



YUBA CITY UNIFIED SCHOOL DISTRICT

2023-24

ATHLETIC HANDBOOK

FOR

STUDENT-ATHLETES AND PARENTS/GUARDIANS

Revised May 2023

River Valley High School

Yuba City High School



Philosophy of Student Athletics

Yuba City Unified School District recognizes athletic competition as an integral part of the high school experience and that participation in interscholastic athletics is a privilege. As such, all athletes should have the opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and such participation should encourage positive scholastic growth and achievement. Both the student athlete and the sport itself should reflect positively on the school and the community. The Yuba City Unified School District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, parents, the coaching staff, and the site and district administration.

Yuba City Unified School District strives to strengthen the integrity of students and adults in the community by promoting the concepts of sportsmanship, honesty, and quality academics. These priorities advance the highest principles of character, trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

Athletic Guidelines

Sportsmanship

Yuba City Unified School District values the quality and integrity of its athletic programs along with the ethical well-being and character development of the student athletes. Student-athletes, coaches, parents/guardians, spectators, and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions.

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. In order to promote fairness in competition, the CIF 16 Principles of "Pursuing Victory with Honor" are an integral part of the Yuba City Unified School District athletic program. Athletes of YCUSD schools will be required to comply with the rules of each sport and to ensure that fairness in competition is not limited by their actions in any way.

1. The essential elements of character building and ethics in California Interscholastic Federation (CIF) sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved with competition reflects these "six pillars of character".
2. It is the duty of the School Boards, superintendents, school administrators, parents and school sports leadership-including coaches, athletic administrators, program directors and game officials-to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character".
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conducts for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing academic skills and character to succeed.
9. School Boards, superintendents, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of (1) the character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; (2) the physical capabilities and limitations of the age group coached, as well as first aid, and; (3) coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interest. In addition, sports programs must be prudent, avoiding undue dependence on particular companies or sponsors.
16. The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens

TRUSTWORTHINESS

1. **Trustworthiness** - be worthy of trust in all I do.
 - **Integrity** - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
 - **Honesty** - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - **Reliability** - fulfill commitments; do what I say I will do; be on time to practices and games.
 - **Loyalty** - be loyal to my school and team; put the team above personal glory.

RESPECT

2. **Respect** - treat all people with respect all the time and require the same of other student-athletes.
3. **Class** - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
4. **Respectful Conduct** – engage only in respectful conduct. Do not use any sort of profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** - Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing at a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.
7. **Role-Modeling** – Participation in sports is a privilege and not a right. I am expected to represent my school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model.
8. **Self-Control** - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. **Healthy Lifestyle** -safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight.
10. **Integrity of the Game** - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. **Be Fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. **Concern for Others** - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. **Teammates** - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. **Play by the Rules** - maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. **Spirit of rules** - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Students and staff may be subject to disciplinary action for improper conduct. Student-athletes of the district will be required to comply with the rules of each sport and the following:

1. On the field, student-athletes are respectful towards their teammates, opponents, and officials. They are modest in victory and gracious in defeat.
2. On campus, student-athletes should set an example of good citizenship for their classmates. They should help promote school spirit and be positive leaders in school activities.
3. On trips, student-athletes' conduct is such that they are good representatives of their community, school, and team. Student-athletes are conscious of their appearance and conduct at all times.

Student-athletes must understand that compliance with the standards of good sportsmanship is an absolute which is required regardless of the particular situation. Good sportsmanship is required by student-athletes experiencing success or failure, victory or defeat.

Student-athletes who find themselves unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

Commitment

To be successful, a student-athlete must place the highest priority on health, academics and training. All team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips and other events, which come in conflict with the rigors of training and competition. Learning how to make choices is one of the most valuable life lessons a student-athlete takes from a good athletic program.

Code of Conduct for Interscholastic Student-Athletes

The Board of Trustees encourages all parents to assist us in administering this policy fairly and equitable for all students by mutually cooperating with school personnel during school conferences regarding alleged violations of this policy. In order to develop themselves as students and citizens, and so that they can fulfill their duties in the most appropriate fashion, students must discipline themselves both mentally and emotionally. This is especially true of Yuba City Unified School District students involved in extracurricular programs, for competition is more than contests between individuals representing different schools. It is, as well, a means to learning a way of life which exemplifies the concepts of honesty, fair play, hard work and dedication to standards of the highest caliber relative to personal and team conduct. As mentioned, interscholastic athletics is a voluntary program. Thus, participation is a privilege and not a right. Along with that privilege comes the responsibility to conform to standards established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules. The following processes and procedures will apply to the student-athlete when they are in one of the following CIF periods: out of season, dead, season and limited. The policies below do not apply during the CIF summer period and any

infractions will be handled internally by program head coach. During a student-athlete's high school career within the Yuba City Unified School District, all code of conduct infractions are cumulative.

The programs, activities, and participants listed below shall be governed by this policy:
Sanctioned CIF sports

Suspension and/or Removal Procedure

- When a violation of this Code of Conduct and/or the California Education Code occurs the Director of Athletics and/or Administration can temporarily exclude a student from participation on a team for a period of up to 5 or more school days to investigate the possible infraction.
- The parents/guardians are to be notified in person or by phone within 24 hours of the temporary exclusion from participation.
- An informal conference with the Director of Athletics and/or Administration and the student could possibly occur. The purpose of this meeting is to give the student an opportunity to be heard with respect to the alleged violation.
- Within 5 school days after notice of being temporarily excluded from the team, the student and the student's parents/guardians must be given an opportunity to be present at an eligibility hearing to determine the length of the student's exclusion, the criteria for reinstatement on the team, or if the student will be permanently removed from the team. Time periods for the above procedure may be adjusted if necessary to complete the investigation of the offense; the student in question and his/her parents/guardians will be notified of the adjusted schedule.

Suspension or Removal Hearing

For purposes of the Removal Procedure described above, the hearing panel that will determine whether to permanently remove a student from a team will be composed of three (3) voting school personnel as follows:

- Director of Athletics and/or Administrator (one vote)
- School personnel member #1 (one vote)
- School personnel member #2 (one vote)
- Others who may attend and have input:
 - Coaches/advisors (non-voting, provide information only)
 - Student in question (non-voting, provide information only)
 - Parents/guardians (non-voting, provide information only)

Discipline Parameters

- First offense - The student-athlete may be suspended from 1 to 30 days from athletic competition or possible removal from team.
- Second offense - The student-athlete will be suspended from 5 to 60 days from athletic competition or possible removal from team.
- Third offense - Removal from team and Athletic Department for one calendar year
- Based on severity of the infraction other consequences may be issued in addition and/or in lieu of suspension and removal from team, including but not limited to:
 - Letters of apology
 - Community service
 - Mandated counseling and/or drug and alcohol assessment
 - Mandated NFHS or other coursework

Consequences that are issued for an infraction can carry over from one season of sport to another based on the recommendation from the hearing panel. Furthermore, suspensions and/or consequences can carry over from one school year to the next.

The Athletic Administration or Hearing Panel may take into account a student's cooperation, honesty, and attitude when determining consequences.

Self-Disclosure: Students who voluntarily disclose substance abuse dependency to school personnel/parents and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program.

Appeal Procedure - The Athletic Administration and/or Hearing Panel is charged with the interpretation and enforcement of this policy. Should a student or a parent/guardian wish to appeal decisions of the Athletic Administration or Hearing Panel they have the right to bring this matter to the Principal for resolution. Should the matter remain unresolved to the satisfaction of all concerned, the appeal may be made to the YCUSD Director of Student Services

Code of Conduct for Parents/Guardians

The role of the parent/guardian in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value-system-established in the home, nurtured in the school-that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are among the lifetime values taught through athletics. These are principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals shall include:

- Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would urge them on with their class work;
- Participate in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
- Respect our opponents as a student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child and our community, for years to come. The following were taken from "Positive Sports Parenting" written by Recruiting Realities, Inc.

- Make sure your child knows win or lose, that you love them, you appreciate their efforts, and that you are not disappointed in them.
- Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship, and actual skill level.
- Be helpful but don't "coach" on the way to an athletic competition, on the way home, at breakfast, and so on...
- Teach your child to enjoy the thrills of competition: trying, working, improving their skills, and more.
- Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled the ball, lost as well as won, were frightened, backed off at times, and were not always heroic.
- Don't compare the skill, courage, or attitudes of your child with that of other members of the squad or team.
- Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics they bring home.
- Never approach a coach on game day to talk about your child (before or after).
- Demonstrate sportsmanship and appropriate behavior at all events, contests, and practices.

A. Grievance Procedure

This process is intended to be a general guideline whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. Legitimate grievances include **failure to provide due process in disciplinary action, failure to provide a fair opportunity to compete to make the team, mistreatment of the student-athlete, and any violation of an adopted code**. Non-legitimate grievances include **playing time, athletes not playing the right position, strategies used by the coach, and win/loss record of the team or coach**. If there is a problem, then it is expected that the following process will occur.

- Meeting between the student-athlete, parent, and coach. If a resolution cannot be achieved:
- Parent request for a meeting with the athletic director.
- Meeting between the student-athlete, parent, coach, and athletic director. If a resolution cannot be achieved:
- Written report will be submitted to the site principal by the athletic director and the athlete/parent
- Meeting with the coach, athletic director, athlete, parent, principal, and any other individuals deemed necessary will take place. If a resolution cannot be achieved:
- Written appeal shall be submitted to the Director of Student Services of the Yuba City Unified School District
- The site should be informed that this contact is going to be made and have a site representative present, if possible, for the meeting.

While there can be no guarantee that all parties will agree with all the resolutions of findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and a clearer understanding in the future.

Retribution is prohibited in the California Education Code. Students and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but is strongly encouraged. The Athletic Director and coaches are obligated to ensuring that after a student or parent raises an issue or concern, there shall be no “retribution” in any form within the Yuba City Unified School District athletic departments.

B. Additional Grievance Information

As a school district, we welcome calls and/or conferences with parents and community members at-large who have concerns about our policies and practices. Grievances and appeals about our athletic policy and regulations must be based on violations of the adopted codes of conduct, expectations, and/or ethics.

C. Reporting Process

If an incident occurs where a student-athlete needs to report an incident or issue (may be anonymously) regarding a coach or student-athlete they can do so by filling out an incident report form available by going to the Anonymous Reporting tab on the schools website and completing the form.

Athletic Clearance

No student will be allowed to try out, practice or compete until the following have been completed:

- Agreement for Athletic Participation form
- Pre-Participation Health History & Physical Exam form
- Concussion and head injury information sheet signed by student-athlete parent
- Acknowledgement of Athletic Handbook Signature Form signed by all required parties
- Debts cleared (school and athletic): student-athletes will not be cleared to participate until all debts are cleared

Academic Eligibility Requirements

1. In order for a student to be eligible to participate in a CIF sanctioned athletic contest, the athlete must maintain a "C" (2.0) grade point average with no more than one "F", at the conclusion of each grading period. Grades, for eligibility purposes, will be on the Monday following the closing of the teacher grading window. Student-athletes not meeting this standard will be considered academically ineligible.

Grades cannot be changed following the grading period for purposes of addressing any deficiency in an individual student's scholastic eligibility. Only grades changed prior to the established eligibility date and changed in accordance with all California State Education Code requirements and approved by the principal may be used for purposes of determining scholastic eligibility.

2. A student-athlete may practice during a period of academic ineligibility, but may not dress or participate in any CIF sanctioned contest.
3. Student-athletes may earn credits during summer school that might assist in meeting the grade point average requirements for eligibility. Any grades earned during summer school will be averaged along with all other grades that the student-athlete has earned. If the student-athlete is attempting to gain eligibility because of an "F" obtained during the previous year, the student athlete must repeat the same class and earn a passing grade in order to remove that "F" for eligibility purposes.
4. For purposes of determining eligibility, a grade of incomplete is computed as an "F" or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Students have thirty school days (six weeks) from the day grades were due to complete the work necessary to change an incomplete to a letter grade. After thirty days, the incomplete shall convert to an "F".
5. According to CIF, scholastic eligibility requires the student-athlete to pass the equivalent of at least 20 semester units of work at the completion of the most recent grading period. Weighted grades are not used to calculate eligibility per the CIF Bylaw 205.

Academic Probation Petition Process

If a student-athlete becomes academically ineligible at the end of a grading period, the student athlete may choose to petition for probationary status to maintain eligibility for the length of the one grading period. The petition must be obtained from the site administrator in charge of athletics. A student athlete who does not maintain minimum progress towards meeting high school graduation requirements and a minimum unweighted 2.0 G.P.A. shall not be allowed to participate in inter-scholastic athletics in the subsequent grading period. A student athlete shall be granted only **ONE** probationary period in his/her four-year high school career.

Transfer Students

A transfer student will be required to meet the requirements set forth by CIF Bylaw 206 and/or 207 and may be required to meet the Sit Out Period (SOP) requirements. The student shall remain out of any competition at any level in each sport in which they competed in the last 12 months at the former school or any other school in accordance with the CIF established Sit Out Periods.

The student who transfers to a school after School B's first game will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started. The respective Section office will provide the actual date once the proper forms are received, reviewed and approved.

Summary of the Rules

1. **Age-** a student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student, whose birthday is on or before June 14 is ineligible (CIF Bylaw 203).
2. **Physical Examination-** A student **must** receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics before a student may try out, practice or participate in interscholastic athletic competition. The report of the examination must be on an approved school board form and be for the current school year (CIF Bylaw 308).
3. **See Academic Eligibility Requirements** (CIF Bylaw 205)
4. **Residential Eligibility-** A student has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school (CIF Bylaw 206).
5. **Semesters of Enrollment-** A student-athlete may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school (CIF Bylaw 204).
6. **Transfer Students-** A student-athlete in grades 9 through 12 who participates in interscholastic athletic contests or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been "enrolled" in that school and be classified as a transfer student if the student changes/enrolls in another school (CIF Bylaw 207). The following are types of transfers:
 - **Valid change of residence-** When a student and the entire family changes residence, the student-athlete may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply consult your administrator.
 - **Transfer without a valid change of residence-** A 9th grade student who is transferring for the second time or any 10th, 11th, 12th grade student who transfers without a valid change of residence may or may not be granted "Limited

Eligibility". Students granted "Limited Eligibility" are limited for one year (from the date of the transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports (CIF Bylaw 207).

7. **Undue Influence/Recruiting-** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student-athlete for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, student-athletes may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team.
8. **Participation on an outside team-**A student-athlete on a high school team becomes ineligible if the student-athlete competes in a contest on an "outside" team in the same sport during the student's high school season of sport. The student-athlete's school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an "outside" team. Please consult with your school administrator prior to participating with a non-school team (CIF Bylaw 600)
9. **Professional Tryouts-**A student-athlete shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport during the high school season of sport. The season of sport for a school is the period of time that elapses between the first interscholastic contest and the final contest in that particular sport. **Caution:** Compliance with the bylaw does NOT ensure your eligibility with the other athletic organizations, i.e., NCAA, NAIA or other governing bodies (CIF Bylaw 605).
10. **Hazing-** Hazing is defined as any conduct or method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to these organizations that causes, or is likely to cause bodily danger, physical harm, personal degradation or disgrace resulting in physical or mental harm, to any pupil or person attending any school. Hazing is strictly prohibited under the California Education Code. A student may be suspended from school, removed from a team, or recommended for expulsion if that student at any time commits an act of hazing, engages in hazing or attempts to engage in hazing.

General Guidelines

Sudden Cardiac Arrest

The Superintendent or designee shall distribute the California Interscholastic Federation (CIF) information sheet on sudden cardiac arrest to all student athletes who will be participating in a CIF- governed athletic activity and to their parents/guardians. The student and parent/guardian shall sign and return the information sheet prior to the student's participation in the athletic activity. If an athletic activity is not covered by the CIF, the student and his/her parent/guardian shall, prior to participating in the athletic activity, sign and return an acknowledgement that they have received and reviewed the sudden cardiac arrest information posted on the California Department of Education's web site. (Education Code 33479.2, 33479.3)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the nature and warning signs of sudden cardiac arrest. (Education Code 33479.6, 33479.7, 35179.1, 49032)

If a student athlete passes out or faints, or is known to have passed out or fainted, while participating in or immediately following his/her participation in an athletic activity, the student shall be removed from participation at that time. If a student exhibits any other symptoms of sudden cardiac arrest, including seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue, he/she may be removed from participation by a coach or other employee who observes these symptoms. If any such symptoms are observed, notification shall be given to the student's parent/guardian so that the parent/guardian can determine the treatment, if any, the student should seek. A student who has been removed from participation shall not be permitted to return until he/she is evaluated and given written clearance to return to participation by a health care provider. (Education Code 33479.2, 33479.5)

Concussion and Head Injury

Education Code 49475 requires, on a yearly basis, a concussion and head injury information sheet to be signed and returned by the student-athlete and the student athlete's parent or guardian before the student athlete participates in practice or competition. These provisions would not apply to any student athlete engaged in an athletic activity during the regular school day or as part of the physical education course.

If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, he/she shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. If the health care provider determines that the student athlete sustained a concussion or a head injury, the student athlete shall also complete a graduated return-to-play protocol of no less than seven days induration under the supervision of a licensed health care provider. (Education Code 49475)

Transportation

Student-athletes participating in off-campus District sponsored athletic activities, including, but not limited to, practices, games, meetings, competitions, and conferences are required to travel on school buses or by other District designated methods of transportation. Student-athletes may be transported to and from events by a parent/guardian with prior notification to the coach. **UNDER NO CIRCUMSTANCES MAY A STUDENT-ATHLETE BE TRANSPORTED IN A VEHICLE DRIVEN BY ANOTHER STUDENT OR ANYONE UNDER 21 YEARS OF AGE.**

It is the responsibility of each coach to determine the means of transportation to and from athletic events. Coaches shall follow the district approved board policies/administrative regulations regarding the transportation of students. Priority for transportation means are as follows: District buses, district/school vans, or private vehicles. When private vehicles are used, all individuals transporting student-athletes must be approved through the district "Pull" program and provide proof of insurance. When district transportation is provided **all** student-athletes **must** ride in district provided transportation to and from all contests. Student-athletes may be released to their parent/guardian after a contest upon approval of the coach and a note from the parent/guardian. Coaches will meet the parent/guardian and make sure that only their child is going home with them.

1. To ensure that buses leave on time, student-athletes are expected to be on the bus at the designated time.

2. All student-athletes will dress in appropriate attire to and from all competitions. Coaches will establish requirements for proper attire.
3. Student-athletes are expected to conduct themselves in a mature, responsible manner to and from all competitions.
4. Student-athletes are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.

Coaches must ride in district buses or vans with the student-athletes. In addition, no non-students are allowed in district vehicles being driven to student athletic or other events.

School Attendance

Each student-athlete is expected to attend a full day of classes daily, unless an excused absence, as defined by district policy, is registered with the school attendance office. Non-attendance for any part of the school day may result in no participation in an athletic contest, unless prior approval is received from a site administrator. If the student-athlete does not clear an absence within three days of the absence check, the student-athlete will **NOT** participate in the next athletic contest.

Absence Check

Attendance will be checked every Monday for the previous week. If a student-athlete has any unexcused absences, they have three days to clear the absences. If the absences remain unexcused, the student-athlete will not be allowed to participate in the next competition.

Practice Attendance

Student-athletes make a commitment to a team and are expected to maintain good practice attendance. Student-athletes are expected to attend all practices and contests, unless they are absent from school due to illness, have an excused absence as defined by district policies or the coach excuses them. Student-athletes are expected to communicate directly with the coach when they cannot attend a practice. Unexcused absences from practice or failure to maintain good attendance, may be cause for removal from a team. Consequences for missed practices and contests will be defined by each coach and shared with student-athletes and parents/guardians at the pre-season meeting.

Equipment

Student-athletes are responsible for the security of their equipment and uniforms. All equipment and uniforms must be returned to the head coach or athletic director within 7 days of the last game. A student-athlete will be charged for the replacement cost of lost or damaged equipment and uniforms. The district may withhold the student's grades, diploma or transcript until all obligations are met.

1. Athletes are expected to turn in the same piece(s) of equipment checked out to them.
2. Equipment should be returned in the same condition as it was received. Uniforms and practice gear should be washed before being returned. Athletes are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.
3. Broken equipment must be returned before a replacement can be issued.
4. Athletes are responsible for the security of their equipment and uniforms. Athletes will be financially responsible for replacing any lost or stolen equipment or uniforms. In

unusual circumstances, arrangements for repayment may be made with the coach and administration.

5. Awards, letters, etc. will not be issued until all equipment is returned and/or paid for.
6. Athletes must return or pay for all equipment before they can participate in another sport.

Training Rules/Illegal and Performance Enhancing Substances

Performance enhancing substances are strictly prohibited. The Board recognizes that the use of androgenic/anabolic steroids and other performance-enhancing supplements present a serious health and safety hazard. Student-athletes participating in interscholastic athletics are prohibited from using steroids or any performance-enhancing supplement. Coaches shall educate students about the District's prohibition and the dangers of using these substances.

Termination of Participation of a Student-Athlete

Student-athletes are encouraged to experience a variety of sports, and athletes may leave a team prior to the first contest, excluding scrimmages, without penalty by personally notifying the coach that they no longer wish to participate.

1. Cut from a team: A student-athlete cut from a team may try-out for another sport immediately.
2. Dropped from a team by mutual consent: A student-athlete may terminate association with a team by approval of the coach prior to dropping the sport. The student-athlete is eligible to try-out for another sport subject to approval by the athletic director and the coach of the new sport.
3. Quitting a sport: A student- athlete who quits a sport without approval of the coach and athletic director will be suspended from participating in any athletic program until the next sport season.

If a student-athlete communicates with the coach, but no mutual agreement can be reached, and the coach recommends that the athlete not be allowed to participate, the student- athlete may appeal the coach's recommendation to the athletic director followed by the site administrator. If the student- athlete feels the decision is still unfair, the student-athlete may appeal the site administrator's decision to the YCUSD Director of Student Services in charge of California Interscholastic Sports.

General Remarks

An athlete is a special individual-special in both terms of opportunities and responsibilities encountered. Working hard, playing hard, and living up to high behavior standards will help athletes in their future endeavors. We are pleased to have you as part of our athletic program. Our coaches want to work with you to make this one of the most important and enjoyable experiences of your school career.

It is also important for parents and their student athletes to understand that there is an element of risk associated with all athletic competitions and that the district cannot guarantee that students will not be injured during practice or competition, despite the commitment to every participant's health and welfare.

Title IX

District Policy and Complaint Procedures

The district designates the individual(s) identified below as the employee(s) responsible for coordinating the district's efforts to comply with applicable state and federal civil rights laws, including Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act, and the Age Discrimination Act of 1975, and to answer inquiries regarding the district's nondiscrimination policies. The individual(s) shall also serve as the compliance officer(s) specified in AR 1312.3 - Uniform Complaint Procedures as the responsible employee to handle complaints alleging unlawful discrimination targeting a student, including discriminatory harassment, intimidation, or bullying, based on the student's actual or perceived race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, pregnancy, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or any other legally protected status or association with a person or group with one or more of these actual or perceived characteristics. The coordinator/compliance officer(s) may be contacted at: (Education Code [234.1](#); 5 CCR [4621](#))

Director of Student Services
425 Plumas St. Suite 200
Yuba City, CA 95991
web@ycusd.org

Measures to Prevent Discrimination

To prevent unlawful discrimination, including discriminatory harassment, intimidation, retaliation, and bullying, of students at district schools or in school activities and to ensure equal access of all students to the educational program, the Superintendent or designee shall implement the following measures:

1. Publicize the district's nondiscrimination policy and related complaint procedures, including the coordinator/compliance officer's contact information, to students, parents/guardians, employees, volunteers, and the general public, posting them on the district's web site and other prominent locations and providing easy access to them through district-supported social media, when available.
2. Provide to students a handbook that contains age-appropriate information that clearly describes the district's nondiscrimination policy, procedures for filing a complaint, and resources available to students who feel that they have been the victim of any such behavior. (Education Code [234.1](#))
3. Annually notify all students and parents/guardians of the district's nondiscrimination policy, including its responsibility to provide a safe, nondiscriminatory school environment for all students, including transgender and gender-nonconforming

students. The notice shall inform students and parents/guardians that they may request to meet with the compliance officer to determine how best to accommodate or resolve concerns that may arise from the district's implementation of its nondiscrimination policies. The notice shall also inform all students and parents/guardians that, to the extent possible, the district will address any individual student's interests and concerns in private.

4. The Superintendent or designee shall ensure that students and parents/guardians, including those with limited English proficiency, are notified of how to access the relevant information provided in the district's nondiscrimination policy and related complaint procedures, notices, and forms in a language they can understand.

If 15 percent or more of students enrolled in a particular district school speak a single primary language other than English, the district's policy, regulation, forms, and notices concerning nondiscrimination shall be translated into that language in accordance with Education Code [234.1](#) and [48985](#). In all other instances, the district shall ensure meaningful access to all relevant information for parents/guardians with limited English proficiency.

5. Provide to students, employees, volunteers, and parents/guardians age-appropriate training and information regarding the district's nondiscrimination policy; what constitutes prohibited discrimination, including discriminatory harassment, intimidation, retaliation, or bullying; how and to whom a report of an incident should be made; and how to guard against segregating or stereotyping students when providing instruction, guidance, supervision, or other services to them. Such training and information shall include details of guidelines the district may use to provide a discrimination-free environment for all district students, including transgender and gender-nonconforming students.

6. At the beginning of each school year, inform school employees that any employee who witnesses any act of unlawful discrimination, including discriminatory harassment, intimidation, or bullying, against a student is required to intervene if it is safe to do so. (Education Code [234.1](#))

7. At the beginning of each school year, inform each principal or designee of the district's responsibility to provide appropriate assistance or resources to protect students' privacy rights and ensure their safety from threatened or potentially discriminatory behavior.

Enforcement of District Policy

The Superintendent or designee shall take appropriate actions to reinforce BP 5145.3 - Nondiscrimination/Harassment. As needed, these actions may include any of the following:

1. Removing vulgar or offending graffiti

2. Providing training to students, staff, and parents/guardians about how to recognize unlawful discrimination, how to report it or file a complaint, and how to respond
3. Disseminating and/or summarizing the district's policy and regulation regarding unlawful discrimination
4. Consistent with the laws regarding the confidentiality of student and personnel records, communicating the school's response to students, parents/guardians, and the community
5. Taking appropriate disciplinary action against students, employees, and anyone determined to have engaged in wrongdoing in violation of district policy, including any student who is found to have filed a complaint of discrimination that he/she knew was not true

Process for Initiating and Responding to Complaints

Any student who feels that he/she has been subjected to unlawful discrimination described above or in district policy is strongly encouraged to immediately contact the compliance officer, principal, or any other staff member. In addition, any student who observes any such incident is strongly encouraged to report the incident to the compliance officer or principal, whether or not the alleged victim files a complaint.

Any school employee who observes an incident of unlawful discrimination, including discriminatory harassment, intimidation, retaliation, or bullying, or to whom such an incident is reported shall report the incident to the compliance officer or principal within a school day, whether or not the alleged victim files a complaint.

Any school employee who witnesses an incident of unlawful discrimination, including discriminatory harassment, intimidation, retaliation, or bullying, shall immediately intervene to stop the incident when it is safe to do so. (Education Code [234.1](#))

When a verbal report of unlawful discrimination, including discriminatory harassment, intimidation, retaliation, or bullying, is made to or received by the principal or compliance officer, he/she shall make a note of the report and encourage the student or parent/guardian to file the complaint in writing, pursuant to the provisions in AR 1312.3 - Uniform Complaint Procedures. Once notified verbally or in writing, the principal or compliance officer shall begin the investigation and shall implement immediate measures necessary to stop the discrimination and ensure that all students have access to the educational program and a safe school environment. Any interim measures adopted to address unlawful discrimination shall, to the extent possible, not disadvantage the complainant or a student who is the victim of the alleged unlawful discrimination.

Any report or complaint alleging unlawful discrimination by the principal, compliance officer, or any other person to whom a report would ordinarily be made or complaint filed

shall instead be made to or filed with the Superintendent or designee who shall determine how the complaint will be investigated.

Transgender and Gender-Nonconforming Students

Gender identity of a student means the student's gender-related identity, appearance, or behavior as determined from the student's internal sense of his/her gender, whether or not that gender-related identity, appearance, or behavior is different from that traditionally associated with the student's physiology or assigned sex at birth.

Gender expression means a student's gender-related appearance and behavior, whether stereotypically associated with the student's assigned sex at birth. (Education Code [210.7](#))

Gender transition refers to the process in which a student changes from living and identifying as the sex assigned to the student at birth to living and identifying as the sex that corresponds to the student's gender identity.

Gender-nonconforming student means a student whose gender expression differs from stereotypical expectations.

Transgender student means a student whose gender identity is different from the gender he/she was assigned at birth.

Regardless of whether they are sexual in nature, acts of verbal, nonverbal, or physical aggression, intimidation, or hostility that are based on sex, gender identity, or gender expression, or that have the purpose or effect of producing a negative impact on the student's academic performance or of creating an intimidating, hostile, or offensive educational environment are prohibited. Examples of types of conduct which are prohibited in the district and which may constitute gender-based harassment include, but are not limited to:

1. Refusing to address a student by a name and the pronouns consistent with his/her gender identity
2. Disciplining or disparaging a student or excluding him/her from participating in activities for behavior or appearance that is consistent with his/her gender identity or that does not conform to stereotypical notions of masculinity or femininity, as applicable
3. Blocking a student's entry to the bathroom that corresponds to his/her gender identity
4. Taunting a student because he/she participates in an athletic activity more typically favored by a student of the other sex
5. Revealing a student's transgender status to individuals who do not have a legitimate need for the information, without the student's consent

6. Use of gender-specific slurs

7. Physical assault of a student motivated by hostility toward him/her because of his/her gender, gender identity, or gender expression

The district's uniform complaint procedures (AR 1312.3) shall be used to report and resolve complaints alleging discrimination against transgender and gender-nonconforming students.

Examples of bases for complaints include, but are not limited to, the above list, as well as improper rejection by the district of a student's asserted gender identity, denial of access to facilities that correspond with a student's gender identity, improper disclosure of a student's transgender status, discriminatory enforcement of a dress code, and other instances of gender-based harassment.

To ensure that transgender and gender-nonconforming students are afforded the same rights, benefits, and protections provided to all students by law and Board policy, the district shall address each situation on a case-by-case basis, in accordance with the following guidelines:

1. Right to privacy: A student's transgender or gender-nonconforming status is his/her private information and the district shall only disclose the information to others with the student's prior written consent, except when the disclosure is otherwise required by law or when the district has compelling evidence that disclosure is necessary to preserve the student's physical or mental well-being. In any case, the district shall only allow disclosure of a student's personally identifiable information to employees with a legitimate educational interest as determined by the district pursuant to 34 CFR [99.31](#). Any district employee to whom a student's transgender or gender-nonconforming status is disclosed shall keep the student's information confidential. When disclosure of a student's gender identity is made to a district employee by a student, the employee shall seek the student's permission to notify the compliance officer. If the student refuses to give permission, the employee shall keep the student's information confidential, unless he/she is required to disclose or report the student's information pursuant to this procedure, and shall inform the student that honoring the student's request may limit the district's ability to meet the student's needs related to his/her status as a transgender or gender-nonconforming student. If the student permits the employee to notify the compliance officer, the employee shall do so within three school days.

As appropriate given the student's need for support, the compliance officer may discuss with the student any need to disclose the student's transgender or gender-nonconformity status or gender identity or gender expression to his/her parents/guardians and/or others, including other students, teacher(s), or other adults on campus. The district shall offer support services, such as counseling, to students who wish to inform their parents/guardians of their status and desire assistance in doing so.

2. **Determining a Student's Gender Identity:** The compliance officer shall accept the student's assertion of his/her gender identity and begin to treat the student consistent with his/her gender identity unless district personnel present a credible and supportable basis for believing that the student's assertion is for an improper purpose.

3. **Addressing a Student's Transition Needs:** The compliance officer shall arrange a meeting with the student and, if appropriate, his/her parents/guardians to identify and develop strategies for ensuring that the student's access to education programs and activities is maintained. The meeting shall discuss the transgender or gender-nonconforming student's rights and how those rights may affect and be affected by the rights of other students and shall address specific subjects related to the student's access to facilities and to academic or educational support programs, services, or activities, including, but not limited to, sports and other competitive endeavors. In addition, the compliance officer shall identify specific school site employee(s) to whom the student may report any problem related to his/her status as a transgender or gender-nonconforming individual, so that prompt action could be taken to address it. Alternatively, if appropriate and desired by the student, the school may form a support team for the student that will meet periodically to assess whether the arrangements for the student are meeting his/her educational needs and providing equal access to programs and activities, educate appropriate staff about the student's transition, and serve as a resource to the student to better protect the student from gender-based discrimination.

4. **Accessibility to Sex-Segregated Facilities, Programs, and Activities:** When the district maintains sex-segregated facilities, such as restrooms and locker rooms, or offers sex-segregated programs and activities, such as physical education classes, intermural sports, and interscholastic athletic programs, students shall be permitted to access facilities and participate in programs and activities consistent with their gender identity. To address any student's privacy concerns in using sex-segregated facilities, the district shall offer available options such as a gender-neutral or single-use restroom or changing area, a bathroom stall with a door, an area in the locker room separated by a curtain or screen, access to a staff member's office, or use of the locker room before or after the other students. However, the district shall not require a student to utilize these options because he/she is transgender or gender-nonconforming. In addition, a student shall be permitted to participate in accordance with his/her gender identity in other circumstances where students are separated by gender, such as for class discussions, yearbook pictures, and field trips. A student's right to participate in a sex-segregated activity in accordance with his/her gender identity shall not render invalid or inapplicable any other eligibility rule established for participation in the activity.

5. **Student Records:** A student's legal name or gender as entered on the mandatory student record required pursuant to 5 CCR [432](#) shall only be changed pursuant to a court order. However, at the written request of a student or, if appropriate, his/her parents/guardians, the district shall use the student's preferred name and pronouns consistent with his/her gender identity on all other district-related documents. Such

preferred name may be added to the student's record and official documents as permitted by law.

6. Names and Pronouns: If a student so chooses, district personnel shall be required to address the student by a name and the pronouns consistent with his/her gender identity, without the necessity of a court order or a change to his/her official district record. However, inadvertent slips or honest mistakes by district personnel in the use of the student's name and/or consistent pronouns shall not constitute a violation of this administrative regulation or the accompanying district policy.

7. Uniforms/Dress Code: A student has the right to dress in a manner consistent with his/her gender identity, subject to any dress code adopted on a school site.

Regulation YUBA CITY UNIFIED SCHOOL DISTRICT

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