

AUBURN SCHOOL DISTRICT ATHLETIC DEPARTMENT

# Student Athletic Handbook



# TABLE OF CONTENTS

|  | PAGE         |
|--|--------------|
| <b>I. Philosophy</b>   | <b>1</b>     |
| <b>II. Definition of Participants and Period of Coverage</b>     | <b>1</b>     |
| <b>III. Rules of Conduct (During Periods of Participation)</b>   | <b>1-2</b>   |
| <b>IV. Disciplinary Rules and Regulations</b>                    | <b>2-3</b>   |
| A. Probation   | 2            |
| B. Athletic Suspension   | 2-3          |
| C. Athletic Expulsion  | 3            |
| <b>V. Building Athletic Review Board (Each Secondary School)</b> | <b>3-4</b>   |
| <b>VI. District Athletic Review Board</b>                        | <b>4</b>     |
| <b>VII. Athletic Letter Requirements</b>                         | <b>4-5</b>   |
| <b>VIII. Attendance Regulations</b>                              | <b>5</b>     |
| A. School Attendance   | 5            |
| B. Practice Attendance   | 5            |
| <b>IX. An Athlete's Behavior</b>                                 | <b>5-6</b>   |
| A. Equipment   | 5            |
| B. Traveling   | 5            |
| C. College Recruitment Policy                                    | 5-6          |
| <b>Enforcement of these Regulations</b>                          | <b>6</b>     |
| <b>Athletic Rules of Conduct</b>                                 | <b>6-7</b>   |
| <b>Transfer Policy</b>   | <b>8</b>     |
| <b>Appeal Process for Transfers</b>                              | <b>9</b>     |
| <b>Philosophy of Standards of Eligibility</b>                    | <b>10-12</b> |
| 18.1.0-18.5.0  | 10-12        |
| <b>Philosophy of Scholarship</b>                                 | <b>12-13</b> |
| 18.6.0-18.8.0  | 12-13        |
| <b>Philosophy of Residence Rule</b>                              | <b>13-14</b> |
| 18.9.0   | 13-14        |
| <b>Philosophy of Transfer</b>                                    | <b>14-18</b> |
| 18.10.0-18.14.0  | 14-18        |
| <b>Philosophy of Gender Identity Participation</b>               | <b>18-27</b> |
| 18.15.0-18.28.0  | 18-27        |
| <b>Athletic Participation Form</b>                               | <b>28-29</b> |
| <b>Concussion Fact Sheets</b>                                    | <b>30-34</b> |
| Concussion Fact Sheet for Athletes                               | 30           |
| Concussion Fact Sheet for Parents                                | 31-32        |
| Concussion Signature Sheet                                       | 33-34        |

# ATHLETIC CODE FOR AUBURN SCHOOLS

## I. Philosophy

“Athletics” means more than competition between individuals or teams representing different schools. It is, rather, a means of building a way of life respected in our society. It teaches understanding and appreciation of teamwork—that to participate means success, and to follow training rules means healthy living habits and establishes high team morale. This results in a mutual trust by coaches and other team members. Athletics exemplifies the philosophy that dedication, drive, and determination bring eventual success.

The athlete is a role model for younger students and peers. Therefore, it is important that the athlete’s behavior remain above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

## II. Definition of Participants and Period of Coverage

The Athletic Code applies to all students participating in the inter-school athletics and includes the cheerleaders as well as athletes for a given academic school year. It is determined that provisions of the Athletic Code shall govern from the first “turnout” of a sports season until the culminating awards ceremony for the particular sport. Rules of Conduct A through H of the Athletic Code shall also apply to “non-participating” periods during the academic school year.

## III. Rules of Conduct (During Periods of Participation)

The following rules of conduct are intended to clarify, for the athletes, their obligations as leaders and participants during periods of participation. The athlete:

- A. Shall not provide, use, and/or be in possession of illegal drugs, legend drugs, alcohol, or tobacco products.
- B. Shall not knowingly remain on premises where illegal or legend drugs, steroids, alcohol, or tobacco products are being used.
- C. Obey all school rules and regulations.
- D. Maintains a satisfactory attendance record; attends all regularly scheduled classes unless appropriately excused.
- E. Meets WIAA Academic Eligibility Regulations.
- F. On athletic trips, obey bus riding, training, and school rules and regulations. Remain with the squad group or team, at all times, and complies with the reasonable request and directions of the coaching/teaching staff.
- G. Turns out for all regular and special practices and meetings, unless excused by the coach and/or school.
- H. Follows the written regulations as established by the head coach.

**EACH HEAD COACH IS RESPONSIBLE FOR ESTABLISHING AND DISTRIBUTING WRITTEN RULES OF CONDUCT TO ATHLETIC PARTICIPANTS AND PARENT/GUARDIAN. THESE WRITTEN RULES AND REGULATIONS SHALL BE REVIEWED AND APPROVED BY THE BUILDING PRINCIPAL. WRITTEN PENALTIES FOR VIOLATION OF THE “RULES OF CONDUCT,” AS STATED IN THE ATHLETIC CODE, WILL BE ESTABLISHED.**

**IV. Disciplinary Rules and Regulations**

**\*WASHINGTON STATE LAW (RCW 69.41.330) MAKES IT UNLAWFUL FOR STUDENT ATHLETES TO PROVIDE, USE, POSSESS, OR SELL STEROIDS. VIOLATION OF THE LAW WILL AFFECT A STUDENT ATHLETE’S ELIGIBILITY UNDER WAC 392-183A-015.**

**A. Probation**

Probation is a period of time which an athlete may be given an opportunity to correct deficiencies that could result in suspension, or expulsion from athletic participation. In the event of probation, the following shall prevail:

1. The length of the probation shall be a minimum of five (5) calendar practice days, but shall not exceed one sport season.
2. **During this period of probation, the athlete must turn out with the team but will not be permitted to compete in scheduled athletic events.**
3. While on probation, any violation of the “Rules of Conduct” of the Code and/or conditions of probation may result in suspension from the squad.
4. In all cases in which an athlete is placed on probation, the athletic director or coach shall inform the athlete and the parent/guardian of the infraction and the condition of probation. Notification shall also be directed to the building principal, building athletic coordinator, and the district administrator of the Athletic Code.
5. Any athlete or parent/guardian feeling aggrieved by the imposition can contact the coach and/or building athletic director to discuss the concern.

**B. Athletic Suspension**

Athletic suspension shall include exclusion from all athletic participation:

1. During the period of suspension, the athlete will not be permitted to “turnout” with team members during regular or special practice sessions or to participate during scheduled athletic events.

2. The coach and building administrator shall be responsible for hearing and investigating all infractions and deficiencies punishable by suspension. A parent/guardian contact shall be conducted to discuss and impose sanctions.
3. In all cases in which an athlete is placed on suspension, the coach/athletic coordinator shall inform the athlete and parent/guardian of the infractions and the sanction.
4. In all cases in which an athlete is placed on suspension for an athletic rule of conduct violation, the building athletic coordinator or coach shall inform, in writing, the athlete and parent/guardian of the infraction and the sanction. Copies of this notification shall be directed to the building principal, building athletic coordinator, and district administrator of the Athletic Code.
5. If, after meeting informally with the coach and building administrator, the athlete or parent/guardian is dissatisfied with the sanction, a conference may be requested with the Building Athletic Review Board.

### C. Athletic Expulsion

Athletic expulsion is the exclusion from athletic participation for the remainder of the current school year.

1. Athletic expulsion shall be imposed for accumulative violations of the Athletic Code.
2. The coach and building administrator shall be responsible for investigating the events which occurred.
3. The expulsion from athletic participation shall proceed in accordance with the district due process regulations, except that the Building Athletic Review Board shall inform, in writing, the athlete and parent/guardian of the infraction and the decision of the Board. Copies of this notification shall also be directed to the building principal, building athletic coordinator, and the district administrator of the Athletic Code.
4. The athlete or parent/guardian may appeal the decision of the Building Athletic Review Board to the District Athletic Review Board.

## **V. Building Athletic Review Board (Each Secondary School)**

The Building Athletic Review Board shall be comprised of the building Administrator, the building athletic coordinator, and two coaches (the head coach of the sport involved and a coach from another sport), and the district administrator. The building coordinator shall act as chairperson except in cases where that person also serves as the coach of the sport involved.

A. This board shall meet as prescribed by the following situation:

1. Upon request by the athlete or the parent/guardian to appeal an athletic sanction as prescribed by the athletic code. This request shall be made to the building principal or athletic coordinator.

- B. In all situations, the Building Athletic Review Board shall convene within five (5) school days. The athlete shall not participate in practice or scheduled competitive events until the Building Athletic Review Board renders its decision.
- C. All Building Athletic Review Board meetings shall be sound recorded.
- D. The decision of the Building Athletic Review Board shall be conveyed, in writing, to the athlete, parent/guardian, building principal, and district administrator of the Athletic Code.

**VI. District Athletic Review Board**

- A. The District Athletic Review Board shall convene upon request of the athlete and/or parent/guardian to appeal an athletic sanction imposed by the Building Athletic Review Board.
- B. In all situations, the District Athletic Review Board shall convene within five (5) school days.
- C. The District Athletic Review Board shall consist of the district athletic director, three (3) secondary building principals, and the head coach involved. The District Athletic Director shall act as chairperson.
- D. All District Athletic Review Board meetings shall be sound recorded. The decision of the District Athletic Review Board shall be conveyed, in writing, to the athlete, parent/guardian, building principal, building athletic coordinator, and the district administrator of the Athletic Code.

**VII. Athletic Letter Requirements**

The following basic premise is understood in establishing letter requirements for each sport for the Auburn School District.

- A. The head coach of any interscholastic sport has the responsibility for setting the requirements and awarding varsity letters for the sport.
- B. The coach has the right to award letters to participants even though the letter requirements for that sport have not been satisfied. Conditions which would warrant this kind of coach's judgment are:
  - 1. If, in the judgment of the coach, the athlete would have lettered.
  - 2. The participant does not finish the season because of medical reasons.
  - 3. The participant is a senior who has turned out for two or more years and has contributed to the total program of that sport.
  - 4. In the coach's opinion, the participant has made an above average contribution to the team and/or the total sports program.

The following basic requirement is inherent to the total Auburn School District Athletic Program. To be eligible to receive a letter, a participant in any interscholastic sport must:

- A. Finish the season in good standing. Good standing implies that the student is not suspended and has completed all requirements of imposed sanctions from the team or total program at the end of the season. At the high school, the season is officially over after the awards banquet for that particular sport. At the middle schools, the season ends after the last scheduled contest for that particular sport.

## VIII. Attendance Regulations

### A. School Attendance

In order to compete or practice, the following attendance regulations shall prevail:

1. Students need to be in attendance at least half a day to be eligible to compete or practice that day. **Middle school students must be in class a total of three (3) hours to be eligible to compete or practice on that day.**
2. If you leave school before half a day, you must obtain special permission through the principal, or designee, to be eligible to compete or practice on that day.

### B. Practice Attendance

Regular attendance and promptness is imperative if you are to succeed as an athlete. Occasionally, it may be necessary to be either absent or tardy; however, common courtesy dictates that you notify your coach in advance or have a valid excuse when you return.

## IX. An Athlete's Behavior

A. Equipment--School equipment checked out by you is your responsibility. You are expected to keep it clean and in good condition. Loss of any issued equipment is your financial obligation. Guard carefully against loss by remembering to lock up the equipment when you are not using it.

B. Traveling--The following rules will be enforced whenever it is necessary to travel to other schools or athletic contests:

1. You will remain with your squad and under the supervision of your coach when attending away contests.
2. You will refrain from misconduct of any sort while traveling to and from an away contest.
3. You will dress appropriately and in good taste, according to team standards. Remember, as a visiting athlete, you are a direct representative of your school, community, and home. You are an ambassador and must conduct yourself properly at all times.

### C. College Recruitment Policy

In the event a college recruiter should contact you personally, you are encouraged to work through your coach and the athletic department so that all possible assistance may be offered. All contacts with college recruiters during the school day must be preceded by approval from the principal, head coach, or athletic director.

#### **Enforcement of these Regulations**

The athletic code is the guide for clarifying the rules and attitudes which govern the conduct of student athletes. Any problems which occur will be handled according to the procedures stated therein. If questions arise, contact your coach for clarification.

**Auburn School District  
ATHLETIC RULES OF CONDUCT**

Auburn School District is a member of the Washington Interscholastic Activities Association and must comply with the rules as stipulated in the constitution and rules and regulations of the Association. All contestants must be eligible under the WIAA academic regulations to participate in an interscholastic contest.

**Conduct:** Participants shall abide by all written training rules established for the sport/activity in which he/she is participating, and shall at all times behave in a manner that conveys respect for all individuals. Acts of harassment, hazing or a criminal act defined by law will not be tolerated. In addition, a participant shall conduct him/herself with personal integrity and honesty at all times and in all situations; both as a participant and as a spectator. Unacceptable behaviors and/or misconduct may necessitate penalties as appropriate. In an attempt to reduce any behavior which negatively impacts the individual, the team/group, and/or the image of the Auburn School District Athletics/Activities. Each incident will be reviewed on a case-by-case basis by the coach/advisor, administrator, or Athletic/Activity Board.

Any athletes failing to comply with the following rules of conduct shall be subject to disciplinary action in accordance with the School District's Athletic Code. Participation in interscholastic athletics is a privilege, not a right.

**RULE 1—LEGEND DRUGS, CONTROLLED SUBSTANCES AND ALCOHOL USE**

Penalties for violation of RCW 69.41.020-69.41.050 for the possession, use or sale of legend drugs (drugs obtained through prescription) including anabolic steroids and possession, Violation of RCW 69.50 (uniform Controlled Substances Act) or possession or under the influence of alcohol or alcohol related substances – A violation shall be considered a violation of the eligibility code and standards, and shall subject the student to disciplinary actions as follows:

**FIRST VIOLATION**

Immediately ineligible for interscholastic competition in the current sport for 25 participation days or for the remainder of the season, whichever is longer

**SECOND VIOLATION**

Ineligible and prohibited from participating in any WIAA sports program for a period of one calendar year from date of second violation

**THIRD VIOLATION**

Permanently prohibited from participation in any WIAA athletic program for the remainder of high school eligibility

**RULE 2—Athletes (in or out of season) attending functions where alcohol and or drugs is being illegally consumed:** Athletes who attend a gathering where drugs and/or alcohol are being used illegally, must upon learning of the presence and/or use of such substances, make immediate and exhaustive attempts to leave the premises. The athlete must conference with parents and athletic director to determine punishment.

**FIRST VIOLATION**

Suspension for 15 participation days effective immediately, obtain drug/alcohol assessment from an outside agency and mandatory participation in the Insight Program and automatic probation (five days minimum)

**SECOND VIOLATION**

Suspension for 25 participation days effective immediately, Drug/alcohol assessment completed by outside agency and follow recommendations to completion and automatic probation (five days minimum)

**THIRD VIOLATION**

Expulsion from all athletics for one calendar year

**FIRST VIOLATION RULE 2: IN/OUT SEASON –HIGH SCHOOL**

| Means of Discovery |  |
|--------------------|--|
| Self-Referral      | Suspension – 8 participation days effective immediately  |
| Self Admittance    | Suspension – 11 participation days effective immediately |
| Investigative      | Suspension – 15 participation days effective immediately |

**RULE 3— Use and/or being in possession (in or out of season) of tobacco or tobacco products**

**FIRST VIOLATION**

Suspension for 15 participation days effective immediately and automatic probation (five days minimum)

**SECOND VIOLATION**

Suspension for 25 participation days effective immediately and automatic probation (five days minimum and enrollment and completion of a smoking cessation program

**THIRD VIOLATION**

Expulsion from all athletics for one calendar year

**FIRST VIOLATION RULE 3: IN/OUT SEASON –HIGH SCHOOL**

| Means of Discovery | Constructive Possession                                  |
|--------------------|--|
| Self-Referral      | Suspension – 8 participation days effective immediately  |
| Self Admittance    | Suspension – 11 participation days effective immediately |
| Investigative      | Suspension – 15 participation days effective immediately |

**RULE 4—Not obeying school rules and regulations during season (including regular school attendance and disciplinary sanctions).**

**FIRST VIOLATION**

Conference with building coordinator or administrator, unable to participate in the NEXT contest

**SECOND VIOLATION**

Probation, unable to participate in the NEXT two contests

**THIRD VIOLATION**

Suspension for remainder of current season

**RULE 5—Suspension from school during season (including in-house disciplinary sanctions)**

**FIRST VIOLATION**

Suspension for the period of school suspension and unable to participate in the NEXT contest

**SECOND VIOLATION**

Suspension for 15 participation days effective immediately and automatic probation (five days minimum)

**THIRD VIOLATION**

Expulsion from all athletics for one calendar year

**RULE 6— Any student convicted of a felony crime will not be allowed to participate in athletic competition for one full calendar year or until the sentence is completed. Convicted sex offenders will not be allowed to participate in athletics.**

- Definition of Sanctions:**
- PROBATION:** A period of time in which an athlete may be given an opportunity to correct deficiencies that could result in suspension or expulsion from athletic participation. The athlete is allowed to practice but not compete in games during this time.
  - PARTICIPATION:** As defined by the WIAA participation schedule. If the conclusion of a season occurs during suspension period, the remainder of the suspension will carry over into the next sports season.
  - SUSPENSION:** Includes exclusion from all athletic participation.
  - EXPULSION:** The exclusion from athletic participation for the remainder of the current school year.
  - COMMUNITY SERVICE:** Community service hours must be completed before an athlete may participate in the next sport season. This rule can carry over from academic year to academic year.
  - INVESTIGATIVE (discovery) –** The process by which an administrator/coach/athletic director arrives at a conclusion regarding a student's involvement in an athletic code infraction. The decision will be based on evidence, either verbal or written.
  - SELF ADMITTANCE (discovery) –** Student athletes that admit to their involvement in an athletic code infraction and who are cooperative and honest in the investigative process regarding alleged code infractions.
  - SELF-REFERRAL –** Student athlete who report self-infractions to school administrator prior to any investigation or inquire by school administrators or staff.
  - IN SEASON:** Begins with the first WIAA allowed practice day and ends with the awards ceremony (banquet) for that sport. In the event of no season-ending banquet or a banquet held prior to the last competition, the ending date will be after the last scheduled event for that sport.
  - OUT OF SEASON:** Any time not in season, starting with the WIAA defined beginning fall season, and ending with the Auburn School District last student school day.
  - COMPLETED SEASON:** A season which a student/athlete begins the season within the first week of turnout and completes the season, in good standing, without interruptions, until the last scheduled contest or banquet, whichever is later.
  - ACCUMULATION OF VIOLATIONS:** Violations are accumulated while the student athlete is involved in high school athletics.

The Auburn School District sport season ends with the awards program, held at the discretion of the head coach for each sport. An athlete must finish the season in good standing in order to receive a letter. Athletes are reminded that they are under the athletic code for the entire academic school year, or beginning with the first turnout in August if participating in a fall sport. Athletes are responsible for being knowledgeable of all additional information provided in the Athletic Handbook which is distributed to athletes.

|                            |                       |
|----------------------------|-----------------------|
| Participant's Printed Name | Parent's Printed Name |
| Participant's Signature    | Parent's Signature    |
| Date                       | Date                  |

## AUBURN SCHOOL DISTRICT

### Transfer Policy

#### Attendance Area

Unless special arrangements have been made through the concerned principals and the office of the superintendent, a student must attend the school serving the area in which he/she resides. (See Board Policy 3130)

#### Interscholastic Eligibility—Grades 9-12

All athletes transferring from one school to another will fall under Section 18 of the WIAA Handbook. In order to be eligible to participate and/or represent Auburn School District in an interscholastic contest, the student must be residing within the boundaries of the school district and designated attendance area of the school while residing with natural parent(s), parent of legal custody, or court-appointed guardian (WIAA 23.15).

If a student gives a different address or requests to attend a school not serving the bona fide residence, the matter will be processed as an exception. Students meeting one of the exceptions will be eligible for athletics at all levels.

Once a student starts a season at a high school in Auburn, they cannot compete in the same sport at another high school in Auburn. A season begins with the first practice. If a student transfers to another school within the district, they cannot compete at the varsity level for one calendar year. A student is deemed to have transferred if the school they have requested to attend is in a different attendance area than their residence.

#### Exception for Eligibility

A student's eligibility may be approved for a district school other than that serving their residence at any time before or during a school year under the following conditions:

1. Students wishing to remain until graduation in the high school where they have completed at least the first semester of the 11<sup>th</sup> grade.
2. Students who have moved into another service area during the last quarter of the school year and request to be allowed to complete the year at the school they have been attending.
3. When a student's parent(s) present appropriate written evidence that they will be residing in a different service area within a period of three months and the student requests to be allowed to enroll in the school serving that service area prior to moving.
4. When, as a result of a guidance study or for guidance purposes, a different school environment is recommended as part of a total program designed to correct the student's social behavior or adjustment problems.
5. Students may apply for eligibility under unusual circumstances not covered in this policy.

## APPEAL PROCESS FOR TRANSFERS

1. All exceptions can be appealed as it relates to interscholastic athletics.
2. All eligibility appeals will be made to the Eligibility Committee.
3. The Eligibility Committee will be composed of the district athletic director, building athletic director, two parents, one teacher, and one administrator from each high school. Five members of the Eligibility Committee must be present to have a quorum.

This committee shall meet as prescribed by the following situations:

- a. Upon request by the athlete or the parent/guardian to appeal an athletic eligibility. This request shall be made to the building athletic director and/or building principal in writing.
- b. The District Eligibility Committee shall convene within five (5) school days. The athlete shall not participate in competitive events until the Eligibility Committee renders its decision.
- c. All Eligibility Committee meetings shall be sound recorded.
- d. The decision of the Eligibility Committee shall be conveyed, in writing, to the athlete, parent/guardian, coaches, and building principal.

Decision from the Eligibility Committee can be appealed to the District Athletic Review Board.

4. District Athletic Review Board
  - a. The District Athletic Review Board shall convene upon request of the athlete and/or parent/guardian to appeal an athletic sanction imposed by the Eligibility Committee. The request must be made within 72 hours of receipt of the Eligibility Committee.
  - b. In all situations, the District Athletic Review Board shall convene within five (5) school days. The athlete shall not participate in competitive events until the Athletic Review Board renders its decision(s).
  - c. The District Athletic Review Board shall consist of the district athletic director; three secondary building principals; and the deputy superintendent or director of human resources/general counsel. The district athletic director shall act as chairperson.

All District Athletic Review Board meetings shall be sound recorded. The decision of the District Athletic Review Board shall be conveyed, in writing, to the athlete, parent/guardian, building principals, and building athletic coordinator.

---

## **18.0.0 STUDENT STANDARDS FOR INTERSCHOLASTIC ELIGIBILITY**

---

***PHILOSOPHY OF STANDARDS OF ELIGIBILITY:** In keeping with the belief that participation in activities is a privilege and not a right, certain standards of eligibility have been established. Standards on age, residence and seasons limitations promote the Association's goals of fairness and equality of opportunity for all participants. Standards on scholarship, attendance and amateur standing promote the Association's goals of educating youth and promoting activities as an integral part of the total educational process. **AFFIRMATION OF ASSOCIATION GOALS 2.2.1, 2.2.4 AND 2.2.6. THEREFORE:***

**18.1.0 STUDENT ELIGIBILITY CRITERIA** - All contestants must be eligible under the rules of the Washington Interscholastic Activities Association to participate in an interscholastic contest.

18.1.1 If a school district has more restrictive eligibility standards, the student will be held to both the WIAA and the school district standards.

18.1.2 This regulation does not restrict participation in practices or intra-squad scrimmages except for cheer and/or dance/drill participants. Cheer and/or dance/drill participants must meet and maintain the WIAA eligibility requirements in order to try out for the school team(s).

**18.2.0 ELIGIBILITY LISTS** - No student shall participate in an interscholastic contest unless he/she is properly certified on an eligibility list on file in the principal's office or the office of the principal's designee.

18.2.1 Upon mutual agreement of schools or leagues, eligibility lists may be exchanged.

**18.3.0 PLAYERS ELIGIBLE FOR PARTICIPATION** - Only players who are currently eligible to participate in an activity may appear in their team uniform on the team bench, sideline, court, field or deck during the contest.

18.3.1 A student must be currently eligible to participate in an activity in order to participate in the pre-vent warm-up.

18.3.2 A student must be a member of a WIAA member school squad and have been included on a school's eligibility roster for at least 50% of the regular season for that sport in order for a student to participate in postseason and state tournament playoffs,.

**18.4.0 AGE LIMITS - SENIOR HIGH SCHOOL** – A student shall be under 20 years of age on September 1 for the fall sports season, on December 1 for the winter sports season, and on March 1 for the spring sports season.

**AGE LIMITS - JUNIOR HIGH SCHOOL** – A student shall not have reached his/her 16th birthday prior to June 1 of the previous school year.

**AGE LIMITS - MIDDLE SCHOOL** – A student shall not have reached his/her 15th birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth grade levels.

18.4.1 **Overage Student** - A student who is ineligible to compete in middle or junior high level school athletics due to the age rule may participate in all sports in the public senior high school of the public school district provided both middle or junior high level and senior high school principals of the public school district concerned approve the student's participation.

The middle level/junior high school principal shall certify to the senior high principal the student's scholastic eligibility.

18.4.2 Provided any student is deemed ineligible under this rule, he or she may be declared eligible pursuant to Article 19 of this handbook.

**18.5.0 STUDENT MEMBER OF A SCHOOL** - Students must be regular members of the school they represent in order to participate in an interscholastic athletic activity. Students are a "regular member" of a school if they are enrolled half time or more, exclusive of interscholastic athletic activities.

18.5.1 A full-time student in a private school, alternative school or a certified educational clinic student may participate on the interscholastic teams of his/her resident public school if the student resides within the service area of that public school and if the interscholastic activity is unavailable to the student in the private school, alternative school or certified educational clinic. Students in a private school, alternative school or certified educational clinic must meet the same team responsibilities as public school team members and are obligated by the same standards of behavior and performance as other members of the team.

18.5.2 A full-time high school student in a private school or public alternative school without athletics who qualifies under 18.5.1 above shall participate only at the resident public school that the student would normally attend. This section is intended to prevent a school district with more than one secondary school from allowing a student to apply for open enrollment and thus participate at a school outside of that student's attendance boundaries.

A. In a school district with multiple middle schools, a full-time seventh or eighth grade student in a private school who qualifies under 18.5.2 shall be able to participate at the seventh or eighth grade public school that is nearest that student's current private school provided he/she resides in that school district.

B. This rule may not be appealed through the eligibility appeal process.

18.5.3 Home based instruction students are categorized as regular members of a school. Therefore, to be eligible to participate in interscholastic contests/competitions, the student must:

A. Meet both WIAA and school district eligibility requirement standards of all students, including transfer student requirements.

B. Meet and adhere to the same team responsibilities and standards of behavior and performance of other members of the team/squad.

C. Participate as a member of the public school in which service area he/she resides with his/her family unit. After registering with the school district as a home school student, a student is subject to the transfer rules if he/she subsequently changes schools.

D. Provide the school administration acceptable documentation of any interscholastic eligibility standards required of all other student participants.

- E. Comply with WIAA and local school regulations during the time of participation.
- F. Comply with RCW 28A.225.010 (4).
- G. Provide to school authorities all required forms and documentation.

***PHILOSOPHY OF SCHOLARSHIP:*** While the WIAA is aware of the important role that interscholastic athletics play in the development of students, the WIAA member schools are also committed to the philosophy that the primary purpose of our secondary schools should be to academically prepare students to become productive citizens upon graduation. Scholastic incentives should be established and enforced for the educational and personal welfare of the students who participate. **AFFIRMATION OF ASSOCIATION GOALS 2.2.1, 2.2.4 AND 2.2.9. THEREFORE:**

**18.6.0 SCHOLARSHIP** - In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive, in a minimum of:

- 3 classes in a 4 period class schedule or the equivalent credits**
- 4 classes in a 5 period class schedule or the equivalent credits**
- 5 classes in a 6 period class schedule or the equivalent credits**
- 6 classes in a 7 period class schedule or the equivalent credits**
- 7 classes in an 8 period class schedule or the equivalent credits**

**RUNNING START COURSES EQUIVALENT**

**Two - 5 credit quarter courses 2 high school credits**

**Two - 3 credit semester courses 2 high school credits**

- 18.6.1 Any class taken as part of the regular schedule of the student during the semester/trimester shall be considered to be a full time subject.
- 18.6.2 Schools shall establish a grade monitoring system to ascertain the student's passing status in the minimum of required classes. To monitor a student's continued academic eligibility periodic grade checks within each three to six week period are required during the current semester/trimester beyond normal grading periods. Private school students participating at their public school of residence will be held to the grade standard of the school they academically attend.
- 18.6.3 A student shall have passed the minimum number of classes as listed in 18.6.0 in the immediately preceding semester/trimester in order to be eligible for competition during the succeeding semester/trimester. The record at the end of the semester/trimester shall be final, except for those credits earned in a regular, accredited summer school program or alternative educational program accepted by the school district.
- 18.6.4 Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester/trimester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.
- 18.6.5 **ACADEMIC SUSPENSION PERIOD** - A student who has been in regular attendance at least fifteen (15) weeks of the previous semester (10 weeks of the previous trimester), but who failed to make the grade requirements of 18.6.0, shall be placed on suspension. The student shall be ineligible during the suspension period. If, at the end of the suspension

period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition.

- A. The suspension period for high school students shall be from the end of the previous semester **through the last Saturday of September in the fall** and the first five (5) weeks of the succeeding semester/trimester.
- B. The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester/trimester.
- C. Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.

**18.7.0 PREVIOUS SEMESTER** - The student shall have been in regular attendance as a full time student as defined in 18.6.0 and 18.6.3, in an elementary, intermediate, middle level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

18.7.1 Completion of a semester is determined by the local school district.

**18.8.0 REGULAR ATTENDANCE** - The student shall be enrolled and in regular attendance within the first fifteen (15) school days in a semester or ten (10) school days in a trimester at the start of the current semester/trimester in order to participate in interscholastic contests during the current semester/trimester.

**18.8.1 An enrolled student who receives semester/trimester grades will be considered to have been in attendance for that semester/trimester unless he/she is withdrawn from school.**

***PHILOSOPHY OF RESIDENCE RULE:** The WIAA residence rule is intended to create an equitable environment in which its member schools can compete, and at the same time prevent those abuses that taint the goals of interscholastic athletics. Primarily, the residence rule is intended to prevent athletic recruiting, prevent students from choosing schools for athletic reasons, and to promote the varied family units as the best environment for students to live in while attending school. Deterring students from running away from or avoiding imposed discipline, protecting school programs by discouraging athletic transfers and protecting the opportunities for bona fide resident students to participate are also viable reasons for the residence rule. **AFFIRMATION OF GOALS 2.2.6 AND 2.2.7 OF THE ASSOCIATION. THEREFORE:***

**18.9.0 DEFINITION of RESIDENCE and FAMILY UNIT**

**RESIDENCE** - The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return.

**FAMILY UNIT** - The adult(s) who has/have had legal custody or legal guardianship of the student for a period of at least one (1) year and with whom the student resides.

18.9.1 In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student of that school must be residing within the boundaries of that school district and designated attendance area of the school. In the event a school does not have a designated attendance area, the WIAA Executive Board shall have the authority to designate an

attendance area for such school. The WIAA Executive Board shall consider all relevant factors, including but not limited to the natural or historical attendance area for such school, the geographical setting of the school in the municipality, and the nearby public school boundaries.

- 18.9.2 Unless otherwise provided, a student shall be eligible while attending a school in the school district in which that student resides with the family unit, and provided that the student has been continuously attending that member school, or a feeder school of that member school, for a period of one (1) year.
- 18.9.3 A student who cannot meet the Residence Rule requirements would be eligible for all interscholastic competition below the varsity level, subject to 18.25.3.
- 18.9.4 Residence Area for private schools shall be a fifty (50) mile radius from the school address.

NOTE: Refer to Article 3.1.1 for status of a private school district.

***PHILOSOPHY OF TRANSFER*** - *The Transfer Rule is preventative in nature and is devised to eliminate the incentive to transfer schools when the motivation is for athletic purposes and after a student has initially chosen the school of his/her choice while he/she has been living with the family unit. The Transfer Rule protects students who have previously participated in athletic competition at a member school from being replaced by students who transfer for athletic purposes and further protects students at other member schools from the effects of “school shopping” by students and “recruiting” by member schools and their agents. The Transfer Rule encourages fair play, discourages the excesses and abuses of promotion, and protects the integrity of interscholastic athletic programs for the member schools and their students. While recognizing the educational experiences that each member school provides, the WIAA member schools support the right of parents and students to attend a school of their choice. The WIAA member schools believe that once an educational choice has been made there must be a special set of circumstances as covered in the “hardship rule” to warrant athletic eligibility when a student transfer occurs without a commensurate move on the part of the family unit.*

**18.10.0 TRANSFERRING STUDENTS** - After registering with and/or attending a middle level or high school, students changing enrollment to/from one school district to another school district **or from one high school to another high school within a multiple high school district** shall be considered transferring students. In order to be eligible for varsity competition, transferring students must meet the normal residence requirements or the transferring student requirements of 18.10.1, 18.10.2, 18.10.3, or be granted a waiver under 18.12.0 and 18.25.0.

This section shall also apply to those students receiving home based instruction. NOTE: Refer to Article 3.1.1 for the status of a private school district.

- 18.10.1 A student who is ineligible in a member school may not become immediately eligible at another member school without completing the conditions of ineligibility.**
- 18.10.2 The following students who are attending a member school shall be deemed to meet the residence rule requirement and transferring student rule requirements:
  - A. A student whose transfer is based on a bona fide and immediate change of residence to a new school (district) due to an actual physical relocation of and with the entire family unit to a different

residence and preceded by termination of all occupancy of their previous residence.

- B. A student attending a school outside of his/her residence district for one (1) calendar year or more is eligible thereafter in a school of that school district provided the enrollment/attendance is continuous.
- C. A student whose parent(s) or legal guardian(s) reside at different abodes as the result of a divorce or court approved legal separation is allowed one (1) transfer between parents or guardians after entering the ninth grade without being restricted to sub-varsity competition for one (1) year. Any subsequent transfer shall be governed by the transferring student rules and procedures.
- D. A student who is under commitment to the Department of Social and Health Services, a student who is on juvenile parole status and a student who has been adjudicated as a ward of a juvenile court where residence is the result of assignment by the government entity charged with his/her care.
- E. A student whose release has been ordered by the Superintendent of Public Instruction on the basis of a special hardship or detrimental condition.
- F. A student who has a residence change following the death or disability of the family unit, including military deployment, in order to reside with a relative.
- G. A seventh and/or eighth grade student who transfers to a school without a corresponding change of residence by his or her family unit and who meets all other conditions of eligibility shall be eligible at the new middle school when properly enrolled. High school eligibility is subject to the transfer rule and one (1) year of continuous enrollment.
- H. A student, except F-1 Visa students to a private school, upon enrollment to the initial first level of a private school within a 50-mile radius of the family residence from his/her public school of residence or his/her public school of residence from a private school within a 50-mile radius of the family residence.

NOTE: If either the public or the private school declares its ninth graders as junior high athletes, the window of transfer is between the ninth and tenth grade years; if the school declares its ninth graders as high school athletes, the window of transfer is between the eighth and ninth grade years.

- 18.10.3 A student attending a member school district school for one (1) calendar year or more is eligible in the same school district during subsequent attendance, so long as the enrollment/attendance is continuous.
- 18.10.4 A student whose transfer is the result of participation in a one-year cultural or educational exchange experience with another country. Form 6 of the WIAA eligibility packet must be submitted to the WIAA District Eligibility Chairperson.

- A. A student leaving this country for a one-year cultural/educational experience shall file a letter with his/her district eligibility committee prior to departure and will be eligible at his/her school of origin upon his/her return, provided all other rules of eligibility have been met.
- B. A student coming to this country for a one-year cultural/educational experience is eligible at the varsity level for one (1) year only in the school in which he/she has been placed, provided all other rules of eligibility have been met and the student has not graduated from the high school equivalent in his/her home country. F-1 Visa students remaining for more than one (1) year will be considered transfer students. Graduated students can not compete interscholastically at any level (i.e., varsity or sub-varsity).
- C. In no case will eligibility be extended beyond the four (4) consecutive years provided for in 18.14. There shall be no evidence that a significant reason for the transfer was to participate in athletics. Students must meet all other WIAA rules of eligibility.

**18.11.0 SUB-VARSITY STATUS-** Ineligibility pursuant to section 18.9.0 shall be effective for one (1) calendar year from the date of enrollment. This ineligible status only prohibits a student from competing at the varsity level.

**18.12.0 RESIDENCE RULE WAIVER -** Transferring students, unless eligible via 18.9 through 18.10, shall be deemed to have transferred at will and must apply to the WIAA District Eligibility Committee for a waiver of the Residence Rule. Such an application shall be processed under the appeal provisions contained in Article 19 of this Handbook. The procedure for evaluating a transferring student's application will be as follows:

- 18.12.1 The student must meet all other eligibility requirements of Article 18 of this Handbook.
- 18.12.2 The student must establish a hardship as defined under the provisions of Article 18.25.0 and as determined by the District Eligibility Committee.
- 18.12.3 There can be no evidence that either the student transferred for the purpose of participating in interscholastic athletics or transferred as a result of having been recruited for the purpose of participating in interscholastic athletics.
- 18.12.4 In addition to the above requirements, the District Eligibility Chairperson shall, as an added condition of eligibility, require that a transferring student submit a WIAA Previous School Statement. A copy of the signed form must be retained on file in the school office for the duration of the student's attendance at that school.

**18.13.0 PHYSICAL EXAMINATION -** Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of

cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.

- B. Documentation of satisfactory examination of the cardiopulmonary system.
  - C. Documentation of satisfactory sport-specific orthopedic screening examination.
  - D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.
- 18.13.1 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.
- 18.13.2 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.
- 18.13.3 To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations as listed in 18.13.1 and/or a dentist as applicable.
- 18.13.4 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.
- 18.13.5 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.

**18.14.0 SEASON LIMITATIONS** - After entering or being eligible to enter the seventh grade students shall have six (6) consecutive years of interscholastic eligibility. If the seventh or eighth grade is repeated, and such repetition is based upon documented academic deficiencies by the school principal, the repeated year shall not count against the student's six (6) interscholastic competitive years. Home school students are required to provide documentation of academic deficiency to be verified by the school principal.

After entering or being eligible to enter the ninth grade, a student shall have four (4) consecutive years of interscholastic eligibility.

For the purpose of this rule, consecutive shall mean starting on a designated date and continuing without delay or interruption for four (4) consecutive years. For the purpose of interpreting this rule, interscholastic eligibility exists for a maximum of six (6) years after entering or being eligible to enter the seventh grade and four (4) consecutive academic years after entering or being eligible to enter the ninth grade, and as long as the total years of eligibility (grades 7-12) do not exceed six (6) years. Application of this rule shall not be determined by years of participation in individual sports or sport seasons.

- 18.14.1 Students who do not attend school or who fail to, or are deemed ineligible to participate shall forfeit their eligibility during that period and shall not be provided any additional period of eligibility except as may be provided through the appeal process in Article 19. If additional eligibility is granted as provided through Article 19, under no circumstances will eligibility be extended longer than one (1) additional year beyond the fourth consecutive year of high school (grades 9-12.)
- 18.14.2 Students repeating the eighth grade at the middle level or ninth grade at the junior high level may participate in the senior high school of the same school district provided the principals of both schools involved agree. In such case, the middle level school principal shall provide certification of the student's scholastic eligibility to the high school principal.
- 18.14.3 Additional eligibility shall not be granted if the student has had six (6) years of interscholastic eligibility after entering or being eligible to enter the seventh grade or four (4) consecutive years of interscholastic eligibility after entering or being eligible to enter the ninth grade.

***PHILOSOPHY OF GENDER IDENTITY PARTICIPATION:*** *The WIAA allows participation for all students regardless of their gender identity or expression. The purpose of this policy is to designate a set of criteria in which student-athletes are able to compete on a level playing field in a safe, competitive and friendly environment, free of discrimination. Fundamental fairness, as well as most local, state and federal rules and regulations, requires schools to provide intersex and transgender student-athletes with equal opportunities to participate in athletics. This policy creates a framework in which this participation may occur in a safe and healthy manner that is fair to all competitors.*

**18.15.0 GENDER IDENTITY PARTICIPATION** - All students should have the opportunity to participate in WIAA activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. Should any questions arise whether a student's request to participate in a sex-segregated activity consistent with his or her gender identity is bona fide, a student may seek review of his or her eligibility for participation by working through the procedure set forth below: Once the student has been granted eligibility to participate in the sport consistent with his/her gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request.

- 18.15.1 **NOTICE TO THE SCHOOL:** The student and/or parents shall contact the school administrator or athletic director indicating that the student has a consistent gender identity different than the gender listed on the student's school registration records, and that the student desires to participate in activities in a manner consistent with his/her gender identity.
- 18.15.2 **NOTICE TO THE WIAA:** The school administrator shall contact the WIAA office, which will assign a facilitator who will assist the school and student in preparation and completion of the WIAA Gender Identity eligibility appeal process.
- 18.15.3 **FIRST LEVEL OF APPEAL:** The student will be scheduled for an appeal hearing before an eligibility committee specifically established to hear gender identity appeals. The WIAA shall schedule a hearing as expeditiously as possible, but in no case later than five (5) school business

days of that member school prior to the first full interscholastic contest that is the subject of the petition, or within a reasonable time thereafter in cases of emergency, including, but not limited to, any unforeseeable late student enrollment. The Gender Identity Eligibility Committee will be comprised of a minimum of three of the following persons one of whom must be from the physician or mental health profession category:

- A. Physician with experience in gender identity health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.
- B. Psychiatrist, psychologist or licensed mental health professional familiar with the World Professional Association for Transgender Health (WPATH) Standards of Care.
- C. School administrator from a non-appealing school
- D. WIAA staff member
- E. Advocate familiar with Gender Identity and Expression issues

18.15.4 **DOCUMENTATION:** The appealing student should provide the Eligibility Committee with the following documentation and information:

- A. Current transcript and school registration information
- B. Documentation of student's consistent gender identification (e.g., affirmed written statements from student and/or parent/guardian and /or health care provider)
- C. Any other pertinent documentation or information

18.15.5 **SECOND LEVEL OF APPEAL:** An aggrieved student wishing to appeal the Gender Identity Eligibility Committee decision shall file notice of appeal with the Executive Director of the WIAA on or before the tenth (10th) school business day following the date of receipt of the written decision of the Gender Identity Eligibility Committee denying the petition. An appeal to the WIAA Executive Director shall require the Executive Director to schedule a hearing to commence on or before the tenth (10th) school business day following the date of receipt of the written notice of appeal. Written notice of the time and place of the hearing shall be delivered to the petitioned appellant in person or by certified mail, with return receipt requested, no later than five (5) school business days of that member school prior to the date of the hearing.

When there is confirmation of a student's consistent gender identity, the eligibility committee/WIAA Executive Director will affirm the student's eligibility to participate in WIAA activities consistent with the student's gender identification. The WIAA will facilitate the provision of resources and training for a member school seeking assistance regarding gender identity.

For Additional information on Gender Identity, refer to APPENDIX 6

**18.16.0 FIFTH GRADE PARTICIPATION** – If the total enrollment of the seventh and eighth grades in a middle school is not over forty (40) when the enrollment count is taken to determine the high school classification, the fifth grade students of the school may be permitted to participate on seventh and eighth grade volleyball, basketball and

track teams for the next two (2) years. If the total enrollment of seventh and eighth grade students in a middle school is greater than forty (40) when the enrollment count was taken, but drops below forty (40) during the first two (2) weeks of any sports season, the fifth grade students of the school may be permitted to participate on seventh and eighth grade volleyball, basketball and track teams during that specific sports season.

18.16.1 This participation does not count against the student's middle level eligibility.

18.16.2 When a fifth grade student has participated in one such contest he/she is no longer eligible for that sport at the elementary level.

**18.17.0 SIXTH GRADE PARTICIPATION-** If the total enrollment of the seventh and eighth grades in a middle school is not over sixty (60) when the enrollment count is taken to determine the high school classification, the sixth grade students of the school may be permitted to participate on all seventh and eighth grade teams except tackle football for the next two (2) years. If the total enrollment of seventh and eighth grade students in a middle school is greater than sixty (60) when the enrollment count was taken, but drops below sixty (60) during the first two (2) weeks of any sports season, the sixth grade students of the school may be permitted to participate on all seventh and eighth grade teams except tackle football during that specific sports season.

18.17.1 This participation does not count against the student's middle level eligibility.

18.17.2 When a sixth grade student has participated in one such contest, he/she is no longer eligible for that sport at the elementary school level.

**18.18.0 JOINING SEVENTH AND EIGHTH GRADERS WITH NINTH GRADE -** A school district which operates with an organization pattern other than a 6-3-3 may with league approval join the seventh and eighth graders from member schools with high school ninth graders for middle level competition in any one or all sports seasons. If there is more than one high school operating within the school district, each high school will serve the students of their attendance area.

**18.19.0 EIGHTH GRADE PARTICIPATION -** A 1B high school may use eighth grade students from a WIAA member middle school/junior high to salvage viable varsity high school teams or if no middle level program is offered in that sport during the same season.

18.19.1 This participation does not count against the student's high school eligibility.

18.19.2 Once a student has competed on the middle level school team, the student is ineligible for that school district's high school team in that sport except basketball during that school year unless required to salvage a viable high school varsity squad. Also refer to the high school basketball section for determining the season limitation for basketball.

NOTE: "Salvage" is defined as the number of participants required to field a team plus three (3).

18.19.3 Once an eighth grade student has participated in one high school contest, he/she is no longer eligible for that sport at the middle school level except

when the season schedule in basketball does not allow equal opportunities for boys and girls.

18.19.4 The high school season limitation rule applies to eighth graders playing on a high school team. 18.19.5 Eighth graders may practice with the high school teams during the time period that the seasons run concurrently.

18.19.6 Eighth graders may practice with the high school if a sport is not offered by the middle school, as long as the number of weeks does not exceed the season limitation for middle level in that sport. The local school board must assume all responsibility for the middle level students practicing with high school students.

**18.20.0 NINTH GRADE SQUAD** - Ninth graders may be declared on the WIAA membership form EITHER in the middle level program OR the high school program, on a sport by sport basis, regardless of the building in which the ninth graders are actually located. An established ninth grade program can exist in only one building.

18.20.1 A high school that has a squad of players consisting solely of ninth grade students must conduct its competition either under middle level school playing rules or under high school playing rules, depending upon whether it is playing a middle level team or a high school team.

18.20.2 A squad that consists of students from several grades (9th, 10th, 11th and 12th) will compete under high school playing regulations.

18.20.3 Ninth graders, when declared in high school by the local school board, may form as many squads as desired and enter competition provided the squads are accepted by the league in which that school participates.

18.20.4 Ninth grade students in a high school can participate on any squad in that school and must adhere to all rules and regulations that apply.

18.20.5 Middle level teams may play ninth grade teams from 9-12 high schools, provided that (a) the principals of both schools agree to the contest(s); (b) the contest(s) is conducted according to middle level rules; (c) the high school squad consists solely of ninth graders.

18.20.6 When ninth grade is part of a middle level school program (6-3-3 organizational pattern), the ninth grade student shall not participate in any high school (10-12) athletic program if that sport is available in the middle level, except in the case of an overage student.

18.20.7 If, in a given sport at the middle level, no participation is available and both middle level school and senior high school principals agree, ninth grade students may participate in the senior high school program.

18.20.8 If ninth graders are declared in high school by the local school board a ninth grade student has competed on the high school team, the student is ineligible for that school district's middle level school team in that sport during that school year.

**18.21.0 CONCURRENT SPORTS LIMITATION** - A middle level or a high school level student shall not compete concurrently in more than one (1) interscholastic sport per season.

18.21.1 The exception shall be for students participating in '1B' or '2B' high schools with local administrators and school board determining eligible

participation in more than one (1) interscholastic sport per season at that high school.

- 18.21.2 The exception shall be for the student who competes during an alternate season, qualifies for the state tournament, and is required to practice prior to competing in the state tournament. (Example: A student represented his/her school in fall tennis and qualified for the state tournament in the spring. During the spring season this same student represented his/her school in track. Prior to the state tennis tournament, the student is required to have a minimum number of practices, during which time the student is also participating on the track team. In the event that the student also qualifies for the state track meet, state event schedules will NOT be restructured in order for the student to compete in both state events.)
- 18.21.3 This does not prohibit track and field days held after the close of baseball season or being a cheerleader while concurrently participating in another sport.

**18.22.0 NON-SCHOOL PARTICIPATION** - Students may participate on a non-school team or teams while also participating on a school team.

- 18.22.1 Students may try out and/or participate in a practice setting with a college team.
- 18.22.2 Students may not participate on professional teams in that sport and may not represent a college team in that sport. A high school student forfeits any remaining high school eligibility in that sport by participating on or against a professional or college team.
- 18.22.3 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.
- 18.22.4 Students shall not compete in the uniform of the school at non-school events.

**18.23.0 AMATEUR STANDING** - A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social and educational benefits, and to whom athletics is an avocation and not a source of financial reward.

- 18.23.1 In order to maintain amateur standing in those activities under WIAA jurisdiction, the student athlete may not:
- A. Accept merchandise or in-kind gifts of more than **\$300** in fair market value per sport during any one calendar year August 1 through July 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf courses, etc., do not count toward this **\$300** limit.
  - B. Accept cash awards.
  - C. Enter competition under a false name.
  - D. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip (NOTE: Entry fees are not considered a reimbursable expense.)

- 18.23.2 The student-athlete may play as an amateur on any team not under the jurisdiction of a professional sports team or franchise. "Jurisdiction" means that funds from the team or franchise or coaching by any member of the sports team or franchise have been provided.
- A. Sign or have ever signed a contract to play professional athletics in that sport.
  - B. Play or have ever played in a competition on any professional team in that sport.
  - C. By sport receive or have ever received, directly or indirectly, a salary or any other form of financial assistance (including scholarships, educational grants-in-aid, or any of his/her expenses for reporting to or visiting a professional team) from a professional sports organization.
- 18.23.3 Amateur standing will not be jeopardized by Instructing, supervising or officiating in any organized youth sports program, recreation, playground or camp activities whether the student athlete is paid or not paid for these duties.
- 18.23.4 **AWARDS THAT ARE PERMITTED** - Awards to athletic teams or to individual members of such teams under the jurisdiction of the Association may be made by a member school in the form of letters, insignias, certificates, medals, and/or trophies as are customarily emblematic of athletic competition and whose intrinsic values are insignificant.
- A. All League/District/State - High school team members and coaches may participate in the selection of all-league/district/state teams after the date of the last league game. Newspapers may use such lists in their selection of "all-star" and "all-State" teams.
- 18.23.5 A student who forfeits amateur status may apply to the Executive Director for reinstatement in the interscholastic program after a waiting period of one (1) year.
- 18.24.0 COMMERCIAL ENDORSEMENT** - A WIAA member school may not permit or authorize the use of an individual student's name and/or picture, a school or school team name and/or picture(s) to directly advertise, recommend or promote a commercial product or service.
- 18.24.1 **Use of a Student-Athlete's Name in Advertisements that are Congratulatory in Nature** – The business can place its trademark on the advertisement only; the advertisement cannot include a reproduction of the product with which the business is associated.
- 18.25.0 HARDSHIP** - The WIAA District Eligibility Committee and the Executive Director are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 provided such exceptions are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) that may be appealed.
- 18.25.1 Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parents' or legal guardian's control, that are deemed to have significantly

influenced or contributed to the cause of the student's noncompliance to the eligibility regulation(s) involved. (The following criteria shall be used to determine if a hardship exists):

- A. A hardship exists only when some unique circumstances concerning the student's physical or emotional status exist and only when such circumstances are not the result of acts or actions by the student or family unit.
- B. The circumstances must be totally different from those that exist for the majority or even a small minority of students (e.g., usual maturation problems or family situations that do not cause severe and abnormal emotional problems, and academic or athletic deficiencies in a school's curriculum or extracurricular activities do not constitute a hardship).
- C. There must be no reason to believe that the decision and/or the execution of the decision concerning the student's academic status was for athletic purposes.
- D. The burden of providing evidence that a hardship exists shall be borne by the student.
- E. There shall be a direct, causal relationship between the alleged hardship and the student's inability to meet the specific eligibility rule(s).

18.25.2 Exceptions to student eligibility regulations based upon a hardship shall be subject to the following limitations:

- A. Loss of eligibility in itself or an injury in itself that prevents the student from being able to participate are not to be considered hardships. In addition, attending a school that does not offer interscholastic activities is not to be considered a hardship, nor shall it justify extending eligibility beyond the four (4) consecutive year period allowed.
- B. A hardship exception shall not be granted if there is sufficient evidence to make it reasonable to believe that the non-compliance to the eligibility rule in question was motivated by the student's, parents or school's efforts to gain a desired athletic outcome or to intentionally circumvent a rule, or
- C. To grant additional eligibility based upon a hardship condition, a student must demonstrate that normal progression towards graduation has been significantly interrupted as a result of either a long-confining illness (which can include a learning disability), an injury, or a family hardship, and that the interruption prevented the student from graduating in four (4) consecutive years.

18.25.3 The District Eligibility Committee shall waive the junior varsity rule in the case of a transfer student for a specific sport if the petitioner can provide documentation in one or more of the following criteria on Form 5 in the WIAA Eligibility Packet.

- A. A transferring student has not participated on a school or club/community team for which the student is requesting a varsity level eligibility for one (1) year prior to participation in that sport.
- B. A transferring student has not participated at the school level or the club/community equivalent in that sport for one (1) year prior to his or her transfer.
- C. A transferring ninth grade student from a middle level school to a four year high school shall not have played on an eighth grade team or club/community equivalent.
- D. A transferring tenth grade student from a junior high school to a three year high school shall not have played on a ninth grade team or club/community equivalent.

**18.26.0 USE OF ILLEGAL SUBSTANCES** – School and WIAA rules and regulations are intended to discourage the use of alcohol, tobacco, legend drugs, controlled substances and paraphernalia and to encourage the use of school and community resources. School and community resources should be identified for students who have had a violation and seek help or who are referred for assessment.

18.26.1 **Alcohol and tobacco** - Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products that are specific to the middle or high school levels.

18.26.2 **Legend drugs and controlled substances** – Penalties for the possession, use or sale of legend drugs (drugs obtained through prescription, RCW 69.41.020-050) and controlled substances (RCW 69.50) shall be as follows:

1st Violation - A participant shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season. Ineligibility shall continue until the next sports season in which the participant wishes to participate unless the student accesses the assistance program outlined in B (below.)

- A. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school eligibility board consisting of coaches and administrators selected by the principal, to request approval to participate. The school eligibility board will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.
- B. A participant who seeks and receives help for a problem with use of legend drugs (RCW 69.41.010 identified substances) or controlled substances and controlled substance analogs (RCW 69.50.101 identified substances) shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student athlete from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility re-instated in

that athletic season, pending recommendation by the school eligibility authority.

2nd Violation - A participant who again violates any provision of RCW 69.41.020 through 69.41.050 or of RCW 69.50 shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.

3rd Violation - A participant who violates for a third time RCW 69.41.020 - 69.41.050 or of RCW 69.50 shall be permanently ineligible for interscholastic competition.

**18.27.0 "RUNNING START" ELIGIBILITY STANDARDS** - "Running Start" students who participate in club sport programs at the post-secondary institution they attend, forfeit their interscholastic eligibility for the corresponding WIAA sanctioned sport.

18.27.1 Member of the School The "Running Start" student must be included on the school's P-223 count submitted to OSPI. "Running Start" is considered a mainstream program. The school of eligibility must be the "School of Record" for the "Running Start" student and include the same transcript records as all other students

18.27.2 Regular Attendance The "Running Start" student must comply with the WIAA minimum eligibility standards of 85% attendance in scheduled classes and comply with local school attendance eligibility policies required of all other students.

18.27.3 Scholarship and Previous Semester

The "Running Start" student shall have passed and maintained passing grades in the equivalent of a minimum of four (4) full time subjects as evidenced by college credits, earning at least two (2.0) graduation credits (or equivalent), monitored at any time AND at a minimum the previous semester grading recorded on the official transcript.

The School Eligibility Standards must be consistently applied to ALL students. School Board (or schools so authorized by School district policy) adopted standards greater than WIAA standards must be applied.

18.27.4 All other Eligibility Standards

The "Running Start" student shall maintain passing grades during the previous and current high school semester in the equivalent of four (4) full-time high school classes (which equate to two (2) high school credits.) For the purposes of this rule, one (1) five (5) credit class in a college quarter shall be equal to one (1) high school credit and one (1) three (3) credit class in a college semester shall also be equal to one (1) high school credit.

**18.28.0 EJECTION FROM CONTEST** - Conduct resulting in ejection or disqualification from an interscholastic contest administered by game officials, coaches or school administrators shall result in the following:

18.28.1 For the remainder of the contest in which the ejection occurred:

A. When a student is ejected, the coach continues to be responsible for the student. The student shall remain with the team.

- B. When a coach or other adult school representative is ejected, the coach or other adult school representative must vacate the playing area (gymnasium, field, and stadium.) If a head coach is ejected, an assistant coach or any school district personnel authorized to supervise students may assume the head coaching responsibilities for the remainder of the contest. If no other school district personnel are on site, the contest will be terminated and forfeiture declared.
- 18.28.2 The first ejection of the season shall result in the ejected person (student, coach, other school representative) being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected.
- A. A jamboree does not count as a contest for the purposes of meeting the suspension period.
  - B. A student who is on suspension may not be on the team bench, in the school uniform, during the suspension period.
  - C. Any coach ejected shall not be involved in coaching to any degree during the suspended game and shall not be allowed into the facility (gymnasium, field, stadium, locker room or hallway, etc.) during the suspension period.

|                     |     |           |      |                 |      |       |                            |     |       |     |
|---------------------|-----|-----------|------|-----------------|------|-------|----------------------------|-----|-------|-----|
| FOR OFFICE USE ONLY |     |           |      |                 |      |       | Athletic Card Number _____ |     |       |     |
| SCHOOL YEAR _____   |     | ASB _____ |      | PHYS DATE _____ |      |       | STUDENT # _____            |     |       |     |
| FALL:               | FB  | FP        | GSOC | VB              | GO   | GSW   | CC                         | BTE | CHEER | BWP |
| WINTER:             | BBB | GBB       | GYMN | WR              | BSW  | Dance | Cheer                      |     |       |     |
| SPRING:             |     | TR        | BB   | VB              | BSOC | FP    | GTE                        | GWP |       |     |

### AUBURN SCHOOL DISTRICT ATHLETIC PARTICIPATION FORM

STUDENT NAME \_\_\_\_\_ M \_\_\_ F \_\_\_ GRADE \_\_\_ AGE \_\_\_ BIRTHDATE \_\_\_\_\_

PARENT NAME \_\_\_\_\_ PARENT'S CELL PHONE \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ HOME PHONE \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

#### **PARENT CONSENT/ASSUMPTION OF RISK**

We hereby give our consent for our son/daughter to engage in interscholastic activities provided by the Auburn School District unless disapproved by the examining physician. We also give our consent for the student to accompany the team to other school venues. We will comply with and support the participation rules of the Auburn School District. This application to compete in interscholastic athletics in the Auburn School District #408 is made with the understanding that eligibility rules and regulations of the state association have not been violated. Competitive athletics is a voluntary extra-curricular activity and participation may result in severe injury, including paralysis or death. No amount of reasonable supervision or training can completely eliminate the risk of possible injury.

**AS A CONDITION OF PARTICIPATION IN ATHLETICS, WE ACKNOWLEDGE THAT WE HAVE READ AND UNDERSTAND THIS WARNING STATEMENT.**

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

#### **MANDATORY ACCIDENT INSURANCE (Check One)**

\_\_\_\_\_ My son/daughter is currently enrolled in the Student Accident Insurance Program offered through the Auburn School District. Information regarding this plan is available through your child's school office. (OFFICE CONFIRMATION REGARDING PURCHASE)

\_\_\_\_\_ My son/daughter is covered by the insurance listed below and I will continue to keep it in force throughout the sports season. If there are any changes in this status, I will contact the school to inform them of changes in insurance. The high school principal or designee is authorized to contact the company named below to verify coverage limitations. I accept full responsibility for the cost of treatment of any injury that my son/daughter may suffer while taking part in the program.

Name of Insurance Company: \_\_\_\_\_

Policy or Group #: \_\_\_\_\_

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

#### **PERMISSION FOR MEDICAL TREATMENT**

In the event of an emergency requiring medical attention, we hereby grant permission to a physician or other hospital personnel designated by the Auburn School District's coaching staff to attend our son/daughter. We expect every effort will be made to contact us in order to receive our specific authorization before any treatment or hospitalization is undertaken.

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

**MEDICAL EVALUATION REPORT (ALL INCOMING 8<sup>TH</sup> AND 9<sup>TH</sup> GRADERS ARE REQUIRED TO HAVE A NEW PHYSICAL)**

Auburn School District policy requires that:

- \*\*\* A current physical examination is completed prior to participation at the high school level (grades 9-12) and must be dated **AFTER JUNE 1<sup>st</sup>**, for the upcoming school year.
- \*\*\* A current physical examination is completed prior to participation at the middle school level (grades 6-8) and must be dated **AFTER JULY 1<sup>st</sup>**, for the upcoming school year.
- \*\*\* Physicals may be valid up to 24 months from the date of the examination if all conditions are met.  
Physical expiration dates must extend beyond the respective WIAA season ending date.
- \*\*\* **Expiration dates occurring within a sport season shall require a new examination prior to that season.**

**PHYSICIAN'S REPORT**

**DATE OF PHYSICAL EXAMINATION:** \_\_\_\_\_

Clearance for participation in Auburn School District athletics:    Yes \_\_\_\_\_    No \_\_\_\_\_

Physical limitations and/or recommendations: \_\_\_\_\_

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

To be filled out for middle school wrestlers:

If \_\_\_\_\_ competes in wrestling, the minimum weight should be no less than \_\_\_\_\_ pounds.  
Student Name (Print or Type)

Medical Examiner's name (Print or type) \_\_\_\_\_ Phone number \_\_\_\_\_ Clinic Address \_\_\_\_\_

Medical Examiner's signature \_\_\_\_\_ Date \_\_\_\_\_

**ATHLETIC ELIGIBILITY (High School only)**

Please accurately answer the following questions pertaining to athletic eligibility. It is extremely important to give accurate information.

- | Yes   | No    |   |
|-------|-------|---|
| _____ | _____ | The above student is under 20 years of age.   |
| _____ | _____ | The above student resides within the boundaries of the Auburn School District                             |
| _____ | _____ | The above student resides with his/her parents/legal guardians.   |
| _____ | _____ | The above student was in attendance in school at least 15 weeks of the previous semester.                 |
| _____ | _____ | The above student passed 5 classes during the previous semester.  |
| _____ | _____ | The above student is presently enrolled in the Auburn School District a minimum of 5 full-credit classes. |

Is the student:    Running Start \_\_\_\_\_    Home Schooled \_\_\_\_\_    Alternative School \_\_\_\_\_    Other \_\_\_\_\_

Year entered seventh (7<sup>th</sup>) grade: \_\_\_\_\_    Year entered ninth (9<sup>th</sup>) grade: \_\_\_\_\_

School attended last year: \_\_\_\_\_    Dates attended: \_\_\_\_\_ to \_\_\_\_\_

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

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



## HEADS UP: CONCUSSION IN YOUTH SPORTS

### A Fact Sheet for **ATHLETES**

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

#### **WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

#### **WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

#### **HOW CAN I PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and fit well
  - Used every time you play

*It's better to miss one game than the whole season.*

For more information and to order additional materials **free-of-charge**,  
visit: [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:  
<http://www.cdc.gov/injury>



## HEADS UP: CONCUSSION IN YOUTH SPORTS

### A Fact Sheet for PARENTS

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

##### **Signs Observed by Parents or Guardians**

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

##### **Symptoms Reported by Athlete**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

#### **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

*It's better to miss one game than the whole season.*

For more information and to order additional materials free-of-charge, visit:

[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/injury>

### Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |   |  |
|---|--|
| <input type="checkbox"/> Headaches                        | <input type="checkbox"/> Amnesia   |
| <input type="checkbox"/> “Pressure in head”               | <input type="checkbox"/> “Don’t feel right”  |
| <input type="checkbox"/> Nausea or vomiting               | <input type="checkbox"/> Fatigue or low energy                                       |
| <input type="checkbox"/> Neck pain                        | <input type="checkbox"/> Sadness   |
| <input type="checkbox"/> Balance problems or dizziness    | <input type="checkbox"/> Nervousness or anxiety                                      |
| <input type="checkbox"/> Blurred, double, or fuzzy vision | <input type="checkbox"/> Irritability  |
| <input type="checkbox"/> Sensitivity to light or noise    | <input type="checkbox"/> More emotional  |
| <input type="checkbox"/> Feeling sluggish or slowed down  | <input type="checkbox"/> Confusion   |
| <input type="checkbox"/> Feeling foggy or groggy          | <input type="checkbox"/> Concentration or memory problems<br>(forgetting game plays) |
| <input type="checkbox"/> Drowsiness                       | <input type="checkbox"/> Repeating the same question/comment                         |
| <input type="checkbox"/> Change in sleep patterns         |  |

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
Document created 8/15/2009

### What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
Document created 8/15/2009