

Protect Your Eligibility; Know the Rules: To represent your school in athletics, YOU:

- **Must** be a properly enrolled student at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
- **Must not** be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- **Must** not have more than 13.5 total absences (85% attendance requirement) in the (ninety) 90 day semester prior to athletic participation.
- **Must** not have exceeded eight (8) consecutive semesters of attendance or have participated in more than four (4) seasons in any sport (one season per year) since first entering grade nine (9).
- **Must** be under 19 years of age on or before August 31.
- **Must** live with a parent or legal custodian within the Rowan- Salisbury School System administrative unit. (Must notify the athletic director if not living with a parent or legal custodian.)
- **Must** be present 50% of the student day on the day of an athletic contest in order to participate in the event, unless an emergency or medical situation is approved by the principal and athletic director. This includes games and practices.
- **Must** meet promotion requirements at their school to be eligible for fall semester.
- **Must** have passed a minimum of three (3) courses during the previous semester in a block schedule. Office assistance, teacher assistance, or laboratory assistance may not be used toward academic eligibility.
- **Must** have received a medical examination by a licensed physician within the past 365 days; if you miss five (5) or more days of practice due to illness or injury, you must receive a medical release from a licensed physician before practicing or playing.
- **Must not** accept prizes, merchandise, money, or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment, etc.
- **Must not** have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college. This does not affect a regularly enrolled high school student who is taking a college course(s) for advanced credit.
- **Must not** participate in unsanctioned all-star or bowl games.
- **May not** participate at a second school in R-SSS in the same sport season.
- **May not** receive team instructions from your school's coaching staff during the school year outside your sports season. Instruction is limited to the coach and one or multiple participants in small group settings.
- **May not**, as an individual or a team, practice or play during the school day.
- **May not** play, practice, or assemble as a team with your coach on Sunday.
- **May not** dress for a contest, sit on the bench, or practice if you are not eligible to participate.
- **Must not** play more than three (3) games in one sport per week (exceptions: Baseball, Softball, Cheerleading and Volleyball); and not more than one (1) contest per day in the same sport (exceptions: Baseball, Softball, Cheerleading or Volleyball).

Hazing: Hazing is prohibited. No group or individual shall require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, beat, harass, or subject him/her to personal indignity.

The Board of Education is required to expel any student convicted of hazing under NC Criminal Statute #14-35.

Code of Sportsmanship: It is recognized that public school interscholastic athletic events should be conducted in such a manner that good sportsmanship prevails at all times. Every effort should be made to promote a climate of wholesome competition. Unsportsmanlike acts will not be tolerated. A player is under the coach's control from the time he/she arrives at the athletic field until he/she leaves the field. The penalties listed in the North Carolina High School Athletic Association Handbook will be adhered to for any athlete ejected from an athletic contest.

NCHSAA Regulations Student Athlete Pledge: As a student athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

Parent Pledge: As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

NCHSAA Sportsmanship/Ejection Policy: We acknowledge that we, both the student and parent whose names appear below, have read and understand the NCHSAA Sportsmanship/Ejection Policy. We understand that the following types of behavior will result in an ejection from an athletic contest: fighting, taunting or baiting, profanity directed toward an official or an opponent, obscene gestures, disrespectfully addressing an official.

1st ejection: 4 game suspension in all sport *except* 2 games for football.

2nd ejection: Suspended for remainder of sport season.

3rd ejection: Suspended from ALL athletic competition for 365 days from date of 3rd ejection.

Transportation for Athletic Events—If student transportation is by a Rowan—Salisbury School System-owned vehicle, the school system vehicle liability coverage is applicable to any vehicular accident. If student transportation is by private vehicle, the vehicle owner's liability coverage is applicable to any vehicular accident. Parent or adult drivers should be aware that they may be held responsible for injuries to any individuals they are transporting and must certify that any private vehicle used is covered by at least the North Carolina state required insurance coverage. All student athletes who travel with a team to an away athletic event must return to the school with the team. The only exception to this policy is when both the coach and parent/legal custodian agree that it is beneficial for the student athlete to ride home with a parent/legal custodian. Student athletes are not to ride home from athletic events with any other person.

Medical Authorization—As the parent or legal custodian of this student athlete, I grant permission for treatment deemed necessary for a condition arising during or affecting participation in sports, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. Also, permission is granted to release medical information to the school and athletic trainer or first responder.

Risk of Injury – We acknowledge and understand that there is a risk of injury involved in athletic participation. We understand that the student-athlete will be under the supervision and direction of an R-SSS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor R-SSS can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

We agree to release and hold RSS, its athletic coaches and other employees free, harmless and indemnified from and against any and all claims, suits or cases of action arising from or out of injury that the student-athletic may suffer from participation in athletics other than an injury resulting from gross or willful misconduct.

Criminal Charges Against Students Involved In Extracurricular Activities

I certify that there are no pending criminal charges against the above named student. If at any time during the school year the named student is charged with a crime, I must notify the school which the student attends. I understand that participation in extra curricular activities may be restricted if a student is charged with criminal conduct or has violated school rules for conduct.

Concussion

A concussion is a traumatic brain injury caused by a direct or indirect impact to the head. If a student-athletic shows signs or symptoms of a concussion, he/she will be removed from the activity at that time and shall not be allowed to return to play or practice that day. The student shall not return to play or practice until evaluated by and receives written clearance for such participation from a licensed physician. The following signs and symptoms of concussion should be reported immediately to the coach or athletic trainer: (1) any loss of consciousness, (2) being stunned, dazed, or confused, (3) forgetting events before or after a hit, (4) headache, (5) nausea, (6) dizziness, (7) blurred vision, (8) sensitivity to light on noise, (9) feeling sluggish, (10) changes in sleep patterns, (11) concentration or memory problems.

Providing false information on this form may cause the student athlete to lose athletic eligibility.

Student (Signature): _____ Date _____

Parent (Print): _____ Date _____

Parent (Signature): _____ Date _____

*Legal Custodian (Print): _____ Date _____

*Legal Custodian (Signature): _____ Date _____