

Middle School Extracurricular Regulations

Participation in extracurricular activities is a privilege not a right. As such, students must meet certain criteria of personal conduct and/or performance.

Standards For Athletic Participation (Middle School)

1. Before the first practice, all athletes must have on file:
 - a. Physical examination:
 - (1) Students in grade seven (7) must have a recent physical examination performed by a physician, licensed by the Oregon State Board of Medical Examiners, prior to practice and competition in athletics. The examination should be performed no earlier than May 1 of the preceding year.
 - (2) Students in grades five (5), six (6) and eight (8) shall have a certificate of Physical Examination on file prior to practice and competition in athletics.
 - b. Parent consent form;
 - c. Copy of the Athletic Participation Rules signed by the student and the parent/guardian.
2. Practice
 - a. An athlete shall have an appropriate period of training and physical conditioning to engaging in a contest. This period of time shall be determined by responsible athletic personnel and will depend on the physical condition of the athlete and the type of competition.
 - b. Practices shall be conducted outside of school hours, on school days, with sessions limited to one and one-half (1 1/2) hours of practice time exclusive of dressing and showering time.
 - c. There shall be no evening, weekend or holiday practice.
 - d. A specific practice schedule will be established at the beginning of each sport season to enable parents to pick-up their student(s).
 - e. Instructional class time shall not be used for athletic team practice or field preparation.

3. Participation by athletes in more than one (1) sport during a sport season shall be done only with the approval of coaches and the parents of the athlete.
4. Athletes traveling to athletic contests are to dress as defined by the building principal in consultation with the athletic director.
5. An athlete must be present in school on the day of and following a contest in order to participate. Exceptions will be made if the absence was because of a school activity or if it was approved by the administration.
6. After the start of a sport, no student shall change from one (1) sport to another without the approval of the parent, student and receiving coach.
7. A participant shall ride to and from the contest in transportation provided by the school. When the parent or legal guardian personally contacts the coach, a coach may grant permission to have the student ride with the parent/guardian. Written permission must be obtained from the parent/guardian.
8. Team members are regarded as representatives of the school and are required to demonstrate good citizenship and sportsmanship.
9. Participants in interschool athletics shall have insurance coverage for physical injury.
10. A student athlete, while under the school jurisdiction, on or off school property during the school day or attending a school sponsored activity, who uses tobacco or uses, possesses, sells or distributes marijuana, alcohol and/or other substance intended to alter mood, (not taken at the direction of a physician), shall be suspended from participation in interscholastic competition and/or practices.
11. An athlete may be suspended from practice for unbecoming behavior such as vandalism, rowdyism, unsportsmanlike conduct or insubordination.
12. An athlete who cuts practice or a game will be subject to the following penalties:
 - a. Penalties for infractions of the athletic participation standards will be determined by the principal, athletic director and coach.
 - (1) First Offense: Suspension for five (5) school days from participation in contests. The student will be allowed to practice.
 - (2) Second Offense: Suspension from participation in all athletic activities for the remainder of the sports season.
 - (3) Third Offense: Suspension from participation in all athletic activities for the remainder of the school year.

ACADEMIC REQUIREMENTS FOR PARTICIPATION IN ATHLETICS OR EXTRACURRICULAR ACTIVITIES

Student athletes not meeting a 2.00 GPA and passing all classes the previous nine (9) weeks or semester will be placed on academic probation.

The student athlete on probation will be put on weekly progress reports for the entire nine (9) weeks (Wednesday - Wednesday). If a student during a particular week is at a 2.00 GPA and passing all classes they will be allowed to compete in games, matches or meets. If less than a 2.00 GPA is achieved the student athlete will be allowed to practice, but not compete for that particular week. If the student athlete does not meet the 2.00 GPA and pass all classes for three (3) consecutive weeks, he or she is dropped from the team.