

**ATHLETIC RULES AND REGULATIONS**

**ROCHESTER MIDDLE SCHOOL  
ATHLETIC RULES AND REGULATIONS  
ROCHESTER, NEW HAMPSHIRE**

**PREFACE**

The following rules and regulations have been designed to bring about an understanding between the student-athlete, the family, and the Athletic Department. It is required that the student-athlete and parent/guardian sign this agreement, thereby fully realizing the effort and dedication that the program requires. By signing this agreement it indicates a full knowledge and understanding of the rules, regulations, dedication and supports that participating in this and all sports demand.

**GENERAL ROLE AND RESPONSIBILITY**

It is expected that the student-athlete will display appropriate behavior in school, contribute to school spirit by participating in various events such as rallies, respect the abilities of the other sports, and show a spirit of cooperation with teachers and school officials.

**ELIGIBILITY**

1. Since Progress Reports are a snapshot in time regarding the journey to Competency, it is required that a grade of NYC or IWS will not hurt a student's ability to participate in a sport at the Middle School level.
2. It is required that Coaches use the closest Progress Report at the start of tryouts. Verification of the dates Progress Reports are issued should be obtained from the RMS Principal.
3. All students are allowed to try out for a sport and are chosen based upon their ability, skill level and the quality of their tryout performance.
4. Once the team has been chosen, the student-athlete has ten school days to become Competent in all academic areas. The Competency grade is based upon overall grade in each subject area including Unified Arts class.
5. In the event that a student-athlete has a grade of NYC or IWS in any class during the season, the student has up to ten full days to become Competent in the class(es) that he or she is not Competent in at Progress Report time. The student-athlete may participate in games during the ten day period.
6. At the end of the ten day period, if the student continues to have a grade of NYC or IWS, he/she can remain on the team but cannot play until the grade of NYC or IWS is Competent.
7. These procedures include ALL sport seasons.
8. Any student-athlete suspended from school is also suspended from extra-curricular activities for the same duration of time.
9. The student-athlete is responsible for, and must return; any equipment used or make restitution for same prior to participation in another sport.

**Parent/Guardian and Student Athlete: Please initial below to confirm that you have read and understand the rules and policies detailed on this page.**

Parent/Guardian Initials: \_\_\_\_\_

Date: \_\_\_\_\_

Student-Athlete Initials: \_\_\_\_\_

Date: \_\_\_\_\_

## RULES AND REGULATIONS REGARDING PARTICIPATION

The student-athlete, while a member of a sanctioned school team, must abide by the following rules and regulations or be expelled from that team:

1. During the season of practice or play, a student-athlete shall not, regardless of the quantity, use or consume, possess, be in the presence of, buy/sell or transfer any substance containing, tobacco, alcohol, marijuana, or any controlled substance (the ONLY exceptions are: a student in the company of their parent/guardian that is using tobacco or consuming alcohol, or controlled substance(s) prescribed for that specific student).

### **PENALTY:**

#### **First Offense:**

- Parent(s) will be notified.
- Student will be suspended from the team or activity for 25% of the season games. If there is not 25% of the season remaining, the student would serve remaining games but also be subject to fulfilling the remainder of the consequences before playing another sport
- Student will be reinstated after suspension, if he/she agrees to, and follows through with:
  1. Writing a reflective narrative, apology to the team and those involved in the incident (once approved, athlete may practice).
  2. Attending and completing Teen Drug Court program.
  3. Performing ten (10) hours of community service pertinent to the offense, and not inclusive of any other school community service requirement.
- Failure to comply will result in removal from sports or activities for the season.

#### **Second Offense:**

- Parent will be notified.
- Student will be suspended from participating with all sports for 365 days.

#### **Third Offense:**

- Parent will be notified.
- Student will be suspended from all sports or activities for the remainder of the student's Middle School career.

No stealing or vandalism of: athletic or school equipment or property; property of coaches, managers, teammates, or other teams' personnel; buses, practice or game facilities; or any other establishment visited as a team member. **PENALTY:** Sport season expulsion.

2. All student-athletes will adhere to all obligations and attendance policies developed by the coaches. Other than for medical or personal matters which have been cleared through the Athletic Director or Principal, excused absences are permissible for family vacation trips, school sponsored trips and academically enriching trips. Academically enriching trips are educationally related trips where the school staff has been given permission to advertise on school premises by the School Board. Coaches will be notified in writing at least 4 weeks in advance of a trip. Failure to notify the coach in advance may result in removal from the team.
3. The Principal and/or the Athletic Director may expel a student-athlete from a sport team if a violation occurred prior to the beginning of the season or during the season.
4. It is a violation of this agreement if a student-athlete, by their actions, words, and or behavior inside or outside of the school environment brings dishonor or discredit to the reputation of the school or athletic program may be suspended or removed from the team. **PENALTY:** Game(s) suspension and may include sport season expulsion.

5. Gross misconduct, including but not limited to assault on an advisor, coach, judge, official, participant, opponent or spectator; inappropriate behavior and/or obscene language; cheating; directing threats or obscene gestures at an advisory, coach, judge, official, participant, opponent or spectator. If any of these behaviors occur while participating in or attending a scholastic interscholastic event, suspension or removal from a team may occur. PENALTY: Game(s) suspension and may include sport season expulsion.

***Any violation or infraction of the above rules and regulations will result in the following:***

1. All violations or infractions warranting expulsion must be investigated by the coach. When verification confirms the infractions, the coach will immediately suspend the student-athlete from further team participation.
2. The Athletic Director will review the violations or infractions, the investigation of the coach, and if in agreement, will dismiss the student-athlete from further athletic participation on that team that school year.
3. The coach or Athletic Director will notify the student-athlete and the parents/guardians regarding his/her decision.
4. Any appeal of dismissal shall take no more than ten days from the date of temporary suspension.
5. Any dismissal may be appealed through the normal chain of command, which is: Coach, Athletic Director, Principal and Superintendent, and School Board.
  - a. Any student-athlete who is suspended from a sanctioned school team has a right to appeal the decision.
    - i. Suspensions of the first level can be appealed to the Principal
    - ii. The basis of the appeal would typically include:
      - A decision lacks substantive basis in fact to support the findings.
      - There is incongruity between the disciplinary action and the findings.
      - There has been unfairness in the hearing process.
      - There is newly discovered important evidence not known at the time of the hearing or disciplinary action.
    - iii. The burden of proof is on the appellant that no substantial evidence to support the finding is present.
6. Any second expulsion shall result in suspension from all athletics for 365 days from the time of the second infraction.

**Parent/Guardian and Student Athlete: Please initial below to confirm that you have read and understand the rules and policies detailed on this page.**

Parent/Guardian Initials: \_\_\_\_\_

Date: \_\_\_\_\_

Student-Athlete Initials: \_\_\_\_\_

Date: \_\_\_\_\_

***All three pages of this form must be returned signed/initialed as indicated by both the parent /guardian and student-athlete.***

(Consent Form)

**ROCHESTER MIDDLE SCHOOL  
PARENT'S OR GUARDIAN'S CONSENT FORM  
ATHLETIC ACTIVITIES**

**TO THE PRINCIPAL OF ROCHESTER MIDDLE SCHOOL:**

My child, \_\_\_\_\_ is a candidate for participation in  
(please print name)  
\_\_\_\_\_ at Rochester Middle School.  
(Activity/Sport)

I hereby grant permission to participate under the supervision of regularly appointed instructors or coaches. In giving this consent, I do so with full understanding that Rochester Middle School or the Rochester, NH School Department assumes no financial liability for any accident or injury to a student-athlete which may occur as a result of participation in this activity or while traveling to or from an activity, contest, meet, game, scrimmage or practice.

*My child (student-athlete) is insured by the following company:*

**Insurance Company:** \_\_\_\_\_

**Insurance #:** \_\_\_\_\_

**No Insurance:**

**BUS POLICY**

1. Coaches are responsible for all athletes before, during and after away games and scrimmage trips on buses.
2. Food and drink are not to be brought on bus trips except in special situations which further require notification of the bus driver beforehand
3. It is the coach's responsibility to see that all buses are left clean.
4. When it is necessary to travel by private automobiles, the proper form must be filled out beforehand and signed by the parent and coach. If a parent plans to transport their student-athlete from a game in a private automobile, approved written permission must be obtained prior to the athletic event by the Athletic Director or School Administrator. The Coach cannot grant permission at an away game.
5. Spectators are not to be transported on athletic buses.
6. Coaches will discipline those student-athletes that behave in a manner which demeans their stature as a Rochester Middle School athlete, such as throwing waste, swearing at pedestrians, and so forth.

**DISMISSALS AND SCHOOL ATTENDANCE**

1. School rules pertain to all school activities.
2. If a student-athlete is dismissed during the school day for other than medical appointments or personal matters which have been cleared through the Athletic Director or Principal, he/she will not be allowed to participate in athletic activities that day.
3. Any student-athlete absent from school or portion thereof, without the authorization of the Athletic Director or Principal, will not be allowed to participate in any athletic event that day, practices included.
4. An unauthorized absentee on any day, or portion thereof, prior to a weekend, vacation, or holiday, is ineligible to participate in any athletic event during time that school is not in session (weekend, vacations, holidays, etc.).

I have read the enclosed pages of the Rochester Middle School athletic and insurance policy. I hereby agree to support and abide by these policies:

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian** Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_ Emergency phone: \_\_\_\_\_