

PALESTINE HIGH SCHOOL

HOME OF THE PIONEERS



ATHLETIC HANDBOOK 2024-2025

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SPORTS PHYSICALS

All students who participate in sports and cheerleading are required to have a yearly sports physical. The ninth grade school physical will cover for any sports the students may participate in for that school year only. Sports physicals do not replace the state mandated school physical.

Opportunities

<u>OPH Wildcats</u>	<u>Pal-Hut Pioneers / Hut-Pal Tigers</u>	<u>Palestine Pioneers</u>
Fall <ul style="list-style-type: none">• Cross Country• Golf	Fall <ul style="list-style-type: none">• Volleyball• 8-man Football• Football Cheer	Fall <ul style="list-style-type: none">• Marching Band
Winter <ul style="list-style-type: none">• Girls Basketball• Boys Basketball• Basketball Cheer• Wrestling	Winter <ul style="list-style-type: none">• Scholastic Bowl	
Spring <ul style="list-style-type: none">• Baseball• Boys Track and Field• Girls Track and Field	Spring <ul style="list-style-type: none">• Bass Fishing• Softball	Spring <ul style="list-style-type: none">• Trap Shooting

ATHLETIC CODE

This Athletic Code has been adopted by the Board of Education of Palestine Community Unit School District No. 3 and applies to student athletes in grades 9-12. This policy is in addition to other policies concerning student conduct and imposes additional requirements on student athletes. It is intended to promote the health and safety of students and to encourage the development of self-discipline and self-control in student athletes which are attributes the Board finds to be necessary to develop successful athletes.

The Board determines that participation in athletics is a privilege. There is no right of students to participate in athletic competition or to participate in particular sports. If the rules and requirements set forth below are not complied with, the privilege to participate in athletics may be lost.

Athletics necessitate, within the limits established by the IHSA, a school's ongoing involvement with the student athletes in such areas as training, conditioning, supervision, and equipment and facility usage. Consequently, the rules set forth in this policy apply to the first day of practice that the student athlete attends and they continue to apply to the student athlete until the completion of his/her entire athletic career. These rules apply both in and out of season of the sports in which each student athlete participates, during summers, holidays, and vacations, on and off campus, and at both school and non-school activities.

All student athletes are subject to Illinois High School Association (IHSA) rules and regulations, as well as any rules that the Unit #3 Board of Education adopts. Students will not be allowed to participate in interscholastic athletics unless they meet both IHSA and the Unit #3 Board eligibility requirements.

Athletic and School Attendance Policy

Coaches can determine their attendance policy per sport. Example policies are three unexcused/unapproved absences and the student-athlete is off the team. **A student must attend the full day of school in order to participate in an athletic event that evening. The only exception would be given a doctor/dentist appointment (with a note), funeral, or something along those lines.**

Practice Bus

Students are required to ride the practice bus to and from practice. A parent note, phone call, or email or principal approval will be the only exceptions.

Sign out at competition events

Only a parent can sign out their child after a game unless they have a note, phone call, or email stating that another adult or their sibling can take them home.

Classroom Requirements for Participation

A good athlete should be a good student. A student must maintain a passing average in all classes (no pass no play policy), as well as all of the IHSA standards regarding eligibility. Eligibility will be checked on a weekly basis every Friday, by the Athletic Director. The grade being checked will be the cumulative performance from the beginning of the semester. If a student is ineligible, his/her period of eligibility will last from Monday through Saturday. **The head coach/sponsor has the option of establishing a policy on the maximum number of weeks that a player may be ineligible before that player is dismissed from the team; however, that number will not be more than four weeks.**

Students dropping a course (that they are failing) after the first full week of classes in a semester will be ineligible for the remainder of the semester. With the no pass, no play system, students that failed a class the first semester will be ineligible until after the next eligibility check (which is the first full week of the second semester). Students that drop a course (that they failed) during the first semester and take another class at the beginning of the second semester will not be eligible until the eligibility check at the end of the first full week of the second semester.

Training and Participation Rules

1. The student athlete shall not use tobacco products in any form.
2. The student athlete shall not possess, use, deliver, sell, transmit or attempt to possess, use, deliver, sell or transmit any alcoholic beverages, any non-prescribed or illegal drugs, or any substance which the student believes or represents to be any of the foregoing, including, but not necessarily limited to look-a-likes.
3. The student athlete shall not attend an illegal party. An illegal party shall be defined as a party where alcohol, drugs, cigarettes or other illegal substances are present and available for minor's use.
4. Athletes, as representatives of the Palestine School District, are expected to maintain high standards of sportsmanship at all times. Arguing with officials, insubordination to a coach, taunting players or fans of other teams, swearing, or deliberately violating the rules of the game are examples of poor sportsmanship. Blatant violations of good sportsmanship are not allowed. Coaches/sponsors are encouraged to establish rules regarding inappropriate behavior and displays of poor sportsmanship. Coaches/sponsors are expected to discipline the violators accordingly. A continued lack of good sportsmanship or displays of inappropriate behavior will ultimately result in dismissal from the team or activity.
5. A student-athlete convicted of a criminal offense (not including common traffic violations) will be subject to suspension from athletics for the remainder of the school year.
6. The head coach of each sport (subject to the approval of the Principal) shall have the authority to specify additional rules relating to health, safety, conduct, attitude, language and the like and may discipline student athletes for violation of those rules including a possible suspension(s) from a contest(s) for serious offenses. Written copies of specific rules will be given to athletes and made available to parents by the coach at the beginning of each season.

Penalties for Rule or Policy Infraction

An athlete accused of a violation of the Athletic Code will be informed of the charge and given an opportunity to respond. Discipline will be handled by the coach, but suspensions pertaining to Athletic Code violations may only be done by the Principal.

Penalties for violations of the Athletic Code will be carried over from one sport season to another or from one school year to the next. If a violation occurs out of season, the penalty will begin during the athlete's next season. Athletes must successfully complete the penalty portion of the violation before the athlete may compete in any interscholastic competition. Failure to complete the season will result in the penalty being served in the athlete's next season. Athletes are expected to attend all practices and games while serving an athletic suspension.

The following disciplinary actions may be taken for violations of the Athletic Code in addition to any action taken as part of regular school discipline.

Level One Offenses includes all serious violations except those categorized under Level Two wherever and whenever they occur. Serious violations typically involve, but are not necessarily limited to:

- Use or possession of tobacco products
- Falsification of documents, i.e. signing name as parent on permission slips
- Attendance at an illegal party with legal proof of non-participation (i.e. breathalyzer result of zero)
- Other offenses as defined in the Student Handbook as determined by the school administration

First Offense: One-fourth of season

Second Offense: One-half of season

Third Offense: One-year suspension

Fourth Offense: Suspension for remainder of high school career

Level Two Offenses involve any critical incident as wherever and whenever they occur. Examples include, but are not necessarily limited to:

- Harassment, Hazing, bullying
- Possession, consumption, or distribution of any drug, intoxicant, alcohol, marijuana, or look-alike drugs
- Attendance at an illegal party
- Weapons violations
- Vandalism
- Assault or battery
- Theft

Level Two Offenses

First Offense: One-half of season

Second Offense: One-year suspension

Third Offense: Suspension for remainder of high school career

Example of policy infractions and days out of competition:

Level Offense	1	1	1	1	2	2	2
Offense #	1	2	3	4	1	2	3

**Sport
(# of games)**

Sport (# of games)	2	5	One Calendar Year	Remainder of High School	5	One Calendar Year	Remainder of High School
Football (9)	2	5	One Calendar Year	Remainder of High School	5	One Calendar Year	Remainder of High School
Basketball (30)	7	15	15
Bass Fishing (6)	1	3	3
Track (25)	6	13	13

*Language and maximum season as defined by the IHSA will be adjusted based on actual schedules.

Determining Suspension Period

The percentage is based on the total number of weeks of the extracurricular activity. For competition activities such as sports and scholastic bowl, the suspension period is based on the total number of regular season contests scheduled plus the minimum number of games that could be completed in any tournaments entered.

In the case of crossover suspensions, any remaining consequences will be prorated to the next season based on the percentage remaining (no less than one game).

Crossover Suspension Examples

Example 1

A baseball player caught smoking (Level 1 Offense) for the second time is imposed an 18 game suspension. Only seven games remaining in the season (seven is 38.8% of 18). Therefore, he has served 40% of his suspension.

If the player goes out for football the next fall, he still has 60% of his suspension to serve. Sixty percent of five (the penalty for Level 1 Offense, Second Offense) is three. He served three games to complete his suspension.

Crossover Suspension Examples

Example 2

A football player is caught smoking (Level 1 Offense) for the second time (five-game suspension). Only two games remain in the season (two is 40% of five). Therefore, he has served 40% of his suspension.

When the player goes out for basketball in the winter, he still has 60% of his suspension to serve. In order to serve 60% of 21 games (the penalty for a Level 1, second offense) is 12.6. Therefore, he serves twelve games to complete his suspension.

Voluntary Admission

Voluntary admission of the use or possession of drugs, alcohol, or drug paraphernalia will result in the penalty being reduced by half if the athlete also obtains and successfully completes assistance for his/her problem acceptable to the Principal. An athlete who does not successfully complete the assistance program will be required to serve the full suspension.

Voluntary admission means that the student reports the violation to an administrator of the school before information of the violation has been obtained by the coach or another school official from other sources, or acknowledges the violation immediately upon initial questioning about the violation by the coach or other school official.

This provision may be used only once by any athlete during his/her high school career on a first offense. The length of multiple suspensions can be reduced by the school administration if the student completes, at their own expense, a school-approved assistance program.

Other Guidelines

1. Parent participation is encouraged for all athletes. This participation can take the form of ticket taking, working concessions, or performing other duties as requested (related to their student's athletic contests).
2. Athletic Directors, Principal's, and Superintendents do not discuss playing time with parents. They can help set up a coach-parent meeting. Since they are not at all practices, it is not fair for administration to make the judgment on playing time.
3. An athlete is financially responsible for all equipment checked out to him or her. Any such equipment or uniform that is damaged or lost will result in the student paying for the replacement cost of said equipment.
4. Practice and game schedules will be prepared for student-athletes. Schedules will include the beginning and completion time of practices. Coaches are expected to have completed practice at the designated time.
5. All School District rules and regulations apply to student-athletes while they are participating in a school sponsored activity or while they are a member of any school team. This includes: Disciplinary procedures take precedence over participation in athletics – students who are suspended or serving an in-school detention may not participate or attend extracurricular/co-curricular activities. Students are required to serve detentions when assigned.
6. The attendance policies set forth in this handbook also apply to athletics. Unexcused absences will result in exclusion (as per policy) from an extracurricular/co-curricular activity or practice on the day of the unexcused absence. Determination of whether an absence from school is excused or unexcused is made by the Principal.
7. Bus rules and guidelines for parental pick-up of students also pertain to athletics. Students who are suspended from riding the bus due to infractions of bus rules will not be allowed to participate in extracurricular/co-curricular activities which require travel during the suspension.
8. Students in Palestine High School are encouraged to participate in the wide variety of activities sponsored by the School District. At the same time, they have a responsibility to each of the activities in which they choose to participate. Coaches and sponsors will work together to minimize conflicts. To help alleviate unavoidable conflicts the following applies:
 - Academic responsibilities and instructional field trips will take priority over all other activities. Student-athletes will not be penalized for attendance in an academic program.
 - Interscholastic contests (games) and public performances (concerts, plays, etc.) will take precedence over practice sessions or meetings.
 - Regularly scheduled monthly (once a month) meetings of organizations will take precedence over practice sessions.
9. Every student athlete must have on file in the Principal's Office or the Athletic Director's office a current **physical examination and athletic fee** form signed by a physician and proof of insurance coverage (or a signed insurance waiver) **before being allowed to practice or participate in an extracurricular/co-curricular activity.**
10. Athletes may participate in two sports (activities) or a sport and cheerleading activities whose seasons overlap or coincide, with permission from both coaches/sponsors. The coaches along with the athletic director will work out a reasonable compromise on shared time for games and practices for all of these shared sports or cheerleading activities.
11. **As a general rule, no school functions/games, including practices will be held if school is closed for inclement weather. Exceptions may be made at the discretion of the administration.**
12. No required athletic team or extracurricular/co-curricular activity practices may be held on the following holidays: Labor Day, Thanksgiving, Christmas, New Year's Day, or Good Friday, and no practices are to be held on Sunday as well.
13. Students will not be allowed to drive to or from games or activities when the school provides transportation to these events. All players, participants, and other students involved with the team will be expected to ride the bus to the event and back. However, their parent/guardian, or the parent/guardian adult designee may pick them up after the game. The parent/guardian or the parent/guardian designee wishing to take their child home after the game must sign a sheet provided by the coach/ sponsor indicating their intentions to take the student home.
14. Student athletes that are excused from participating by a doctor's note (because of injury or illness) must also have a doctor's note indicating when they may return to full participation. This applies to both games and practices.
15. In activities in which Palestine co-ops with another school, every effort has been made to align the

two school's extracurricular/co-curricular policies. If there are any differences between the schools policies, the host school's rules or policies will take precedence.

Drug and Alcohol Testing Program

The School District maintains an extracurricular and athletic drug and alcohol testing program in order to foster the health, safety, and welfare of its students. Participation in extracurricular and athletic activities is a privilege and participants need to be exemplars. The program promotes healthy and drug-free participation.

Each student and his or her parent/guardian must consent to random drug and alcohol testing in order to participate in any extracurricular or athletic activity. Failure to sign the School District's "Consent to Participate in Extracurricular Drug and Alcohol Testing Program" form will result in non-participation.

If a test is positive, the student may not participate in extracurricular or athletic activities until after a follow-up test is requested by the building principal or designee and the results are reported. The building principal or designee will request a follow-up test after such an interval of time that the substance previously found would normally be eliminated from the body. If this follow-up test is negative, the student will be allowed to resume participation in extracurricular and athletic activities. If a positive result is obtained from the follow-up test, or any later test, the same previous procedure shall be followed.

No student shall be expelled or suspended from school as a result of any verified positive test conducted under this program other than when independent reasonable suspicion of drug and/or alcohol usage exists. This program does not affect the School District policies, practices, or rights to search or test any student who at the time exhibits cause for reasonable suspicion of drug and/or alcohol use.