

# *Jaguars*



# *Sports Handbook*

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## **INTRODUCTION**

*The Timothy L. Johnson Middle School Athletic Handbook is a reference guide for coaches, scholar athletes and parents, concerning the policies that govern interscholastic athletics at Timothy L. Johnson Middle School.*

*The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Timothy L. Johnson Middle School. The Middle School Athletic Director will administer these rules and regulations as they relate to inter team and inter coach relationships.*

*Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.*

*Interscholastic athletics is a voluntary program. Scholars are not obligated to participate, thus, participation in middle school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to adhere to standards established for the middle school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with these rules.*

*It should be carefully noted that the policies and procedures detailed in this handbook are reflective of official action by the Timothy L. Johnson Board of Directors and Administration.*

## **MISSION STATEMENT**

*The mission of the Athletic Department at Timothy L. Johnson Academy Middle School is to aid in the academic, emotional, and physical development of our scholars through the promotion of teamwork, sportsmanship and athletic competition,*

## **ATHLETIC DEPARTMENT CORE VALUES**

- 1. Responsibility*
- 2. Integrity*
- 3. Trust*
- 4. Teamwork*
- 5. Enthusiasm*
- 6. Respect*

## **OUR COACHES**

*The coach is the "living curriculum" for the scholar athlete. Coaches at Timothy L. Johnson Academy Middle School are the most significant components of the athletic program. They are both teachers and active participants at the same time. They always have the responsibility to model moral behaviors and attitudes.*

*In order to be an effective coach and role model, TLJAMS coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Middle*

*School Athletic Director and the Middle School Administration. Our coaches take seriously the opportunity they have to mold young lives.*

## **OUR PARENTS**

*Parents of scholar athletes have a responsibility to both their child and to the team. Without strong parental support the scholar athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should always be supportive and encourage coaches and teammates.*

*Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the mission and vision of TLJAMS when attending athletic events. For TLJA's athletic program to be successful, coaches, scholar athletes, and parents must make a firm commitment to these beliefs at all times.*

## **OUR ATHLETES**

*Timothy L. Johnson athletes should be diligent in preparation, always give 100%, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the scholar athlete, for it is the scholar athlete who is accountable to his/her parents, coach, and school.*

# **ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES**

## **ELIGIBILITY FOR INTERSCHOLASTIC PARTICIPATION**

*All scholar athletes at Timothy L. Johnson Middle School must be exemplary members of the student body. Therefore, minimum standards of academic achievement have been adopted for scholar athletes to establish and maintain eligibility.*

*1. Academics – Timothy L. Johnson Middle School academic standards are high. These standards acknowledge that academic achievement takes precedence over athletic participation. Therefore, TLJAMS academic standards have been established at levels higher than those required in most schools. These standards, as well as specific eligibility/ineligibility information, are as follows:*

*a. Each scholar athlete will be assigned a letter grade (see Timothy L. Johnson Academy Middle School Handbook) as an evaluation for each class taken. Grades in all classes will count and will be weighted equally.*

*b. Each scholar athlete is assumed to be eligible for athletic participation until a declaration of ineligibility is made by the Middle School Principal or his agent, the Athletic Director.*

*c. For the purpose of academic ineligibility declaration, a scholar's quarterly grades and semester grades will be the sole basis of consideration. Progress reports can help a scholar regain eligibility but may not be used to declare ineligibility.*

*d. Any failing grade ("F") (at quarter or semester) or a quarterly composite of less than 2.0 will render a scholar athlete ineligible or placed on probation.*

*e. Once a scholar athlete is declared ineligible due to academic shortcomings, the period of ineligibility will last until the next formal, written scholar academic evaluation (i.e., the progress update) occurs. At that time, the entire academic record of the ineligible athlete will be re-evaluated. The academic criteria applicable for the quarterly grading periods (no "F's" and a minimum grade point average of 2.0) will also be the standard of reevaluation at the time of the progress report update. After the grades have been re-computed for the progress report update, any ineligible scholar regaining eligibility status (no "F's" and a minimum grade point average of 2.0) will be immediately allowed to compete as a team member per recommended IHSAA guidelines. If, however, an ineligible scholar athlete does not re-establish eligibility at the time of the progress report update, that scholar athlete will be dropped from the team. Furthermore, if a scholar athlete is declared ineligible at a quarterly grading period, regains eligibility at the time of the progress report update, and subsequently is declared ineligible at the next quarterly grading period, that scholar athlete will be dropped from the team. In other words, any time a scholar athlete is ineligible twice during the same athletic season (defined as the time tryouts are held until the last interscholastic contest is completed), that scholar athlete will be dropped from the team.*

*f. In the event a scholar athlete has met all academic standards but drops significantly in academic performance during a time period when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.*

*g. The appeal procedure relative to any academic problems/policies is similar to the one addressing athletic eligibility decisions. Decisions may be appealed by approaching the coach first, the Middle School Athletic Director, and then the Principal.*

*2. Conduct – Each scholar athlete is expected to adhere to all appropriate TLJAMS standards of scholar conduct. Violations of the Scholar Code of Conduct could affect participation in athletic activities. It is also expected that scholar-athletes will conduct themselves at, during or after practices and contests in ways that would represent the mission and vision of Timothy L. Johnson Academies in all that they do or say.*

*3. Trying Out for a Team if Ineligible – A scholar athlete who is ineligible for athletic participation at the time team tryouts are held will be allowed to try out for the team. It should be clearly understood, however, that the possibility of that scholar athlete not regaining eligibility status at the time of the progress report update and the probability that the scholar athlete will miss some interscholastic competition and, therefore, perhaps adversely affect team performance and team accomplishment, will be a major consideration on behalf of the coaching staff when selecting team members.*

*4. Remaining on a Team After Being Declared Ineligible – It is entirely possible that a scholar athlete will be eligible when trying out for a team, will make the team, and will become ineligible after making the team, either before or after the season has started. If this occurs, the scholar athlete will, of course, be ineligible for the prescribed period of time. If this scholar athlete fails to re-establish eligibility at the completion of the first period of ineligibility (progress report update), the scholar athlete may be dropped from the team.*

*5. Practicing with the Team if Ineligible – Generally speaking, ineligible scholar athletes should be spending time correcting situations that rendered them ineligible. Therefore, it would be ill advised for scholar athletes to be practicing with the team on a regular basis, and an ineligible scholar cannot accompany the teams to interscholastic contests. There are times, however, when coaches need these scholar athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletic Director, will dictate the necessity and frequency of the attendance of a scholar athlete at practice. At no time will an ineligible scholar athlete be permitted to miss school to practice or accompany his/her team on an athletic trip.*

*6. Suspension from School – A disciplinary action severe enough to warrant scholar suspension is certainly serious enough to eliminate the scholar athlete from all participation in interscholastic sports for at least the duration of the suspension. Therefore, any suspension, whether in-school or out-of-school, as deemed by the Middle School Administration, will render a scholar athlete ineligible to attend practice or any interscholastic contest during the time of suspension. Further disciplinary action could be taken by the Middle School Principal and/or the Athletic Director.*

## **PHYSICAL FORM & PARENTAL CONSENT**

*1. For a scholar to be allowed to try out for a team or practice with a team, he/she must have a current physical form on file in the athletic office prior to the first practice of each year. You can acquire an IHSAA Physical form in the Athletic office. Physicals for Middle School athletics are good for one calendar year from the date signed by the attending physician.*

*2. For a scholar to be allowed to participate on any team, he/she and their parent/guardian must have signed and returned to the athletic department the following forms: Parent Code of Conduct and Consent & Release Form, Scholar Athlete Code of Conduct Form, Concussion Acknowledgement Form, and the Anti-Hazing/Anti-Bullying Policy, thus agreeing to abide by the terms of the Timothy L. Johnson Middle School athletic code.*

*3. There are other forms that may be required for participation on a team. These will be provided by the coach and/or athletic department.*

## **TRANSPORTATION**

*1. Middle School teams may receive two-way transportation to away contests via one of our school buses. It is the parent's responsibility to make sure their athletes have a ride home from Timothy L. Johnson Academy Middle School*

*2. Scholars will be released to their parents after an away contest with written consent to the coach before leaving TLJAMS. Scholars may be released to another adult only with written consent from their parent. (Verbal consent may be taken into consideration in emergency situations.)*

*3. Coaches are responsible to stay with scholar athletes until all scholars have been picked up whether at home or away events.*

## **STUDENT ATHLETE CODE OF CONDUCT**

*All Middle School scholar athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from an athletic team.*

*As an expression of Timothy L. Johnson Academy Middle School's mission, the Middle School discipline policy is intended to support the interdisciplinary process for students, and to serve as a reflection of TLJAMS and as an extension of the home. As such, the primary purpose of the discipline process is to produce growth in scholars while maintaining an environment of learning and order and providing a support to parents.*

*Under the guidelines of these principles, the goal of Timothy L. Johnson Middle School through the disciplinary process is to:*

- Provide an environment of order and respect that promotes an atmosphere conducive to learning*
- Apply necessary and appropriate consequences for choices*
- Keep lines of communication open with parents by communicating disciplinary outcomes*
- Guide in the relationships with coaches, Timothy L. Johnson Academy Schools, its employees, and its scholars*
- Use relational influence to produce growth, correction, and right choices*
- Do so in a context that seeks the best interest of both the involved parties and the scholar body as a whole.*

*The conduct of participants in athletics at Timothy L. Johnson Academy Middle School, in or out of school, year round, shall be as follows: 1. Not to reflect discredit upon our school, teammates, coaches, and, 2. Not to create a disruptive influence on the disciplinary, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures above and beyond the Middle School code of conduct.*

*The Athletic Director shall enforce all rules and regulations as described in the Code of Conduct for athletes. The Code will be enforced by the coach of each sport during the year. Please see the complete Athletic Code of Conduct for detailed information regarding enforcement, procedure and appeal.*

*Scholar athletes are expected to demonstrate the following behaviors and characteristics:*

- Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority*
- Respect for self, Timothy L. Johnson Middle School, coaches, officials, fans and the property of others*
- Courtesy extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of Timothy L. Johnson Middle School, as well as wise stewardship of personal items.*

*Scholar athletes are expected to refrain from the following behaviors and characteristics:*

- Tardiness to practices or competitions*
- Careless and/or reckless behavior*
- The inappropriate use of cellular phones, cameras and other electronic devices*
- Inappropriate public displays of romantic affection (i.e. holding hands, kissing, excessive hugging)*
- Profanity and vulgar or offensive speech and/or gestures*
- Dishonesty in any form, including lying, theft, or cheating*
- Gambling*
- Rebellious or disrespectful attitude*
- Flagrant disrespect and disobedience*
- The possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones, cameras and computers*
- Harassment or bullying in any form, both physical and/or sexual in nature. Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, that interfere with an individual's performance, or create an intimidating, hostile or offensive atmosphere. Physical harassment includes threats or intimidation of any nature, and inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment. Examples of threats or intimidation include, but are not limited to, provoking a fight, fighting, bullying, acts that inflict injury or damage, and/or acts intended to control by fear and/or intimidation.*
- Hazing in any form (please see specific area on hazing policy)*
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication.*

*Violations of this policy may also result in random drug testing, per Timothy L. Johnson procedures, at the expense of the student. (please*

*see specific reference to consequences below) - Immoral sexual conduct - Use or possession of weapons and/or dangerous items on school premises or at any athletic event (i.e., guns, knives, explosive devices, etc.)*

## **SCHOLAR - ATHLETE CODE OF CONDUCT**

### **MISSION STATEMENT**

*The mission of the Athletic Department at Timothy L. Johnson Academy Middle School is to aid in the academic, emotional, and physical development of our scholars through the promotion of teamwork, sportsmanship and athletic competition.*

*It is a privilege to represent our school in interscholastic athletics. This is a tremendous responsibility, one that our scholar athletes should always recognize.*

*All scholar athletes shall adhere to the Athletic Code of Conduct as fully detailed in the Athletic Handbook. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate Middle School authority. It should be noted that the Athletic Code of Conduct both includes and is in addition to the Middle School Code of Conduct.*

### **DISCIPLINE POLICY AND PROCEDURES**

*The following sets forth the Athletic Department policy regarding athlete misconduct and corresponding athletic disciplinary measures:*

*Individual Team Rules - Each Head Coach will furnish his/her athletes with specific rules and/or regulations that apply to that team. Individual team rules and discipline may go beyond those listed in this handbook but cannot be of a lesser standard. The Athletic Director must approve these individual team rules.*

*Enforcement of the Scholar-Athlete Code of Conduct - the Middle School Athletic Director is responsible for the overall enforcement of policy as described in the Athletic Code of Conduct. All rules and regulations regarding behavior and/or training as outlined in IHSA guidelines are applicable. Each Head Coach is directly responsible for the enforcement of said policy for their team during the year, in connection with the Athletic Director. All athletes and parents/guardians are required to sign the acknowledgement, consent and disclosure documents stating that they understand the policies and disciplinary measures set forth in the Scholar-Athlete Code of Conduct. A new Scholar-Athlete Code of Conduct form must be signed each year and is in force at all times.*

*Procedure - Violations of the Scholar-Athlete (and Middle School) Code of Conduct should be brought to the attention of the appropriate authority. The review of the violation will be made by*

*the appropriate authority (Coach, Middle School Athletic Director or Middle School Administration). The appropriate authority will then meet with the player (and coach when appropriate) to determine and communicate appropriate disciplinary action per the Scholar-Athlete Code of Conduct. Disciplinary action taken as set forth in the Athletic Code of Conduct will not be grounds for appeal. In the event that a parent feels the Athletic Director has not followed due process as stated in the Athletic Code of Conduct, the parent may submit to the Superintendent, in writing, an explanation of the factors they believe were not properly followed by the Athletic Director.*

<b>Athletic Disciplinary Actions</b>		
Please note that the Athletic disciplinary actions below are in addition to the Middle School Code of Conduct Discipline Procedures		
Types of Violations	Occurrence	Disciplinary Action
<b>Type "A1"</b>		
Possession, distribution, use or under the influence of alcohol or illegal drugs and the abuse of prescription medications <b>Immoral</b> sexual conduct <b>Possession</b> /distribution of pornographic materials, sexting <b>Inappropriate</b> use of cell phones, cameras, or other devices resulting in invasion of privacy or sharing of sexually explicit materials <b>Felonies</b> , misdemeanors, theft	<b>1<sup>st</sup></b>	33 – 50% of the contests for that season, carried over to the next sports season, if necessary
	<b>2<sup>nd</sup></b>	Suspended from athletics for 365 days
<b>Lower percentage not to go below 33% with approved service project</b>		
<b>Carryover will be determined by the Athletic Director</b>		
<b>Type "2A" Offenses</b>		
<b>Harassment</b> or bullying in any form, physically, mentally and/or sexual in nature. <b>Hazing</b> in any form <b>Careless</b> /reckless behavior resulting in property or physical damage	<b>1<sup>st</sup></b>	25 – 50 % of the contests for that season, carried over to the next season, if necessary
	<b>2<sup>nd</sup></b>	Suspended from athletics for 365 days
<b>Lower percentage not to go below 25% with approved service project</b>		
<b>Carryover will be determined by the Athletic Director</b>		
<b>Type "B" Offenses</b>		
<b>Careless</b> /reckless behavior <b>Inappropriate</b> displays of affection <b>Profane</b> or vulgar speech/gestures <b>Dishonesty</b> in any form including lying, theft, or cheating <b>The</b> use and/or possession of tobacco including e-cigarettes	<b>1<sup>st</sup></b>	10 – 25% of the contests for that season, carried over to the next sports season, if necessary  Lower percentage not to go below 10% with approved service project

School suspensions not addressed in specific categories  Carryovers will be determined by the Director	<b>2<sup>nd</sup></b>	Minimum 25% of the contests for that season  Service project opportunities are not an option for 2 <sup>nd</sup> type B offense
	<b>3<sup>rd</sup></b>	Suspended from athletics for 365 days

*Multiple Violations – In the event of multiple violations of different types of offenses, the Athletic Director will consider facts and circumstances in administering the appropriate disciplinary action.*

*Awards – Determination of the impact, if any, on various awards and recognition will be made by the Athletic Director, in consultation with the respective coach.*

**Hazing Policy**

*Hazing in any form is neither tolerated nor consistent with any educational or athletic goal at Timothy L. Johnson Academy Middle School.*

*“Hazing” refers to any activity expected of someone joining a scholar organization that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person’s willingness to participate.*

*Hazing activities generally considered being physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups and settings. Typical hazing practices would include: personal servitude; sleep deprivation; restrictions on personal hygiene; yelling; swearing; insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such substances on one’s skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.*

*Any activity that intimidates or threatens the scholar with ostracism; that subjects a scholar to extreme mental stress, embarrassment, shame or humiliation; that adversely affects the mental health or dignity of the scholar; or discourages the scholar from remaining in school is considered hazing.*

*Any activity that causes or requires the scholar to perform a task that involves violation of state or federal law or Timothy L. Johnson Academy Middle School policies or regulations is considered hazing.*

*Hazing in any form will not be tolerated at Timothy L. Johnson Academy Middle School and will result in disciplinary action. There may be other disciplinary consequences as well administered by the Coach, athletic department, Middle School administration, and/or Superintendent.*

**ANTI-BULLYING POLICY**

*Timothy L. Johnson Academy Middle School is committed to maintaining a safe learning environment in which all members of our community treat each other with civility and respect and that is free from all forms of harassment, including bullying and cyber-bullying.*

*The State of Indiana defines bullying as any overt, unwanted, repeated acts or gestures, including verbal or written communications or images transmitted in any manner (including digitally or*

*electronically), physical acts committed, aggression, or any other behaviors that are committed, by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the target student and create for the targeted student an objectively hostile school environment that :*

- (1) places the targeted student in reasonable fear of harm to the targeted student's person or property;*
- (2) has a substantially detrimental effect on the targeted student's physical or mental health;*
- (3) has the effect of substantially interfering with the targeted student's academic performance;*  
*or*
- (4) has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school. (Indiana Code 20-33-8-0.2)*

*Timothy L. Johnsons Academy Middle School will not tolerate any behavior that is considered bullying, intimidation, or harassment of another student(s). Such behavior includes, but is not limited to;*

*Physical- direct physical contact including pushing, hitting, shoving, biting, hair-pulling, scratching, spitting, tripping, damaging or stealing victim's property, locking person in room, mean faces, rude gestures, initiating or forcing inappropriate touching*

*Verbal assaults- name calling, put downs, racist remarks, teasing, threats, spreading rumors sending inappropriate (violent, sexual, malicious, etc.) notes or pictures in any medium, (cell phone, internet, etc.)*

*Social- ostracism, exclusion, ignoring, being unfriendly, alienating, social isolation, rumor spreading, damaging someone's reputation*

*Psychological- acts that instill a sense of fear or anxiety, aggressive or menacing gestures*

**The Anti-Bullying Policy will be enforced in accordance to TLJAMS Code of Conduct guidelines, which states;**

*It is the expectation of the administration that students always adhere to the TLJAMS Code of Conduct (and the TLJAMS anti-Bullying policy).*

*It is therefore also understood that violations of the Code of Conduct both inside and outside of school, including breaks from school, may be addressed as a disciplinary concern by the administration. Students are specifically considered to be under school jurisdiction at any time at which they are under the direct supervision of Timothy L. Johnson Academy Middle School and its employees, including when riding a school bus or attending a school function or activity.*

*Students who choose to initiate and/or participate in bullying activities of any kind will be subject to intervention and/or disciplinary action. Consequences can include loss of designated school privileges and opportunities, suspension, expulsion, or legal action by the police and/or courts.*

*Procedures to be followed for Suspected or Reported Bullying Behavior:*

- Staff, scholars or parent reports the incident and suspected behavior immediately to a school staff member who will ensure that the incident is reported to the appropriate school administrator
- Appropriate school personnel will immediately investigate the incident and follow the established guidelines for investigation, intervention, and notification of parents of all parties
- Bring resolution to the incident in a timely manner and inform all parties involved as to findings and action to be taken.

**Locker Room Policy**

*Just as participating in interscholastic athletics at TLJAMS is a privilege, so too is the use of all athletic facilities and equipment. Great care should be taken to be respectful of all facilities, equipment and resources that has been provided.*

*Any misconduct or disrespect involving athletic facilities or equipment will be considered an “Other Code of Conduct Violation” and will be considered a Type “B” offense as set forth in the Athletic Disciplinary Actions section of the Athletic Handbook. As such, a 1st offense will result in the scholar athlete not being allowed to participate in 10% of the contests for that season, carried over to the next sports season, if necessary.*

*In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, it is our policy that a coach must be present in the locker room immediately prior to, during (if appropriate) and after all athletic practices and contests.*

*Coaches are responsible for distributing school issued locks to student athletes. Furthermore, coaches are responsible for providing the Athletic Department a list of all athletes, assigned locker numbers, lock numbers and combinations. Lastly, coaches are responsible for collecting the locks at the conclusion of the season.*

*The Athletic Department reserves the right to open any scholar athlete’s locker for due cause. In addition, the Athletic Department reserves the right to charge any offending scholar athlete reimbursement for any abuse of athletic facilities and equipment that may result in financial loss.*

**ATTENDANCE AT PRACTICE AND GAMES**

*Each member of a Timothy L. Johnson Academy Middle School athletic team must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests.*

*It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. Absences should be few and far between and arranged with the coach as early as possible.*

**Absences from practice sessions or athletic contests will be handled as follows:**

<b>ABSENCES FROM PRACTICE</b>	
<i>Excused Absence</i>	<i>No Action</i>
<i>Unexcused Absence – 1<sup>st</sup> offense</i>	<i>Conference with coach and discipline of athlete</i>

<i>Unexcused Absence – 2nd offense</i>	<i>Suspension from the next interscholastic contest</i>
<i>Unexcused Absence – 3rd offense</i>	<i>Dismissal from team (athlete forfeits all awards)</i>

<b>ABSENCE FROM ATHLETIC CONTEST</b>	
<i>Excused Absence</i>	<i>No Action</i>
<i>Unexcused Absence – 1<sup>st</sup> offense</i>	<i>Suspension from next two interscholastic contest</i>
<i>Unexcused Absence – 2<sup>n</sup> offense</i>	<i>Dismissal from team (athlete forfeits all awards)</i>

### **Attendance at School**

*A scholar athlete must attend school on the days of an athletic practice and contest in order to participate in that practice or contest. Some specific circumstances are as follows:*

- 1. Scholars who are absent from part of the school day and are granted a non-illness related excused absence (e.g., a dental appointment) will be allowed to participate in the practice or contest that day.*
- 2. Scholar athletes must be at school by 11:00am or have attended five periods of the school day to participate unless it is due to an excused absence. A scholar athlete may not participate in a particular practice or game if they do not arrive by 11:00am or have been present for five periods of the school day.*
- 3. Any unexcused absence from school, regardless if it is only for a partial day, will render an athlete unable to participate in the day's events. This would include in school suspension or skipping class.*

### **HANDELING PROBLEMS / SOLVING DISPUTES**

*The athletic department encourages the offended party to go directly to the one with whom he/she has a problem (e.g., scholar athlete should talk to the coach at an appropriate time prior to parental involvement and prior to going directly to the Athletic Director.)*

*If the situation is not resolved, the offended is encouraged to seek a solution by speaking to the next person in authority. In simple terms, an athlete should approach the coach first, and if unresolved, the athlete, parent and coach should meet next, then the Middle School Athletic Director. If the athlete and parent do not feel that proper process was followed, they may take the matter to the principal by providing their concerns in writing.*

*It is absolutely necessary that this chain-of-command be followed specifically. If not, the upper level authorities will direct the offended party to solve the problem at the appropriate level.*

### **NO QUIT POLICY**

*If a scholar is fortunate enough to be selected for a position on one of the Timothy L. Johnson Academy athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected for the team is strongly discouraged. If any scholar athlete quits a team after being selected as a member of that team, that scholar athlete is prohibited from trying out for another Timothy L. Johnson Academy School extracurricular team*

*during the same season. Furthermore, it should be clearly understood that the action of any scholar athlete quitting a team will certainly be among the criteria considered by coaches of subsequent teams on which a student athlete desires a position. Exceptions may occur if both coaches/directors agree it is in the best interest of the scholar.*

### **PLAYING TIME POLICY**

*While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of Timothy L. Johnson Academy Middle School athletes, and that broadening is enhanced by playing time, it is also an important goal of the Timothy L. Johnson Middle School athletic program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic meets in which athletes must compete are established at the Middle School level. Playing time decisions are left up to the individual coaches but providing meaningful playing time is encouraged.*

### **STARTING SEASON LATE**

*A scholar may start a season late if the reasons are acceptable to the coach and the Athletic Director. If a cut has been made the student must go through a three-day try out period. If the scholar is determined to be good enough, they may be added to the team. No one may be cut to make room for this scholar.*

*If a scholar transfers to Timothy L. Johnson Academy Middle School once a season has already begun, they will be considered as a new scholar with new opportunities and will be permitted to try out for a team.*

### **MULTIPLE SPORT POLICY**

*To fully accomplish the mission statement of Timothy L. Johnson Academy Middle School athletics we, the coaches and athletic administrators, must encourage all of our student athletes to participate in multiple sports. A multiple sport athlete has two to three times the opportunity to develop friendships, character, competitive experience, reap the benefits of cross training, etc. than a single sport athlete.*

*If a scholar athlete approaches a coach or athletic administrator about his/her thoughts on the pros and cons of being a multiple sport athlete, it is our job to carefully give the scholar athlete an objective evaluation of his/her options. Never should a coach discourage participation in other sports. Coaches should share as much information with the student athlete as possible to help him/her make the best-informed decision he/she can make.*

## **SAFETY**

### **ACCIDENTS / INJURIES**

*Coaches are certified in CPR. If an accident or injury occurs and is witnessed by a coach, the athlete will be evaluated by the coach and then they will notify the parent(s). The coach will submit a written accident report to the Athletic Department within 24 hours. If the injury is serious the coach will call emergency services and the parent(s).*

*All injuries should be treated with caution and handled with care. The parents will be contacted in the event of all injuries and consulted with in any decisions made in regard to treatment and rehabilitation.*

*Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice. Please note that according to IHSAA rules, if an athlete misses more than six consecutive practices/games, they must have four practices before they are allowed to compete again. If they miss more than ten, they then must have six practices. While Middle School athletics is not governed by the IHSAA we do follow their recommended guidelines.*

## **BAD WEATHER**

*Lightening and Severe Storms: The Athletic Director, in consultation with the Coach and officials, will make decisions based on IHSAA guidelines for student athlete safety. The goal is to have a decision made by 2pm for any cancellations.*

## **GENERAL INFORMATION**

### **SCHEDULES**

*The scheduling of all athletic events and practices is determined by the Athletic Director in cooperation with each coach. The coach may issue a schedule to the students and parents as soon as possible in each season. If practice is understood to be every day, there may not be a printed practice schedule issued. All practices will end by 5:00.*

### **TEAM PICTURES**

*A professional photographer (Lifetouch) will take team and individual pictures early in each season. These pictures are purchased by the scholars and must be pre-paid in envelopes provided to the scholars about a week prior to picture day. Any problems or mistakes with the orders should be reported to the Athletic Department.*

### **SCHOOL EQUIPMENT**

- 1. Scholars are responsible for all equipment issued to them. Athletic uniforms are supplied for the sole purpose of athletic participation. This equipment is not to be used for any other purpose.*
- 2. When the season is over, all equipment and uniforms are to be returned to the coach who will keep inventory of all items issued to the team. The coach will then submit the end-of-season inventory list to the Athletic Director in a timely manner following the season.*
- 3. The parent is responsible for the dollar replacement cost of any lost or damaged school issued equipment or uniforms.*
- 4. Uniform budget will be allocated and reviewed by the Athletic Director according to a rotation schedule.*

### **EXTRACURRICULAR CONFLICTS**

*If a conflict arises involving an athletic contest and an event related to another school activity, the coach and teacher/sponsor will discuss whether accommodations can be made to allow the scholar to participate in both events. If an agreement is not reached in this manner, the scholar and parent(s) will decide how best to proceed in the best interest of the scholar. Teachers and coaches may assign alternative work/tasks in place of the missed event. No additional or punitive penalties may be assessed beyond the loss of benefits (e.g., grades, participation) inherent in the event itself. It is understood that contests will take priority over practices.*

**SCHOLASTIC ATHLETIC OFFERINGS**

*The interscholastic sports currently being offered at Timothy L. Johnson Academy Middle School are:*

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
<i>Cheerleading (6-8)</i>	<i>Cheerleading (6-8)</i>	<i>Girls Soccer (6-8)</i>
	<i>Girls Basketball (6)</i>	<i>Boys Soccer (6- 8)</i>
	<i>Girls Basketball (7-8)</i>	
	<i>Boys Basketball (6)</i>	
	<i>Boys Basketball (7-8)</i>	

**PARENT MEETINGS**

*Parent Pre-Season Meetings – All parents of scholar athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents will be informed of all rules for their sport as well as the rules of Timothy L. Johnson Academy Middle School.*

## SCHOLAR-ATHLETE CODE OF CONDUCT

I have read and understand the expectations of being a Middle School athlete at Timothy L. Johnson Academy, and I agree to be held by these expectations.

In order to be a part of this Athletic program, this must be read and signed by the player and parents.

Scholar Name (printed) \_\_\_\_\_

Scholar Signature \_\_\_\_\_

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

Date \_\_\_\_\_ Sport(s) \_\_\_\_\_

**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 AND PHYSICALS**

In consideration of being allowed to participate on behalf of **Timothy L. Johnson Academy Middle School** located in Fort Wayne, Indiana in athletic program(s) and related events and activities, the undersigned acknowledges, consents to, and agrees that:

1. Participation in athletic activities includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. While certain guidelines, practices, and personal discipline may reduce this risk, the risk of serious illness and /or death through participation is real and does exist; and,
2. I agree to comply with the stated and customary terms and policies established and conditions for participation regarding protection against infectious diseases as adopted by the School District; and
3. If I observe any unusual or significant hazard or unusual condition during my presence or participation in athletics, I will remove myself from participation and bring such to the attention of my coach or the nearest School Official and be held out until medically cleared to return to athletic activity; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Timothy L. Johnson Academy District, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I acknowledge that the only way to completely reduce the risk of injury from participation in athletics is to remove myself from the activity and not participate.
6. I acknowledge and agree to participate in athletics during 2020/2021 using my valid physical and consent forms on file from the 2019/2020 school year, which according to the directive of the Indiana High School Athletic Association is considered valid for the 2020/2021 athletic year. As a result of authorizing the School to use my physical from the 2019/2020 season, I understand it is my responsibility to provide any documentation regarding any known changes/updates from the 2019/2020 physical.
7. If I am an athlete without a valid IHSAA pre-participation examination physical form on file from the 2019/2020 scholastic year, I understand I am required to have a valid Pre-Participation Physical and Consent Form completed and on file prior to eligibility and competition. This includes any student-athlete coming from an out-of-district school or out-of state school or any student who did not participate in sports during the 2019/2020 school year.
8. Student athletes who have transferred may provide a valid IHSAA pre-participation form from the transferring school or its equivalency.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND RISKS I AM UNDERTAKING BY SIGNING IT.**

**I SIGN FREELY, VOLUNTARILY, WITHOUT INDUCEMENT, DURESS AND WITH FULL UNDERSTANDING.**

Printed Name of Participant: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

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

**FOR MINOR CHILDREN WHO ARE UNDER 18 AT THE TIME OF EXECUTION.**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her

personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities that include the possibility of becoming seriously ill or even dying. I agree after careful thought and consideration to assume the risk on behalf of my minor child. I, for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of Parent/Guardian: \_\_\_\_\_

Parent Guardian/signature: \_\_\_\_\_

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



May 4, 2020

## IHSAA Guidance Regarding Pre-Participation Physical Examinations and Consent Forms for the 2020-21 School Year

Due to the COVID-19 pandemic during the 2019-20 school year and the continued stress on the medical community, the Indiana High School Athletic Association, Inc. will waive the provisions of Rule 3-10 for the 2020-21 school year. Effective immediately, valid physical and consent forms presented to member schools on behalf of eligible students during the 2019-20 school year shall be valid during the upcoming 2020-21 school year.

Transfer students moving from one member school to another member school must provide a copy of their valid 2019-2020 Pre-Participation Physical and Consent Form to the Receiving School in order to be eligible under Rule 3-8. Incoming ninth grade students with a valid IHSAA Pre-Participation Physical and Consent Form completed and signed after April 1, 2019 will also be eligible to compete during the 2020-2021 athletic season.

Any athlete not having a valid IHSAA pre-participation examination physical form on file from the 2019-2020 scholastic year is required to have a valid Pre-Participation Physical and Consent Form completed prior to eligibility and competition. This includes any student-athlete coming from an out-ofState school to an IHSAA member school or any student who did not participate in sports during the 2019-2020 school year. The student must have a valid PreParticipation Physical and Consent Form completed on the official IHSAA form prior to eligibility.

Finally, if available and desired by the student, parent or member school, a new Pre-Participation Physical and Consent Form on the most current IHSAA document dated after April 1, 2020 is most acceptable and welcomed.

If you have questions concerning this guidance, please contact our office at your convenience.

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About the Indiana High School Athletic Association, Inc. (IHSAA)

The IHSAA is a voluntary, not-for-profit organization that is self-supporting without the use of tax monies. Since its founding in 1903, the Association's mission has been to provide wholesome, educational athletics for the secondary schools of Indiana. Its 412 member high schools - public, institutional, parochial and private – pay no annual membership fee or incur entry fees to play in the Association's tournaments. A state tournament series is conducted annually in 22 sports, 10 for girls, 10 for boys and two co-ed (unified flag football and unified track and field). A 19-person board of directors, elected by member school principals, governs the organization.

**Indiana High School Athletic Association, Inc.**  
**2020-21 HEALTH HISTORY UPDATE**  
**QUESTIONNAIRE**  
**And**  
**CONSENT & RELEASE CERTIFICATE**



**HEALTH HISTORY UPDATE QUESTIONNAIRE**

Name of School: \_\_\_\_\_

To participate in Practices and Contests in IHSAA Recognized Sports during the 2020-21 school year on a schoolsponsored team, a student who had a prior pre-participation physical examination completed and such examination was completed more than 90 days prior to the first day of official Practice for the student’s sport, may, in lieu of having a 202021 Pre-Participation Physical Examination form completed, provide this Health History Update Questionnaire, completed and signed by the student’s parent or guardian, or by the emancipated student. Provided, should any question on this Questionnaire be answered in the affirmative (‘Yes’), then the student must have a 2020-21 Pre-Participation Physical Examination form completed.

Student \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_  
of Last IHSAA Pre-Participation Physical Examination \_\_\_\_\_

Since the last pre-participation physical examination, has your son/daughter:

1. Been medically advised not to participate in a sport? Yes\_\_\_ No\_\_\_
2. Been diagnosed with COVID-19? Yes\_\_\_ No\_\_\_
3. Sustained a concussion, been unconscious or lost memory from a blow to the head? Yes\_\_\_ No\_\_\_
4. Fainted or “blacked out?” Yes\_\_\_ No\_\_\_
5. Experienced chest pains, shortness of breath, “racing heart” or had any heart issues? Yes\_\_\_ No\_\_\_
6. Had a history of unusual fatigue or unusual tiredness? Yes\_\_\_ No\_\_\_
7. Been hospitalized or had surgery? Yes\_\_\_ No\_\_\_

Undersigned, a parent of a student, a guardian of a student or an emancipated student, verifies the information in this Questionnaire, acknowledges that a 2020-21 pre-participation physical examination (rule 3-10) is not required for a student who had a 2019-2020 Pre-Participation Physical Examination form completed, and with such knowledge, has elected not to have the student undergo a pre-participation physical examination and has assumed all responsibility for student's participation in Practices for and in Contests in IHSAA Recognized Sports during the 2020-21 school year without having a pre-participation physical examination.

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student (X) \_\_\_\_\_

Printed \_\_\_\_\_ CONSENT & RELEASE CERTIFICATE

**I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

- A. I have read the IHSAA Eligibility Rules and know of no reason why I am not eligible to represent my school in athletic competition.
- B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
- C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, illness and even death, is a possible result of such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury, illness or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
- D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violation.
- E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)**

Date: \_\_\_\_\_ Student Signature: (X) \_\_\_\_\_

Printed: \_\_\_\_\_

**II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

- A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports *not marked out*:  
**Boys Sports:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.  
**Girls Sports:** Basketball, Cross Country, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track, Volleyball.  
**Unified Sports:** Unified Flag Football, Unified Track & Field
- B. Undersigned understands that participation may necessitate an early dismissal from classes.
- C. Undersigned consents to the disclosure, by the student's school, to the IHSAA of all requested, detailed financial (athletic or otherwise), scholastic and attendance records of such school concerning the student.
- D. Undersigned knows of and acknowledges that the student knows of the risks involved in athletic participation, understands that serious injury, illness and even death, is a possible result of such participation and chooses to accept any and all responsibility for the student's safety and welfare while participating in athletics. With full understanding of the risks involved, undersigned releases and holds harmless the student's school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury, illness or claim resulting from such athletic participation and agrees to take no legal action against the IHSAA or the schools involved because of any accident or mishap involving the student's athletic participation.
- E. Undersigned consents to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
- F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes. **G.** Please check the **appropriate space**:  
 The student has adequate family insurance coverage. The student does not have insurance.  The student has football insurance through school.

Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.** (to be completed and signed by all parents/guardians, emancipated students; where divorce or separation, parent with custody must sign)

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student Signature  \_\_\_\_\_

Printed: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student Signature  \_\_\_\_\_

Printed: \_\_\_\_\_



## PRE-PARTICIPATION PHYSICAL EVALUATION FORM (PPE)

The IHSAA Pre-participation Physical Evaluation (PPE) is the first and most important step in providing for the well-being of Indiana's high school athletes. The form is designed to identify risk factors prior to athletic participation by way of a thorough medical history and physical examination. The IHSAA, under the guidance of the Indiana State Medical Association's Committee on Sports Medicine, requires that the PPE Form be signed by a physician (MD or DO), nurse practitioner or physician's assistant holding a license to practice in the State of Indiana. In order to assure that these rigorous standards are met, both organizations endorse the following requirements for completion of the PPE Form:

1. The most current version of the IHSAA PPE Form must be used and may not be altered or modified in any manner.
2. The PPE Form must be signed by a physician (MD or DO), nurse practitioner or physician's assistant only after the medical history is reviewed, the examination performed, and the PPE Form completed in its entirety. No pre-signed or pre-stamped forms will be accepted.
3. **SIGNATURES**
  - The signature must be hand-written. No signature stamps will be accepted.
  - The signature and license number must be affixed on page three (3).
  - The parent signatures must be affixed to the form on pages two (2) and five (5).
    - The student-athlete signature must be affixed to pages two (2) and five (5).

Your cooperation will help ensure the best medical screening for Indiana's high school athletes.

# PREPARTICIPATION PHYSICAL

## HISTORY FORM



Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date of examination: \_\_\_\_\_ Grade: \_\_\_\_\_

Sex assigned at birth (F, M, or intersex): \_\_\_\_\_ How do you identify your gender? (F, M, or other): \_\_\_\_\_

List past and current medical conditions. \_\_\_\_\_

\_\_\_\_\_

Have you ever had surgery? If yes, list all past surgical procedures. \_\_\_\_\_

\_\_\_\_\_

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). \_\_\_\_\_

Do you have any allergies? If yes, please list all your allergies (ie. Medicines, pollens, food, stinging insects). \_\_\_\_\_

\_\_\_\_\_

Are your required vaccinations current? \_\_\_\_\_

Patient Health Questionnaire Version 4 (PHQ-4)

Overall, during the last 2 weeks, how often have you been bothered by any of the following problems? (Circle Response.)

Not at all	Several Days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1 2	3 Not being able to stop or control
worrying	0	1 2	3
Little interest or pleasure in doing things	0	1 2	3 Feeling down, depressed, or
hopeless	0	1 2	3

(A sum of  $\geq 3$  is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No	HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?			9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
2. Has a provider ever denied or restricted your participation in sports for any reason?			10. Have you ever had a seizure?		
3. Do you have any ongoing medical issues or recent illness?			<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>	<b>Yes</b>	<b>No</b>
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>	<b>Yes</b>	<b>No</b>	11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
4. Have you ever passed out or nearly passed out during or after exercise?			12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?					
7. Has a doctor ever told you that you have any heart problems?					

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillinresistant Staphylococcus aureus (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

Explain "Yes" answers here.

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I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete:

Signature of parent or guardian:

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MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of food and food groups?		
28. Have you ever had an eating disorder		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Date:

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# PHYSICAL EXAMINATION

(Physical examination must be performed on or after April 1 by a health care professional holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant to be valid for the following school year.) Rule 3-10  
 Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_ IHSAA Member School \_\_\_\_\_

## PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
  - During the last 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or use any other appearance/performance supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5-14)



EXAMINATION										
Height		Weight		<input type="checkbox"/> Male <input type="checkbox"/> Female						
BP	/	(	/	)	Pulse	Vision	R 20/	L 20/	Corrected? Y N	
MEDICAL						NORMAL	ABNORMAL FINDINGS			
Appearance										
• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)										
Eyes/ears/nose/throat										
• Pupils equal										
• Hearing										
Lymphnodes										
Heart										
• Murmurs (auscultation standing, supine, +/- Valsalva)										
• Location of point of maximal impulse (PMI)										
Pulses										
• Simultaneous femoral and radial pulses										
Lungs										
Abdomen										
Genitourinary (males only)										
Skin										
• MSV, lesions suggestive of MRSA, tinea corporis										
Neurologic										
MUSCULOSKELETAL										
						NORMAL	ABNORMAL FINDINGS			
Neck								Knee		
Back								Leg/ankle		
Shoulder/arm								Foot/toes		
Elbow/forearm								Functional		
Wrist/hand/fingers								• Duck-walk, single leg hop		
Hip/thigh										

Cleared for all sports without restriction  Cleared for all sports without restriction with recommendations for further evaluation or treatment for \_\_\_\_\_  
 **Not cleared**  Pending further evaluation  For any sports

Reason \_\_\_\_\_  
 Recommendations \_\_\_\_\_

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Health Care Professional (print/type) \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ License # \_\_\_\_\_  
 Signature of Health Care Professional \_\_\_\_\_, MD, DO, PA, or NP (Circle one)

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## ■ Preparticipation Physical Evaluation

# IHSAA ELIGIBILITY RULES

### INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

**ATTENTION ATHLETE:** Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athletics, you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled not later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the high school coaching staff preceding date of participation in interschool contests. (Excluding Girls Golf – See Rule 101)
3. must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .
  - . . . unless you are entering the ninth grade for the first time.
  - . . . unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
  - . . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSIET program. You must have been eligible from the school from which you transferred.
6. must not have been enrolled in more than eight consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).
8. must have had a physical examination between April 1 and your first practice and filed with your principal your completed Consent and Release Certificate.
9. must not have transferred from one school to another for athletic reasons as a result of undue influence or persuasion by any person or group.
10. must not have received in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (Exception for outstanding student-athlete – See Rule 15-1b)

13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal a written verification from a physician licensed to practice medicine, stating you may participate again. (See Rule 3-11 and 9-14.)
18. must not participate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls tournament entrant.

***This is only a brief summary of the eligibility rules.***

***You may access the IHSAA Eligibility Rules (By-Laws) at [www.ihsaa.org](http://www.ihsaa.org)***

***Please contact your school officials for further information and before participating outside your school.***

*(Consent & Release Certificate - on back or next page)*

of 5)



## ■ Preparticipation Physical Evaluation

# CONSENT & RELEASE CERTIFICATE

### I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. I have read the IHSAA Eligibility Rules (next page or on the back) and know of no reason why I am not eligible to represent my school in athletic competition.
- B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
- C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, illness and even death, is a possible result of such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury, illness or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
- D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violation.
- E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)**

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

Printed: \_\_\_\_\_

### II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports **not marked out:**  
**Boys Sports:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.

**Girls Sports:** Basketball, Cross Country, Golf, Gymnas cs, Soccer, So ball, Swimming, Tennis, Track, Volleyball. Unified Sports: Unified Flag Football, Unified Track & Field

- B. Undersigned understands that par cipa on may necessitate an early dismissal from classes.
- C. Undersigned consents to the disclosure, by the student’s school, to the IHSAA of all requested, detailed financial (athle c or otherwise), scholas c and attendance records of such school concerning the student.
- D. Undersigned knows of and acknowledges that the student knows of the risks involved in athle c par cipa on, understands that serious injury, illness and even death, is a possible result of such participation and chooses to accept any and all responsibility for the student’s safety and welfare while par cipa ng in athle cs. With full understanding of the risks involved, undersigned releases and holds harmless the student’s school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athle c par cipa on and agrees to take no legal ac on against the IHSAA or the schools involved because of any accident or mishap involving the student’s athle c par cipa on.
- E. Undersigned consents to the exclusive jurisdic on and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule viola on.
- F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes. **G.** Please check the **appropriate space:**

- The student has adequate family insurance coverage. The student does not have insurance
- The student has football insurance through school.

Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.**

(to be completed and signed by all parents/guardians, emancipated students; where divorce or separa on, parent with legal custody must sign)

Date: \_\_\_\_\_ Parent/Guardian/Emancipated Student Signature: \_\_\_\_\_ (X)

Printed: \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ (X)

Printed: \_\_\_\_\_

**CONSENT & RELEASE CERTIFICATE**

Indiana High School Athle c Associa on, Inc.  
9150 North Meridian St., P.O. Box 40650  
Indianapolis, IN 46240-0650

**File In Office of the Principal**  
**Separate Form Required for Each School Year**