

Welcome to Manteca Unified Athletics

The primary purpose of the athletic program is to promote the physical, mental, social, emotional, and moral well being of the participants. It is our desire that athletics will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He/She also accepts the training, rules, regulations, and responsibilities, which are unique to an athletic program.

In order to contribute to the welfare of the group and to meet the goals and objectives set for each sport, the athlete must willingly assume these obligations as the role demands and must keep in mind that the athlete must make sacrifices not required of others.

Forward

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in personal adjustments.

It is the right of the Department of Athletics to make rules that govern the spirit of competition for the community. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic handbook for the student and parent.

THE FOLLOWING RULES ARE NOT INTENDED TO BE PUNITIVE, AND PENALTIES WILL BE IMPOSED ONLY AFTER CAREFUL CONSIDERATION. THE INTENT OF THESE RULES IS TO ENCOURAGE STUDENTS TO BE RESPONSIBLE IN THEIR ACTIONS AND TO COMMUNICATE IN AN ADULT MANNER WHEN THEY PLAN TO END COMMITMENT TO A SPORT OR WHEN THEY DISAGREE WITH A COACH.

STUDENT/ATHLETE PARENT/COACH COMMUNICATIONS

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students.

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Coaching philosophy and team rules.
2. Expectations the coach has for your child.
3. Location and times of all practices and games.
4. Team requirements, i.e., practices, special equipment, out of season training.
5. Transportation requirements.
6. Procedures to follow should your child be injured during participation.
7. Discipline that may result in the denial of your child's participation.

COMMUNICATIONS THAT COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach
2. Specific concerns with regard to the coaches' philosophy and/or expectations.
3. Notification of any illness or injury or missed practices.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACHES:

1. Treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are teachers. They make judgment-decisions based on what they believe to be the best for all students involved. As you have seen from the above list, certain things can and should be discussed with the coach. Other things, such as the ones listed below, must be left to the professional judgment of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH:

1. Playing time.
2. Team Strategy.
3. Play Calling.
4. Other student-athletes.

There are often situations that may require a conference between the coach and the parents. The student/athlete will attend and be involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged. **The student should be excluded only if the meeting is about personal issues not pertaining to his/her involvement with the team.**

IF THERE IS A PROBLEM:

1. Have your son/daughter talk to the coach one on one. E

IF THIS DOES NOT RESOLVE THE PROBLEM, THE PARENTS SHOULD:

1. Call the school and request a return call or a face-to-face meeting with the coach. Coaches will make time available in their day to meet with students and parents.

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PARENTS MUST NOT:

2. Confront the coach before or after practice.
3. Confront the coach before or after a game.

Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in public. There are proper ways to communicate and have your concerns addressed. Practices and games are highly emotional times for everyone involved. Issues and concerns **DO NOT** get resolved when emotions are high.

WHAT TO DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION:

Call the Athletic Director who will attempt to mediate a resolution.

We hope this information helps make your child's and your experience with the athletic program less stressful and more enjoyable.

CIF – MANTECA UNIFIED SCHOOL DISTRICT CODE of CONDUCT for INTERSCHOLASTIC ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote development of good character and other important life skills. The highest potential is achieved when participants are committed to **pursuing victory with honor** according to six principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, my behavior must be in alignment with the following standards of conduct including:

TRUSTWORTHINESS

1. *Trustworthiness* – be worthy of trust in all I do.
 - a) Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it is unpopular or personally costly.
 - b) Honesty – live and compete honorably; do not lie, cheat, steal, or engage in any other dishonest un-sportsmanlike conduct.
 - c) Reliability – fulfill commitments; do what I say I will do; be on time to practices and games.
 - d) Loyalty – be loyal to my school and team; put the team above personal glory.

RESPECT

2. *Respect* – treat all people with respect all the time and require the same of other student-athletes.
3. *Class* – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post- game rituals.
4. *Disrespectful Conduct* – do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a **sexual** or **racial** nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* – treat contest officials with respect; do not complain about or argue with official calls or decisions during or after and athletic event.

RESPONSIBILITY

6. *Importance of Education* – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role Modeling* – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. **Suspensions or termination of the participation privilege is within the sole discretion of the school administration.**
8. *Self Control* – exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* – safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco, and drugs and engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* – to protect the integrity of the game; do not gamble. Play the game according to the rules.

FAIRNESS

11. *Be fair* – live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. *Concern for others* – demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. *Teammates* – help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. *Play the Rules* – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of Rules* – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper sportsmanship techniques that violate the highest traditions of sportsmanship.

PURSuing VICTORY WITH HONOR

THE OPERATING PRINCIPLES of the CIF:

1. 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.
2. 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.
3. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
4. 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.
5. 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 performance goals and that academic, social, emotional, physical, and ethical well being of student-athletes is placed above desires and pressures to win.
6. 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.
7. 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.

CIF SAC-JOQUIN SECTION SPORTSMANSHIP RESOLUTION

The Sac-Joaquin Section will distribute a contract to each of its member schools requesting that appropriate administrator(s) distribute, review, and discuss the enclosed recommendations of the State CIF Federated Council with all members of each school's administrative staff, coaching staffs, athletic squads, spirit squads, booster clubs, drill team, marching band, faculty, and any other school entity concerned or involved with interscholastic athletics.

CODE OF ETHICS:

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate anything which tends to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.

HOW TO ESTABLISH RAPPORT WITH YOUR ATHLETIC CHILD

Here are some Golden Rules:

1. Make sure that your child knows that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life they can look to for positive-reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, their sportsmanship and their actual skill level
3. Be helpful but do not "coach" them on the way to the track, diamond, or court... on the way back... at breakfast... and so on.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills, and attitudes... to take the physical bumps and come back for more. Do not say, "Winning does not count," because it does. Instead, help them develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Do not pressure them because of your pride. Find out what they are all about and do not assume they feel the same way you did, want the same things, and have the same attitudes. You gave them life, now let them learn to handle and enjoy it. Let them need you on their terms. E
6. Do not compete with their coaches. The young athlete often comes home and chatters on about "coach says this and coach says that." I realize this is often hard to take, especially for the father or mother who has had some experience coaching. When a certain degree of disenchantment about the coach sets in, some parents side with the youngster. This is a perfect opportunity to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism, and understand the necessity for discipline, rules, regulations, and so on.
7. Do not compare the skill, courage, or attitudes of your child with that of other members of the squad or team. E If your child shows a tendency to resent the treatment they get from the coach, or the approval other team members get, be careful to talk over the facts quietly and try to provide fair and honest counsel. If you play the role of the overly protective parent who is blinded to the relative merits of your youngster and his/her actual status as an athlete and individual, you merely perpetuate the problem.

Declaration of the Student/Athlete

I realize that it is a privilege to participate in athletic activities and represent our school in athletic functions. Accordingly, I hereby agree to follow the regulations established by the Athletic Department, the Administration, and the District policies set by the Board of Trustees and California Interscholastic Federation rules. My signature on my clearance card indicate I have read the Student/Parent Athletic Handbook and will conform to the following training rules and code of conduct as a participant in our school's athletic program:

1. I will follow all school rules and regulations. Failure to do so will result in disciplinary action by the administration and possible forfeiture from participation in activities during that period of time.
2. I will follow the Athletic Code of Conduct during the season of sport. All school policies are also in effect for any school related activity.

Requirements For Student/Athlete:

1. **TO BE ACADEMICALLY ELIGIBLE**, a student must be enrolled in a minimum of 20 units and be earning a 2.0 grade point average for 20 or more units during the previous grading period (quarter or semester).
2. Student/Athletes must attend a minimum of ½ day the day of a contest or practice in order to participate (R.O.P. and Work Experience included). An absence of more than a ½ day must be a pre-approved absence by the Principal, Assistant Principal, or a Dean. Pre approved absences will be only for bereavement, school sponsored activity, court appearance, or a doctor's appointment out of town (i.e. students may still have their family doctor in the bay area). A note from the doctor would be required. Punishment for an athlete who participates without the above approval will be suspension from participating in the next event.
 - a) Traditional ½ day = 3 regular class periods not including S.S.R.
 - b) Block ½ day = 2 regular periods
 - c) Saturday competition is not effected by Friday absence.
 - d) Students suspended from school are not allowed to participate in any school activity on the days of their suspension.
3. Athletes are required to attend all team practices, games, and other activities associated with being a member of a team, unless excused by the coach. The athlete has the responsibility to contact the coach or athletic director if it becomes necessary to miss a scheduled activity.
4. Athletes are responsible for knowing all safety rules governing their sport.
4. Athletes are required to travel to and from athletic contests with their team. The only exceptions are:
 - a) Injury to a participant, which would require alternate transportation.
 - b) Prior arrangements between the participant's parent/guardian and the coach for the student to ride with the parent/guardian. *This request is to be in writing from the parent approved by a school administrator and the coach. Forms can be obtained in the Administration Office at each school site. E*

6. Athletic equipment and clothing are **loaned** to the athlete. Issued equipment will be worn only by the athlete to whom it has been issued and only on game days and/or special occasions as designated by the coach. Athletic equipment/uniforms shall NOT be worn during Physical Education classes. The athlete assumes the responsibility for the care and the return of all issued equipment and clothing. Athletes are reminded to secure their possessions in the locker room. Issued equipment not returned or that has been damaged beyond normal wear will be paid for by the athlete. Lost or stolen equipment or uniforms, if found in possession of a student, will result in suspension from the team and a referral to the administration for further action. Seniors must be cleared to participate in graduation.
7. Student/Athletes are expected to exhibit a clean and neat appearance at school and on school-sponsored activities. Hair length must comply with safety and health regulations.
8. **General Rules of Sportsmanship:** In order to promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Furthermore, it requires that athletes comply with the spirit of those rules, which were written to promote fairness. Athletes must understand that compliance with the standards of good sportsmanship is required at all times.
 - a) On the field, athletes are respectful in actions and language toward their teammates, opponents and officials. They abide by all the rules of the game. They are modest in victory and gracious in defeat.
 - b) On campus, athletes should set an example of good citizenship for their classmates. They should help promote school spirit and be positive leaders in school activities.
 - c) In the classroom, athletes show respect for teachers and for their fellow students. They maintain good attendance, satisfactory academic progress and good citizenship.
 - d) On trips, athletes' conduct is such that they are positive representatives of their community, school, and team. Athletes are conscious of their appearance and manners at all times.
9. **Residential Eligibility:** The California Interscholastic Federation requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require that special permission and forms and letters of approval be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the Athletic Director.
 - a) Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all contests in which the athlete participated), any athlete living outside the school's boundaries should notify his/her coach at the beginning of the season so that the coach can make sure that all the appropriate forms and approvals are on file.
 - b) An athlete who is dishonest about his/her own residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid

- penalizing the entire team. The athlete may also be declared ineligible to represent his/her school in any sport for one year following the date of discovery of the offense.
- c) If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the coach. In most cases, students who move can retain the eligibility, but special forms and approvals must be on file.
10. **Athletic Clearance Card:** Every student wishing to participate in a sport must have a clearance card. In order to be issued a clearance card, the student and the student's parent or guardian must complete the forms in the athletic clearance card packet. These forms include:
- a) Physical Form
 - b) Consent Form
 - 1. Parent/Student Acknowledgement to the Athletic Handbook
 - 2. Disability/Accommodation Verification According To IEP
 - 3. Statement of Risk/Catastrophic Injury/Danger
 - 4. Interscholastic Athletic Participation Consent
 - 5. Finance Clearance
 - c) Emergency Card
 - d) Medical Insurance Form
11. **Physical Exams:** Athletes must have a yearly physical examination from a qualified physician who completes the medical examination report. In order to be accepted for athletics, the physical must be completed prior to trying out for a sport. **ALL PHYSICALS MUST BE RENEWED FOR THE FOLLOWING YEAR BEFORE PARTICIPATION ON AN ATHLETIC TEAM IS ALLOWED.**
12. Only students who are amateurs may participate in athletic contests. **Students on high school teams become ineligible if they play on "outside" teams**, in the same sport during their high school season of the sport. For the purpose of this rule, outside competition is prohibited from the opening contest until the final contest of that sport league, playoff or state competition in which that school is involved, both dates inclusive. The prohibition on playing on "outside" teams applies to school holidays and vacation periods, which occur during the season of the sport. **The only exception is for fall/spring soccer and unattached individual competition, in which you should see your athletic director.**
13. Athletes are to report injuries to their coach. Injuries requiring medical attention should be reported to the coach before visiting a doctor. The coach will fill out an accident form. **All emergency 911 calls will be reported to district administration.**
14. **Trial Period:** An athlete has a 10-day trial period in which he/she may decide that he/she does or does not wish to participate in a sport. During the next 10 days of practice there will be no penalty for dropping the sport. Once an athlete starts the sport the 10-day rule is effect, so if on the 11th day, the athlete quits, he/she is subject to the consequences of quitting the sport. It is important that coaches enter in their roll book the date the athlete starts. A Saturday will be counted as one of the ten days if practice takes place on a Saturday. An absence from practice also counts as a day once the athlete starts. The athlete must tell the coach prior to the 11th day that they are going to drop the sport. They may not "just quit coming to practice" and then tell the coach after the 10th day that they

quit during the 10-day period. **THE ATHLETE OR THEIR PARENT MUST TELL THE COACH THEY ARE DROPPING. THEY MAY NOT HAVE ANOTHER ATHLETE TELL THE COACH.**

Consequences for Quitting: An athlete who quits a sport, after the 10-day grace period, will be ineligible to participate in pre-conditioning, practice, or games held by any other coach until their prior sports V.O.L. commitment is over. Playoffs or events beyond the V.O.L. league meet do not apply. **Exception:** An athlete who qualifies or is part of the team at the league meet must continue with his/her commitment to the team in playoffs or subsections through the state meet unless eliminated. No Award, Letter, or Recognition will be given to the athlete for the sport he/she quits.

15. Lettering and Awards:

- a) If an athlete quits a team or is dropped from a team by the coach due to an infraction of any section of this contract, he/she will not receive a letter for that sport, and he/she will not be eligible for practice or participation in the next succeeding sport until the previous team has completed its season and playoff schedule. Equipment must be turned in and the athlete cleared of all obligations or the student will be billed for any equipment not turned in as proof of his/her signature on the bill and fine card of his/her previous sport.
- b) Completion of the sports season (season includes all Play Off contests) is required for the student to be eligible for a letter or other team or individual awards unless an injury limits such participation. Awards will not be given to any student suspended for the remainder of the season for athletic code violations.
- c) Lettering in each sport is left to the discretion of the varsity coach.

ADMINISTRATIVE REGULATION 6145: ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES

For the purposes of this policy, an “Extracurricular Activity” is not part of the regular school curriculum, is not graded, does not offer credit, and does not take place during classroom time. Examples of extracurricular activities would be: athletics, cheerleaders, song-leaders, mascots, etc...

HOW TO PROTECT YOUR ATHLETIC ELIGIBILITY

The eligibility standards of the CIF Sac-Joaquin Section have been adopted by the member schools and were accepted by your school when it became a CIF Sac-Joaquin Section member. The following are by-law excerpts.

You are urged as a student athlete to study these standards carefully. We want you to enjoy your school years.

SCHOLASTIC ELIGIBILITY

Do not change your course schedule or drop a course without first consulting with your school counselor, or athletic director to determine whether it will affect your eligibility. A student is scholastically eligible if:

1. The student is currently enrolled in at least 20 semester periods of work.
2. The student passed at least 20 semester periods of work at a completion of the previous regular grading period.
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
 - a) For purposes of this policy, “Satisfactory Educational Progress” shall include, but not be limited to, the following:
 1. Maintenance of minimum passing grades, which is defined as at least a 2.0 grade point average in all enrolled courses on a 4.0 scale.
 - a) Grade Point Average: A number, which represents overall student’s average grades for the classes taken during a reporting period. (4.0=A, 3.0=B, 2.0=C, 1.0=D, 0.0=F)
 - b) Students grades 9 (other than first quarter), 10, 11, and 12 shall have a grade point average of C (2.0) at the quarterly grading period immediately preceding the activity in order to be eligible to participate in athletics. Athletes become eligible/ineligible the second Monday after the grading period.
 - c) All 9th grade students shall be eligible to participate in athletics until their grades are reviewed at the end of the first quarter.
 2. A student may receive only 1 “U” (unsatisfactory, in citizenship) and 1 “F” (failing) during a grading period.
 3. An “Incomplete” grade shall not satisfy the requirement of this section until the academic deficiency which gave rise to such “Incomplete” grades shall have been satisfied and a passing grade has been substituted for the “Incomplete” grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by valuation of previous grading periods and the substituted grade. Before such a substitution, the rest of their classes will determine eligibility. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.
 4. Credits earned in physical education may count towards the eligibility requirement.
 5. Summer School credits shall be counted toward making up scholastic deficiencies incurred in the immediately preceding grading period. Summer School courses failed shall not impair an athlete’s scholastic eligibility achieved in the immediately preceding semester.

Transfer Students:

1. A transfer student is eligible to participate if he/she was eligible at his/her previous school and by C.I.F. or other organization requirements.
2. Students who do not meet the criteria for eligibility, based on overall grade point average or not making satisfactory progress toward graduation, at the beginning of any school year, or at the conclusion of each grade reporting period, will be ineligible to participate until the next regular grade reporting period at which time the student must have met the criteria.

RESIDENTIAL ELIGIBILITY

A student has residential eligibility upon initial enrollment in:

1. The ninth grade of any California Interscholastic Federation high school, a California Interscholastic Federation junior high school, or a junior high school under provisions by By-law 303 or:
2. Tenth grade of any California Interscholastic Federation high school from the ninth grade of a junior high school, or
3. Any California Interscholastic Federation school as a member of an approved foreign exchange program as outlined in By-law 212. See your athletic director.

CHANGING SCHOOLS – TRANSFERS

A student may transfer eligibility provided the student is compelled to move from any school to a CIF school due to:

1. A legitimate change of residence from one school's attendance area to the attendance area of the new school by the parents or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school, or
2. A ruling by the Board of Education of a school district, which has two or more high schools, provided the change of schools is not the result of disciplinary action.

CHANGING SCHOOLS – OPEN ENROLLMENT

Any student transferring under the provisions of an open enrollment board policy, public or private, will have immediate residential eligibility upon transfer from school A to school B, subject to the following limitation:

1. Only one transfer is allowed during the student's high school career after the initial enrollment as a ninth grader in a four year high school or a tenth grader in a three year high school.
2. The transfer must be completed during the first 15 school days of the new academic year at school B.
3. The transfer must not be as a result of disciplinary action.

4. The receiving school B must certify that no consideration was given to the athletic performance of the student in accepting the transfer.
5. An application for open enrollment may be picked up at each school site and must be turned in beginning January 15 through January 31.
6. For inter-district open enrollment transfers between different districts (involving public and/or private schools) the receiving school shall have established an application deadline, which will be on or before the month of January, preceding the school year for which the student wishes to transfer. **Manteca DOES NOT have this policy.**

CHANGING SCHOOLS – HARDSHIPS

If you change schools and your parents(s) or legal guardians(s) do not move to the attendance area of your new school, you could have restricted eligibility for one year unless you qualify for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. The three considerations for hardship are: financial considerations, medical considerations, and family circumstances.

Always check with your school principal before you change schools to determine whether it will affect your eligibility.

SEMESTERS OF ATTENDANCE

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school, and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

AGE LIMITATIONS

No student whose nineteenth (19) birthday is attained prior to June 15 shall participate or practice on any team. A student, whose 19th birthday is on June 14, or before, is ineligible.

COMPETING UNDER A NAME OTHER THAN YOUR OWN OR FALSIFYING YOUR ADDRESS

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction was verified.

UNDUE-INFLUENCE – RECRUITMENT OF ATHLETES

The use of undue influence **by any person or persons** to secure or retain a student or to secure or retain one or both parents or guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

SPECTATOR USE OF ALCOHOL, TOBACCO, AND ILLEGAL DRUGS

Everyone is prohibited from using any form of alcohol, tobacco, or illegal drugs at the playing site of an interscholastic contest. The penalty is ejection from the playing site and local school rules may apply.

SCHOLAR ATHLETE AWARDS – TEAM AND INDIVIDUAL

The CIF Sac-Joaquin Section is proud of two scholar athlete awards that are promoted by the Section. The first award is called the Scholastic Team Achievement Award (STAA) which recognizes teams within the Sac-Joaquin Section that qualify for the playoffs and the team overall GPA is 3.0 or higher. The second award is called the Dale Lackey Award, which recognizes the top female and male scholar athletes in the Section. Please contact your principal or athletic director about the aforementioned awards.

ARTICLE 28 REQUIREMENTS FOR ALL SPORTS

The Valley Oak League believes that the primary purpose for athletics is to promote good sportsmanship and declares its intent to do all within its power to guarantee that athletic contests are held in a sportsmanlike environment. Student participation in athletic contests is a privilege. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times.

All the member schools are committed to enforcing a code of behavior that encourages good sportsmanship and provides for appropriate consequences for un-sportsmanlike conduct. Therefore, the member schools agree to enforce the following:

1. Any student/fan who steps on to the court or playing field to start or join in a fight is to be automatically ejected from the gym or playing field. The member Valley Oak League School is expected to take disciplinary action on the next regular school day. Suspension from school and denial of future opportunities to participate as a spectator at athletic contests/games are but two (2) penalties, which should be imposed.
2. Any player ejected from an athletic contest for fighting will be removed from the next regularly scheduled contest and may be subject to any or all of the following disciplinary actions imposed by the member schools:
 - a) Suspension from school.
 - b) Removal from the team.
 - c) Removal from the athletic programs for a period of time to be determined by the school.
 - d) Other appropriate disciplinary action.
3. Any team or group of players that leaves the bench while a fight is in progress may cause the game to be forfeited. In the event that groups of players from both teams leave the bench while a fight is in progress, a double forfeit may be imposed.

4. Any individual athlete participating in a fight shall be removed from the contest and the next regularly scheduled contest and may be subject to any or all of the following disciplinary actions imposed by the member schools:
 - a) Suspension from school.
 - b) Removal from the team.
 - c) Removal from all athletic programs for a period of time to be determined by the school
 - d) Other appropriate disciplinary action.

CALIFORNIA INTERSCHOLASTIC FEDERATION ARTICLE 5 – BY-LAW 22

Any student who physically assaults a person at a game or event official shall be banned from E interscholastic athletics for the remainder of the student's eligibility. A game event or event official is defined as a referee, umpire, or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State Commissioner.

MANTECA UNIFIED SCHOOL DISTRICT ATHLETIC CODE

To be a member of an athletic team is a distinct honor and in order to maintain this tradition it is necessary that you as an individual player make certain sacrifices. If you feel that you cannot follow these rules, then we suggest you not participate in the school's athletic programs.

1. I will make every effort to keep academically strong. I realize that it is my obligation to complete all assignments required in my program of studies.
2. **I WILL NOT USE/POSSESS ALCOHOL, SMOKE OR CHEW TOBACCO, OR USE/POSSESS ILLEGAL DRUGS WHILE OUT FOR ATHLETICS.**
 - a) First Offense – Drinking or using any controlled substance on any school campus or at any school activity will result in a 5-day suspension. Students' will be ineligible for all extra-curricular and co-curricular activities for a **nine**-week period. Students' will attend 8 CEPSA class sessions at Lindbergh School for and attend with his/her parents at least two of these sessions.
 - b) Second Offense – Expulsion Hearing – Any situation involving Drugs in quantity for sale (Legal Description) and/or sale of any controlled substance on any campus or at any school activity will result in an immediate expulsion hearing.