

**Permission for Treatment**

I hereby grant permission to the team physicians and those professional personnel designated by SMUSD to treat my child in the event of an injury. In the event of a serious injury, if I am unable to give my consent at the time, this consent is to include any and all emergency procedures deemed necessary by the attending emergency personnel. I also understand that in the event of injury, every reasonable attempt will be made to contact me prior to securing medical treatment beyond basic first-aid.

\_\_\_\_\_  
Parent/Guardian signature      Hm phone      Wk phone      Cell

**Proof of Insurance**

**Insurance:** Choose either one or both forms of insurance.

1. In compliance with California Education Code 32221, I certify that there is in effect at this time insurance coverage for medical expenses resulting from bodily injury of at least \$5,000 for my son/daughter, and that this coverage will remain in effect throughout the time that he/she participates in sports. I also give my permission for the above named student to participate in sports, including regularly scheduled trips by supervised school transportation.

\_\_\_\_\_  
Parent/Guardian signature      Insurance Carrier      Policy number

2. I want to purchase school insurance \_\_\_yes \_\_\_no      Date: \_\_\_\_\_

**Athletic/Extra Curricular Pledge Statement**

As a condition of participation in extra curricular activity by

\_\_\_\_\_ (student's name), we acknowledge that we have read, understand and agree to the Athletic/Extra Curricular Pledge, the CIF policy, the Ethics statement, and the Awareness of Risk statement. We realize the importance of our sportsmanship and positive behavior as fans and role models.

\_\_\_\_\_  
Student signature      Print name      Date

\_\_\_\_\_  
Parent/Guardian signature      Print name      Date

**CIF Codes, Violations, Penalties, and Appeals**

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory With Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction.

\_\_\_\_\_  
Student signature      Print name      Date

\_\_\_\_\_  
Parent/Guardian signature      Print name      Date

**Parent and student signatures required throughout package**

Student Name: \_\_\_\_\_  
(Please Print)

Student ID #: \_\_\_\_\_

*San Marcos High School  
Knights*



*Athletic Department  
Clearance Package*

**Parent and student signatures required throughout package**

(Rev. 10/19/2011)

## Athletic Information

Fall Sports: Football ~ Cross Country  
Field Hockey ~ Girls Tennis ~ Girls Volleyball  
Girls Golf ~ Boys Water Polo

Winter Sports: Basketball ~ Wrestling ~ Girls Water Polo ~ Soccer

Spring Sports: Baseball ~ Boys Golf ~ Boys Tennis ~ Softball ~ Boys Volleyball ~ Swimming ~ Lacrosse ~ Track

### All Athletic Clearance Packets must be turned into the Finance Office.

To help defray the cost of Officials and Tournaments all athletes are encouraged to purchase an optional \$40 ASB Sticker. This sticker provides entrance to all home regular season sporting events, discounted dance tickets and various other savings. Each sport is responsible for raising their funds for transportation. Students are encouraged to make a transportation donation to their team(s) effort.

ASB Sticker: **\$40**  
Transportation donation: ( ) **\$40.00** ( ) **\$50.00** ( ) **\$80.00** ( ) Other  
**\*Make checks payable to SMHS**

No athlete will be allowed to participate or try out without athletic clearance.

## Athletic Angel Donation

If you can help support our athletes with an additional donation, please use this opportunity to do so.

Please make checks payable to **SMHS**, and write **Athletic Angel** on the memo line.

\$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \_\_\_\_\_

Student Name \_\_\_\_\_

Please Print

## Physical Examination

To be completed by medical personnel

Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_/\_\_\_\_ Pulse \_\_\_\_\_

Vision (optional) Left eye 20/\_\_\_\_ Right eye 20/\_\_\_\_

1.	Skin	
2.	Head	
3.	Eyes (PERL, EOMI, Fundi)	
4.	Ears, nose, throat	
5.	Neck	
6.	Lymphatic	
7.	Respiratory	
8.	Cardiovascular	
	Heart (murmurs?)	
9.	Abdomen	
10.	Genitalia (including hernia exam-opt)	
11.	Extremities	
12.	Neurological	
13.	Orthopedic	
	Cervical spine/back	
	Arms/elbows/wrist/hands	
	Hips	
	Knees	
	Ankles / feet	
14.	Developmental	
	Tanner staging 1-5 (opt)	

√ = WNL  
X = omitted  
+ = see "Notes" below

### Please check one:

\_\_\_\_\_ Full, unrestricted clearance

\_\_\_\_\_ Not cleared. Needs clearance by specialist: (Please note below)

\_\_\_\_ Orthopedist \_\_\_\_ Cardiologist \_\_\_\_ Other

Notes: \_\_\_\_\_  
\_\_\_\_\_

Athletic screening performed by:

Physician Office Stamp

Print \_\_\_\_\_ (M.D./D.O./N.P./P.A.)

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Medical History Questionnaire

1. Have you ever been hospitalized overnight? Yes No  
     Have you ever had surgery? Yes No
2. Are you currently taking medication? Yes No
3. Do you have any allergies (medicines, pollen, bees)? Yes No  
     List allergies: \_\_\_\_\_
4. Have you ever passed out during exercise? (Not from heat) Yes No  
     Have you ever been dizzy during exercise? (Not from heat) Yes No  
     Have you ever had chest pain? Yes No  
     Do you tire more quickly than your friends during exercise? Yes No  
     Have you ever had high blood pressure? Yes No  
     Have you ever been told you have a heart murmur? Yes No  
     Have you ever had racing of your heart or skipped beats? Yes No  
     Has anyone in your family died of heart problems or a sudden death before the age of 40? Yes No  
     Does anyone in your family have Marfan's Syndrome? Yes No
5. Do you have any skin problems (itching, rashes, breaking out)? Yes No
6. Have you ever had a head injury? Yes No  
     Have you ever been knocked out? Yes No  
     Have you ever had a seizure? Yes No  
     Have you ever had pain from neck into arm? Yes No
7. Have you ever had heat cramps? Yes No  
     Have you ever been dizzy or passed out in the heat? Yes No
8. Do you use special pads or braces? Yes No
9. Have you ever injured (broken/fractured, sprained, or dislocated):  
     \_\_\_hand/fingers \_\_\_shoulder \_\_\_hip \_\_\_shin/calf \_\_\_wrist/forearm  
     \_\_\_neck \_\_\_thigh \_\_\_elbow \_\_\_chest/ribs \_\_\_knee  
     \_\_\_ankle \_\_\_upper arm \_\_\_back \_\_\_stress fracture
10. Have you ever had?  
     \_\_\_mononucleosis \_\_\_diabetes \_\_\_measles \_\_\_hernia  
     \_\_\_sickle cell trait/disease \_\_\_headaches-frequent \_\_\_ulcers \_\_\_hepatitis  
     \_\_\_asthma \_\_\_eye/ear injuries \_\_\_tuberculosis
11. When was your last tetanus shot? \_\_\_\_\_
12. About your weight: do you think you are:  
     \_\_\_just right \_\_\_too heavy/fat \_\_\_too light/thin
13. Do you like to drink dairy (milk) products? Yes No
14. For Females:  
     When was your 1st period and how old were you? \_\_\_\_\_  
     When was your last period? \_\_\_\_\_
15. Please feel free to ask the doctor to address any questions/concerns that you have

Explain all "Yes" responses: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Residential Eligibility

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Work/Cell ( ) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

1. Is this the same residence you had last year? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Where did you start high school? \_\_\_\_\_
3. Who were you living with when you started high school or your last school of attendance?  
     \_\_\_\_\_
4. If you have moved, did you move with the same people, caregivers, legal guardians, or family members to you current address? Yes \_\_\_\_\_ No \_\_\_\_\_
5. Have you ever lived with anyone else? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Is your residence within SMUSD boundaries? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Did anyone influence you to come to this school? Yes \_\_\_\_\_ No \_\_\_\_\_
8. What sports and at what level did you play at your last school?  
     \_\_\_\_\_
9. Were you required to leave your former school? Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_  
 Student signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Parent/Guardian signature

\_\_\_\_\_  
 Date

## Pre-Enrollment Contact

State CIF Bylaws require that all information provided in regard to any aspect of student eligibility to participate in athletics must be true, correct, accurate, and complete. State CIF Bylaws also require that parents, students, coaches, and school must disclose any pre-enrollment contact of any kind whatsoever with the parent or student during the 24 months prior to enrollment in the school.

Check one box:

There has **no** pre-enrollment contact of any kind whatsoever during the previous 24 months with anyone at or associated with the school or its athletic programs.

There has been pre-enrollment contact during the previous 24 months with individuals at or associated with the school and its athletic programs. A true, correct, accurate, and complete disclosure of that contact is **explained below**:

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\_\_\_\_\_  
Parent/Caregiver signature    Date                      Student signature                      Date

State CIF Bylaws require that all information provided in regard to any aspect of student eligibility to participate in high school athletics must be true, correct, accurate, and complete. State CIF Bylaws also require that parents, students, coaches and schools must disclose any pre-enrollment contact of any kind whatsoever with the parent or student during the 24 months prior to enrollment in the school.

**Participation in this activity must be disclosed to the CIFSDS when requesting eligibility to participate in high school athletics beginning in the ninth grade. Participation in this activity may affect student eligibility to participate in high school athletics.**

\_\_\_\_\_  
Parent/Caregiver signature    Date                      Student signature                      Date

## Athletic Screening History & Physical Examination

### Explanation of Screening Physical

I realize that the medical evaluations performed are only screens in order to evaluate general health, to disclose existing problems, and to determine my son/daughter's dynamic ability to participate in a given sport so that obvious condition which might be damaged or aggravated by competitive sports can be found, evaluated and treated so as to prevent further injury.

### Awareness of Risk

Student and Parent: I am aware that playing/practicing sports can be a dangerous activity involving many risks of injury. I understand that the risks of participation include, but are not limited to, serious internal injury to virtually any internal organs, bones, joints, muscles, tendons, or any other aspect of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the risks of participation may result not only in serious injury, or death but in impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy a good life. I understand the importance of Shared responsibility for sport safety and agree to obey all coaching instructions



## Six Pillars of Character (cont'd)

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS  
CARING GOOD CITIZENSHIP

### SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

## San Marcos Unified School District Athletic/Extra Curricular Pledge

Young people have the right to play on school team and participate in extra-curricular activities. Many times this right is confused with privilege and responsibility. When the student disregards his or her responsibility to the school and to the community which he is privileged to represent, and when the rules set up to protect the collective rights of the group are violated, this privilege may be taken away. All students representing SMUSD in athletics shall adhere to the following code of standards at all times on campus, in route to, during, and from athletic functions.

### Code of Standards

1. Each team is an individual situation and could have its own standards that are more restrictive than district or school policy. Violating team standards will result in disciplinary action and possible removal at the discretion of the coach and the school administration.
2. If a student is suspended from school; he/she is suspended from all group activities until reinstated to classes.
3. Students shall not:
  - a) Smoke or be in possession of tobacco (including chewing tobacco) (Ed. Code 48900, 48901)
  - b) Drink or be in the possession of alcoholic beverages (Ed. Code 48900, HS Code 11-53)
  - c) Use or be in the possession of dangerous drugs (Ed. Code 48900, HS Code 11053)
4. Students shall
  - a) Maintain high standards of citizenship and behavior.
  - b) Respect school personnel and property.

### Violations of Extra Curricular Policy

- A. Any member of a team apprehended with or under the influence of alcohol or other controlled substances (drugs) will be automatically suspended from school and his or her privilege of participation taken away for the remainder of that sport's season.
- B. Second time offenders will lose 12 months from the day of the infraction and possible expulsion from the school.
- C. Reinstatement after a suspension can be attained as follows:
- D. The student must initiate a request for a hearing with the Athletic Review board.
- E. The Athletic Review board shall consist of an Assistant Principal/Athletic Director, and the athlete's coaches and parents.
- F. The review board may or may not grant reinstatement. Final appeal of the decision may be made to the Principal.
- G. Less severe violations will result in an Athletic or Activity Review for disposition. The athlete's coach or the Athletic Director will conduct this review.
- H. All athletes must maintain a "C" (GPA of 2.0 on a 4.0 scale) average in order to participate in any extra-curricular activities. A one time only 6 wk probation may be granted if the student/athlete has at least a 1.75 GPA.
- I. Participation in athletics/extra-curricular activities does involve the potential risk of minor, serious or fatal injury.

## Communication Guidelines

Both parenting and coaching are extremely challenging in today's world. By providing these helpful communication guidelines, we believe we can best help our athletes reach their potential and allow them to enjoy their high school sports experience.

- A. Communication parents can expect from the Athlete's coach:
- Philosophy of the coach
  - Expectations of athlete and team
  - Location and times of all practices and games
  - CIF, District, school and team rules
  - Athlete's role on the team
- B. Communication that coaches can expect from parents:
- Concerns expressed directly to the coaches
  - Specific questions about philosophy or expectations
  - Notification of any injuries or illness
  - Any absences prior to practices or games
- C. Appropriate concerns to discuss with coaches:
- Treatment of your child (mentally or physically)
  - Ways a parent can help his/her student athlete improve
  - Concerns about your child's behavior
  - Failure to meet Coaching Responsibilities listed in Philosophy Statement
- D. Inappropriate concerns to discuss with coaches:
- Playing time
  - Team strategy
  - Play calling
  - Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team-not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions, like the examples on the list of "Inappropriate Concerns" must be left to the discretion of the coach.

### Procedures of discussing concerns with coaches

If you have a concern to discuss with the coach, please follow the procedures below:

#### Step 1

Call the coach at school and set up an appointment. Ask for the coach by name. If the coach is a JV or Frosh coach and is not a staff member, leave a message with the Varsity coach of that sport. If the Varsity coach is not a staff member, ask for his/her voicemail and call the Athletic Director to leave a message. Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between the parent and coach does not take place after the initial communication:

#### Step 2

Contact the Athletic Director. He/She will set up a meeting with the parent, coach and athlete. The Athletic Director will attempt to mediate a resolution. If a satisfactory resolution is not reached at the meeting, contact the administrator in charge of Athletics. The administrator will try to mediate a resolution.

#### Step 3

If the above mediation fails, contact the principal for a meeting and resolution.

## Six Pillars of Character

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS  
CARING GOOD CITIZENSHIP

### SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.

# CIF California Interscholastic Federation

SDS San Diego Section-Ethics in Sports (Revised 3/09)

## POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in general, citizenship, integrity, and fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- Participation in interscholastic athletics and section playoffs is a privilege.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:
  1. Athlete Ineligibility for participation in CIF-San Diego Section athletics
  2. Coach Restricted from coaching in CIF-San Diego Section contests
  3. Officials Association Not approved to officiate in the CIF-San Diego Section
  4. Parent Prohibition/Removal from attendance at CIF or CIFSDS event
- Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

## CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

# Athletic/Extra-Curricular Pledge

- I. I will abide by the training rules at all times because of my desire to realize 100% of my potential and not because of fear of punishment.
- II. I will be neat in appearance.
- III. I will attend all practice sessions, meetings and contest. If for any reason I must miss a practice, meeting, or contest, I will contact my coach or advisor in advance.
- IV. I will be punctual at all meeting and practices, and at school for all classes.
- V. I will put forth 100% effort at all times.
- VI. I realize I will be punished or removed from my team for off campus involvement in drugs, alcohol, tobacco, anabolic steroids or criminal offenses.
- VII. I will use clean language to show respect for my parents, coaches, school and opponents.
- VIII. I will respect my teammates, their abilities, weaknesses and rights. The team will come before the individual.
- IX. I will study hard, complete my assignments and make every effort to earn a better than average academic grade.
- X. I will respect my equipment as if it were my own. I will pay for all issued items which are damaged or not returned. I realize I will not be allowed to participate on any team until previous athletic debts have been paid.
- XI. If I participate on an outside team in a different sport, my first obligation is to my sport at school. I am not allowed to participate in the same sport on an off campus team during the high school season.
- XII. I understand that hazing of any kind is not allowed on campus and in the athletic program. This includes mental, verbal, and physical acts. I further understand that I will report any acts of hazing that I see to a coach or administrator.

## Ethics in Sports

### III. Violations, Minimum Penalties, and Appeal Process

#### 1. Behavior resulting in ejection of athlete or coach from contest:

##### **EJECTION POLICY:**

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

**Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).**

Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

#### 2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

#### 3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

## Ethics in Sports (cont'd)

### III. Violations, Minimum Penalties, and Appeal Process

#### 4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

#### 5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

#### 6. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

#### 7. Use of an ineligible player in a contest.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

\*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.