

Lebanon Community Unit School

District #9



High School and Junior High
Athletic and Student Activities/Clubs
Handbook

Adopted: Jun 20, 2023

The Illinois School Associations

Lebanon High School is a member of the Illinois High School Association, which determines the overall pattern for inter-school athletics in Illinois.

Lebanon Junior High is a member of the Southern Illinois Junior High School Athletic Association.

Conference Affiliations

Lebanon High School is a member of the Cahokia Conference.

Lebanon Junior High is a member of the Clinton County Conference.

*No conference affiliation shall be made which would require commitments inconsistent with the athletic policies of Lebanon High School.

Lebanon Jr/Sr High School Athletic Handbook

Introduction

It is the intent of this handbook to make available information regarding athletics at Lebanon Jr/Sr High School to all athletes who participate in our programs. We ask that you and your parents review the handbook carefully and keep it throughout your participation as a Greyhound Athlete.

When you are a part of an athletic team, you are a representative of Lebanon Jr/Sr High School. You are expected to demonstrate appropriate behavior on and off the field or court. We need quality people and athletes to have quality athletic programs. Quality athletes display good sportsmanship at all times.

The staff and administration welcome you to the Lebanon Athletic Programs. We desire to assist you in any way necessary. Good luck and enjoy your athletic participation in Lebanon's programs.

**ANY ISSUE THAT IS NOT ADDRESSED IN THIS HANDBOOK WILL
ADDRESSED ON AN INDIVIDUAL BASIS BY THE ATHLETIC DIRECTOR,
ADMINISTRATION AND BOARD OF EDUCATION.**

Superintendent— Dr. Amanda Ganey.....aganey@lcusd9.org
Principal High School and Junior High —Mrs. Kim Emrick.....kemrick@lcusd9.org
Principal Elementary School— Mr. Jasen Foster.....jfoster@lcusd9.org
Athletic Director—Mr. Chad Cruthis.....ccruthis@lcusd9.org

CO-OP Rules and Regulations

The following High School sports will adopt Wesclin High School’s athletic handbook and protocols for the 23-24 and 24-25 school years: Girls’ Basketball, Girls’ Softball, Girls’ Soccer

The LHS/LJHS Athletic Philosophy

Athletics play an important role in the life of students and the Lebanon community. The opportunity to participate in a wide variety of student-selected sports and activities is a vital part of the student’s educational experience. Athletes learn valuable lessons in sportsmanship, teamwork, competition, and responsibility. They learn how to set goals and achieve great success, but also how to deal with, and rebound from disappointing setbacks. Such participation is a privilege that carries with it a responsibility to teammates, the school, and the community.

Purpose

The interscholastic programs at Lebanon Jr/Sr High School are an integral part of the total educational program and as a student-athlete representing Lebanon Jr/Sr High School, you will be provided with leadership for development, supervision, and promotion of good sportsmanship in these activities. In turn, there are certain rules and regulations essential for a successful program.

Basic eligibility requirements and rules will be uniform for all activities, however, each respective sport/activity will have additional rules, standards of behavior, and discipline that are reasonable for that team as described by the respective coach/sponsor. All participants and parents should be familiar with and have a clear understanding of these rules and eligibility requirements.

A student’s association with the interscholastic programs is voluntary. We assume that a willingness to undertake certain obligations of self-discipline and team discipline will transcend those of the students who do not participate in interscholastic activities. Only those participating can weigh the benefits as opposed to the added responsibilities.

We have a great desire to excel in athletics just as we desire to excel in all activities conducted in the name of Lebanon Jr/Sr High School. We are determined to do our best to field aggressive, well coached teams, composed of young men and women who will represent Lebanon Jr/Sr High School with pride, enthusiasm, and loyalty. It is hoped that the academic and athletic experience at Lebanon Jr/Sr High School will yield satisfactions and rewards which will continue to enrich each student's life, long after they have left our campus.

Official rules and regulations of the Illinois High School Association (IHSA) govern our interscholastic programs.

The Athletic Director

The athletic director is charged with the responsibility of promoting and supervising the athletic programs for Lebanon C.U.S.D #9, while keeping focused on the aims and purposes of education as set forth by the Superintendent and the Board of Education.

The athletic director is concerned with developing a broad program of varied sports so conducted as to effectively reach a large part of the school population; improving methods of teaching and conducting sports activities; conducting the program so as to make proper use of facilities and equipment; placing proper emphasis upon the various activities; and employing good public relations. The athletic director is concerned with the development of a program from the long-range viewpoint with the opportunity for growth and development from the fifth grade through the twelfth grade.

The athletic director will be responsible for the athletic budget including uniforms, officials, all requests for equipment, and other related expenses. Coaches will make requests for equipment through the athletic director. The athletic director is expected to stay within his/her estimated budget.

The athletic director will be responsible for an evaluation of each coach, assistant coach, and program. This will be completed in conjunction with the building principal.

Lebanon Athletic Coaches

In any school athletic program, the key individuals are the coaches. The organization has one purpose--to assist the coaches to teach more effectively and to positively influence the boys and girls who play.

Coaches of athletics in Lebanon are selected with care based on their known ability to accomplish the aims of the program.

In such matters as scheduling events, requisitioning equipment, and selection of officials, the athletic director will try to give due consideration to the wishes of the coaches.

All athletic schedules are subject to specific schedules of the conference and independent schools. Schedules cannot always be arranged for a particular coach's likes or dislikes.

Coaches are paid stipends in addition to their basic salaries for their coaching assignments according to the salary schedule.

Every effort is made to supply the best equipment, supplies, medicine kits, etc... for each sport. Coaches will make requests for equipment through the athletic director.

At the end of the season, the head coach will turn in inventories and supply requests for the next year to the athletic director. Requisitions and inventories are due within one week of the end of the season. Coaches are responsible for collecting all uniforms within one week of the end of the season and making sure they are cleaned before putting them in storage.

Team Rosters are to be turned in to the Athletic Director at the first practice and again after the team has been selected.

If a student drops a sport--the coach should notify the office and the parent or legal guardian within 24 hours. If a student drops a sport; the athletic fee will not be refunded.

After every practice session and game, the coach should be the last person to leave the building. If a custodian is not on duty when a practice session is scheduled, it is the responsibility of the coach to see that all outside doors are locked before leaving the building and that the building is left in an orderly manner.

Coaches should attend the athletic recognition program for their sport.

Getting Started

Students who are in 5th grade thru 8th grade are eligible to try out for junior high athletic teams as long as they meet all the requirements listed. Students who are in the 9th thru 12th grade are eligible to try out for high school athletic teams as long as they meet all of the requirements listed.

1. Student-Athletes must be legal residents (living full-time with parents or legal guardians) of the Lebanon Community School District.
2. Student-Athletes must be academically eligible. Each student-athlete must have passed a minimum of 5 courses the previous semester. (Note: All incoming first semester freshmen are eligible.) Each student-athlete must also be currently enrolled in and passing a minimum of 5 courses.
3. Student-athletes must have a current physical on file in the office. Each physical exam is valid for 365 days and therefore must be renewed annually. (Note: Incoming freshmen and 6th graders do not need a separate athletic physical exam and can use the regular required school physical exam form so long as the doctor marked them "approved for sports". However, the physical must have been taken before the student may participate in tryouts/practices/games.)

4. Each student-athlete and parent must read, comprehend and agree to abide by the “Code of Conduct” set forth in this handbook before being allowed to practice. This will be signed with the other Athletic Release Forms on the PowerSchool account.
5. Each student-athlete and parent must complete the Athletic Release Forms (available online in their child’s PowerSchool account). These include a hold harmless insurance form, athletic trainer consent for treatment form, Concussion Form and IHSA Drug Testing Form
 - Power School login : <https://lebanoncusd9.powerschool.com/public>
 - Choose Forms and then find the forms marked Athletic Forms, then check the boxes and put in the athletes name and parent guardian name at the end.
6. All high school athletes, grades 9-12, must also pay a \$60 sports fee per sport to the school and junior high athletes, grades 5-8, must pay a \$40 sports fee per sport. This can be done on the myschoolbucks app or it can be paid in person at the parent/player/coach meeting or in the high school office
7. A parent and their athlete should attend the parent/player coach meeting that is held usually a week or 2 before practices begin so that the athletic director and coaches can go over specific rules, expectations, etc... and this gives parents and players an opportunity to ask questions also.

Conduct Code for Participants in Extracurricular Activities

The administration, using input from coaches and sponsors of extracurricular activities, shall develop a code of conduct for all participants in extracurricular activities consistent with School Board policy. **The Code of Conduct is in effect for 365 a year** and shall: (1) require participants in extracurricular activities to conduct themselves as good citizens and exemplars of their school at all times, including after school, on days when school is not in session, and whether on or off school property; (2) emphasize that hazing and bullying activities are strictly prohibited; (3) notify participants that failure to abide by the code of conduct could result in removal from the activity. The code of conduct shall be periodically reviewed at the discretion of the building Principal and presented to the board.

Code of Conduct Introduction

Lebanon School District believes that student leaders (athletes, officers, student council members, and all members of performance groups) need to lead by example. Therefore, students who participate in leadership roles are expected to also be committed to personal growth which includes:

1. Commitment that their academic work remains a number one priority
2. Maintain academic standards as determined by the IHSA, i.e. passing five classes the previous semester and maintaining passing grades in at least five classes during the current semester, totaling 25 credit hours.
3. Commitment to a drug free community and school by remaining drug and alcohol free (including tobacco and vaping/e-cigarette products)
4. Commitment to not display any flagrant disregard for school rules; local, state, or federal laws; or legal authorities
5. Commitment to follow all additional rules set forth by the various activity and sport programs and leadership positions

Leaders of student organizations and members of athletic and activity teams include the following:

1. All Student Council Members
2. All Class Officers
3. Student Leadership Team
4. Athletic Teams-Baseball, Basketball, Bowling, Cheer, Cross Country, Golf, Softball, Track, Volleyball, Soccer
5. All Activity Teams/Groups/Band

As representatives of the school, these students must conduct themselves appropriately both while in school and out of school. To participate in these privileges, the following standards for said leaders shall be followed in addition to the general Code of Conduct. Students in such positions are expected to lead by example.

Therefore they will:

1. Conduct themselves as good citizens and exemplars of their school at all times, including before, during, and after school, on days when school is not in session (including summer and breaks), and whether on or off school property
2. Refrain from hazing and bullying activities as these are strictly prohibited
3. Follow additional rules, regulations and by-laws of the IHSA
4. Follow the rules set forth by coaches and sponsors

Participation in these leadership roles, athletic teams, and/or activity groups/clubs is considered a privilege and not a right. Therefore, in addition to the above expectations, participants must follow all other conduct rules as set forth below. It is understood that these

rules and regulations are to supplement any existing Board of Education policies. These rules and regulations shall apply all year-round for the duration of the participant's junior high career and high school career.

Code of Conduct Violations

A student participating in an activity or athletic program will be subject to disciplinary action if he or she violates this Code of Conduct for Extracurricular Activities. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

The student shall not:

1. Violate the District's policies or procedures on student discipline
2. Use, possess, buy, sell, barter, or distribute tobacco products and/or vaporizing/e-cigarette products of ANY FORM.
3. Use, possess, buy, sell, barter, distribute and/or be under the influence of alcoholic beverages (except for religious purposes)
4. Use, possess, buy, sell, barter, or distribute cannabis in any form, unless exempted under *Ashley's Law*.
5. Use, possess, buy, sell, barter, distribute, and/or be under the influence of drugs, look-alike drugs, or other controlled substances or possession of drug paraphernalia
6. Use, possess, buy, sell, barter, or distribute any illegal substances (including mood-altering and performance enhancing drugs or chemicals) or paraphernalia.
7. Attend a party, ride in a vehicle, or be in attendance of a group where any of the above items/products are being used, possessed, bought, sold, bartered, or distributed, but the athlete/participant is not using.
8. Act in an unsportsmanlike manner
9. Vandalize or steal
10. Haze or bully others
11. Violate the written rules for the activity or sport they are participating in
12. Behave in a manner that is detrimental to the good of the group or school
13. Be insubordinate or disrespectful toward the activity's sponsors or teams coaching staff
14. Falsify any information contained on any permit or permission form required by the activity or sport
15. Test positive on random drug testing conducted by the IHSA
16. Misconduct not specifically set forth in the code can constitute a 1st offense or a subsequent offense, or serve as the basis for complete removal from the activity. The administrative team (Superintendent, building Principals, Athletic Director, and Coaches) shall determine the offense and appropriate disciplinary action.

*Other conduct not specifically set forth in the code can constitute a 1st Offense or a subsequent offense, or serve as the basis for complete removal from the activity based on Administrative collaboration.

**Hazing and bullying activities are strictly forbidden at any time and in any location. Hazing is any humiliating or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. This definition was developed by the National Federation of State High School Associations. Bullying is any physical or verbal act or conduct that has or can be reasonably predicted to place a student in reasonable fear of harm; cause a detrimental effect on a student's physical or mental health; interfere with a student's academic performance; or interfere with a student's ability to participate in or benefit from school activities.

Due Process Procedures and Violations

Students who are accused of violating the Code of Conduct for Extracurricular Activities are entitled to the following due process:

1. The student shall be advised of the disciplinary infraction with which he or she is being charged. Parents/Guardians will also be notified.
2. The student shall be entitled to a hearing before an appropriate administrator.
3. The student will be able to respond to any charges leveled against him or her.
4. The student may provide any additional information he or she wishes for the administrator to consider.
5. The administrator, with the help of other staff members if needed, may interview material witnesses or others with evidence concerning the case.
6. If the administrator finds, after reviewing the evidence, that the violation occurred, he or she will impose sanctions on the student, as follows:
 - a. Sanctions for violations other than drug and alcohol will be based on the nature of the offense and the number of offenses, and may include suspension from all activities or sport for one of the time periods described below:
 - A specified period of time or percentage of events, competitions, or practices
 - The remainder of the season or for the next season
 - The remainder of the student's Jr High or High School career
 - b. Sanctions for alcohol and other drug violations will be based on the following:

Listed below are the violations a student-athlete will start with if the code of conduct is violated for using, possessing, acquiring, being in the presence of, and/or distributing the following:

Start at Violation 1 for: Vaping, Juuling, Electronic Cigarettes, and/or Tobacco in any substance

Start at Violation 2 for: Alcohol, Non-Prescription and/or Illegal Drugs

- The suspension will take effect immediately upon notification to the student-athlete of the violation.
- A student-athlete will be permitted to practice (on a limited basis) with their respective teams throughout their suspensions with the approval of the parent, except when prohibited by school suspension, in-school detention, and/or placement at another educational center.
- Voluntary admission to smoking, drug, or alcohol offense within 48 hours of the infraction may reduce disciplinary action for a first offense only.

The violations will restart for a junior high athlete when they become a freshman, but for all violations, they will start at violation 2 if they were already at violation 2 or above

Violation 1

- The student-athlete will be suspended from all interscholastic programs participated in for one calendar year from the date of the violation.
- The number of games/events student-athletes would be suspended from listed below represents approximately 10% of each season.
- If this violation occurs again, student-athletes will then move to Violation 2.

Violation 2:

Use, possession, buying, selling, bartering, or distributing: A suspension from participation of 1/3 of the total scheduled contests, activities, competitions, meetings, or the remainder of the season (whichever is shorter). This penalty will be reduced if the student successfully completes a school-approved chemical awareness program.

Attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: a suspension of 1/6 of the total number of scheduled contests, activities, competitions, meetings, or the remainder of the season, whichever is shorter.

****Students will be expected to practice with the team/group and attend all games (wearing appropriate, non-uniform clothing) regardless of the violation (unless suspended or expelled from school).**

*****Suspension games are counted at the varsity level, however the athlete may not participate in any underclass contests during the varsity suspension.**

Holding a class office, participating in an activity, or serving as a student leadership team member: privileges will be revoked for the remainder of the quarter the offense occurred as well as the following quarter.

Violation 3:

Use, possession, buying, selling, bartering, or distributing: a suspension of 12 weeks or one season, including suspension from all performances, activities, games, or competitions during the athletic season.

****In order to participate in any activity, sport, or club, again, the student must successfully complete a school-approved alcohol or other drug abuse assessment and follow all recommendations from that assessment.**

Attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: a suspension of 1/3 of the total number of scheduled contests, activities, competitions, meetings, or the remainder of the season, whichever is shorter.

****Students may be expected to practice with the team/group and attend all games (wearing appropriate, non-uniform clothing) regardless of the violation (unless suspended or expelled from school).**

Violation 4:

Use, possession, buying, selling, bartering, or distributing: a suspension from extracurricular activities for the remainder of the student's jr. high or high school career. The student will not be allowed to practice or travel with the team.

Attendance at a party, riding in a vehicle, or being in attendance of a group where products are being used, possessed, bought, sold, bartered, or distributed: A suspension of one calendar year from the date of the suspension, including all extracurricular activities during this period.

7. The administrative team will make a written report of his or her decision and rationale. The student may appeal the decision to the Building Principal.
8. All students remain subject to the Board's student discipline policy and/or the school's student handbook and the disciplinary measures listed in them.

The approximate number of scheduled games/events for each sport**High School Sports:**

Fall Sports: Volleyball (30) Golf (TBA) Cross Country (10) Soccer (20)

Winter Sports: Basketball (30) Cheerleading (30) Bowling (20)

Spring Sports: Baseball (35) Softball (35) Track (10)

Junior High School Sports:

Fall Sports: Softball (20) Baseball (20) Cross Country (8)

Winter Sports: Basketball (20) Cheerleading (20) Volleyball (24) Bowling (12)

Spring Sports: Track (10) Soccer (10)

Performance Enhancing Drug Testing of High School Student Athletes

The Illinois High School Association (IHSA) prohibits participants in an athletic activity, sponsored or sanctioned by the IHSA, from ingesting or otherwise using any performance enhancing substances on its banned substance list, without a written prescription and medical documentation provided by a licensed physician who evaluated the student-athlete for a legitimate medical condition. IHSA administers a performance-enhancing substance testing program. Under this program, student-athletes are subject to random drug testing for the presence, in their bodies, of performance-enhancing substances on the IHSA's banned substance list.

Other Rules

Apart from the drug-testing policy and procedures, the IHSA as well as each activity's coaching staff or sponsor may have their own rules and requirements. Coaches and sponsors have the necessary authority to enforce those rules. Any student participant who violates a team or activity rule or requirement is subject to the consequences as defined in those rules and requirements.

Felony Convictions

Student participants who plead or who are proven guilty of committing a felony will be dropped from all activities and athletic participation for one calendar year from the date of conviction. A second conviction during their 8 years as a student athlete from 5th grade to 12th grade will result in removal from all activities for the remainder of their time at LJHS/LHS.

Fighting During Athletic Activities:

Fighting during athletic activities will not be tolerated. IHSA rules also apply in this instance. Students/athletes who are involved in physical altercations during athletic contests will be suspended according to the IHSA handbook from extra-curricular activities. Athletes also face disciplinary action by the school administration which may result in an out of school suspension. Suspensions from athletic contests will be administered by the IHSA. Out of school suspension will be given based on the guidelines set forth in the District Discipline Code (See student handbook). If a second altercation occurs within the school year, the student/athlete may be banned from participating in any extra-curricular activities for the remainder of the school calendar. Additional days out of school may be given by school administration.

Serving Suspensions for Athletes

A suspension shall begin on the date of the investigation with the student, at which the student is found to have violated the rule. A student who commits a violation of this policy

while not actively participating in an extracurricular shall serve his/her suspension beginning with the student's next season of participation. If the suspension cannot be completed before the end of the season, the season shall carry over to the student's next athletic season. For a student to serve the designated suspension for a violation, that student must begin the season of the activity with the first practice and complete the entire season as a member of the activity. While suspended, students are expected to attend all games/matches, be dressed in street clothes, and sit with the team during the contest. Games/matches attended by students who are not physically cleared to play will not count toward their suspension.

Dress

Proper dress and grooming for participation and travel during the season for athletics and activities shall be determined by the coach/sponsor of each activity. He/she shall, after consultation with the Athletic Director, convey his/her regulation to the team members. The expectations for dress in the student handbook will be a general guideline.

Language

Profanity and/or abusive language, obscene gestures, and/or other forms of inappropriate behavior by participants involved in any activity will not be tolerated. Coaches/Sponsors shall discipline violators.

Theft of School, Team, or Other Individual's Possessions

Proven theft by a participant of possessions of this school, other schools, and/or possessions of other individuals shall be grounds for dismissal from participation in all athletics/activities at LHS/LJHS for 1 calendar year. The Athletic Director shall discipline violators with input from the coach/sponsor.

Evidence

If a member of the administration receives information or reports from any credible source that a student has violated any of the rules and regulations of the extracurricular code of conduct, he/she shall promptly investigate the charge. Examples of the sources of information could include a report from a faculty member, school board member, parents reporting their own children, police reports, court dispositions, or any other information regarding misconduct.

If there is sufficient evidence to believe a violation may have occurred, the administration shall:

- a) Interview the student notifying them of the charge and request a response
- b) If the student denies the charge, give an explanation to the student of the evidence and facts leading to the charge; and

- c) give the student an opportunity to respond or present an explanation of the event
- d) Communication with other parties will occur when appropriate on a case by case basis

Transportation

Transportation to and from all away extracurricular contests will be provided by Lebanon High School. All student-athletes are expected to travel to and from the scheduled contests with the team. The only exception to this policy will be: a parent or legal guardian, or other approved adult, may be granted permission to transport their son/daughter home from an event, with appropriate signed release form.

Transportation in regards to the co-op sports with Wesclin (Girls Basketball, Girls Soccer and Softball) is currently being discussed as to how that will be handled. When that is decided, it will be added to this document.

Academic Eligibility

In order to participate, junior high or high school student-athletes must pass a minimum of 25 class hours each week. Grade checks will be done by the Athletic Director every Friday after 12:00 PM. If a student is found to be ineligible, the week suspension will start on the following Monday and it will end at midnight on the following Sunday.

If a student is found ineligible for the 1st week:

- a) The student may practice with the team
- b) The student may not participate in any event/game/competition
- c) The student may not dress in uniform for the event
- d) The student may ride, with the team, to the event/game/competition
- e) The student may sit with the team but may not wear the team uniform

If the student is ineligible for more than 1 week, then the student will lose the privilege of practicing during the week, also the coach can state in his/her team rules how many weeks total that an athlete can be ineligible before being removed from the team

If a student is found ineligible for the semester:

In accordance with the IHSA and school policies, a student must pass 25 class hours each semester, passing 5 classes or more.

f) The student may not participate in any game, competition, or event for one full semester. A student may be allowed to practice at the coaches/administrators discretion. If a sport crosses over from semester 1 to semester 2, the student may practice with the team in order to be ready for the remainder of the season (in semester 2) should they be eligible.

Attendance

For a student-athlete to be eligible to participate in the current day's athletic event, they must be present at school no later than 11:00 am and remain at school until the end of the school day or early dismissal in the case of an away athletic event. Any absence prior to 11:00 am must be pre-approved and verified by an administrator, or if arriving at school late, the student must have a doctor's note, or an excused absence called in by a parent. Exceptions to this rule are, but are not limited to a doctor appointment, funeral in the family, or college day. These exceptions must be approved by an administrator. Attendance does not apply to contests or activities that fall on a Saturday, holiday, or a day in which school is not in session.

Students who attend Collinsville Vocational Program or are enrolled in the Work Study Program must fulfill the attendance policy of their respective program. Should a student miss their transportation to Collinsville Vocational Program, they are expected to stay at Lebanon High School for the remainder of the day.

Social Media

Participation in extracurricular activities is a privilege at Lebanon Jr/Sr High School. The use of social media by a student athlete considered to be "unbecoming of a Lebanon Greyhound" may result in discipline including suspension or removal from a leadership position, club, or team.

Procedure for Dealing with Parental Conferences with Athletic Coaches/Sponsors

Below is a chain of command chart indicating the channels of authority and reporting relationships for the community and personnel. The channels are to be followed, and no level should be bypassed. All parties should act professionally when following the chain of command. If a parent or legal guardian does not follow the chain of command below, they will be directed to start the head coach first and follow the chain of command, no action will take place unless the chain of command is followed.

**Player/Parent Concern → Head Coach → Athletic Director
→ Principal → Superintendent → Board of Education**

If a parent or legal guardian wishes to have a conversation with any coach or sponsor arising out of a particular game situation or incident where their child was involved, the complaint will require a "24 hour cooling off period".

This procedure will help ensure the complaint is more productive and help alleviate some emotional feelings and responses which might have occurred if the complaint was presented immediately after the incident in question. At the time of the incident, the parent or guardian should state to the coach or sponsor that they wish to set up a meeting/time to talk, but have no further discussion take place at that time. Texts/emails should also follow the 24 hour cooling off period.

Coaches/Sponsors, who have been presented with a complaint, shall inform the Athletic Director as soon as possible.

Depending on the nature of the complaint, it is recommended, but not mandatory, that a meeting or conference, between a parent, player and coach, be conducted with the Athletic Director, an Administrator, or another coach present.

If the parents/guardians remain unsatisfied at the conclusion of the conference, the parents/guardians may seek further intervention with a formal meeting with the Athletic Director and an Administrator (principal or assistant principal). This meeting shall also include the coach with the Administrator acting as the moderator. If the parent/guardian remains unsatisfied at the conclusion of this conference, they may seek a formal meeting with the Superintendent with coach, athletic director and Principal present. If the parent/guardian remains unsatisfied then they may seek a formal meeting with the board of education with the coach, athletic director, Principal and Superintendent present.

****The Athletic Department of Lebanon Jr/Sr High School encourages and supports contact and communication between coaches/sponsors, players, parents, and administrators.**

Sportsmanship

Mission Statement

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of IHSA member schools, as well as for the individuals who participate in these programs. People involved in any facet of Lebanon's interscholastic programs are expected to demonstrate respect for others and display good sportsmanship. Emphasizing and improving the sportsmanship of our students, athletes, parents, and staff is one of our highest priorities. Each coach, student, and parent has a role and responsibility to model and teach good sportsmanship.

The IHSA has specific guidelines and by-laws for improving sportsmanship and dealing with violations. Please review the following information carefully.

Illinois High School Association Sportsmanship By-law 6.011

Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 6.012

Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next interscholastic contest at that level of competition, and all other interscholastic contests at any level in the interim, in addition to other penalties the IHSA or the school may assess.

Illinois High School Association Sportsmanship By-law 2.042

IHSA member schools have the responsibility to maintain proper crowd control and enforce principles of good sportsmanship and ethics. Spectators may be asked to leave the premises for failure to comply with these stated guidelines. The IHSA Executive Director shall have the authority to investigate reported incidents of unsportsmanlike conduct.

Behavior Expectations of the Participant

Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community. Treat opponents the way you would like to be treated, as a guest or a friend. You should never direct remarks at opponents in a taunting manner.

Behavior Expectations of the Spectators

Remember that school athletics are learning experiences for students and the programs are part of the educational process. Adolescents learn proper behavior from watching adults.

A ticket is a privilege to observe the contest, not a license to verbally abuse others. Positive fan support is an asset for the players, coaches, and spectators.

Show respect for the opposing players, coaches, other spectators and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches, and officials are not in keeping with our philosophy or good forms of modeling and will not be tolerated.

Expectations of Parents/Guardians

Junior High and High School sports are meant to be competitive so there will not be any rules implemented about equal playing time for players. Playing time is left up to the coaches and they will base their decisions on but not limited to: daily effort at practice, attendance at practice and open gyms/fields, attitude at (school, practices and games), skill, coachability, being a good teammate, positive behavior at practices and games and being a good role model.

Be positive with your son/daughter. Do not offer excuses to them if they are not playing. Encourage them to work hard and to do their best. If they have questions about issues related to their playing time and performance, encourage them to ask the coach for a meeting between the two of them. Playing time is not a subject that should be discussed by a parent/guardian in a manner of asking why another player is playing more, instead the question should be “what can my son or daughter do better in order to possibly get more playing time?” Coaches are not to discuss other players and why they are playing more.

Encourage your son/daughter to follow all school, athletic code and team rules. Student-athletes should be role models.

Show respect for the opposing players, coaches, other spectators, and officials. Respect their roles even if you disagree with their judgment. Negative comments or the berating of players, coaches, and officials are not in keeping with our philosophy or good forms of

modeling and will not be tolerated. Also, at no time should a parent/guardian approach a coach during a game.

Pets, Alcohol, and Tobacco/E-cigarette Products

Pets are not allowed in the Charles E. Mandley Memorial Gymnasium or on Lebanon CUSD #9 property when students or athletes are present, unless they are a certified service animal. Lebanon School facilities and grounds are an alcohol, tobacco and vaporize/e-cigarette free environment. The use of any alcohol, tobacco or vaporizing/e-cigarette product is prohibited. Thank you for your compliance.

Athletic Injuries

For any injury, the coach will turn in an accident report immediately to the Main Office who will make a copy for the nurse and the athletic trainer for their files.

Lebanon CUSD#9 has contracted an athletic trainer through Memorial Hospital who will attend all practices and games during the school year. The trainer will also be at any summer camps that are offered by the district. The trainer will be available by 2:30 each day and the athletic training room is located in the gym next to the boy's locker room. The athletic trainer will assess any injury and provide treatment for the injury. The trainer will communicate with the coach and the parents about the injury evaluation and recommendations for future evaluation/treatment.

The procedure of reporting accidents in the interscholastic program should be as follows:

Accidents which occur in the interscholastic program shall be reported on a Student Accident Report using the same criteria for reporting any other reportable accident. The coach must fill out the Student Accident Report and send it to the Main Office. This should be done immediately after an accident that may require a physician or hospital care. A copy of this student accident report will also be given to the Nurse and Athletic trainer for them to follow up with the student.

If the student requires release from P.E. or release from the sport, due to injury, a statement from the physician must be presented to the Main Office who will also share it with the Teacher, Coach, Nurse and Athletic Trainer. If a doctor or athletic trainer excuses an athlete from physical education then the student will also not be allowed to participate in any practices or games unless specifically stated in the doctor's note.

No coach or athletic trainer will make appointments with doctors or chiropractors for players. This is the responsibility of the parents of the player.

Loss or Abuse of Equipment

An athlete shall be held responsible for all uniforms and equipment that are issued to the athlete. Loss, abuse or failure to maintain these uniforms (which includes washing them

appropriately throughout the season and turning them in washed) or equipment will result in the athlete being assessed the original cost of the item.

Quitting or Switching Teams and Dual Sports

No athlete may quit or be dismissed in one sport and become a member of another team or practice for another activity during the same season. Should a physical condition limit an athlete in one sport, but not in another, the athlete may participate with the consent of the coaches. Athletes may participate in two sports during the same season if all coaches agree and the athlete chooses a dominant sport before official practices begin, which means they will attend all practices and matches/games for the dominant sport throughout the season until post season begins, then it must be worked out for the athlete to attend the postseason if at all possible. The Athletic Director, in consultation with the coaches and administration, will resolve any disputes over practice or game participation.

Club Sport Participation

The LHS/LJHS administration and coaching staff are aware of the opportunities for student-athletes in sport outside of the programs at LHS/LJHS. It is the expectation of student-athletes that choose to participate in a club sport while competing with a different LHS/LJHS sport team to have their priority of practice and competition with the LHS/LJHS activity. It is against IHSA rules for an athlete to participate in the same sport for their school and their select team during the same season. Athletes who do not follow this expectation could face game suspensions or removal from their LHS/LJHS sport team.

Prospective College Athletes

Some student-athletes have a goal to participate at the collegiate level. The Lebanon athletic and counseling staff are very willing to help student-athletes pursue this goal. To this end, we offer several important tips:

1. Communication with the high school coach is imperative. Student-athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach and discuss this important decision
2. The driving force behind college selection should ultimately be the academic fit. Athletic opportunities are important, yet secondary to the academic fit and opportunities.
3. Coaches and student-athletes should work in conjunction with the school counselor to develop a “reality” list of potential college choices.
4. The student-athlete should create a resume that represents their overall high school experience and highlights athletic accomplishments. Coaches and the counselor are available to assist if need be. The resume should be reviewed with their coach or counselor.
5. The student-athlete should create a letter of interest to be sent, along with the resume, to the coaches at the respective colleges. This letter should be reviewed with the coach and counselor before finalizing and mailing it.

6. The student-athlete should meet with the counselor to discuss the process for registering with the NCAA Clearinghouse. NCAA Clearinghouse website to set up an account is: <https://web3.ncaa.org/ecwr3/> The counselor will also share the key resource material form the NCAA (NCAA Guide for the College-Bound Student-Athlete).
7. The NCAA home page is: www.ncaa.org.
8. www.corecoursegpa.com is an available resource free to athletes and their parents to monitor academic progress relative to the NCAA academic requirements for participation at the NCAA Division I or II level.

NCAA Athletic Eligibility Course Requirements

Division I:

Complete these 16 CORE courses with a minimum 2.3 GPA

- 4 years of English
- 3 Years of Math (algebra I or higher)
- 2 years of natural/physical science (1 year of lab science if offered)
- 1 additional year of English, math, or natural/physical science
- 2 years of social science
- 4 years of additional core courses (from any category above, or foreign language, non doctrinal religion or philosophy)

In January 2023, legislation was adopted to remove standardized test scores from initial eligibility requirements. An athlete needs to check with the NCAA school you wish to attend to see if standardized test scores are necessary for admission or scholarship requirements.

Division II:

Complete 16 CORE courses with a minimum 2.2 GPA

- 3 years of English
- 2 years of math (algebra I or higher)
- 2 years of natural/physical science (one year of lab science if offered)
- 3 additional years of English, math or natural/physical science
- 2 years of social science
- 4 years of additional core courses (from any category above or foreign language)

In January 2023, legislation was adopted to remove standardized test scores from initial eligibility requirements. An athlete needs to check with the NCAA school you wish to attend to see if standardized test scores are necessary for admission or scholarship requirements.

Division III:

These schools cannot offer Athletic Scholarships. Therefore they do not fall under the NCAA Eligibility Center. Contact the school or university for information regarding policies about admission and athletic eligibility.

Year-By-Year guide to be academically set for college:

Grades 9 and 10: Take classes that match our core course listings. Develop strong classroom and study habits to set the tone for your academic future. Seek academic assistance for classes you may be struggling with or use summer school to catch up if you fall behind.

Grade 11: Register with NCAA Eligibility Center (eligibilitycenter.org). Make sure your classes match the list of approved core courses. Register for the ACT or SAT and send results directly from the testing agency to the eligibility center (use Code 9999 as the score recipient) scores aren't accepted if reported on your high school transcript. Ask the guidance counselor to send your transcript to the eligibility center. Consult with a guidance counselor to determine the number of core courses you need to graduate.

Grade 12: Take the ACT or SAT again if necessary. The best scores from each section are used to determine your best cumulative score, so retesting is beneficial. Make sure your core classes match the schools list of approved core courses. Complete the Amateurism Questionnaire; review responses and request final amateurism certification on or after April 1 if enrolling in the fall or October 1 if enrolling in the spring. Take Advanced Placement courses if you excel in the classroom. After graduation, ask your counselor to send your final transcript, including proof of graduation to the eligibility center

Athletic Awards

Varsity Letter

Coaches are to establish criteria (i.e., number of varsity contests played in) for earning varsity letters and to communicate those criteria to players.

The first time an athlete earns their varsity letter, they will receive a plaque that will be used for all of their varsity awards. They will receive a sticker for the sport and a year sticker for each year that they earn a varsity letter and also stickers for making all-conference and all-state selections.

All-Conference

Players selected onto All Cahokia Conference teams will receive a patch and a certificate

General Requirements for Awards

In order to be eligible for any award, an athlete must:

- Complete the entire season (including postseason) and be in regular attendance at all contests and practice sessions

- Adhere to the guidelines of the Code of Conduct and team rules
- Maintain good faith towards the coaches and fellow players and be a positive team member.

Schedules and More

Go to www.lcusd9.org, then click on the “Athletics” tab in the top right corner and that will take you to our Big Teams athletic page and you can see announcements, pictures, schedules with departure times, order spirit wear, etc...

You may also go to www.lcusd9.org then click on the “Sports Reminder Update” in the top right corner and it will show you all sports that are occurring for just that week.

Cancellations and schedule change announcements will be put out on the districts thrillshare information system and it will show up on the Lebanon CUSD #9 Facebook page as well as the live feed and text will be sent out if you are signed up through the school to receive texts about events at the school.

Transfer Students

Students that transfer to Lebanon Community School Dist. #9 must meet eligibility requirements established by the IHSA. Any student that transfers from another school district, and is under suspension or expulsion based on that district’s athletic handbook policy, must complete the entire term of suspension or expulsion before being allowed to participate in any extra-curricular activity at Lebanon CUSD #9.



Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• "Don't feel right"• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- | |
|---|
| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can't recall events prior to hit• Can't recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness |
|---|



IHSA Sports Medicine Acknowledgement & Consent Form

Concussion Information Sheet (Cont.)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Youth Sports Concussion Safety Act requires athletes to complete the Return to Play (RTP) protocols for their school prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 7/1/2011 Reviewed 4/24/2013, 7/16/2015, July 2017



IHSA Sports Medicine Acknowledgement & Consent Form

IHSA Performance-Enhancing Substance Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Policy. A full copy of the policy and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for policy implementation in the IHSA Schools Center.

As a prerequisite to participation in IHSA athletic activities, we have reviewed the policy agree that I/our student will not use performance-enhancing substances as defined by the policy. We understand that failure to follow the policy could result in penalties being assigned to me/our student either by the my/our student's school or the IHSA.

IHSA PES Policy

http://www.ihsa.org/documents/sportsMedicine/2017-18/2017-18 PES_policy.pdf

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/current/IHSA Banned Drugs.pdf>

Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.



IHSA Sports Medicine Acknowledgement & Consent Form

IHSA Performance-Enhancing Substance Testing Policy

In 2008, the IHSA Board of Directors established the association's Performance-Enhancing Substance (PES) Testing Program. Any student who participates in an IHSA-approved or sanctioned athletic event is subject to PES testing. A full copy of the testing program and other related resources can be accessed on the IHSA Sports Medicine website. Additionally, links to the PES Policy and the association's Banned Drug classes are listed below. School administrators are able to access the necessary resources used for program implementation in the IHSA Schools Center.

IHSA PES Testing Program

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20PES%20policy%20final.pdf>

IHSA Banned Drug Classes

<http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>

insert Consent Language here (w/o signature lines)

IHSA Steroid Testing Policy Consent to Random Testing

As a prerequisite to participation in IHSA athletic activities, we agree that I/our student will not use performance-enhancing substances as defined in the IHSA Performance-Enhancing Substance Testing Program Protocol. We have reviewed the policy and understand that I/our student may be asked to submit to testing for the presence of performance-enhancing substances in my/our student's body either during IHSA state series events or during the school day, and I/our student do/does hereby agree to submit to such testing and analysis by a certified laboratory. We further understand and agree that the results of the performance-enhancing substance testing may be provided to certain individuals in my/our student's high school as specified in the IHSA Performance-Enhancing Substance Testing Program Protocol which is available on the IHSA website at www.IHSA.org. We understand and agree that the results of the performance-enhancing substance testing will be held confidential to the extent required by law. We understand that failure to provide accurate and truthful information could subject me/our student to penalties as determined by IHSA.

A complete list of the current IHSA Banned Substance Classes can be accessed at <http://www.ihsa.org/documents/sportsMedicine/2015-16/2015-16%20IHSA%20Banned%20Drugs.pdf>



Illinois High School Association

(For 2022-23 School Term)

This summary is for the purpose of assisting in the understanding of IHSA By-laws and Policies. In case of a conflict between this publication and the constitution and by-laws of the IHSA, the constitution and by-laws shall control.

Key Provisions Regarding IHSA Rules

Eligibility Rules

When you become a member of an interscholastic team at your high school, you will find that both your school and the IHSA will have rules you must follow to be eligible for interscholastic participation. The IHSA's rules have been adopted by the high schools which are members of IHSA as part of the Association's constitution and by-laws. They must be followed as minimum standards for all interscholastic athletic competition in any member high school. Your high school may have additional requirements, but they may not be less stringent than these statewide minimums.

The principal/official representative of your school is responsible to see that only eligible students represent the school in interscholastic competition. Any question concerning your eligibility should be referred to your principal/official representative, who has a complete copy of all IHSA eligibility rules, including the Association's due process procedure. Only the IHSA Executive Director is authorized to make formal rulings on eligibility, so if your principal/official representative has questions or wishes assistance in answering your questions, the principal/official representative should contact the IHSA Office.

Information contained here highlights some of the most important features of the IHSA by-laws regarding interscholastic eligibility. It is designed to make you aware of major requirements you must meet to be eligible to compete in interscholastic competition. The information here is only a general description of major by-law provisions and does not contain the statement of the by-laws in their entirety. You can review the by-laws at www.ihsa.org.

You may lose eligibility for interscholastic competition if you are not in compliance with IHSA by-laws. Remember, if you have any questions regarding IHSA rules, please contact your principal/official representative.

1. Attendance

- You may represent only the school you attend. Participation on a cooperative team of which your school is a member is acceptable.

- You must be enrolled and attending classes in your high school no later than the beginning of the 11th school day of the semester.
- If you attend school for ten (10) or more days during any one semester, it will count as one of the eight (8) semesters of high school attendance during which you may possibly have eligibility.
- If you have a lapse in school connection for ten (10) or more consecutive school days during a semester, you are subject to ineligibility for the rest of the semester. The specific terms of your extended absence must be reviewed by the Executive Director to determine if it is "lapse in school connection" or not.

2. Scholastic Standing

- You must pass twenty-five (25) credit hours of high school work per week. Generally, twenty-five (25) credit hours is the equivalent of five (5) .5 credit courses (2.5 full credits).
- You must have passed and received credit toward graduation for twenty-five (25) credit hours of high school work for the entire previous semester to be eligible at all during the ensuing semester.

3. Residence

Your eligibility is dependent on the location of the residence where you live full time with your parents, parent who has been assigned custody by the court, or court appointed legal guardian.

You may be eligible if you are entering high school as a freshman and:

- You attend the public high school in the district in which you live full time with both of your parents, custodial parent or court appointed guardian; or
- In the case of a multiple school district, you attend the public high school in the attendance area where you live full time with your parents, custodial parent or court appointed guardian; or
- You have paid tuition to attend a public school for a minimum of 7th and 8th grades in a district other than the one where you live with your parents, custodial parent or court appointed guardian and you continue to pay tuition as a high school student in that same district; or
- You attend a private/parochial school located within the boundaries of the public school district where you live with your parents, custodial parent or court appointed guardian; or
- You attend a private/parochial high school and have attended a private/parochial school for 7th and 8th grades, or for any four (4) grades from kindergarten through eighth grades; or
- You attend the private/parochial high school which one or both of your parents attended; or

- You attend a private/parochial high school located within a thirty (30) mile radius of the residence where you live with your parents, custodial parent or court appointed guardian.

4. Transfer

- In all transfer cases, both the principal of the school from which you transfer and the principal of the school into which you transfer must concur with the transfer in writing on a form provided by the IHSA Office. **You cannot be eligible when you transfer until this form is fully executed and on file in the school office.**
- If you transfer after classes begin for the current school term, you will definitely be ineligible for thirty days from the date you start attending classes at the new high school. In addition, you will be ineligible for that entire school term in any sport in which you engaged in any team activity, including but not limited to tryouts, drills, physical practice sessions, team meetings, playing in a contest, etc. at the school from which you transferred. For example, if you were out for cross country at the school from which you transfer and transfer after the **IHSA sport season has begun**, you will be ineligible for cross country that entire school term at the new school.
- If you transfer attendance from one high school to another high school, you will be ineligible unless:
 - Your transfer is in conjunction with a change in residence by both you and your parents, custodial parent or court appointed guardian from one public school district to a different public school district;
 - Your transfer is between high schools within a public school district and both you and your parents, custodial parent or court appointed guardian change residence to the district attendance area for the school to which you transfer;
 - Your parents are divorced or legally separated; you transfer to a new school in conjunction with a modification or other change in legal custody between your parents by action of a judge; and required court documents are on file at the school into which you transfer;
- If you transfer in conjunction with a change in legal guardianship, a ruling on your eligibility must be obtained from the IHSA Office.
- If you transfer attendance from one school to another while you are ineligible for any reason, the period of ineligibility imposed prior to your transfer or the period of ineligibility that would have been imposed had you stayed at the school, will be enforced at the school to which you transfer, even if you are otherwise in compliance with the by-laws.

Athletic Eligibility Rules—Page 2

- F. Any questions about your eligibility in any of these instances must be resolved by a formal ruling from the IHSA Executive Director.
- G. In all other transfer situations, a ruling by the IHSA Executive Director is necessary to determine your eligibility. This ruling must be obtained in writing by the principal/official representative of the school into which you transfer before you participate in an interscholastic athletic contest.
- H. The IHSA Executive Director may grant limited eligibility if you transfer schools prior to the start of your sophomore year and are not otherwise in compliance with the transfer eligibility by-laws.

5. Age

You will become ineligible on the date you become twenty (20) years of age, unless your twentieth (20th) birthday occurs during a sport season. In that case, you will become ineligible regarding age at the beginning of the sport season during which your twentieth (20th) birthday occurs.

6. Physical Examination

You must have placed on file with your principal/official representative a certificate of physical fitness, signed by a licensed physician, physician's assistant, or nurse practitioner to practice or participate. Your physical examination is good for 395 days from the date of the exam. The physician's report must be on file with your high school principal/official representative.

7. Amateur Status

- A. If you win or place in actual competition, you may accept a medal or trophy for that accomplishment, without limit to its cost. Your school may provide IHSA state champions with championship rings/mementoes.
- B. For participating in competition in an interscholastic sport, or for athletic honors or recognition in a sport, you may receive any type of award (except cash, check, or legal tender) that does not exceed \$75 fair market value. There is no limitation on the value of your school letter.
- C. The amateur rule does not prohibit you from being paid to referee, receiving pay for teaching lessons or coaching in a little kid's league, etc. It only applies to your own competition in an athletic contest.
- D. If you violate the amateur rule, you become ineligible in the sport in which you violate. You must be reinstated by the Executive Director before you may compete again.

8. Recruiting of Athletes

- A. The by-laws prohibit recruiting of high school students for athletics. If you are solicited to enroll in or transfer to a school to participate in athletics, you are being illegally recruited and your eligibility is in jeopardy.
- B. You will lose your eligibility if you enroll in or transfer to a school in response to recruiting efforts by any person or group of persons, connected with, or not connected with the school, related to athletic participation.
- C. You will lose your eligibility if you receive special benefits or privileges as a prospective student-athlete which are not uniformly made available to all students who attend your school.
- D. You may not receive an "athletic scholarship" or any other special benefit from your school because you participate in athletics.
- E. It is a violation for any student-athlete to receive or be offered remuneration or any special inducement which is not made available to all applicants who apply to or enroll in the school.
- F. It is also a violation to induce or attempt to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given. Please remember that you may not be offered or receive any benefit, service, privilege, or opportunity which is not also provided or made available to all prospective students at that school.

Note: If you are interested in finding out more information about a school, contact the principal/official representative or an administrator at the school, not a member of the coaching staff.

9. School Team Sports Seasons

- A. Each sport conducted by IHSA member schools has a starting and ending date. Your school may not organize a team, begin practice or participate in contests in a given sport until the authorized starting date. Your school may not continue to practice or participate in contests after the authorized ending date. This means that:
 - 1. During the school year, you may not participate on a non-school team coached by any member of your school's coaching staff unless it meets specific criteria established by the by-laws.
 - 2. No school coach may require you to participate in an out-of-season sport program as a requirement for being a member of a school team.
- B. Violation of the sport season by-laws will result in penalty to you and/or to your school's coaching personnel.

10. Playing in Non-School Competition

- A. During the time you are participating on a school team in a sport at your high school, you may neither play on a non-school team nor compete in non-school competition as an individual in that same sport or in any skill of that sport.
- B. If you participate in non-school competition during a sport season and subsequently wish to join the school team in the same sport, you will not be eligible.
- C. If you wish to participate in a competition sanctioned by the National Governing Body of a sport, a junior affiliate of the National Governing Body of a sport or an official Illinois affiliate for the sport, your principal/official representative must request approval through the Schools Center prior to any such participation.
- D. You may try out for a non-school team while you are on your school's team in that same sport, but you may not practice, receive instruction, participate in workouts, or participate in competition with a non-school team in that same sport until you cease being a member of your school's team. You cease being a member of your school's team when the team(s) of which you are a member terminates for the school term.
- E. You will become ineligible if you participate on, practice with, or compete against any junior college, college, or university team during your high school career.

11. All-Star Participation

- A. After you have completed your high school eligibility in the sport of football, basketball, soccer, or volleyball, you may participate in three (3) all-star contests in any of these sports and still play for other school teams, provided the high school season in that sport has been completed. You may lose your eligibility for other interscholastic sports if you play in all-star competition in any of these sports under any other conditions.
- B. You are not restricted from participating in all-star competition in sports other than football, basketball, soccer, or volleyball, except that you may not do so during the school season for the sport.

12. Misbehavior During Contests

- A. If you violate the ethics of competition or the principles of good sportsmanship, you may be barred from interscholastic athletic contests, either as a participant or spectator or both.
- B. If you are ejected from a contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. You are also subject to other penalties.

Lebanon Community Unit District #9

Athletic Form Signature Page

ATHLETIC CODE OF CONDUCT:

By signing this form, I acknowledge I received a copy of the LCUSD #9 Athletic Code of Conduct. I have read, understand, and will abide by the Athletic Code of Conduct. I understand the rules contained in the Athletic Code of Conduct apply to my student-athlete and me. I acknowledge that even with the best coaching and supervision, injuries are a possibility in any activity, and I accept the risks of activity participation.

Participation in interscholastic activities is a privilege. Any student who participates in interscholastic activities is subject to random drug testing. The rules for interscholastic activities are in effect 365 days a year and twenty-four hours a day. The rules and consequences apply upon an individual student's first Lebanon Junior High or High School interscholastic activity tryout and continue applying for the length of the student's enrollment in their respective school. Team policies and administrative procedures may exceed the listed disciplinary action in the Athletic Participation Code of Conduct. If the offense is severe enough or a similar offense is repeated, it may be necessary to involve local law enforcement. Students who violate policy while participating in interscholastic activities are subject to disciplinary action from the school.

ATHLETIC HANDBOOK, IHSA CONCUSSION/PERFORMANCE-ENHANCING SUBSTANCE/ASTHMA MEDICATION:

By signing this form, I acknowledge that I have been provided information regarding the Lebanon CUSD#9 Athletic Handbook, Concussions information, the IHSA Performance-Enhancing Substance Policy, and the Consent to Self-Administer Asthma Medication.

Athlete Name: _____

Student Signature: _____

Parent/Guardian Signature: _____

Date _____