detrimental to the educational process. Athletes are encouraged to participate in a variety of school-sponsored activities.

Athletic Code

Participating in interscholastic activities is considered an extension of, but separate from, the regular high school curriculum. While the regular curriculum program is a right afforded to each student, participation in the athletic program is a privilege and, as such, carries certain expectations beyond those found in the normal classroom situation. The important goals of the athletic program are to give students direction in developing healthful living habits, discipline, leadership, teamwork, opportunities to participate in fun activities, and respect for rules and regulations. It is to these ends that a code is established for young people taking part in the athletic program.

The acceptance of participation in athletics involves a commitment by the participant to adhere to this code. It is the responsibility of the coaches and sponsors to inform participants of the Code and to enforce the Code in a fair and consistent manner. It is the participant’s responsibility to be aware of the Code and to adjust behavior accordingly so that it becomes unnecessary for a coach or sponsor to have to enforce the Code.

Athletes are expected to comply with the following every day, everywhere and all year:

1. Athletes must meet all academic and behavior guidelines and strive for excellence.
2. Athletes are representatives of their school and community.

They are to conduct themselves in a sportsmanlike and ethical manner and play by the rules at all times; be humble in victory and gracious in defeat. Good sportsmanship is a prime objective in Plainfield Community Consolidated School District 202 and is expected of its participants.

3. Athletes must abide by the decisions of, and show respect toward, the game officials who are charged with administering the contest.
4. Athletes are to respect the talent and efforts of opposing players and coaches. Any disrespect shown opposing players, coaches and fans will not be tolerated.
5. Athletes will not participate in any activities involving harassment, hazing, and bullying, as defined by school policy.
6. Racial, ethnic or other prejudice has no place in competitive athletics. Respect must be given to fellow athletes for themselves and not according to race, creed or religious or other beliefs.
7. Athletes must comply with the requirements of this Handbook, including the transportation, equipment, and "Team Awareness Night" requirements.
8. Athletes must be on time to, and regularly attend all team practices and contests, and comply with all team rules and accept constructive criticism from the coach.
9. In the event an interscholastic athlete elects to quit a sport prior to the completion of the season; or in the event where an athlete is removed from a team for disciplinary reasons, that athlete may be restricted from participating in pre-season open gym sessions for the upcoming season.
10. Athletes must meet all IHSA requirements.
11. Athletes must not use, be in possession of, or be involved with tobacco, marijuana, controlled substances or drugs not properly prescribed to the athlete, or any other intoxicating substance. An athlete will not attend or host a party, of high school students or minors at which alcohol, tobacco or any controlled or other improper substances are provided or at which the use of any such substances is permitted.
12. Athletes must exhibit good sportsmanship both as an athlete in competition and as a spectator at a contest. An athlete who is ejected from a game as a spectator will be subject to consequences at the discretion of the Athletic Director, Assistant Principal, or Principal.

Non-Student Spectator Conduct and Sportsmanship Policy

When a spectator at a Plainfield Community Consolidated School District 202 athletic or extracurricular event is ejected from the event for exhibiting un-sportsmanlike, disruptive, or disrespectful behavior, the following requirements must be satisfied:

1. An administrator and/or law enforcement officer will escort the spectator off school grounds.
2. The spectator will receive, through certified mail, notice of a meeting with the building administrator or designee to discuss the facts of the incident.
3. Within 48 hours of that meeting, the spectator will be informed of the administrative disposition.
4. If the spectator's removal from attending Plainfield School District 202 athletic and extracurricular events extends beyond a single event, a hearing will be scheduled with the Board of Education. A notice to appear at the hearing will be sent through certified mail. This hearing will be scheduled by the building administration through the Superintendent or his/her designee.

Disciplinary Action

An athlete accused of a violation of the Athletic Code will be informed of the charge and given an opportunity to respond. Discipline will usually be handled by the coach, but suspensions pertaining to Athletic Code violations may only be done by the Principal, Assistant Principal, Athletic Director or Assistant Athletic Director.

Penalties for violations for the Athletic Code will be carried over from one sport season to another or from one school year to the next. If a violation occurs out of season, the penalty will begin during the athlete's next season. Athletes must successfully complete the penalty portion of the violation before the athlete may compete in any interscholastic competition. Failure to complete the season will result in the penalty being served in the athlete's next season. Athletes are expected to attend all practices and games while serving an athletic suspension.

The following disciplinary actions may be taken for violation of the Athletic Code, in addition to any action taken as part of

regular school discipline under the Parent/Student Handbooks.

All violations will be imposed as appropriate to the particular circumstances as approved by the Principal, Assistant Principal, Athletic Director or Assistant Athletic Director.

The violations include, but are not necessarily limited to:

- Use or possession of tobacco products
- Harassment, hazing, or bullying
- Possession, consumption, or distribution of any drug, intoxicant, or alcohol
- Weapon violations
- Vandalism
- Assault or battery
- Theft
- Other major violations as defined in student handbook

The following consequences will be enforced:

Sport	1 st Offense $\frac{1}{4}$ Season	2 nd Offense $\frac{1}{2}$ Season	3 rd Offense 1 Calendar Year	4 th Offense Remainder of Career
Badminton (16 games)	4	8	↓	↓
Baseball (35 games)	8	18		
Basketball (21 games)	5	11		
Bowling (20 dates)	5	10		
Cheerleading (Fall 9 performances)	2	5		
Cheerleading (Winter 21 performances)	5	11		
Cross Country (18 dates)	4	9		
Football (9 games)	2	5		
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Sport	1 st Offense $\frac{1}{4}$ Season	2 nd Offense $\frac{1}{2}$ Season	3 rd Offense 1 Calendar Year	4 th Offense Remainder of Career
Golf (18 dates)	4	9	↓	↓
Poms (Fall performances)	5	1		
Poms (Winter 11 performances)	2	6		
Soccer (17 matches)	4	9		
Softball (35 games)	8	18		
Swimming (17 meets)	4	9		
Tennis (18 dates)	4	9		
Track (18 dates)	4	9		
Volleyball (21 matches)	5	11		
Wrestling (21 matches)	5	10		

*Language & maximum season as defined by IHSA

Voluntary admission or self-reporting of any athletic code violation will result in the penalty being reduced by half.

Voluntary admission means that the student reports the violation to the Athletic Director, Assistant Athletic Director or coach before information of the violation has been obtained by the coach or another school official from other sources, or acknowledges the violation immediately upon initial questioning about the violation by the coach or other school official.

This provision may be used only once by any athlete during his/her high school career on a first offense.

Athletic Eligibility

Every athlete interested in the interscholastic athletic programs must

be in strict compliance with IHSA, Southwest Prairie Conference, and Plainfield Community Consolidated School District 202 eligibility requirements.

Eligibility Rules

To be eligible to participate in the interscholastic athletic program at Plainfield Community Consolidated School District 202 each interested athlete must clear the eligibility clearance procedure. To do so, the interested athlete must:

1. Submit the completed "Athletic Code" to the Athletic Office. Form must be properly signed and all information must be answered.
2. Athletic Physical Form – each interested athlete must show proof of an examination by a physician. Freshmen athletes may count their freshmen entrance physical toward this requirement as long as it was within 1 calendar year. Sophomore, junior, and senior athletes must have an "IHSA Physician's Certificate" on file for the current school year.
3. Yellow Emergency Card – STEPS 1, 2, 3 & 4 MUST BE COMPLETED BEFORE ANYONE WILL BE ALLOWED TO BEGIN PRACTICE.
4. Athlete must attend Team Awareness Session (1 per school year)
5. Parent/Guardian are encouraged to attend Parent Expectation Meeting.
6. Submit participation fee by established date for each season.

Academic Eligibility

In order to maintain eligibility in season, each athlete must meet IHSA weekly academic standards as well as semester academic standards.

Transfer Students

Any student that transfers to Plainfield Community Consolidated School District 202 must meet IHSA transfer requirements to determine whether or not they are eligible for interscholastic athletics.

Attendance Policy

A Student must be in attendance for the full day, unless approved by the athletic office, on the day of competition to be eligible to participate in athletic events or practices. Administrative approval for pre-arranged absences or emergency situations will supersede this requirement. Emergency situations will be dealt with as they arise.

Team Awareness Session

All athletes must attend an awareness program once during each year of participation. This program is an informational session dealing with current issues affecting athletes (i.e. drugs, alcohol, steroids, nutrition, academic eligibility, motivation, athletic code).

Parent Expectation Meeting

Parents are encouraged to attend an expectation meeting for their child's sport. This meeting provides the opportunity to listen and ask questions of the rules, regulations, and policies of the sport and athletic department. Meetings will be held at the beginning of each season.

General Information**Equipment/Uniforms**

Students participating in athletics are responsible for the care of the equipment and the safe return of all equipment and uniforms issued to them. The athlete will be charged the replacement value of any equipment not returned or damaged beyond normal wear and tear. Athletes will not be allowed to receive awards or participate further in the athletic program until all equipment and uniforms are returned and paid for.

Injuries

All injuries, no matter how minor in nature, should be reported to the team's coach or trainer immediately. This will help to prevent minor injuries from getting worse. If an athlete must see a physician for an injury, the athlete will not be allowed to resume practicing or competing without the physician's consent.

Appearance

Students who represent the school in interscholastic athletic competitions are expected to dress in a neat, respectable manner. Their actions and conduct are a direct reflection upon the overall quality of our athletic program and school. The coach or sponsor may establish rules regarding a particular dress style for their own squad.

Transportation

Plainfield Community Consolidated School District 202 provides transportation to and from all contests. It is required that all athletes use the transportation provided by the school district. If a need arises where an athlete must return home with a parent, a bus permission form must be filled out and signed by the parent, Coach, and Athletic

Director. This must be done 24 hours in advance. The form may be obtained through the Athletic Director's office.

Consent for Participation and Emergency Medical Treatment and Waiver

Please read this form carefully and be aware that participation in the athletic/activities program(s) for which your child (ward) is being registered entails, like participation in virtually all recreational activities, certain risks that cannot be entirely eliminated.

I hereby give consent for my child (ward) to participate in the athletic/activities program(s). I recognize and acknowledge that there is a degree of risk that my child may sustain personal injury or damage to property in the course of partaking in such activities, and that District 202 High Schools do not cover participants for any type of medical costs.

I hereby fully release and discharge District 202 High Schools and their officers, agents, servants, and employees from any and all claims for injuries (including death), damage, or loss which I may have or which may accrue to me on account of my child's (ward) participation in the program(s). I further agree to indemnify and hold harmless Plainfield Community Consolidated School District 202 and its officers, agents, servants, and employees from any and all claims and expenses (including attorney's fees), resulting from injuries (including death), damages, and losses sustained by me and arising in any way out of my child's (ward) participation in said programs.

IHSA Steroid Testing Policy

Consent to Random Testing

2013-14 School Term

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

During the 2013-2014 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances.

The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.



This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow in order to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org. You may lose eligibility for

interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- A. You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.
- B. You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- C. If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- D. If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is “lapse in school connection” or not.

2. Scholastic Standing

- A. You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- B. You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester. (Beginning with the second semester of the 2012-2013 school term)

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian. You may be eligible if you are entering high school as a freshman and:

- A. You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- B. In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- C. You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district or

- D. You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- E. You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- F. You attend the private/parochial high school which one or both of your parents attended; or
- G. You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

A. In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. ***You cannot be eligible when you transfer until this form is fully executed and on file in the school office.***

B. If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after classes have started for the school term, you will be ineligible for cross country that entire school term at the new school.

C. If you transfer attendance from one high school to another high school, you will be ineligible unless:

1. Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
2. Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
3. Your transfer is from a private/parochial school to your home public high school, you are entering a public high school for the first time, and the principals of both your former and the new school concur with your transfer;
4. Your transfer is from one private/parochial school to another private/parochial school located within a thirty (30) mile radius of

the residence where you live with your parents, custodial parent or court appointed guardian, you are changing high schools for the first time, and the principals of both your former and the new school concur with your transfer;

5. Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;

D. If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.

E. If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.

G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible in regard to age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must annually have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant or nurse practitioner in order to practice or participate. Your physical examination each year is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your

school may provide IHSA state champions with championship rings/mementoes.

B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.

C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kids league, etc. It only applies to your own competition in an athletic contest.

D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.

B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with or not connected with the school, related to athletic participation.

C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.

D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.

E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.

F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege or opportunity which is not also provided or made available to all prospective students at that school. Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:

1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition

A. During the time you are participating on a school team in a sport at your high school, you may neither play on a nonschool team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.

B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.

C. If you wish to participate in a competition sanctioned by the National Governing Body, or its official Illinois affiliate for the sport, your principal/official representative must request approval in writing from the IHSA Office prior to any such participation.

D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.

E. You will become ineligible if you participate on, practice with or compete against any junior college, college or university team during your high school career.

11. All-Star Participation

A. After you have completed your high school eligibility in the sport of football, basketball, soccer or volleyball, you may participate in

three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in allstar competition in any of these sports under any other conditions.

B. You are not restricted from participating in all-star competition in sports other than football, basketball soccer or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.

B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties. **The complete set of IHSA By-laws and Policies is available at www.ihsa.org**