



Student Athlete and Parent Handbook

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Winnacunnet High School Interscholastic Athletic Program

FALL

Bass Fishing
Football
Soccer Unified

Cross Country Boys/Girls
Golf
Spirit

Field Hockey
Soccer Boys/Girls
Volleyball Girls

WINTER

Basketball Boys/Girls
Ice Hockey Boys/Girls
Skiing – Cross Country

Basketball Unified
Indoor Track
Spirit
Wrestling

Bowling
Skiing – Alpine
Swimming & Diving

SPRING

Baseball Boys
Outdoor Track Unified

Lacrosse Boys/Girls
Softball Girls
Volleyball Boys

Outdoor Track
Tennis Boys/Girls

PHILOSOPHY OF ATHLETICS

The Winnacunnet High School program strives to be a program excelling in academics, sportsmanship, and athletics while building pride within the school and the community. High school sports are an extension of the classroom learning experience. As such, athletics provide an opportunity to extend the values and ideals developed in the classroom, and constantly strive towards the development of a well-rounded individual.

RULES OF GOOD SPORTSMANSHIP

- Play the game for the game's sake.
- Be generous in winning.
- Be gracious in losing.
- Be fair at all times, no matter what it costs.
- Be obedient to the rules.
- Work for the good of the team.
- Accept gracefully the decision of the officials.
- Conduct yourself, at all times with honor and dignity.

Each student must show respect for the opponent and officials at all times. Good sportsmanship implies the willingness to accept and abide by the decisions of others and suggests the importance of conforming to the spirit as well as the letter of the rules.

RULES OF CONDUCT

Citizenship and Sportsmanship: Any act of unsportsmanlike conduct in practice or games will lead to immediate disciplinary action which may include suspension or dismissal from the squad.

No Smoking or Other Use of Tobacco/Vape Products:

(See Athletic Contract)

No Drinking or Other Drugs:

(See Athletic Contract)

Profanity: Swearing and abusive language will not be permitted at any time.

Care of Team Equipment and Uniforms: All athletic gear is on loan to the athlete, and you are personally responsible for its care and return. Lost uniforms and equipment must be reported to the coach immediately and if not found, you will be charged the replacement cost for it. Proven theft will be dealt with under the

Transportation: All athletes must travel to and from away contests in transportation provided by the school. Exceptions to this rule must be made in writing via email from a parent/guardian. All sports participants are required to remain at the site where the athletic event is occurring, be it a school building, athletic field, or municipal/private property, from their time of arrival until departure, following the end of the athletic event, by school bus or private conveyance.

School Attendance: Athletes who are absent from school are ineligible to compete or practice on that day. Exceptions to this rule must be made through the Coach AND the Director of Athletics. It is the expectation that all student athletes will be in attendance for the whole day in order to practice and/or play. Student athletes MUST be in attendance no less than half the school day (7:45-11:05 AM or 11:05 AM-2:30 PM), unless prior approval is given by the school administration for the student to be absent. The Director of Athletics must be notified of deviations from this rule. Athletes are expected to be in school and on time the day following an athletic event. Any student who serves an in school or out of school suspension may not participate in the practice session or the game/meet on the day(s) in which the suspension occurred. If the student is too ill to stay in school, he/she is too ill to return to play or practice that day.

Practice/Game Attendance: Regular attendance at all practices and games along with promptness is imperative. Absences will be excused only for illness, school sponsored events, or family emergencies. The Coach and Director of Athletics will have the final say in excusing an athlete, providing notification is given prior to the absence. Unexcused absence from a game or continued unexcused absences from practice would result in dismissal from the team.

Police Record: Involvement in any type of police action where the guilt is proven (with the exception of a traffic ticket) may lead to dismissal from the squad.

Injuries: Be sure to report all injuries to your coach and athletic trainer no matter how minor they may seem.

Insurance: Students participating in interscholastic sports are not automatically covered by school insurance. All athletes are not required to take the school insurance, but we strongly urge that you do as this policy will cover you for all sports at a minimal cost.

Sports Banquet: These banquets are held in your honor so you can be recognized for your efforts. It is your responsibility to make every effort to attend. If you cannot attend, the coach should be informed.

Awards: In all cases, the judgment of your head coach will be the deciding factor in determining who will be awarded a letter. Some possible guidelines that will be used by the coach in making this decision are as follows:

- Amount of participation in the games/meets during the season
- Completion of the season--The definition of the sport season is the first day of practice up to and including the sports banquet and/or awards night
- Return of all equipment and uniforms and/or paid all fines and obligations

Equipment and Uniform Turn In: All equipment and/or uniforms must be returned in order for a student to participate in the next sports season. Students will have to meet with the Director of Athletics and return all school owned equipment and/or uniforms or pay the replacement cost before participation in the next season is allowed.

REQUIREMENTS FOR PARTICIPATION

If any of these requirements are not met the student will not be able to participate in tryouts, practices or games.

Registration: The parents/guardians are responsible for filling out this form completely and ensuring that any and all medical information concerning your child's health, medical concerns, injuries, medications and allergies are reported to the Athletic Department, Athletic Trainer and coaches.

Physical Exam: A physical examination is required of all athletes prior to the first practice/tryout. Physical exams are valid for one year and must be administered by a physician (medical doctor, primary care physician). Physicals can be emailed to the Athletic Office, dropped off in the Athletic Office, or given directly to the coach.

Health History Form: All athletes will need a Health History Form filled out and turned in to the Athletic Office.

Student Athlete Handbook: Please read the handbook carefully and make sure you understand the commitment you are about to make. There is a link to the handbook on Final Forms and it must be signed electronically before you are eligible to participate in any sport.

Athletic Contract: There is a link to the Winnacunnet High School Athletic Contract on Final Forms and it must be signed electronically before you are eligible to participate in any sport.

Scholastic Standing: The Winnacunnet High School Academic Eligibility Policy states that a student must pass a minimum of FIVE courses in the trimester immediately preceding the respective athletic season. IF the season spans two trimesters, the student must remain eligible based on the grades received during the subsequent marking period. Only courses that award credits count toward eligibility.

All incoming freshmen are immediately academically eligible for interscholastic participation in athletics for the FALL season.

NHIAA By-Law Article II - Eligibility

Preface

Eligibility regulations of the NHIAA apply to each category of interscholastic participation: Varsity and sub-varsity levels. Students entering grade nine in the fall for the first time do not have to meet the Scholastic Standing requirements of By-Law Article II, Section 2. Subsequent to their initial entry during the first fall marking period of their grade nine year they must meet the minimum requirement for Scholastic Standing. All other standards for eligibility must be met. In order to represent a member school in interscholastic athletics, a student must be in attendance as a full-time student in the district where his/her parents/guardians legally reside. (Exception: Charter, Home Educated and Non-Public Students-Sect.13). No students will represent their school in an interscholastic athletic event unless the principal of that school has certified the student's eligibility through the official Eligibility Affidavit as filed with the NHIAA.

The sole responsibility for determining athletic eligibility rests with the principal of the school. The principal is the official representative of the school at all hearings and appeals. This responsibility cannot be delegated unless prior approval from the NHIAA has been granted.

Sect. 1: Age of Contestants

A student who has reached the age of 19 on or after September 1 may represent the school in any interscholastic athletic contest during that school year.

Rationale for Age of Contestants Rule: An age limitation requirement provides commonality between student-athletes and schools in interscholastic competition; inhibits "red shirting," allows the participation of younger and less experienced players; enhances the opportunity for more students to participate; promotes equality of competition; avoids over-emphasis on athletics, and helps to diminish the risk of injury associated with participation in interscholastic athletics. To ensure equality of competition and opportunity, a standard must be established at some point to determine the cut-off date for age eligibility. Use of a specific cut-off date gives notice to all parties involved in interscholastic athletics and maintains equality of participant eligibility among schools.

Sect. 2: Scholastic Standing

- A. No pupil who has failed to pass four (4) units of work* during the school's previous grading period** shall represent the school in any interscholastic contest. A minimum of four (4) units of work per grading period is required for participation in interscholastic athletics. Schools utilizing alternative scheduling formats like block scheduling or trimesters should calculate and equate their system to meet the intent of passing 4 units of work in a traditional format (i.e., in a 4 x 4 block program the student would need to pass a minimum of 2 subjects

to meet the standard). Recognizing that schools are increasingly moving away from the Carnegie Unit/seat time hours for instruction and grading, it is expected that the school principal will follow the intent of the by-law when certifying academic eligibility for student athletes. For example, a student could meet this requirement through a virtual school, off-site real-world learning, on-line classes, etc. as long as the school officially recognizes and certifies the activities to be academically legitimate and part of the school's educational program.

The Winnacunnet High School academic eligibility policy is stricter than the NHIAA policy and states that in order to be eligible for interscholastic athletics at Winnacunnet High School, a student must pass a minimum of FIVE classes in the trimester immediately preceding the respective athletic season. If the season spans two trimesters, the student must remain eligible based on the grades received during the subsequent marking period. Only courses where credit is awarded will be considered for academic eligibility. The **trimester** grade determines the eligibility status. Academic eligibility will be determined on the date that report cards are mailed home.

THE WINNACUNNET HIGH SCHOOL ACADEMIC ELIGIBILITY POLICY SUPERCEDES THE NHIAA SCHOLASTIC STANDING POLICY.

Students will be awarded scholar athlete status if they make honor roll or high honor roll during the previous marking period.

Definitions:

1. **Grading Period:** Not less than six (6) weeks.
2. **Previous Grading Period:** Indicates the last prior grading period of the school year (not semester grades)
3. **Passing Grade:** As determined by the NHIAA individual member high schools.

* A unit of work reflects a course that meets the equivalent of 5 times per week in a traditional Carnegie Unit format.

** This is interpreted as the school's previous grading period, not the student's previous grading period.

- B. **Academic Make-Ups:** A student may regain eligibility by making up academic deficiencies, failures, or incompletes of the regular school year through academic/credit recovery programs completed prior to the first date to play in a sport as listed in By-Law Article XXXVI of the NHIAA Handbook. Individual schools may adopt more restrictive policies relative to academic make-up based on the school district philosophy and/or resources.
- C. **Incompletes:** Incompletes are not to be considered passing grades for purposes of eligibility.
- D. **Special Education Students:** Students receiving service under I.D.E.A., 89:313, R.S.A. 186:C and related State Board of Education regulations, to include students receiving service pursuant to Section 504 of the Federal Rehabilitation Act of 1973, may be declared academically eligible by their Principal provided that all other eligibility requirements are met.
- E. It should be noted that the NHIAA Scholastic Standing By-Law defines minimum standards only. There is no prohibition on schools adopting higher academic standards in determining academic eligibility.
- F. Below grade nine students who have been granted a below grade nine waiver will be expected to maintain the same academic standards set for high school students.

Rationale for the Scholastic Standing Rule: The primary purpose of high schools is to academically prepare students for productive contributions in their future lives. Interscholastic activity programs are an extension of the classroom, and academic standards help ensure the balance between participation in the activity and appropriate academic performance. In addition, interscholastic activity programs assist in the educational development of all participants. Academic standards also promote the objective of graduation from the institution and that student

participants are truly representing their academic institution. Overall, academic standards promote educational standards, underscore the education values of participating in activities, encourage appropriate academic performance and allow the use of interscholastic participation as a motivator for classroom performance.

Sect. 3: Semester Rule

A student is eligible for competition, whether or not he/she competes in interscholastic athletics, for no more than eight (8) consecutive semesters beyond the eighth grade; the eight consecutive semester rule begins upon the initial enrollment date in ninth grade. Approved participation by seventh and eighth graders does not count toward the eight (8) allowed semesters. Also, if a student terminates at one school, he/she may not transfer to another school to increase eligibility.

Rationale for the Semester Rule: A maximum participation requirement promotes timely progress toward graduation by discouraging students from delaying or interrupting their high school education; disallows students to enroll for one semester each school year to increase athletic ability and skill; promotes equality of competition; diminishes risks stemming from unequal competition, and places emphasis on the academic mission of the school.

A maximum participation requirement promotes harmony and fair competition among member schools by maintaining equality of eligibility. Each student is afforded the same number of semesters of athletic eligibility, which increases the number of students who will have an opportunity to participate in interscholastic athletics.

A maximum participation requirement is conducive to the prevention of redshirting; helps avoid exploitation by coaches or boosters who otherwise might seek to obtain transfers or to delay a student's normal progress through school and prevents displacement of younger student-athletes by older student-athletes wishing to protract unfairly their high school athletic careers.

Sect. 4: Transfer Rule

- A. A student who transfers enrollment with a corresponding move into a new school district by his/her parents or guardians shall be declared eligible immediately if all other eligibility requirements are met. A change of residence under this by-law shall consist of the moving of all household properties to the new address and the parents and student(s) actually living there. A second family residence shall not meet the requirements of this standard. The term parents shall mean the student's 1) natural parents, 2) adoptive parents, 3) foster parents, if the student is placed in a foster home after becoming a ward of the court, 4) custodial parent, if parents are divorced, 5) legal guardian but only in the case where neither parent is living or legally competent, or 6) a family whom a student has been living with for at least 365 days.
- B. Residence is defined as the place where the student's parents have established their permanent home. This means that the family regularly eats and sleeps in a specific place of lodging. It is a place where the student and his/her parents are habitually present and to which when departing, they intend to return directly.
- C. A student who transfers enrollment without a corresponding move into a new school district by his/her parents or guardians shall be required to be in attendance in the new school for one (1) year from the date of enrollment in order to establish athletic eligibility. This includes those students who transfer from a non-member school (i.e., prep school, etc.) back to the local school and those students who change schools as a result of change in guardianship (i.e., move to live with different parent/guardian without parent/guardian changing residence).
- D. A student transferring to an NHIAA member school without a parental/guardian change in legal residence may not be added to the roster of a sports team (at any level) after the opening of a sports season (first date to practice) in that sport as listed in By-Law Article XXXVI of the NHIAA Handbook.

- E. A student who transfers to a new school within one calendar year of the relocation of his/her coach to that school without a corresponding change in residence is considered to have transferred for athletic reasons and is not eligible to participate in sports coached by that coach for one calendar year from the date of enrollment in the new school.
- F. Other:
 - 1. Eighteen-year-old emancipated individuals and homeless students who change their legal residence and school in compliance with local board of education residency requirements are ineligible for 365 days. Requests for waivers may be submitted to the Executive Director. Upon receipt of a Transfer Rule Affidavit from the school principal, the Executive Director will review each case on an individual basis. Only one (1) transfer in twelve (12) months will be permitted.
 - 2. Students placed in a school by outside agencies (i.e., courts, State Department of Welfare, other school districts, medical referrals) become eligible upon registration and enrollment in the receiving school provided all other eligibility requirements are met. The principal is to verify eligibility to the Executive Director.
These requirements may be waived, if all the following conditions are met:
 - 1. The student has not transferred for the purpose of participating in interscholastic athletics and there has been no recruiting of the student for athletic purposes.
 - 2. The Transfer Rule Affidavit is completed and submitted to the NHIAA and approved in writing by the Executive Director.
 - 3. All other eligibility requirements are met.

DEFINITION OF TRANSFER FOR PRIMARILY ATHLETIC PURPOSES:

A transfer for primarily athletic reasons includes, but is not limited to:

- 1. A transfer to obtain the athletic advantage of a superior, or inferior, athletic team, a superior athletic facility, or a superior coach or coaching staff.
- 2. A transfer to obtain relief from a conflict with the philosophy or action of an administrator, teacher, or coach, relative to athletics.
- 3. A transfer seeking a team consistent with the student's athletic abilities.
- 4. A transfer to obtain a means to nullify action by the previous school.

Rationale for the Transfer Rule: A transfer/residency requirement assists in the prevention of students switching schools in conjunction with the change of athletic season for athletic purposes; impairs recruitment and reduces the opportunity for undue influence to be exerted by persons seeking to benefit from a student-athletes prowess.

A transfer/residency requirement promotes stability and harmony among member schools by maintaining the amateur standing of high school athletics; by not letting individuals other than enrolled students participate and by upholding the principle that a student should attend the high school in the district where the student's parent(s) guardian(s) reside.

Sect. 7: Non-School Competition

- A. A member of a school team is a student athlete who is regularly present for, and actively participates in, team tryouts, practices and competitions. Bona fide members, as of the first date to practice in that sport as listed in By-Law Article XXXVI of the NHIAA Handbook, of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include

tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director. It is expressly understood that waivers shall not be granted on a regular basis and shall only be granted in extraordinary circumstances.

THIS IS AN NHIAA RULE AND ONLY THE PRINCIPAL AND ATHLETIC DIRECTOR MAY WAIVE THE RULE, NOT THE COACH.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

B. International Competition:

Students and/or teams desiring this kind of competition must have the approval of the NHIAA. No requests for approval will be considered unless received in writing and signed by the principal six (6) weeks prior to the date of participation. Requests are to be submitted to the NHIAA Executive Director for action.

C. Member Schools' Students Attending Foreign Country Schools:

Sect. 6: Disqualification from an Interscholastic Athletic Event

- A. Any player who is disqualified before, during or after any sanctioned event and or scrimmage at the sub-varsity or varsity level, for exhibiting unsportsmanlike conduct, shall not participate in any scheduled interscholastic athletic event, including NHIAA tournament contests until the suspension is served in the sport at the level in which the disqualification occurred. Any coach who is disqualified before, during or after a game at the sub-varsity or varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next two scheduled interscholastic athletic event, including NHIAA tournament contests and MUST take the NFHS Teaching and Modeling Course for Disqualified Coaches prior to returning to coach in any capacity. Any player or coach who is disqualified from a game and participates in the next scheduled interscholastic athletic event(s), including NHIAA tournament contests, shall cause that school's game(s)/event(s) to be forfeited in the event of a win. In the event of loss(es), the matter will be referred to the Sportsmanship Committee for action. The school may request a hearing with the Executive Director and/or Sportsmanship Committee to explain the circumstances of the situation. The Executive Director, in consultation with the Sportsmanship Committee may modify consequences. It is the coach's responsibility to promptly notify the school of any disqualification and the school must immediately impose the stated sanctions regardless of when formal notification is received from the NHIAA. Note: During the period of disqualification, a coach may not be in attendance before, during, or after the game(s)/event(s) for which the disqualification is imposed. The local school administration can impose additional sanctions in addition to the two-game suspension required under this By-Law should they feel such action is warranted. If there is a violation the contest shall be forfeited or reviewed by the Executive director as noted in Sect. 6 above.

Individual schools can determine if a disqualified student athlete is allowed to continue practice or other school activities or whether to exclude the student athlete as in the case of a disqualified coach.

- B. A disqualified student athletes must view the “NFHS Sportsmanship” video on the NFHS website under the supervision of a school official prior to returning to game action. A certificate of completion must be filed with the athletic director and reported to the NHIAA effective for the 2012-13 season.
- C. If any player or coach receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of that season.
- D. Should the disqualification occur in the final contest of that season (including tournament play), with no remaining scheduled games in that level/sport, the suspension shall be served at the next regular season or post season contest for that student athlete. If a disqualification is administered to a graduating senior or coach in his final game of coaching for that school, it is the expectation that the school will take immediate and appropriate disciplinary action.
- E. Any player who leaves the bench area during an interscholastic athletic event where an altercation is taking place in the playing area shall receive a one-game disqualification for the next scheduled game. If the infraction is not reported by the game official, it is the responsibility of the school administration to report and enforce the consequence.
- F. *This rule supersedes the NFHS Ice Hockey penalty rule 4-5 Game Misconduct Penalties. A player or coach who has received a game misconduct penalty for unsportsmanlike conduct shall be immediately removed from the game and the NHIAA Sportsmanship By-Law invoked as stated above.
- G. ***Soccer Yellow/Red Card Violations**
 - 1. Any team, whose players/coaches receive 4 (four) red cards or a collective total of 12 cards during the regular season, will be ineligible for NHIAA tournament play and have their remaining season games forfeited and their season terminated. The school will be required to attend a hearing with the Soccer Committee. (Preseason yellow cards are not counted towards your season total. Preseason red cards will be counted towards your season total.)
 - 2. If a player/coach receives his/her third yellow card of the regular or post season a 1 game disqualification will be given.
 - 3. Any team whose players/coaches receive a collective total of 5 cards in a game will result in immediate termination of the game and result in forfeiture by the offending team. If both teams receive the collective total of 5 at the same time both teams will receive a forfeiture loss. This will include regular season and tournament play.
 - 4. Game officials must report all yellow and red card infractions to the NHIAA Office following their games.
 - 5. Athletic Directors are required to report all yellow and red cards via the soccer card report on the NHIAA website.

NOTE:

- Any player involved in a fight shall receive a two (2) game suspension for the first offense. A second offense will lead to a disqualification in that sport for the balance of the sports season.

*This decision cannot be appealed to the NHIAA Sportsmanship Committee as it is considered to be a judgment call by a game official.