

Northfield High School Athletics

Authorization and Eligibility Guidelines 2018-2019



Instructions for students and their parents or guardians:

1. **Please read** all of the guidelines, rules and forms which are included in this authorization packet.
2. **Sign** where your signature is required.
3. **A physical examination is required every three (3) years and MUST BE SIGNED BY A PHYSICIAN.** A copy of the form can be found on the MSHSL league website www.mshsl.org. This form can also be found at local clinics.
4. **Attach the fee** for the first sport in which the student will participate. Only one copy of these signed forms is necessary for the 2018-19 school year and must be turned in before the first season of participation.
5. **For each additional season/sport**, the appropriate second season or short form must be turned in along with a form indicating the student's name and the sport. This form is available in the Activities Office or available online on the High School Activities Home page.

GENERAL INFORMATION FOR STUDENT ATHLETE

1. ACADEMIC POLICY- adopted June, 2008

The purpose of this academic eligibility policy is to monitor, motivate and assist the students who participate in co-curricular activity programs, in order for the student to be academically successful. While the school's co-curricular programs are a vital part of the total education of our students, our primary mission is academics.

Students will become Academically Ineligible if they receive:

1. More than one (1) failure on quarter grades at the end of 1st & 3rd quarters.
2. One (1) or more failures on semester grades.

While academically ineligible a student may practice with the team or activity but may not participate in MSHSL interscholastic athletic, academic, or performing arts competitions. The same consequence is in effect for those students participating in non-MSHSL activities (no public performance) for the duration of the consequence. If a student regains eligibility after a period of ineligibility the student is not guaranteed his/her original role. The role will be determined by the coach/advisor/director. When declared academically ineligible: the student will become academically ineligible for the next two (2) MSHSL games/competitions or non-MSHSL competitions/performance and/or two (2) weeks whichever is greater. At the beginning of the season, practice and conditioning weeks are counted.

Academic Probation:

Immediately following the period of ineligibility the student will enter a period of 15 school days of academic probation. During academic probation the student is fully eligible. If the student is making successful progress (passing) all classes after 15 school days they are no longer on academic probation. If the student is failing in one or more classes they will again become ineligible, but this time for six (6) games and/or three (3) weeks, whichever is greater.

Enforcement Procedures:

1. Grades of all co-curricular participants will be checked at the end of each quarter and semester.
2. As soon as grades are released at the end of each grading period, students who will become ineligible will be notified, as will their parent/guardian and coach/advisor.
3. A student who is returning to Northfield High School after having dropped out, or is transferring from Northfield High School to the ALC after dropping out, or is returning to the ALC after having dropped out and had more than one failing grade for the last full quarter of five or more credit-bearing classes is academically ineligible. A student in these situations must complete a full quarter of work carrying five classes with no failures to be eligible for participation in co-curricular activities.

Additional ALC Policy:

The following pertains to students of the Alternative Learning Center (ALC) who are participants in the Northfield High School (NHS) Activities Department.

1. ALC students must maintain a completion rate of 60% of the hours required each quarter in order to remain eligible to participate.
2. If a student transfers from a NHS class to an ALC class the grade they are earning in the NHS class transfers with them. That grade will be averaged in with the ALC grade for the quarter or semester. A student cannot transfer to the ALC in an attempt to remain academically eligible.
3. At the end of each quarter and semester, the ALC will report to the Activities Office the names and completion rates of all ALC students participating in NHS Activities programs. Those who fall below the 60% completion rate will become academically ineligible.
4. Students not carrying a full course load each quarter will be ineligible until the student is enrolled in five credit-bearing courses.

Additional Home School policy:

The person responsible for the education of a home school student must inform the Activities Director if the student is making unsatisfactory progress toward graduation. This information must be sent at the end of each grading period, if the student is a participant in any Northfield High School co-curricular activity.

Incompletes:

An incomplete(s) not changed to a passing grade(s) by the end of the second week of the succeeding quarter will become a Failure for the purposes of Academic Eligibility. If this results in ineligibility, the student will be ineligible for the remainder of that quarter. Ineligibility will be waived if the student does not have an incomplete at the end of the succeeding quarter and does not have more than one failing grade. Exceptions may be made for incompletes which are caused by extenuating circumstances.

Exceptions to the above will be made in the following circumstances:

1. Students in special education may have different standards written into the IEP upon the approval of the student's special education teacher, the Activities Director and Principal. Eligibility standards for these students may be waived if that student has made every possible effort to meet the standards.
2. A plan different from the above could be written to meet the individual needs of a particular student. This would only occur if it could be shown that the above plan is not working or has not worked, or in some other way is inappropriate. Such a plan must be approved the parents, Activities Director and Principal.

Students involved in the following activities must meet Academic, Chemical & Code of Responsibilities Eligibility Standards:

All Athletic Activities	Chess	Math Team	Student Council
Band	Choir	Orchestra	Mock Trial
Music Listening	Drama	R.A.L.I.E.	Speech
Academic Challenge	Cheerleading	Science Olympiad	Rock 'n Roll Revival

2. CHEMICAL ELIGIBILITY RULES: Northfield High School Policy adopted June, 2008

Philosophy and Purpose: We at Northfield High School care about the well-being of our students. We recognize that the use of alcohol, tobacco and other mood-altering chemicals has a negative impact on the health of the individual, Their performance, and their team's or group's ability to function effectively. The chemical eligibility rules are designed to promote and encourage a chemically-free lifestyle and to provide a fair and meaningful consequence when the rules are broken, with the main intention being to help the student.

Northfield High School (NHS) adheres to MSHSL Bylaw 205 including all (NHS) additions underlined below.

Policy: During the calendar year:

1. A student shall not at any time, regardless of the quantity:
 - A. use or consume, have in possession a beverage containing alcohol;
 - B. use or consume, have in possession tobacco; or,
 - C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.
 - D. use or consume, have in possession, buy, sell, or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. "Tobacco products" means: any product containing, made , or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product.
 - E. use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or products shall include, but are not limited to, synthetic drugs ,gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.

2. Penalties for Category I Activities

Definition - Category I Activities: Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

- Athletic Activities
- Fine Arts Activities

1) Debate

2) Speech Activities including One Act Play - when a school schedules a season of interscholastic contests.

A. First Violation Penalty

The student shall lose eligibility for the next two consecutive interscholastic contests or *two weeks, 14 calendar days*, of a season in which the student is a participant, whichever is greater. In addition, the student must meet with and be screened by a school district drug counselor. In order for the student to resume competing in interscholastic contests, a report of attendance from the school district drug counselor must be reported to the Activities Director.

B. Second Violation Penalty

The student shall lose eligibility for the next *six consecutive interscholastic contests or three weeks, 21 calendar days*, whichever is greater, in which the student is a participant. In addition, the student must meet with and be assessed by an approved outside drug agency (approved by the Activities Director). In order for the student to resume competing in interscholastic contests, a report of compliance to the required assessment from the drug agency must be received by the Activities Director. All costs for any assessment done by an approved outside agency shall be the responsibility of the student and his/her family.

C. Third or Subsequent Violation Penalty

- 1) The student shall lose eligibility for the next *12 consecutive interscholastic contests or four weeks, 28 calendar days*, whichever is greater, in which the student is a participant.
- 2) A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
 - a) The student is assessed as chemically dependent, and
 - b) enters treatment voluntarily, and
 - c) the director of the treatment center certifies that the student has successfully completed the treatment program.

Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

D. Applying the Penalty

- 1) Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
- 2) Violation Confirmation Definition: The violation shall be confirmed when the administrator responsible for the athletics/activities program has informed the student that the student has violated a bylaw and is now under the penalty. The notification shall be verbal and also in writing.
- 3) Counting Weeks:
 - a) The weeks shall begin on the date that the violation is confirmed by the school administrator and extend for the required number of calendar days.
 - b) For the purpose of this bylaw, a week is seven calendar days. The week starts the date the violation is confirmed.
 - c) At the beginning of the season, practice and conditioning weeks are counted.
 - d) The student must participate in and complete the entire season in which the penalty has been applied for the penalty to count. As examples: a student can not begin participation in a program at the start of the season, serve the penalty and then quit after the suspension has been served; nor can a student join a program after the season has begun, and serve the penalty.
- 4) A student who is under penalty for a violation of a League bylaw may not join a second sport in the same season in order to fulfill a penalty.
- 5) Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted, however, the student is eligible to participate.
- 6) A student who participates in both Category I and Category II activities shall serve the penalty prescribed for that violation in both Category I and Category II activities in which the student participates.
- 7) If a student regains eligibility after a period of ineligibility the student is not guaranteed his/her original role. The role will be determined by the coach/advisor/director.

3. Penalties for Category II Activities

Definition - Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

Fine Arts and Academic Activities

- 1) Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
- 2) Music Activities.
- 3) Visual Arts Activities.
- 4) Chess, Academic Challenge, Math Team, Mock Trial, Music Listening, Fall Play, One Act Play, Rock 'n Roll Revival, Spring Play, Science Olympiad

Penalties for Category II Activities are identical to those listed for Category I. Interscholastic contests in Category I are identical to public performances and/or contests in Category II.

In addition:

1. A student who is guilty of an offense after being named or elected as a team captain can no longer be a captain and will not receive any awards associated with being a captain.
2. MSHSL Bylaw 304.B.1 (Denial Penalty): A student who denies an offense and is allowed to participate and is subsequently found guilty of the offense, will be disqualified from all interscholastic contests for nine (9) additional weeks beyond the student's original period of ineligibility.

3. CODE OF RESPONSIBILITIES: Northfield High School Policy adopted June, 2008

All students represent our school and community. Therefore, good citizenship is required for participation in co-curricular activities. Because of their visibility and status as role models, proper conduct and abiding by school rules, MSHSL rules, local and state laws are expected of all students. Good citizenship also applies to respect for the rights and property of all individuals and respect for those who enforce the rules of our school and the law of the community. We believe that students do know the difference between appropriate and inappropriate behavior. However, in order to ensure understanding, The Student Code of Responsibilities of the Minnesota State High School League is used to explain the basic concepts of good citizenship and appropriate behavior and the policy outlined below defines our expectations in more specific terms. It is the responsibility of students in our activity programs to behave in a way that makes the school and community proud to have him/her represent us as a member of a Raider team and/or activity.

MSHSL Student Code of Responsibilities

The member schools of the Minnesota State High School League believe that participation in interscholastic activities is a privilege which is accompanied by responsibility.

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will show respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

Penalty: A student who is under penalty of exclusion, expulsion or suspension or whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the principal.

POLICY

A. Any student who is assigned in-school suspension or out of school suspension for any time period shall not participate in student activities that day or evening.

B. Activity participants are required to make a strong academic effort in the classroom. In addition, student-athletes and activity participants will demonstrate respect for teachers and fellow students, positive attitudes, sincere efforts and good attendance. This expectation applies both to in season and out of season student-athletes and activity participants.

C. Activity participants are expected to be trustworthy. It is absolutely necessary to have team members that can be trusted in the locker room, on the field, court, pool or gym, stage, on the bus to and from events and anywhere else he/she is apart of team activities. Activity participants indicating they cannot be trusted may be dismissed from that team.

D. Activity participants representing Northfield High School are expected to conduct themselves in a manner that will allow their team, coaches, school, parents or community to be proud of them. Behavior that negatively impacts the reputation of the school and/or community at any time or anywhere will not be tolerated. Gestures or comments, disrespect, defiance, insubordination towards teammates, game officials, opponents, coaches, spectators, school personnel, etc. will not be tolerated.

E. Activity participants are expected to demonstrate good citizenship and behavior in the community at all times. Behavior should be positive so that it brings credit to the student-athletes, activity participants, their activities and their school.

If it is determined that a student-athlete/activity participant demonstrated negative behavior in the classroom, an activity in or out of school, or in the community, consequences may be imposed. When such behavior does occur, the coach/advisor, activities director and assistant principal will discuss the matter with the student. Depending on the visibility and seriousness of the incident, consequences may include any combination of the following: suspension from games, practices, loss of letter points, loss of captain's position, dismissal from a team or activity, in-school or out of school suspension. A penalty may count in the sequence of MSHSL violations.

Examples of inappropriate behavior that will likely result in a penalty: (This list is in no way all inclusive)

- Theft
- Hosting a party where alcohol or other drugs are being used
- Disrespect to a teacher or other staff member
- Vandalism
- Cheating
- Attending an event knowing that illegal activity will take place and that the purpose for attending for most students is to participate in that illegal activity. (Example: End of the year class party)

STERIOD AND SUPPLEMENT POSITION

Students should not use creatine, androstenedione, ephedrine or other performance enhancing nutritional supplements as defined by the World Anti-Doping Agency (WADA) www.wada-ama.org except under the care and direction of a licensed medical professional and only then in the manner prescribed by the medical professional and manufacturer's recommendations. In order to minimize the health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply or recommend the use of any drug, medication or food supplement solely for performance-enhancing purposes. School personnel and coaches will not dispense any drug, medication or food supplement except when the student is under the care of a doctor and only as prescribed. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

STUDENT/COACH EJECTION FROM A CONTEST

Penalties:

Any student or coach disqualified from an interscholastic contest by game officials will be ineligible at the minimum for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition.

The second violation carries a minimum of four (4) regularly scheduled game/meet ineligibility.

If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over in that particular sport until the next school year. In the case of a senior, the penalty will continue to the next sport season.

Student: Anytime a student-athlete is ejected from a game/meet, he/she cannot participate the remainder of that day. The student is also suspended at the minimum from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition.

Consequences greater than the minimum penalties may be imposed depending on the reasons for ejection.

Coach: Anytime a coach is ejected from a game/meet, he/she does not coach the remainder of that day. The coach is also suspended at a minimum from the next scheduled, rescheduled, or contracted date at that level of competition and all game/meets in the interim at other levels of competition.

Appeal: A basketball coach may appeal the penalty only when he/she is disqualified for technical fouls and his/her actions did not contribute to the disqualification. The appeal will be heard by the local school administration. A complete report must be sent to the League for review.

4. ATTENDANCE POLICY: In order to practice, rehearse, compete or perform in any NHS co-curricular activity, the student must be in attendance that day for a minimum of four class periods. Pre-arranged absences with the approval of the assistant principal or Activities Coordinator will be considered an exception to the policy. All coaches/advisors are to explain this rule to the participants at the beginning of their season. Coaches/Advisors are expected to enforce this policy.

5. EQUIPMENT POLICY: All athletes are responsible for school-owned equipment which is used to them. Athletes who do not turn in equipment at the end of the season will be charged a fee to replace the equipment. Students will not be issued equipment for any other sport or activity until they have met their obligations from the previous sport. Diplomas of graduating seniors will be held if they have unmet obligations.

6. INITIATIONS/TEAM GATHERINGS: No teams or activity groups are to hold initiations or other similar events which are designed to become "part of the team". Team gatherings and activities to build team unity are important and are encouraged; however, for safety and liability reasons to prevent hazing and/or harassment, initiation events must not be held. Students who violate this rule – both those who conduct the initiation and those who take part – will be suspended from competition for a minimum of the next two events/contests.

7. INJURIES: Please be sure that coaches are informed of all injuries. An accident/injury report must be filed for any injury which requires a doctor's attention. This form is filed by school personnel. NHS athletes may see the Athletic Trainer for a free consultation. The trainer is available daily after school in the training room or can be called at the Center for Sports Medicine. Any treatment received at the hospital or Center for Sports Medicine must be paid for by the athlete. After seeing a doctor the athlete must receive a signed permission slip from the doctor before being allowed to return to action.

8. TRAVEL RELEASE: All student/athletes are expected to ride to and from all events with the team. The only exceptions to this will be in special situations where the student/athlete rides with their parents or another parent. This will only be allowed with the written permission of the parents. If possible this should be done in advance.

9. LAST DATE TO JOIN A TEAM: To be eligible for section and state competition, a student must be a member of that school's team not later than the fourth Monday after the official start of that sport season. Gymnasts must be on the school's team not later than the third Monday after the official start of that season. When a sport season begins on a Monday, that day shall be counted as the first Monday.

MINNESOTA STATE HIGH SCHOOL LEAGUE ATHLETIC ELIGIBILITY RULES

AGE A. Students who participate in the Adapted Athletics Program shall be under 22 years of age.. A student under age 22 who has started a Sport season will be permitted to complete that sports season.
B. A student who turns 20 during the 11th or 12th semester since first entering the 7th grade shall be allowed to participate through the completion of the 12th semester.

AMATEUR A student must be an amateur in that sport. A student may not receive cash or merchandise for athletic participation. A student does not lose his/her amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport.

ATHLETIC CAMPS AND CLINICS

A. School Year – Students may attend athletic camps and clinics which have been approved by their high school principal.

B. Summer Vacation Period: non-school sponsored camps and clinics do not require approval.

1. The non-school sponsored camp or clinic fee must be provided by the student or the student's parent(s) or guardian, unless other arrangements are approved by the Board of Directors.

2. A student may attend a camp or clinic where a member of the school's coaching staff (sophomore, B-squad, junior varsity or varsity) in that sport owns, administers, directs, organizes or serves as an instructor or is a staff member during the student's attendance.

C. Penalty: First Violation: After confirmation of the first violation, the student shall lose eligibility in that sport for the next two (2) consecutive interscholastic contests or two (2) weeks of that season, whichever is greater. If there are fewer than two (2) events remaining in that sport, the loss of eligibility will continue into the next season in that sport. Note: This means that a senior who violates the bylaws at the end of one sport season will lose eligibility for two (2) games in the next sport season in which the student participates. 2. Second Violation: After confirmation of the second violation, the student shall lose eligibility in that sport for the next six (6) consecutive interscholastic contests or three (3) weeks, whichever is greater. 3. Third Violation: After confirmation of the third or subsequent violations, the student shall lose eligibility in that sport for the next twelve (12) consecutive interscholastic contests or four (4) weeks, whichever is greater. 4. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

AWARDS BYLAWS Acceptable awards to students in recognition of participation in high school activities include medals, ribbons, letters, trophies, plaques and other items of little or no intrinsic value (\$100.00 or less). Violation will render a student ineligible for participation in any activity of the League.

COLLEGE OR UNIVERSITY TEAMS Individuals who have participated with a college or university team are ineligible for participation in any activity of the League.

ENROLLMENT, ATTENDANCE, AND REQUIRED SUBJECT LOAD Students must be officially enrolled in (as defined by the Minn. Dept. of Education) and attending the school before they are eligible to represent that school in MSHSL sponsored activities. Students are eligible for participation if enrolled in the high school from the beginning of the semester. Students enrolling after the semester begins will gain eligibility at the start of the third week or on the 15th calendar day after enrollment. Students must be properly registered, attending school and classes regularly, and enrolled in the required number of credits.

FAIR HEARING PROCEDURE: The league Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's failure to certify the eligibility of a student. The student has 10 calendar days in which to appeal the school's decision. The appeals process includes an appeal before a hearing panel at the school and the right if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing.

The Board's decision shall be final. A Complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school.

FOREIGN EXCHANGE STUDENTS Foreign Exchange Students participating in a private exchange or an approved exchange program are limited to 1 calendar year of high school eligibility beginning with their 1st date of enrollment and attendance.

GRADUATE A student shall not be a graduate of a four (4) year high school or any secondary school.

GENERAL ELIGIBILITY In order to be eligible for regular season and MSHSL tournament competition, a student must be properly enrolled as defined by the Minn. Dept. of Education and a bona fide undergraduate member of his or her school in good standing. A student who is under penalty of exclusion, expulsion or suspension whose character or conduct violates the Student Code of Ethics is not in good standing and is ineligible for a period of time as determined by the Principal.

NON-SCHOOL COMPETITION AND TRAINING FOR TEAM AND INDIVIDUAL SPORTS

- A. During the High School Season: During the high school season, a student may not participate as a member of a non-school team, in the same sport. Season defined: The high school season shall run from the first date that practice may begin until the team is eliminated in MSHSL tournament competition. Baseball, softball and skiing are exceptions to this rule. Exception: Summer Vacation Period – Students may participate on a non-school team in the same sport as they currently play at the high school level during the summer vacation period. Summer Vacation Defined: Summer vacation shall start on the Saturday following the fourth Friday in May and ending on Labor Day. Summer Coaching waiver: If a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end on July 31 unless an extension is granted by the school's athletic director.
- B. During the School Year, Prior To and Following the High School Sports Season: A student may participate in contests, meets or tournaments as an individual competitor or as a member of a non-school team provided that these activities are voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B squad, junior varsity or varsity high school coaching staff.
1. Student may not use any type of high school uniform.
 2. A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B Squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.
 3. A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B squad, junior varsity or varsity high school coaching staff in that sport.
 4. A student's fee for non-school coaching or training must be provided by the student or the student's parents or guardians unless approved by the Board of Directors.
- C. Summer Vacation Period:
1. A student may compete as an individual or as a member of a non-school team. Summer Defined: The day following the fourth Friday in May through Labor Day.
 2. Students may receive coaching from their high school coach.
- D. Penalty: See Penalty under Athletic Camps and Clinics.
- E. Special Considerations
1. National Teams and Olympic Development Programs – the MSHSL may permit participation by high school students on bona fide national teams or in Olympic development programs if:
 - a. The program is approved and supported by the national governing body of the sport or if there is an Olympic development program of training and competition.
 - b. Directly funded by a national governing body on a national level.
 - c. Authorized by a national governing body for athletes having potential for future national team participation. Students who are invited to participate on National Teams or in Olympic Development Programs must contact their high school principal to obtain an application form. This must be completed at least thirty (30) days prior to participation.
 2. During the school year, students who participate for their school in a sport may participate through training, try-out or competition on a National Team or on a U.S. Olympic Development Program provided the student receives an individual invitation from the U.S. Olympic Com. Or the U.S. National Governing Body on the national level for that sport.
 3. Students who have completed their eligibility in a sport are exempt from the non-school competition and training rules in that sport. All-Star rules shall apply.

SEASONS OF PARTICIPATION

1. Students may not participate in more than one interscholastic season in a given sport in each school year or more than six seasons in any sport while enrolled in grades 7-12.
2. Participation, no matter how limited, will count as one season of participation.

SEMESTERS ENROLLED. Students shall be eligible for participation in League-sponsored activities for twelve consecutive semesters (six years) beginning with their initial entrance into the 7th grade. Counting Semesters: The student has twelve consecutive semesters for participation whether the student chooses to participate or not, and regardless of whether the student remains fully enrolled or not. The twelve consecutive semesters begin with the student's initial entrance into the 7th grade..

GRADE LEVEL ELIGIBILITY Participation in League-sponsored programs is limited to students in grades 7 through 12. Students in grade 7, 8, and 9 may participate only if they are enrolled in a continuation school for that high school.

Elementary students in grades K-6 are not eligible to participate in any League activities.

1. A **Continuation School** is one that is under the same administrative head and governing board.
2. A student in grades 7, 8, or 9, who attends a school under a separate administrative head and governing board; which does not have a continuation high school and where no other opportunity for participation on a high school team exists; is eligible to participate for a high school team provided the high school and the non-continuation school have established a joint agreement for participation in all League activities. The participation agreement for each activity or athletic program can be formed with:
 - A. The public school in the public high school attendance area as determined by the district school board where the non-continuation school is geographically located. If the public high school in #1 above declines the request for participation agreement the non-continuation school may form a participation agreement with any other public high school; or
 - B. Any non-public high school.
3. All participation agreements shall be established for a minimum of two years. If either or any of the schools involved in the participation agreement wish to dissolve the agreement, they may do so provided a minimum of one year's notice is given to the other school(S) unless the schools involved mutually agree to discontinue the agreement.
4. A Non-continuation school can form only one participation agreement for each athletic or activity program.

TRANSFER RULE: Domestic Students

1. A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one (1) of the provisions in Section 2 (below) is met.
2. A transfer student is eligible for varsity competition if:
 - A. **9th Grade Option:** the student is enrolling in 9th grade for the first time.
 - B. **Family Residence Change:** the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents move. If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects

either of the current enrollment options above, the student will be fully eligible upon transfer to the new school. A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

- C. **Court Ordered Residence Change for Child Protection:** The student's residence is changed pursuant to a child protection order placement in a foster home, or a juvenile court disposition order.
 - D. **Custody of Student:** A student of divorced parents who have joint physical custody of the student may move from one custodial parent to the other custodial parent and be fully eligible at the time of the move. The student may utilize this provision only one time during grades 9-12 inclusive.
 - E. **Move From Out of State:** If a student's parents move to Minnesota from a state or country outside of Minnesota and if the student moves at the same time the parent establishes a residence in a Minnesota public school district attendance area, the student shall be eligible at the first school the student attends in Minnesota.
 - F. **Enrollment Options Program:** A student who utilizes Minnesota Statute 124D.03 Enrollment Options Program, and transfers without a corresponding change of residence by the student's parents shall elect one of the following:
 - 1) retain full eligibility for varsity competition for one (1) calendar year at the school where the student was enrolled prior to the transfer after which time the student shall become fully eligible at the school to which the student has open enrolled; or
 - 2) be eligible only at the non-varsity level in the school to which the student has open enrolled for one (1) calendar year.
3. If none of the provisions in Section 2 (above) are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance in the new school.
- A. Students are immediately eligible for competition at the non-varsity level.
 - B. A student may not obtain eligibility as a result of a transfer. If at the time of transfer the student was not fully eligible in the previous school, the student shall be ineligible in the new school. A student who was not in good standing at the time of transfer shall be ineligible until the penalty from the previous school has been served.
 - C. Each time a student transfers and the conditions of the transfer do not meet any of the provisions of Section 2 (above), the student will be ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school. For example, if a student while serving a one-year transfer suspension transfers to another school and none of the provisions of Section 2 (above) are met, an additional one-year suspension will be applied. The student will begin serving the additional one-year suspension immediately following the completion of the previous one-year suspension.
 - D. A student who transfers from one MSHSL member school to another MSHSL member school is ineligible for varsity competition for fifteen (15) calendar Days from the first day the student attends practice in the fall or attends classes in the new school for the first time. Upon transfer, the student will be ineligible at the former school and may practice at the new school but may not compete in any varsity activity at the new School.
The student will retain full eligibility at the former school if the student chooses to return to the former school during the fifteen (15) calendar day period. If the student remains at the new school, following the fifteen (15) calendar day period, the student will become eligible at the varsity level only when the Student has fully met all of the transfer criteria and has been deemed to be eligible both by the new school and the League Office. If any of the transfer criteria has not been met, the student will be ineligible for varsity competition at the new school and must then choose between varsity Participation eligibility criteria.
 - a. The student may elect to decline the 15 day window to become eligible to compete at the varsity level at the Receiving School once the school administration determines the student has met all of the varsity participation eligibility criteria.
 - b. A student may utilize this provision one time per 365 calendar day period.

The Minnesota State High School League Board of Directors has established a due process procedure for a student or parent who believes the bylaws of the League have been misinterpreted by the student's school administrator(s) who are charged by the school to determine the student's eligibility. A student who represents the student's school in competition between member schools at the varsity, junior varsity or sophomore B-squad level must be fully eligible to do so, and the student or the student's parents who wish to contest a school's failure to certify the eligibility of a student may do so as identified in the Fair Hearing Procedure identified at the beginning of the 300 series of bylaws in the most current League Official Handbook.

FOREIGN EXCHANGE AND INTERNATIONAL STUDENTS – information available through the Activities Director, or online with the Minnesota State High School League.

CHEMICAL/TOBACCO USE/ABUSE See Northfield High School Policy #2 under General Information

RACIAL/RELIGIOUS/SEXUAL HARASSMENT/VIOLENCE

A. Definitions

1. Racial Harassment consists of physical or verbal conduct relating to an individual's race when the conduct a. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment; or b. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or c. otherwise adversely affects an individual's employment or academic opportunities.
2. Racial Violence is a physical act of aggression or assault upon another because of, or in a manner reasonable related to race.
3. Religious harassment consists of physical or verbal conduct relating to an individual's religion when the conduct:
 - a. has the purpose or effect of creating an intimidating, hostile or offensive working or academic environment
 - b. has the purpose or effect of substantially or unreasonably interfering with an individual's work or academic performance; or
 - c. otherwise adversely affects an individual's employment or academic opportunities.
4. Religious Violence is a physical act of aggression or assault upon another because of, or in a manner reasonable related to religion.
5. Assault is:
 - a. an act done with intent to cause fear in another of immediate bodily harm or death; or
 - b. the intentional infliction of or attempt to inflict bodily harm upon another; or
 - c. the threat to do bodily harm to another with present ability to carry out the threat.
6. Sexual harassment is a form of sex discrimination which violates Sect. 703 of Title VII of the Civil Right Act of 1964, as amended, 42 U.S.C. 20003, et. Seq., and Minnesota Statutes Sections 363.01-.14, the Minnesota Human Rights Act.
 - a. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, sexually motivated physical conduct or other verbal or physical conduct or communication of a sexual nature. Sexual harassment is illegal but may or may not be criminal activity.
 - b. Sexual harassment may include but is not limited to: 1) verbal, written/graphic harassment or abuse; 2) subtle pressure for sexual activity; 3) inappropriate patting or pinching; 4) intentional brushing against the individual's body; 5) demanding sexual favors accompanied by implied or overt threats concerning an individual's employment or educational status; 6) demanding sexual favors accompanied by implied or overt promises of preferential treatment with regard to an individual's employment or educational status; 7) any unwelcome touching of a sexual nature.
2. Sexual violence is a physical act of aggression that involves the touching of another's intimate parts, either above or underneath the other person's clothes, or forcing another to touch one's intimate parts, either above of underneath one's clothes. Intimate parts, as defined in Minnesota Statutes 1990, Section 609.241, include the primary genital area, groin, inner thigh, buttocks, or breast of a human being. Sexual violence is a criminal activity.

a. Sexual violence may include, but is not limited to: 1) touching, patting, grabbing or pinching another person's intimate parts, either same sex or opposite sex; 2) coercing or forcing sexual touching on another; 3) coercing or forcing sexual intercourse on another; 4) threatening to force sexual touching or intercourse on another.

3. Hazing: a. Hazing means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to: 1) any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body. 2) Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student. 3) Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the student. 4) Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school. 5) Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations. B. "Student organization" means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition. C. Reporting procedures: 1) Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy. 2) The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent. 3) Teachers, administrators, officials, volunteers and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes or had other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately. 4) Submission of a good faith complaint or report of hazing will not affect the complainant or reporter's future employment, grades or work assignments. d. Reprisal: The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assist, or participates in an investigation or against any person who testifies, assist or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.

B. Bylaw: During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence and hazing bylaws of the MSHSL. Interpretation: The bylaw applies to the entire school year and any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.

C. Penalties for Category I Activities:

1. Racial/Religious/Sexual Harassment Violations

a. First Violation: After determination of the violation, a student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. Recommendations: 1) It is recommended that the school develop a local education program through which the student would receive information about racial/religious/sexual harassment and racial/religious/sexual violence. 2) It is recommended that, when appropriate, the school refer a student to a community agency or a professional individual outside the school for counseling.

b. Second Violation: After determination of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. Recommendation: It is recommended that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist or psychologist.

c. Third Violation: After determination of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater.

d. Accumulative Policies: penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.

2. Racial/Religious/Sexual Violence Violations: After determination of the violation of the racial/religious/sexual violence rules, the student shall lose eligibility for the next year, i.e. twelve (12) calendar months.

DISTRICT #659 ACTIVITIES FEE INFORMATION 2018-19

1. The following guidelines are for the use of scholarship/fee waivers for co-curricular programs offered through Northfield High School and Northfield Middle School. All students in items a & b below must qualify under the current school year's Free or Reduced Meal Program guidelines administered by the school district Food Service Department.
 - a. Students who qualify for the **Reduced Meal Program** are required to pay **40%** of the total cost of the activity.
 - b. Students who qualify for the **Free Meal Program** are required to pay **20%** of the total cost of the activity for which they are enrolling.
 - c. Students who do **not** qualify for a Free or Reduced Meal Program, but who have a financial hardship must submit an application for a scholarship, and if granted are required to pay at least **20%** toward the activity fee. A waiver form must be submitted for each activity, each season. Waiver Forms can be found on the School District Website or can be obtained by contacting the High School Activities Office.
2. Fees must be paid **BEFORE** the student/athlete will be allowed to practice or play.
3. Fees are as follows. Fees help cover costs of equipment, apparel, transportation, and officials.

Athletics - High School

Full Fee – 100%	Reduced Meal – 40%	Free Meal – 20%	
\$260	\$104	\$52	Alpine Ski (includes transportation fee)
\$215	\$86	\$43	Gymnastics-Hockey-Nordic Ski (includes transportation fee)
\$182	\$73	\$36	Soccer (includes Spring Creek Park user fee)
\$165	\$66	\$33	Baseball-Basketball-Dance Team-Football-Softball-Swimming-Volleyball-Wrestling
\$155	\$62	\$31	Golf, Lacrosse
\$130	\$52	\$26	Cheerleading-Cross Country-Tennis-Track-Weightlifting
\$75	\$30	\$15	Bowling, Clay Target

Academic and Fine Arts Activities - High School

Full Fee – 100%	Reduced Meal – 40%	Free Meal – 20%	
\$70	\$28	\$14	Chess-Knowledge Bowl-Math Team-Mock Trial-Music Listening-Speech-Drama- One-Act Play-Science Olympiad

Athletics - Middle School

Full Fee – 100%	Reduced Meal – 40%	Free Meal – 20%	
\$95	\$38	\$19	7 th & 8 th Grade participating in Middle School Athletics
\$75	\$30	\$15	All 6 th Grade Middle School Athletics

Academic and Fine Arts Activities – Middle School

Full Fee – 100%	Reduced Meal – 40%	Free Meal – 20%	
\$60	\$24	\$12	Chess-Knowledge Bowl-Math Team-Speech-Drama

Family Limit

Full Fee – 100%	Reduced Meal – 40%	Free Meal – 20%	
\$605	\$242	\$121	Family Fee Limit (includes high school and middle school), Athletics, Academic & Fine Arts combined.

***Middle School students participating in a high school program will pay the high school fee and need to fill out the high school registration forms. This fee will be paid at the high school.

ATHLETIC PASS

ALL STUDENTS IN GRADES 6-12TH NORTHFIELD MIDDLE SCHOOL AND NORTHFIELD HIGH SCHOOL STUDENTS MAY PURCHASE A STUDENT ATHLETICS PASS FOR \$5.00. Student athletic passes may be picked up or purchased in the High School Activities Office.

REFUND – A student who quits a sport/activity, for any reason, prior to the first contest or public appearance may receive a full refund. (Note: Refunds will not be processed until student has turned in all equipment issued and has been cleared by the coach.) After the first contest or public appearance, no refund will be made except in the case of injury or illness which prevents continued participation. When this occurs (provided the injury or illness is substantiated by a physician's statement) the refund will be as follows:

- a. Full refund up until the first contest/public appearance
- b. ½ refund after the first contest/public appearance through first ¼ of the season
- c. ¼ refund through the first half of the season (Length of season is first practice through the first scheduled game of post-season competition.)
- d. Refunds must be requested within the academic year of the activity.

NORTHFIELD HIGH SCHOOL ATHLETICS — Eligibility/Permission Form 2018-19

THIS FORM MUST BE COMPLETED, SIGNED AND RETURNED TO THE ACTIVITIES OFFICE ALONG WITH THE ATHLETIC FEE AND PHYSICAL FORM (IF NEEDED) 24 hours before the start of the first practice.



SPORT: _____ **School Attending:** _____
 (name of sport)

Fee attached _____ **Family fee pd (please itemize fees paid to date)** _____

If you would like to help support another athlete with a scholarship donation, please indicate the amount you wish to include in your fee. _____ **Thanks!**

Fee Waiver Requested: (Please check which applies) Fee Waiver Amount _____ **(Fee waiver form must be attached)**
Fee Waiver form is Available on the Northfield Public School website under Activities and Events Home Page.

Reduced lunch (40%) _____ **Free Lunch (20%)** _____
***** Free/ Reduced Letter must be accompanied with this form*****

Name _____ **Date of Birth** _____ **Grade** _____ **Gender** _____
 (Student Name)

Address _____ **City, Zip** _____

Parent Email address (for use only by coaches and Activities Director with your permission) _____

Home Telephone _____ **Work Telephone of Parent/Guardian** _____ **Cell Phone** _____

Names of Mother/Father or Guardians _____

If you are new to the Northfield School District in 2018-2019, please indicate name and location of school last attended and date of enrollment in Northfield School District: _____

MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE

DATE ____ / ____ / ____

Check Yes or No boxes for each question or Circle question numbers for which you cannot answer.

IN THE LAST YEAR, since your last complete Sports Qualifying Physical Exam with your physician or your Year 2 Annual Health Questionnaire, HAVE YOU HAD ANY CHANGES TO THE FOLLOWING QUESTIONS:

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. In the last year, has a doctor restricted your participation in sports for any reason without clearing you to return to sports? | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOU IN THE LAST YEAR | | |
| 2. In the last year, have you passed out or nearly passed out <i>during or after</i> exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the last year, have you had discomfort, pain, tightness, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. In the last year, does your heart race or skip beats (irregular beats) during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. In the last year, do you get light-headed or feel more short of breath than expected during exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. In the last year, have you had an unexplained seizure? | <input type="checkbox"/> | <input type="checkbox"/> |
| IMPORTANT HEART HEALTH QUESTIONS ABOUT YOUR FAMILY IN THE LAST YEAR | | |
| 7. In the last year, has anyone in your immediate family died suddenly and unexpectedly for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. In the last year, has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including an unexplained drowning, an unexplained car accident, or Sudden Infant Death Syndrome)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. In the last year, has anyone in your immediate family had instances of unexplained fainting, seizures, or near drowning? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. In the last year, has anyone in your immediate family developed hypertrophic cardiomyopathy, Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT Syndrome, short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. In the last year, has anyone in your immediate family been diagnosed with Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy, long or short QT Syndrome, Brugada Syndrome, or catecholaminergic polymorphic ventricular tachycardia? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. In the last year, has anyone in your immediate family under age 50 had a heart problem, pacemaker, or implanted defibrillator? | <input type="checkbox"/> | <input type="checkbox"/> |
| MEDICAL RISK QUESTIONS IN THE LAST YEAR | | |
| 13. Have you had infectious mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. In the last year, have you had a head injury or concussion that still has symptoms like continuing headaches, concentration problems or memory problems? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. In the last year, have you had numbness, tingling, weakness in, or inability to move your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> |

Parents or Legal Guardians: Please note below any health concerns, medications, or allergies that may be important for the coaches or athletic/activities director to know.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

Parent or Legal Guardian Signature _____ **Signature of Student** _____ **Date** _____

Athletic/Activity Director Notes: (a YES answer to any of the questions above requires a clearance note from a physician prior to participation.)

2018-2019 MSHSL Athletic Eligibility Statement

I GIVE MY CONSENT FOR THE STUDENT NAMED ON THE FRONT SIDE OF THIS SHEET TO:

1. Represent his/her school in approved athletic activities except those indicated by an examining medical doctor.
2. Receive through a medical doctor of the school's choice, emergency medical care which may become reasonably necessary in the course of athletic activities or travel.
3. **Use the NHS Strength Training Facility**, but only when properly supervised by a coach or staff member and only in accordance with all rules and policies as established and posted in the facility.
4. Be photographed and have photos posted in accordance to all rules and bylaws instituted by the MSHSL.

We, the student and parent fully understand that Northfield Public Schools does not provide any accident or health insurance coverage for my son/daughter while participating in interscholastic athletics. **I fully understand** that it is my responsibility to provide insurance coverage for my son/daughter. **I further agree** not to hold the school or anyone acting in its behalf responsible for any injury or death occurring to the student named on the back of this page in the proper course of such athletic activities or travel. These statements apply to all athletic programs (including cheerleading and dance team) offered by the Northfield Public Schools in which I give my son/daughter permission to participate.

We, the student and parent have read, understand, and acknowledge receiving the 2018-2019 Northfield High School Athletic Eligibility information/policies and guidelines which contain a summary of the eligibility rules of the Minnesota State High School League. I understand that a copy of the Official handbook of the MSHSL is on file with the High School Activities Director and/or principal and that I may review it, in its entirety, if I so choose.

We, the student and parent understand that a member of the MSHSL must adhere to all of the rules and regulations that pertain to the League athletic activities a school may sponsor but that local rules may be more stringent than MSHSL rules.

We, the student and parent further understand that the Minnesota State High School League regulations provide that any student intends to participate in high school interscholastic athletics must have on file in this school a record of a satisfactory physical examination performed by a physician within the previous **three** years. More frequent examinations may be required.

We, the student and parent have reviewed the Concussion Management Recommendations for MSHSL Athletes contained in the Eligibility Brochure and on the following website: www.cdc.gov/concussion.

AS A STUDENT participating in my school's interscholastic activities, I understand and accept the Code of Responsibilities as outlined on the second page of the registration packet.

Penalty for Disqualification: Any student disqualified from an interscholastic contest by game officials for flagrant, violent or verbal misconduct will be ineligible for the next regularly scheduled game/meet at that level of competition and at all other games/meets in the interim at any level of competition. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled events.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury and/or death and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries and/or death are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program and inspect their own equipment daily. PARENTS OR STUDENTS WHO MAY NOT WISH TO ACCEPT THE RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN A MSHSL-SPONSORED ACTIVITY WITHOUT THE STUDENT'S AND PARENT/GUARDIAN'S SIGNATURE.

*****By signing this sheet we, parents and student, acknowledge that we have read the preceding information and agree to abide by the principles and regulations contained herein.**

As the parent/guardian signing this, I

A) Grant the above-named student permission to participate in all NHS-sponsored activities. B) Grant permission for the school to take the student on supervised trips connected with school-sponsored activities. C) **Understand that the student must refrain from practice or play during medical treatment until he/she is given a written permit by the attending physician to resume participation.** D) Certify that the answers to the questions are correct and true. E) Certify that the above-named student is physically fit to participate in all high school interscholastic activities. F) and agree to assist in the enforcement of these policies to the best of my ability.

Also: 1. I grant permission for a certified athletic trainer to evaluate, provide initial first aid to, and treat (if necessary) any athletic injury incurred by the student-athlete during school athletic events. 2. I understand that if the student-athlete has seen a physician for any athletic-related injury, in order for the student-athlete to return to activity (practice or competition), a signed note from the physician detailing the extent of the injury & when the student-athlete may return to play, must be filed with the school certified athletic trainer. 3. I grant permission for the school certified athletic trainer to give information regarding any athletic-injury may incur, to only a parent/guardian, coach, and/or school administrator/site supervisor.

I do not know of any existing physical or additional health reason that would preclude participation in sports. I certify that the answers to the above questions are true and accurate and I approve participation in athletic activities.

- The above-named student is given permission to participate in ANY sport and/or activity sponsored by Northfield High School **EXCEPT** the following: _____

Date: _____ **Signature of PARENT/GUARDIAN:** _____

Date: _____ **Signature of STUDENT:** _____