

SWEET HOME HIGH SCHOOL
Department of Physical Education and Athletics
Phone:250-1207 Fax:250-1351
E-mail: cdemarco@shs.k12.ny.us
visit us on the web at: www.shs.k12.ny.us



Dear Parent,

Your child has expressed a desire to participate in our interscholastic program. It is important that you and your child understand the rules and regulations of the program and agree to abide by the rules established by the District for the benefit of those who participate both as players, students and representatives of their community.

Christopher E. DeMarco
Director, Athl., P.E. & Rec.

SWEET HOME HIGH SCHOOL SPORT RULES AND REGULATIONS

1. No student may begin practice without a physical examination and parent permission. If this examination is given by a physician other than the Sweet Home Physician, the athlete will only be allowed to practice for a two-week period until another physical examination is administered by the Sweet Home Physician. Under no circumstances is an athlete allowed to participate in an interscholastic contest until approved by the school physician.
2. A student must be in attendance at school in order to participate at practice or athletic events after school or in the evenings. Students who are late must arrive in time to attend at least 50% of their scheduled classes.

If on Friday, a student is absent or late and doesn't make 50% of his/her classes, they are not eligible to practice or compete in an athletic event on Friday, but would be eligible for Saturday. The attendance requirements can be waived for legal excuses, such as funerals, doctor and dentist appointments, or any school sponsored activity. Legal excuses can only be waived by a school administrator.

3. Any student, who is participating in interscholastic sports must also participate in the regular physical education program provided during the school day. Students would not be allowed to monitor or participate in the sport for which they are scheduled if they have been excused from the regular school day program for medical reasons, unless the excuse is approved by the administration.
4. Any athlete caught stealing from the Athletic Department or any athletic team will be automatically dismissed from the team.
5. The possession of and/or use of drugs, alcoholic beverages or tobacco products will result in the following:
 - a. First Offense – dismissal from participation in any athletic contest for two weeks, but must practice. The athlete is given a second chance if they make practices and have counseling for those two weeks. If the athlete fails to go to counseling and practice, they are removed from the team for the remainder of the season.
 - b. Second Offense – automatic dismissal from the team for the remainder of the season.
6. Any athlete suspended from an athletic team has the right to appeal within 48 hours of dismissal. The appeal committee will consist of the Athletic Director, Administrator and one out-of-season coach.

(Please see other side)

SWEET HOME HIGH SCHOOL
Department of Physical Education and Athletics
Phone:250-1207 Fax:250-1351
E-mail: cdemarco@shs.k12.ny.us
visit us on the web at: www.shs.k12.ny.us



7. Any athlete suspended from school (in or out of school) may not practice or compete that day.
8. Athletes are expected to use school transportation to and from away athletic contests unless special arrangements are made between parent and coach in advance.
9. All players will sit with their own team during the entire athletic event and will not leave the site of an athletic activity without permission from their coach.
10. Any athlete in possession of any school property from a school athletic team will be suspended from participation in another interscholastic athletic activity until all equipment or uniforms have been returned or paid for.
11. A player who misses practice during the season for more than a period of five consecutive days must have a minimum of two days practice for reconditioning purposes prior to participation in a game or scrimmage.

Legal excuses from practice will be limited to:

- a. College Visitation
 - b. Family vacations that the athlete must attend at parent's request
 - c. Emergency situations (doctor, dentist, court appearances)
 - d. Sickness or injury
 - e. Funerals
 - f. Religious obligations
 - g. Special examinations or tests
 - h. Overlapping seasons
 - i. After school academic help (late for practice)
 - j. School sponsored event (field trip, music trip)
12. A player who misses practice or an athletic contest and doesn't have a legal excuse is suspended from the next athletic contest, but must practice. A player with two cuts from practice is dismissed from the team.
 13. All legal excuses must be submitted to the coach and approved whenever possible prior to the missing of practice. The Athletic Department realizes that unusual situations arise whereas the athlete must miss practice. It is our responsibility to make sure that all athletes returning from an absence have a period of reconditioning before participation.
 14. Sportsmanship

The conduct of all athletes on and off the field is expected to be sportsmanlike. Such actions as fighting, taunting, vulgar language , harassment or any hazing type behavior and a disrespectful attitude are not acceptable at any time.

- a. Any athlete fighting before, during or after an athletic contest will be suspended from the next athletic contest, but must participate in all practices.

If there is a second offense, the student is dismissed from the team for the duration of the season.

SWEET HOME HIGH SCHOOL
Department of Physical Education and Athletics
Phone:250-1207 Fax:250-1351
E-mail: cdemarco@shs.k12.ny.us
visit us on the web at: www.shs.k12.ny.us



- b. If fight occurs during the last contest, the penalty carries over to the next sport in the following season. If it is an underclassman, the penalty carries over to the next sport, and if end of school year, the penalty carries to the first sport the following school year.
- c. Any athlete taunting, using vulgar language and being disrespectful to coaches or officials during an athletic contest will be taken out of the event by the coach and not allowed to return until the coach has talked to the athlete. The second time a situation occurs during an athletic contest, the student will not be put back into the athletic event.

Revised 8/20/01