

Park Ridge High School Athletic Code of Conduct 2020-21

The Athletic Code of Conduct is a commitment by the student to exercise good judgment in all affairs, to represent self, school, family and community in a positive manner at all times. Students engaged in interscholastic athletics are leaders and are expected to represent themselves in that fashion. Participation in athletics is an avenue for the practicing and teaching of good citizenship, promoting the growth of good character, and developing important life skills.

Student involvement in the Park Ridge Athletic program is an honor and privilege, not a right. This privilege comes with inherent responsibilities, and is dependent upon compliance with applicable rules and regulations. As a member of a school team, an athlete's behavior in school, the community, on the social network, and at other schools reflects not only on the individual, but on his/her family, the athletic program, and Park Ridge High School. Students engaged in Park Ridge Athletics must carefully consider their actions and comply with all rules established by the Park Ridge Board of Education, North Jersey Interscholastic League and New Jersey State Interscholastic Athletic Association. Students deviating from the standards set in this document will be subject to appropriate discipline, suspension, and/or expulsion from the athletic program.

All student athletes must submit a Code of Conduct form that has been signed by the student and his/her parent/guardian. No student athlete will be allowed to participate in a sport without submitting this form to the Athletic Director. The form need only be completed once during a school year. The Code of Conduct is in effect from the first day of the sport until the last day of each sport the student participates in.

Academic Eligibility

To be eligible for athletic competition during the 1st semester of 10th grade or higher, a student athlete must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.

To be eligible for athletic competition during the second semester of 9th grade, a student athlete must have passed the equivalent of 12.5% of the credits (15.00) required by the State of New Jersey for graduation at the close of the 1st semester. An average of 65 or higher must be achieved to be in good standing.

Age Eligibility

Student-athletes are ineligible if they have reached the age of 19 prior to the date of September 1st. No student athlete may compete in more than 8 semesters of high school sports.

Procedures

In order for a student-athlete to participate in interscholastic athletics, he/she must complete and return to the Athletic Director the following:

- Athletic Code of Conduct (**Online**)
- Proof of a medical examination
- Health History Questionnaire (**Online**)
- Sudden Cardiac Death form (**Online**)
- Steroid Waiver form (**Online**)
- Opioid Awareness form (**Online**)
- Athletic Emergency Card
- Concussion IMPACT test / Paperwork (**Online**)

All student athletes must have a valid physical exam 365 days prior to the first practice. If the examination expires, it must be renewed immediately. The medical report must state that the student-athlete can participate in interscholastic athletics. All medical documents should be given to the trainer or nurse. If an injury occurs during participation, it should be reported to the trainer. A written prescription describing sport specific limitations as well as a medical return note must be provided by the student-athlete's physician.

Equipment

Student-athletes are required to immediately return all uniforms and equipment at the completion of his/her season or when a student has quit a team. A member of the coaching staff will collect all uniforms after the last team event. Failure to return uniforms or equipment will require the student-athlete to pay the replacement cost of the item(s). Failure to do so will result in after school detentions and ineligibility to participate in other sports. If such obligations are not paid by the end of the year students will have his/her report card withheld. Seniors will have his/her diploma withheld.

Attendance

In order for an athlete to participate in athletic practices and games, a student must receive 4 hours of instructional time. Therefore, a student must be in school all day and leave no earlier than 12:45 on the day of the event / or the day before a weekend game. Exceptions for religious services, legal matters, college visits or medical appointments must have prior approval by the coach and administration. Student-athletes who develop unacceptable patterns of school attendance may be subject to suspension from a team until acceptable levels are achieved.

Attendance to practices and games is vital while on a team, and allows for proper evaluation by the coaching staff. Only approved absences detailed in the school handbook will be accepted. Student-athletes should notify their coaches of any ensuing excused absences immediately. If a student athlete is absent from school due to illness, he/she may not attend the practice or game scheduled for that day.

After two weeks, or a completed team tryout period, a student-athlete may not leave one sport to play for another team without approval by both programs.

Sportsmanship

All student-athletes will adhere to the guidelines of sportsmanship and must show proper respect for teammates, opposing players, coaches, parents, and officials at all times. Disqualification from an event as a result of poor sportsmanship or of an official's ruling is unacceptable. Park Ridge High School sanctions may be added to those levied by the NJSIAA.

Parents and fans are reminded that good sportsmanship, respect for rules, respect for others and fair play are the heart of all interscholastic athletic programs. Unsportsmanlike conduct on the part of parents or fans will result in immediate removal from the contest area. Repeated displays of unsportsmanlike conduct will result in the offender being banned from athletic events.

Transportation

Appropriate behavior is expected when student athletes are being transported on school buses. Reasonable noise levels must be maintained for the safety of the group. All student-athletes are expected to travel to and from events as part of his/her team. This promotes unity and team spirit as well as allowing for proper supervision. The coach may allow a student to return home from an away event if an alternate transportation request form is filled out 24 hours prior to the event. This form allows a parent/guardian to take the student from the game and must have the Athletic Director's prior approval. This form can be found online at the Park Ridge website. At no time will students be allowed to transport themselves to events.

Tobacco, E-Cigarettes, Alcohol, Illicit Drugs, Performance Enhancing Drugs
In Executive Order 27, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the NJSIAA to develop and implement a program of random testing for steroids, of teams and individuals qualifying for State Play-offs. Beginning in the fall 2006 athletic season, no student-athletes may participate in NJSIAA competition unless the student and student's parent/guardian consent to random testing. These forms are sent out by the school nurse, and must be signed before athletic participation can begin.

The use of any of the stated products is illegal and a violation of proper training guidelines. A student who is involved with any of these products during the high school day or a school sponsored event will face:

First Offense: A 5 day suspension from athletic participation with a minimum of a 1 game suspension. During this time, student-athletes may return to practice but cannot participate in games.

Second Offense: A 10-day suspension from athletic participation with a minimum of a 2 game suspension. During this time, student-athletes may return to practice but cannot participate in games.

Third Offense: Administrative Discretion will be used

If a student athlete **self-reports** a problem with one of the above products to an administrative presence in order to get help, the student-athlete will not face sanctions. The student-athlete must do so prior to being reported to the school administration. At that point, the student-athlete must agree to appropriate counseling provided by the school. These incidences will remain strictly confidential. A student-athlete may qualify for this waiver once in his/her athletic career. If a student-athlete commits a violation after using the waiver, the offense will be treated as a second offense.

For a student who has committed multiple violations of school rules resulting in ISS or OSS during his/her athletic career – will be subject to the guidelines set out in the student handbook. Student-athletes are also subject to suspension from a team if a pattern of unacceptable behavior continues. Students can be reinstated if the behavior improves.

Social Media

Although the Park Ridge School District realizes that social media is a large part of our student's lifestyle – it is expected that our student athletes respect their teammates, opposing players, coaches, teams, fans, and communities. Using any form of social media to taunt, bully, harass, etc. will not be tolerated. Failure to follow this policy:

First Offense: A one game suspension from the next game

Second Offense: A 2 game suspension from the next two games

Third Offense: Administrative Discretion

Hazing

Hazing of a student-athlete in any way will not be tolerated. Students or coaches who disregard this rule are subject to suspension or expulsion from their team, as well as appropriate school/legal sanctions.

Park Ridge High School
Athletic Code of Conduct, Permission Form & Release
Student Athlete and Parent/Legal Guardian
Sign-Off Sheet

We have read and understand the Athletic Code of Conduct and the Student/Parental Permission form of Park Ridge High School.

We also understand that participation in interscholastic athletics involves an element of danger and risk of personal injury, and we have chosen to participate with that awareness in mind.

I, _____, _____ will participate in the following sports
(Student's Name) (Gr.) for the upcoming school year:

Only one sport may be chosen for each season. A student-athlete may change their mind at the beginning of each season.

Fall

- Cross Country**
- Cheerleading**
- Football**
- B Soccer**
- G Soccer**
- G Tennis**

Winter

- B Basketball**
- G Basketball**
- Bowling**
- Winter Track**
- Wrestling**
- Ice Hockey**
- Volleyball**

Spring

- Baseball**
- Golf**
- Softball**
- Track/Field**
- B Tennis**
- B Lacrosse**
- G Lacrosse**

(Print Student's Name)

(Student's Signature)

(Parent's Signature)