

**NTCHS Refiner**  
**Extra-Curricular Policies**  
**& Training Rules**  
**2019-2020**



## **NTCHS REFINER EXTRA-CURRICULAR POLICY**

The following rules will apply for interscholastic athletics, defined as basketball, track, football, volleyball, golf, cross country, speech & drama, student council, science competition, FCCLA, FFA, and any other school sponsored activities.

### **PHILOSOPHY**

It is the desire of the Sunburst Board and Administration not only to teach academics but also to teach the extra-curricular participant to be a productive, responsible citizen. A student's right to participate in school-sponsored activities will be maintained as long as it does not infringe upon the rights of the board to meet and uphold reasonable standard. These standards include but are not limited to:

**No students will be allowed to start athletic practices without a physical.**

**No students will participate without emergency medical treatment forms.**

**No student will participate without parent signature acknowledging their receipt of a copy of the training rules.**

The Trustees and Administration asks that parents help enforce this training rules policy.

- 1. Curfew** – Extra-curricular participants need to be home either resting or studying for both academic and extra-curricular success.
- 2. Alcohol, Drugs, and Tobacco** - Research has found that both short and long-term use of mood altering chemicals does not enhance the success of a total person.
- 3. Dress and Appearance** - That type of dress or personal appearance that distracts from the cohesive unity or effectiveness of the team or group will be considered an unacceptable standard.
- 4. Hair** - Neatly groomed hair is acceptable and promotes team and group unity.
- 5. Academic Eligibility** – As per Board Policy 3920—also see student handbook.
- 6. Misconduct** - Should a student be found guilty of violating school laws or school rules, on school property or as a part of a school sponsored activity, student will be disciplined according to Section IV Suspensions, section of the training rules.
- 7. Attendance** - Students must be in attendance all day to allow for athletic participation (practice or competition), unless previously approved by administration. Students who are absent because of a school related activity are excused from practice and do not have to make up the practice time. For scheduling conflicts, school administration will make the final decision.
- 8. MHSA Residency Eligibility** - Students must be recognized by MHSA for sports eligibility.
- 9. Respect for Supervisors and Others** - As a part of the growing process, respect for authority and others must be maintained. Extra-curricular participants are obligated to show proper respect to those in authority over them and concern for their fellow competitors.
- 10. Travel** - Participants are expected to follow guidelines for athletic travel to maintain the highest level of safety.
- 11. Practices** - Participants are expected to attend all practice sessions in proper uniform and take care of equipment. Exemption from practice or games is the responsibility of the supervisors.
- 12. Obligation** - Participants are responsible for necessary insurance, payment of fees and replacement of damages or destroyed equipment or property.

## I. Curfew

A. Students involved in extra-curricular activities have to be home by the following hours:

1. Sunday-Thursday 10:00 p.m.
2. Friday—if there is no activity the next day 12:30 a.m.
3. Friday—if there is an activity the next day 11:00 p.m.
4. Saturday 12:30 a.m.

B. Punishment

1. 1st offense: A suitable punishment will be established after the violation has occurred by the coach.
2. 2nd offense: A suspension of the next weekend of scheduled activities will result. Students will practice during the suspension, and will travel with the team.

C. Coaches/advisors will check curfew hours periodically.

## II. Alcohol, Drugs, Tobacco (or any other mood altering chemicals)

A. No students involved in an extracurricular activity will use or have in their possession any alcohol, tobacco, drugs or other illegal mood altering chemicals.

1. Possession of alcohol includes being caught or seen with a mood altering chemical or being with someone at the time they are caught.
2. First person accounts that a person was using are punishable based upon the merits of the report.
3. All student-participants in Sunburst Athletic programs must comply with Board Policy 3350—Extracurricular Activities Drug Testing Program. Punishments will also be enforced for failing the drug testing policy outlined in Board Policy 3350.

B. Punishment:

1. 1<sup>st</sup> offense: Removal from all participation/dress/competition/performance/travel for all extra-curricular activities for a period of 45 school days or the balance of that particular season, whichever is longer. For any 45-day period which carries over into another season, students will be expected to participate in practices from the first day if they intend to rejoin that team once the 45-day period ends. Practice during the suspensions will count towards the MHSA 10 practice eligibility rule.

2. Subsequent offenses: Removal from all participation/practice/etc from all extra-curricular activities for a period of 90 school days.
3. Note that the 45 & 90 day period of removal will carry-over to the following year if the violation occurs during the last quarter/semester.

### III. First Person Reports & Rumors

- A. Any person making a report about a student concerning the abuse of extra-curricular training rules will be asked to verify the report in writing. Second person information will be considered rumor.
- B. The first person report or actual proof must be presented before any action will be taken.

### IV. Suspensions

- A. Short-term suspensions as a result of misconduct are left up to the discretion of the coaching staff and/or advisor, athletic director and administration. Longer term suspensions or expulsion from the team will not be done without the input of administration and ensuring that the student-athlete is given due process.
  1. Parents will be contacted to offer input to the situation.
  2. Appeals will be allowed by using the due process procedure established by the Board.

### V. Coaches' Rights

- A. Coaches shall not have the right to alter the intent of the athletic training rules set by the School Board and Administration.
- B. Coaches have the option to give extra punishment during extended practice times, during the suspension time period but must comply with the minimal extra-curricular rules.
- C. Coaches have the right to establish stricter curfew hours acceptable to the athletic director, the administration, and the School Board.
- D. Coaches shall promptly report any training violations to the athletic director and/or administration.

### VI. Dress & Appearance

- A. Students will dress appropriately on away games. Dressy blue jeans or dress bib overalls are left up to the discretion of the coach/advisor, but are discouraged. Wind pants or sweats may be acceptable for the ride home if the weather is good, but never for traveling to the game.
- B. Hair is to be kept clean, trimmed, and neatly groomed at all times. It should provide no distraction from participation. Discretion is left up to the coaching staff and/or advisor.

- C. Denial of participation will be the discipline until the athlete provides proper dress and appearance.

## VII. Lettering

### A. General Guidelines

1. "Lettering" in an activity is for high school students only.
2. A student-athlete will letter providing they meet these general guidelines as well as the below mentioned specifics for each of the individual activities.
3. A student-athlete will not letter if they are expelled from the team for disciplinary reasons or if they quit prior to the end of the season.
4. A student-athlete will not letter if they fail to attend a practice or competition without the coach's consent. A student-athlete will be required to attend the highest level of competition when a conflict exists between two or more activities.
5. A student-athlete may earn or be denied a varsity letter if at the coach's discretion there are extenuating circumstances beyond the criteria listed below. This decision will be made in consultation with administration.

### B. Football

1. A student-athlete must play in  $\frac{1}{2}$  or more of the total games played by the team in a given season.
2. A student-athlete will letter if they are a member of the team playing in a post-season game.

### C. Volleyball

1. A student-athlete must play in  $\frac{1}{2}$  or more of the total matches played by the team in a given season.
2. A student-athlete will letter if they are a member of the team playing at the district tournament.

### D. Basketball

1. A student-athlete must play in  $\frac{1}{2}$  or more of the total quarters played by the team in a given season.
2. A student-athlete will letter if they are a member of the team playing at the district tournament.

### E. Track & Field

1. A student-athlete will letter if they qualify in the District Track Meet to advance to the Divisional meet; individuals on relay teams are included.

2. A student-athlete will letter if they accumulate two points at every meet participated in where the meet consists of five or fewer teams, accumulate a point (place in an event) at every meet participated in where the meet consists of six or more teams.
3. A student-athlete will letter if they are invited to the Top 8 Meet.

F. Golf

A student-athlete will letter if they qualify for the state golf tournament, whether or not they are chosen for the travel team to participate at the state meet.

G. Cross Country

A student-athlete will letter if they attend an appropriate number of practices as determined by the coach, compete in an appropriate number of meets, and qualify for the State Cross Country meet.

H. Speech & Drama

A student will letter if they attend an appropriate number of practices as determined by the coach, compete in at least three regular season meets, and advance to Divisionals.

I. Drill Team and Cheerleading

A student-athlete must attend an appropriate number of practices as determined by the coach and must participate in all performances.

J. Miscellaneous

All other extra-curricular letters are earned according to rules set by the advisor. Managers, statisticians, videographer, etc may earn Manager Letters as to be determined by the head coach. (No more than 3 per team per season)

VIII. Conflict Between Activities

Students are encouraged to take advantage of as many extra-curricular activities as their family and school obligations allow, but it is understood that there may be occasions when more than one activity is scheduled on a given night. If this is the case, the student **MUST** participate in the activity that is the higher level of competition. For example, Divisional Speech & Drama will take precedence over a regular season basketball game and ISEF will take precedence over State Golf. If there are two activities of the same level of competition on the same day (ie: Track & Golf or Speech & Drama and Basketball), the student participating shall make a decision and advise their coaches/advisors at least a week ahead of time. Coaches/advisors **WILL NOT** discriminate against a student for making such a decision but students need to understand that these choices may have implications on tournament teams and meeting lettering requirements.

**DRUG/ALCOHOL TESTING POLICY AUTHORIZATION AND CONSENT FORM  
-Accepting Random Drug Testing-**

I understand that my performance in Montana High School Athletic Association (MHSA) or Sunburst High School sanctioned events and the reputation of my school district are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, procedures and regulations set forth by the Sunburst School District Board and the sponsors for the activity in which I participate.

I authorize Sunburst School District to conduct tests for drug/alcohol use which I will submit to upon request. I also authorize the release of information concerning the results of such test to the Sunburst School District and to my parent/legal guardian.

As the parent/guardian of said child, I will abide by the principles set forth in this policy and will not willingly allow my child or any underage child in my presence to partake of any drugs, alcohol or tobacco products.

Pursuant to the Family Education Right of Privacy Act 34 CFR Part 99, this form will be deemed as consent for the release of the above information to the parties named above.

\_\_\_\_\_  
Student Signature Date

\_\_\_\_\_  
Parent/Guardian Signature Date

\_\_\_\_\_  
Mailing Address Date

\_\_\_\_\_  
Received by Date

List of any medications that the student takes regularly or has taken during the past 30 days:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**This form must be submitted to the office and must be on file in the office before a student will be allowed to participate in any scheduled contest/activity.**

Policy History:

Adopted on: October 17, 2011

## **Receipt of Extra-Curricular Handbook**

“I have received a copy of the NTCHS Extra-Curricular handbook for 2019-2020. I understand that the handbook contains information that my child and I may need during the school year. I understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the handbook. As the parent/legal guardian for the below named student, I give my consent for Impact testing as well as the random drug testing that will take place during the year.”

Print name of student: \_\_\_\_\_

Signature of student: \_\_\_\_\_

Signature of parent: \_\_\_\_\_