

JUNCTION CITY HIGH SCHOOL CODE AND RULES FOR ATHLETIC & CO-CURRICULAR ACTIVITIES

PHILOSOPHY

Junction City School District believes (1) that athletics and co-curricular activities advance student learning and engagement, (2) that such participation is both a choice and a privilege, and (3) that the value to the individual stems from the pursuit of common goals with supportive peers who hold each other accountable along the way.

CONDITIONS FOR PARTICIPATION

The agreement obligates the student to abide by the JCHS Student Code of Conduct, the JCHS Code and Rules for Athletic and Co-Curricular Activities, the rules of the Oregon School Activities Association (OSAA), Junction City School District Policy, and State law. This agreement shall remain continuously in effect until the student graduates from high school.

Before a student participates in athletics or co-curricular activities, the student and a parent must complete all paperwork and sign the participation agreement annually. Students are accountable to the rules in place at the time when the participation agreement is signed and submitted. Additional expectations or rules which are unique to a particular sport or activity may be established by the head coach or advisor.

Activities required as part of an instructional program are not bound by these rules.

Transportation Rule – Student participants are required to ride to and from all events on school transportation. Parents may pick up their daughter or son after contests in person. A participant may ride home with another adult only if prearranged in writing with administrative approval PRIOR to departing for the event. Student participants are not allowed to drive to or from contests (except in an extreme emergency with administrative approval).

STUDENT DRUG TESTING

At Junction City High School, student athletes are subject to on-demand drug testing as a condition of participation. The cost of testing is included in the athletic participation fee.

Students will be tested by team at the beginning of each season or individually if they are absent when team testing is conducted. Blind drawings representing a sample of in-season athletes will take place at random intervals as authorized under JCSD Policy JFCIA-R.

The urine collection process will be consistent with the manufacturer's recommendations and conducted in a manner that maintains student privacy and confidential parent notification.

A positive test result may be contested in writing within 72 hours of notification (must be countersigned by a parent if the student is under 18 years). If laboratory analysis confirms the positive test, the family is responsible for the additional cost. The school will pay the additional cost if the result is overturned.

GENERAL INFORMATION

1. The Code and Rules for Athletics and Co-Curricular Activities applies to all JCHS Athletic Programs and school-sanctioned activities where students represent the school in public settings. Individuals participating in groups such as Student Body and Class Officers, Mr. Tiger organizers and participants, and school-sanctioned clubs must sign the JCHS participation agreement and follow the Code of Conduct and Zero Tolerance provisions of this code. Members of these groups are not subject to drug testing.

Students selected for special recognition such as eligibility for the Homecoming Court, Mr. Frost, and/or overnight school-sponsored trips must be in good standing, have no in- or out-of-school suspensions in the current school year, and be in compliance with the Zero Tolerance Policies. Students in these groups are not subject to drug testing.

2. Athletes are expected to report for practice on the first official day of practice for the sports season (except when sport seasons run together, when one week off is permitted if the athlete so chooses). An unexcused absence from the first practice will cause the athlete to be held out of the first contest. This penalty shall be served separately from #5 (below). All students must participate in nine (9) days of practice before dressing for competition.

3. INJURIES (athletics only) – A student who has seen a physician for an injury must present a written release to the Trainer or Athletic Director before returning to athletic competition. In the event of a concussion, refer to the section on ImPACT and Head Trauma and OSAA Return to Participation Form (below).

4A. ATTENDANCE ON THE DAY OF A CONTEST – Students must attend all classes on the day of a contest to be eligible to compete. Exceptions must be approved 24 hours in advance by a school administrator.

4B. ATTENDANCE (Non-Contest Days) – Students will have a grace period of one week to resolve an absence or miss the next scheduled contest. Absences may be excused for reasons documented in the Student Code of Conduct (Handbook).

4C. MISSED PRACTICES / TEAM FUNCTIONS / GAMES – Coaches will establish expectations and consequences governing absences including, but not limited to, illness and family or personal reasons (e.g., vacation, family emergencies, club sports, work, etc.).

5. TRANSCRIPT GRADES – Students must pass four classes (2.0 credits) in the prior grading period to be eligible to participate; students must miss the first contest in the next athletic season if she/he fails a class in the previous grading period (penalty applied per #2 above).

6. PROGRESS REPORTS – Students who are not passing (F/NP) one or more scheduled classes when mid-term progress reports will have a grace period of one week to demonstrate good academic standing before becoming ineligible for competition (verified by teacher signature). Ineligible students will regain eligibility when all coursework is in good standing.

7. ON-TRACK TO GRADUATE – Students must maintain progress toward graduation based on OSAA/JCSD credit thresholds at each grade level. Each fall, Seniors must begin the school year with 18.5 credits; Juniors must have 11.0 credits; Sophomores must have 4.5 credits. Ineligible students may discuss their status with the athletic director and high school administration. A Hardship Appeal may be filed based on the merits of each case.

8. Any athlete ejected from a contest must miss the next contest (OSAA Rule) and pay the OSAA fine before returning to play. An athlete ejected from an out-of-season, school sanctioned contest (e.g., summer basketball or 6-vs-6 soccer) may miss the next contest including regular season play if applicable).

9. Student-Athletes must have adequate health and accident insurance, purchase a Student Body Card, pay the appropriate participation and drug testing fees, and pass the required physical examination using the OSAA School Sports Pre-Participation Examination Form (required every two years, preferably grades 9 and 11). Athletes must complete and submit all paperwork before participating in practice sessions. Consequence is a minimum of one athletic contest. Non-athletes are exempt from this rule.

10. Student participants will be held responsible for all issued equipment and will be expected to return same in good condition on time. Students will be charged replacement costs for lost or damaged equipment. Students must return equipment or pay equipment charges within one calendar week after a season is concluded or be ineligible to practice/compete.

11. The head coach of each sport shall establish general appearance rules for her/his sport. When representing JCHS, a student participant is expected to be neat, clean and appropriately dressed. Students who violate this rule will be subject to disciplinary action by the head coach.

12. POST-SEASON AWARDS – Post-season recognition is at the discretion of the head coach and includes, but may not be limited to school letters, certificates, team, and individual awards.

13. REFUNDS – Students who are unable to complete an athletic season for reasons beyond her/his control (e.g., season-ending injury, out-of-district move) will be refunded a pro-rated portion of their paid participation fee (calculated by the number of days remaining divided by the total number of days from first practice to last regular season contest).

Students who withdraw from a sport before the first contest will receive a full refund of paid participation fees. Students who withdraw during the first 30 days of the season (from the date of the first practice) will receive a 33% refund of paid fees. No refunds after 30 days.

STUDENT CODE OF CONDUCT VIOLATIONS

The Student Code of Conduct remains in effect for ALL students from the first day of fall practice each school year through the last school day or school-sanctioned/coached offseason activities (whichever is later). Consequences for Code of Conduct violations come into force when a student receives an out-of-school suspension, and may be applied for a second Level Two Office Discipline Referral.

The disciplinary scale will reset at the beginning of fall practice each year. Infractions committed at the end of the school year may be penalized in the following year. Activity Advisors should develop an equivalent consequence ladder that fits the nature of the activity for Student Code of Conduct violations.

STUDENT CODE OF CONDUCT CONSEQUENCE LADDER

FIRST OFFENSE – The student will be suspended from the next competition or activity and placed on Code Probation – Step One. Student may continue to practice/participate with the approval of the Head Coach or Advisor.

SECOND OFFENSE – The student will be suspended from the competition or activity for a maximum of four weeks, and placed on Code Probation – Step Two. Student may continue to practice/participate with the approval of the Head Coach or Advisor. If the consequence extends beyond the end of the season/activity, the student may be excused from team activities, and the time missed will continue to count toward the suspension period. Any remaining time may be applied to the next season or activity.

THIRD OFFENSE – The student will be removed for a period not to exceed one calendar year. Students may appeal consequences of a second or third offense (Appeal Process below).

ZERO TOLERANCE POLICIES

Violations of Junction City School Board Policy as well as applicable State and Federal Law threaten the health and/or well-being of students and display a general disregard for the collective reputation of JCHS students and programs.

The following are violations of the Zero Tolerance Policies for Junction City athletics and activities:

1. Use, possession, or socializing in the presence of tobacco or tobacco-related products (Policy JFCG), Alcohol (Policy JFCH), or illegal chemical substances and unlawful drugs (as defined in Policy JFCI or Oregon law). A student may be found in violation of this policy based on evidence gathered from social media, investigations, police reports, or a positive drug test.

Under Oregon Law ORS 471.430(1), a parent or legal guardian must be physically present to exempt a student from discipline for attending a gathering where alcohol or tobacco are present.

2. Hazing, harassment, bullying, cyberbullying, intimidation, and menacing (Policy JFCF) including retaliation against students who report a Zero Tolerance Policy violation.

3. Theft of property (school or others), or property damage / vandalism (whether by negligence or purposeful intent). Student may be referred directly to the Second Offense Consequence.

4. Distribution of prohibited substances (see #1 above) or conviction for any felony offense. Student may be referred directly to the Third Offense Consequence.

Students are required to: **1) Inform parents immediately and get out of the situation, and 2) notify a coach within 24 hours, and 3) report time, place, and circumstances administrator at the beginning of the next school day.** Failure to meet all three requirements may result in a violation of the Athletic Code Zero Tolerance Policy and result in loss of participation privileges up to and including the maximum penalties.

Students may appeal the consequences of a Zero Tolerance violation (see below).

ZERO TOLERANCE CONSEQUENCE LADDER

Students found in violation of a Zero Tolerance Policy will be suspended from participation and may be directed to participate in an initial substance abuse assessment.

First Offense – Suspension from competition for four (4) rolling weeks* and placement on Zero Tolerance probation at step one. Students will be referred to Looking Glass for an initial drug/alcohol Assessment at district expense. Families may choose another healthcare provider at their own expense. Follow up treatment will be at family expense. Non-Athletes will be subject to penalties set in advance of the activity advisor.

Second Offense – Suspension from participation for not more than one calendar year and placement on Zero Tolerance probation at step two, and a drug/alcohol assessment as described under First Offense. The student may resume practices at the beginning of the sport season in which he/she will regain eligibility.

Third Offense – The student is no longer eligible to participate in any Junction City athletic or co-curricular program.

*Rolling Week example: If an athlete is notified of a suspension on Tuesday, the first week of the suspension will run through the following Monday. Bye weeks and time between athletic seasons do not count toward the suspension period. The Tuesday through Monday cycle will repeat for three additional weeks.

During suspension periods, participation in practice and team activities is permitted at the discretion of the head coach or advisor. When a suspension extends beyond the end of a season, the head coach may excuse the athlete from team activities and allow the time missed to count toward the suspension.

Students are encouraged to participate in off-season camps, developmental programs (e.g., spring soccer and football, summer basketball), and pre-season practices and conditioning (e.g., daily doubles). Such activities will not count toward the four weeks of suspension from competition. Off-season contests do not count toward the suspension period, and students are permitted to participate (e.g., summer league basketball, 6-vs-6 soccer tournament, football passing league, etc.).

If a student quits a sport while suspended from competition, the remainder of the suspension will carry forward and be applied to the next sport season in which he/she has historically participated.

Consequences for off-season violations will be enforced from the date of the administrative decision into the next sport season in which the athlete has historically participated. Students are not permitted to turn out for a new sport while suspended from competition.

DISPUTE RESOLUTION

When disagreements cannot be resolved at the team or program level to the satisfaction of all parties, concerns may be referred to the Athletic Director. The Athletic Director may consult with school administrators on a case-by-case basis.

APPEAL PROCESS

1. A student who is suspended from participation (beyond one contest) for violating team rules, the Student Code of Conduct, or the Zero Tolerance Policies, he or she will be notified of his/her right to appeal at the time the suspension goes into effect.
2. A request for appeal must be made in writing no more than three business days after notification of suspension. The request should state the specific reason for the appeal. A parent/guardian must countersign the request for a student under 18 years of age on the date of the alleged infraction.
3. Within three business days from the receipt of the written request an administrator will schedule and notify the student and his/her representative of the date and time of the Hearing.
4. The appeal hearing will convene no more than seven calendar days from the receipt of the written request. The hearing will be conducted by the District Hearings Officer.

IMPACT AND HEAD TRAUMA

The ImPACT Testing Program helps JCHS safely manage an athlete's return to play after an injury and more specifically after a head injury. Please look over this information.

What is ImPACT?

ImPACT stands for Immediate Post-concussion Assessment and Cognitive Test. It is a sophisticated software program that helps sports-medicine clinicians evaluate recovery following concussion. ImPACT is a computer test that evaluates multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time and post-concussive symptoms.

ImPACT is currently the most widely utilized computerized concussion management program in the world and has been implemented effectively for high school, collegiate, and professional athletes. This program was developed by research neuropsychologists, neurologists and physicians at the University of Pittsburgh Medical Center (UPMC).

Baseline ImPACT Testing

A baseline ImPACT test is required as a condition of participation for all athletes and consent to conduct the test is given when the paperwork for Athletic and Co-Curricular Rules is signed.

The baseline test takes approximately 30 minutes and is similar to giving the brain a physical for the purpose of establishing normal levels of performance.

Post-Concussion ImPACT Testing

After an athlete suffers a concussion, a medical evaluation is recommended followed by a "post-concussion" ImPACT test. Post-concussion testing should be taken within 48 to 72 hours after the injury. Additional diagnostic testing may be ordered, such as a MRI or a CT scan, to rule out structural injury to the skull or brain. In spite of the fact that these tests are usually normal, a serious concussion may still have occurred.

In the event that an athlete has not taken a baseline test, ImPACT Inc. has established normative data that is age and gender specific. These norms can be used to assist in evaluating a concussed athlete's recovery, but they do not replace the value of an athlete's personal baseline test.

After a suspected head injury, an athlete will return to play based on ImPACT evaluation results and the recommendation of the Junction City High School Certified Athletic Trainer or designee. If necessary, the athletic trainer will consult with a physician. An athlete will not be permitted to return to play solely on the recommendation of a physician.

If you have questions concerning the ImPACT Program, please contact: Craig Rothenberger, 998-3521, or email: crothenberger@junctioncity.k12.or.us

ImPACT assists in:

- **Protecting the Student-Athlete**

- Determining safe return to sport
- Preventing the cumulative effects of repeated concussions
- Providing objective data to help assess an athlete's recovery

- **Baseline Test:**

- The base line test is a pre-injury measurement of an athlete's cognitive function.
- Should an athlete sustain a concussion, post-injury tests can be compared to a baseline data and provide valuable information that aids in the return-to-sport decision.
- Baseline tests are recommended for any athlete ages 13 and up and especially for those who participate in contact sports.

- **Post-Concussion Test:**

- If a concussion occurs, a post-concussion test would be administered 48 to 72 hours after the injury, and interpreted by a medical physician.
- These results are then compared with the baseline data to assist in determining the degree of recovery. Additional post-injury tests may be required until complete recovery has occurred.
- The test is Internet-based and should be taken in a controlled setting. The test takes 30 minutes to complete. ImPACT is not a S.A.T or IQ test, but evaluates brain function.

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