

HELIAS HIGH SCHOOL

ATHLETIC RULES AND REGULATIONS

2008 - 2009

The opportunity to represent Helias High School and its prolific athletic tradition should be considered by all concerned to be an honor and privilege which must be earned by hard work and sustained through exemplary behavior and self-discipline. The following rules and regulations are necessary and appropriate for all athletic teams:

1. **Citizenship**

The Missouri State High School Activities Association requires that all athletes be "good citizens". The interpretation of what determines a good citizen is, to a large extent, left to the schools. However, when a student encounters problems with the law, he/she is ineligible to participate until the case is disposed and the full sentence as imposed by the court has been served. **If any student-athlete is arrested or detained by any law enforcement officials, the incident must be reported to the Dean of Students by the end of the next school day. If it is discovered by Helias that a student-athlete has failed to report such an incident, he/she may be declared ineligible for the remainder of that sports season.** Failure to provide this information could result in the participation of an ineligible player and the possibility of the forfeiture of games which is flagrantly unfair to coaches and teammates.

The administration will investigate any and all activities, both in and outside of school, involving Helias students which may reflect poorly on Helias High School and will determine whether these actions constitute a violation of this provision. The administration strives to protect the image and integrity of Helias by assuring that all students representing Helias deserve the honor and privilege of doing so.

Vandalism to or theft of Helias High School property or damage to the person or property of any member of the Helias faculty or staff will be cause for suspension from participation in athletics, the length of which shall be determined by the administration and may include permanent removal from the athletic program.

2. **Tobacco, Alcohol, Illegal, and Performance Enhancing Drugs**

Any athlete representing, or wishing to represent, Helias High School will be required to abstain from the use and possession of tobacco, alcohol, and illegal or performance enhancing drugs at **ALL** times.

Alcohol & Tobacco

For a first violation of the alcohol and/or tobacco provisions which occurs outside the dates of the sports season as established by MSHSAA, the athlete may be suspended from up to 10% of the maximum allowable number of regular season contests permitted by MSHSAA (in sports in which athletes compete as individuals, the maximum allowable number will be figured based upon total competitions in the maximum number of tournaments). For a first violation which occurs in-season, from the date of the first allowable practice until the end of the team's state playoff series, the length of the suspension may be 20% of the maximum allowable number of regular season contests permitted by MSHSAA. All game, meet, and match suspensions levied will be served in the next consecutive contests in the next sport in which the athlete participates after the violation has been substantiated.

For a second violation of the alcohol and/or tobacco provisions of this policy the contest suspensions listed in the paragraph above may be doubled and, prior to regaining eligibility to participate in contests, the athlete may, at his/her own expense, be required to see a professional substance abuse counselor for evaluation of the problem and to follow the recommendations of the counselor regarding treatment. If the athlete, having served the suspension as described above, is actively pursuing the remedy prescribed by the counselor, he/she may participate fully. However, if the athlete fails to maintain attendance at such a program, he/she will be suspended from all practices and contests until the program has been completed and the counselor has recommended to the head coach that the athlete be permitted to return to the team.

Illegal Drugs

For the first violation of these provisions as a result of the use or possession of any other illegal drug, all suspensions listed above for alcohol and tobacco violations are tripled. The athlete and his/her parents may then be required to sign a form agreeing to immediately begin treatment in an approved drug rehabilitation program and to, at their own expense, be randomly tested for illegal drugs up to three times per school year for the remainder of the athlete's Helias career at the discretion of the administration. Per school policy, a second offense for violation of Helias' rules related to illegal drugs at any time during the athlete's career at Helias, the student will be expelled from school.

During any period of athletic suspension the athlete will be expected to participate in all team practices and functions but will not be permitted to compete, travel with the team, or be permitted in the bench area at contests as a representative of Helias.

Unless a previously stated penalty is more severe, two in-season suspensions or any combination of three violations of this regulation in the same June 15 through June 14 period will result in ineligibility for any and all Helias athletics for one calendar year from the date of the final infraction.

Performance Enhancing Drugs

Helias athletes are forbidden from using performance enhancing drugs which are identified as banned by the National Collegiate Athletic Association (NCAA). This list is updated at the NCAA Internet site, www.ncaa.org. Students unsure of what substances are banned are responsible to check the web site to be sure. For the first violation of these provisions as a result of the use or possession of performance enhancing drug, the athlete may be suspended from 30% of the maximum allowable number of contests in the next sport he/she plays. The athlete and his/her parents must then sign a form agreeing to, at their own expense, be randomly tested for illegal or performance enhancing drugs up to three times per school year for the remainder of the athlete's Helias career at the discretion of the administration. Following a second offense for violation of the performance enhancing drugs provision of this policy anytime during the athlete's career at Helias, the athlete will be permanently and irrevocably ineligible for all Helias athletics.

3. **Curfew**

Minimum athletic department curfew is set at 10:00 p.m. on the night before any game, meet, or match which will occur on a school day and 11:00 p.m. on the night before any contest which will occur on a non-school day unless the violation results from attendance at an approved Helias activity. The head coach may, at his/her discretion, set an earlier curfew if a contest or travel to same will begin prior to noon the next day. Violations of curfew will result in the following penalties which must be served prior to participating in another competition: first violation-one hour of janitorial work in the athletic areas as specifically assigned by the head coach; second violation-two hours of same; third and subsequent violations-two hours of same and suspension from the team's next contest.

4. **Enforcement**

In rules 2 and 3, first-hand observation by any member of the Helias faculty or staff or information provided by law enforcement personnel will result in determination of the appropriate penalty. In addition, evidence submitted by any person, who may remain anonymous to the affected athlete, shall constitute a basis for a thorough investigation. If the athlete admits his/her violation of the rule, the appropriate penalty may be enforced as described above. If the athlete denies an allegation which is subsequently substantiated, the pertinent penalty may be doubled.

5. **Physicals / Insurance**

Every student athlete must submit authorization from a duly licensed physician stating that he/she has satisfactorily completed a physical examination and is approved to participate in inter-scholastic sports PRIOR TO being permitted to practice in any sport. Athletes in all sports except golf must pay the required school insurance prior to being permitted to practice. Any athlete injured as a result of participation must notify Coach Ray Hentges, Helias' insurance coordinator, within 30 days of the injury.

6. **Eligibility**

Extracurricular activities are a privilege for deserving students and participation in them should not be taken for granted. Students who participate are select members of that activity and representatives of Helias who have earned that privilege by meeting academic and behavioral standards.

A student who receives two failures during the first or third quarter or two semester failures at the completion of the second or fourth quarters is ineligible to participate in contests until the next progress report is issued. Eligibility for fall extracurriculars is based upon the previous second semester grades; however, a student who successfully completes credits in summer school may regain eligibility prior to the beginning of fall activities. At the time progress reports are issued, a student becomes eligible if there are no failures and he/she earned at least 3 credits the previous semester. (A student who has not earned 3 credits the previous semester, by MSHSAA rule, is ineligible for the entire semester.) Any failure on the progress report extends ineligibility until the end of the quarter. Ineligibility begins when the failure lists are posted.

Athletes who are ineligible have two choices: 1) be banished from the team until the grades have approved as above; 2) report to a mandatory one-hour study hall immediately after school, then dress and report to practice. This option will permit athletes to stay in condition and in touch with the team while giving them the opportunity to spend at least one hour per day with the books. We believe and hope this is a positive endeavor that will demonstrate to the athletes that Helias is serious about academics and therefore result in improved academic effort and performance without ostracizing them from their teams.

Athletes who are suspended from school are ineligible to participate in games or practices until the complete suspension has been served. The coach will determine whether he/she wishes to excuse these absences. Per MSHSAA rules, any athlete with an unexcused absence from school is ineligible to participate until he/she has attended a full day of classes.

7. **Absence**

One of the very valuable lessons available through athletics is the development of personal responsibility. Unexcused absence from practice is defined as missing practice without prior notification of the head coach. (Excused absence from school is always excused from athletics as well). When an absence occurs, the head coach will determine whether or not the cause of the absence was acceptable. The coach will determine the appropriate penalty for the first and second offenses. The third and subsequent offenses may be penalized by suspension from a minimum of one contest.

Per school policy, any athlete who, due to illness, is not at school by 11:00 a.m. and able to stay for the remainder of the day may not participate in or attend a contest or practice that day. (See Student Handbook). Additionally, MSHSAA rules stipulate, "If a student misses class(es) without being excused by the principal, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of class (or has an excused absence(s) from class) without an unexcused absence."

Injured athletes who wish to remain part of the team must arrive at home games at the same time as other members of the team and must travel with the team to out-of-town games. They must sit in the bench area and, if their return to active status is anticipated, are expected to attend practices to stay up-to-date with team information. A coach may request written notification from a physician describing the seriousness of the injury, suggesting appropriate activities for the athlete, and projecting a return date.

8. **Travel/Transportation**

Helias High School cannot and will not provide regular transportation to practice sessions which occur off school property. It is the responsibility of each athlete and his/her parents to arrange transportation to the practice facilities which are provided to Helias by many youth and community minded individuals and organizations.

Helias High School is responsible and liable for the safety and welfare of all team representatives (including athletes, student managers, statisticians, film crew, etc.) during trips to and from interscholastic contests and events. All students MUST ride both to and from all contests on the transportation provided or arranged by Helias High School. The only exceptions to this policy are that a student may, with the prior approval of the head coach and after having been properly signed out, ride home from a contest with his/her parent(s). Students, with written permission from their parent, may, with the prior approval of the head coach, ride home from an athletic event with another parent or adult family member as specified in the note (for example, my child has permission to ride home from _____ town _____ with Mr./Mrs. _____ name _____ on _____ date _____).

The coach will have a form at each event on which parents who are in attendance may sign out their child. It is imperative that no student leave, even with their own parent(s), until this form is signed.

Helias frequently asks parents to help provide transportation to school events in an effort to reduce athletic expenses. It is important that everyone involved understands that if a parent's vehicle is being used to transport students, the parent's auto policy would respond in the event of a claim.

9. **Contest Dress**

Athletes in football, boys basketball, wrestling, and any other sport in which the athletes are not dressed in playing apparel when they arrive at the game site are expected to dress in a fashion which will demonstrate their pride in Helias High School and reflect positively on the school, the team, and them as individuals. At home games in all sports in which the players will be seen by those in attendance prior to dressing to compete, the male players should come to the site attired in, at a minimum, school uniform. For away games the uniform dress shirt and tie is required and a jacket is recommended. Female players should be dressed nicely in a dress or slacks outfit. Players who arrive at the game site in uniform are expected to be fully and appropriately attired in the uniform provided when they enter the facility. Headphones are not to be worn at any athletic facility when representing Helias.

10. **Appearance**

Hair shall be neat and trimmed and must meet the requirements of the school and the head coach of the sport. Failure to comply will result in ineligibility to participate until the issue has been resolved to the satisfaction of the coach. As in Helias' school rules, visible tattoos and jewelry in body piercings are not permitted in athletics.

11. **Sportsmanship**

As a Catholic school, it is essential that our athletes demonstrate integrity, sportsmanship, and fair play in all activities in which they represent Helias High School. All coaches are expected to see that the Christian image Helias aspires to project is consistently and conscientiously maintained. If an athlete is penalized for unsportsmanlike behavior, the coach will handle the first offense. If the same athlete, within the same season, is penalized for a second or subsequent violation of rules relating to sportsmanlike demeanor, he/she will be suspended from participation in the next contest and will meet with the athletic director who will determine whether additional sanctions are warranted. Per MSHSAA rules, at a minimum, any athlete ejected from any contest will be ineligible to participate in the team's next contest.

12. **Awards**

To earn a varsity letter, provisional letter, or numeral, an athlete must meet the particular requirements for that sport as set forth by the head coach. However, for a letter, that requirement shall include, at a minimum, participation (defined as any appearance) in at least 50% of the varsity level contests in that

sport; or, in the event of injury, the projection of the head coach that this requirement would have been met; or, a senior who has participated for all four years but has not met the 50% of contests requirement. With the permission of the athletic director, exceptions to this policy may be made by the head coach for an athlete who is moved up to the varsity squad in the latter part of the season and makes a significant contribution to the team in post-season play. Letter winners are recognized at awards dinners or programs organized individually by each head coach following each season.

13. **Consent to Treat / Medical Information / Insurance / On-Street Running Form**

The parent(s) of every athlete, student manager, statistician, etc. must sign a 'Consent to Seek Treatment' form authorizing the staff of Helias High School to seek treatment and for a duly licensed physician to provide such treatment in the event of an emergency. In addition, parents will be asked to complete a form describing any medical conditions, allergies, medications, etc. which may affect their child's performance or endanger the child during participation. Parents have the option to sign a statement detailing on-street running directives and granting their son/daughter permission to participate in on-street running. Finally, each athlete, manager, etc. must provide a copy of his/her medical insurance card or information. The head coach of each sport will be required to have this paperwork readily available at all games and practices so that, in the event of an emergency, necessary treatment will not be delayed.

14. **Understanding Assured**

Every athlete and his/her parent(s) must read these rules and sign a statement agreeing to comply with these rules and regulations prior to participating in the first practice session of the school year. These forms will be kept on file by the athletic director for reference as needed.

15. **Coaches' Personal Time**

Coaches at Helias High School are known for their dedication and the many hours they contribute, well beyond the expectations for which they are remunerated, to the success of our athletic program. Most coaches primary responsibility is teaching five or six classes per day prior to practice sessions, scouting, travel, meetings, games, and the wide variety of time consuming tasks inherent in the coaching profession. The administration strongly recommends that parents who wish to speak with a coach NOT call the coach at home. Our coaches' family/personal time is valuable, necessary, well-deserved and should not be interrupted. Rather, if a parent wishes to speak to his/her child's coach, please call Helias (635-6139) to see when the coach is available during the school day and then make an appointment to call or stop by at that time. We very much appreciate your cooperation

16. **Handling a Concern with a Coach**

Helias is proud of the men and women who make up our coaching staffs and are pleased to say that they are genuinely dedicated to not only athletic performance but emotional, mental, social, and physical growth and development of Helias' athletes. However, we also recognize that there will be situations in which athletes are dissatisfied with their situation on a team and/or unhappy with the coach. If that occurs our desire is to resolve the issue(s) fairly, expeditiously, and professionally. Doing so requires these steps: 1) the athlete should meet privately with the coach to express his/her concerns and to receive the coach's explanation of his/her status on the team; 2) if the athlete meeting does not result in a resolution of the problem, the parent(s) should call Helias to arrange an appointment to meet with the coach to express their view and listen to the coach's perspective; 3) only after steps 1 and 2 have failed to result in resolution of the issue should the Athletic Director be contacted.; 4) concerns regarding playing time or coaching strategy are not administrative matters and must be resolved in meetings with the coach, not with the administration.

A parent or athletes should NEVER attempt to talk to a coach with a complaint after a contest. With competitive emotions running high (on the part of both the parent and the coach), no good can come from such an ill-timed meeting.

We appreciate, and must insist on, your compliance with this policy. We are in the business of educating young people and the examples set by parents and coaches leave lasting impressions. Handling problems and disputes maturely and professionally is a great example for our students and a valuable experience for all concerned.

17. **Inclement Weather**

During the winter months it is likely that practices or contests will be affected by inclement weather. If school dismisses early because of snow, ice, or deteriorating road conditions and hazardous travel, the games and practices scheduled for that day are canceled. However, if an entire school day is canceled, a coach, at his or her discretion, may decide to conduct a practice session later in the day after driving conditions have improved. Games scheduled for that evening may be played dependent upon the conditions and forecast at the time the decision must be made. **In either case, parents MUST make the final decision as to whether their son/daughter will attend these events.** If parents believe the conditions endanger the well being of their child, they are strongly encouraged to keep him/her home and have the guarantee of the administration that there will be no negative repercussions of any kind on their child for having missed one or more practices or games at the discretion of the parent under these circumstances.

18. **On-Street Running**

Conditioning for Helias athletes frequently necessitates off-campus running which often is done on public thoroughfares. The following guidelines are established pertaining to conditioning for all interscholastic sports: a) Helias student-athletes shall run on sidewalks when available, utilize the Parks and Recreation greenway whenever possible, and, when running on-street, always run facing oncoming traffic; b) Helias student-athletes are prohibited from running on the following streets as part of any organized, scheduled workout: Jefferson St. between Stadium Dr. and Ellis Blvd., on the Hwy. 54 overpass on Ellis Blvd., Missouri Blvd., Whitten Expressway, all dual highways, Dix Road between Missouri Blvd. and Industrial Drive, Country Club Dr. between the Capital Mall and Hwy. 179, and Industrial Dr.; c) all Helias student-athletes running on streets must return to Helias and terminate the on-street workout a minimum of 20 minutes prior to sunset. No running on streets is authorized after dusk at any time. Similarly, athletes running on-street between 4:00 and 6:00 p.m. Monday through Friday are reminded that this is rush hour, drivers are in a hurry to get home and may not be looking for pedestrians; d) Helias student-athletes training on-street should never run more than two abreast and are instructed to run single-file any time traffic is approaching. Running alone is prohibited as is the wearing of headphones while running; e) Helias student-athletes should exercise extreme caution at all times when crossing any street. There should never be any daredevil actions, horseplay, carelessness, obstruction or impediment of normal traffic flow, or impolite behavior toward motorists or anyone else with whom the athlete comes in contact. All traffic/pedestrian control signals are to be observed at all times. Any violation of these provisions may result in loss of privileges to train off campus; f) Helias coaches shall keep a log detailing by date all workout schedules., routes assigned, etc. for all student-athletes. Further, the coach shall monitor the behavior of athletes during on-street workouts; g) Helias student-athletes are reminded that when they represent Helias High School at all times and that their appearance and behavior reflects, either positively or negatively, on Helias, its staff and students. In exchange for the privilege of representing Helias in interscholastic sports, our athletes are called to a high standard of behavior at all times; h) no Helias student-athlete may run on-street until the permission slip signed by his/her parent(s)/guardian(s) is in the possession of the head coach of his/her sport. If the parent declines to sign the slip, that athlete will be restricted to on-campus workouts.

19. **Cell Phones and Cameras Prohibited in Locker Rooms**

Due to the capability of modern cellular phones to take photos, and the possibility of inadvertent use of this capability to capture inappropriate images, cell phones and cameras are strictly forbidden in locker rooms. If a student has a cell phone or camera in his/her possession it must remain in their gym bag or purse. If visible, it will be confiscated and the regular school rule involving a fine and detention will be in effect.