



Mamaroneck High School Parent-Student Athletic Handbook

UPDATED January 2019



Mamaroneck School District
1000 West Boston Post Road
Mamaroneck, New York 10543



Dear Athletes and Parents,

Welcome to the Mamaroneck UFSD District's Athletic Program Handbook. The information contained within this booklet is provided to help communicate the policies, procedures and expectations of our interscholastic athletic program.

The main goal of our program is to fulfill the goals of a well-designed and coordinated educational athletics program.

When your daughter/son chooses to participate in one of our athletic programs, he/she will have to commit themselves to certain responsibilities and obligations. This handbook will acquaint you with specific policies and rules necessary for a well-organized program of interscholastic athletics. Our athletic program is governed by the Commissioner of Education's basic code for extra-class activities, the New York Public High School Athletic Association (NYSPHSAA), as well as the Mamaroneck Board of Education.

The Hommocks Middle School and Mamaroneck High School are members of New York State Public High School Athletic Association (NYSPHAA) and Section One.

If you have any questions regarding the Mamaroneck Athletic Program or this handbook, please contact me at 914-220-3160.

Sincerely,

Bari Suman

Director of Health, Physical Education, Athletics & Health Services

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EDUCATIONAL GOALS FOR MAMARONECK INTERSCHOLASTIC ATHLETICS

Competence

A student athlete in a quality program is competent in terms of:

Skill development

Knowledge of the Game/Strategies

Fitness/Conditioning/Healthy Behavior

Character

A student athlete in a quality program demonstrates:

Responsibility

Accountability

Dedication

Trustworthiness/Fair Play

Self-Control

Civility

A student athlete in a quality program demonstrates civility towards others showing:

Respect

Fairness

Caring

Citizenship

A student athlete in a quality program demonstrates citizenship through actions showing evidence of:

Loyalty/Commitment

Teamwork

Role Modeling

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics in the Mamaroneck Union Free School District is a component of the health and physical education program and therefore is an integral part of the district's total educational program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal to this end. The coaching staff must teach student/athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

Mamaroneck's policy of participation is one of taking as many individuals as possible on a team. Athletic participation is seen as an important part of the overall educational program. However, sometimes it is not possible to keep everyone that comes out for a team and as result, tryouts are necessary for selecting team membership (see program philosophy below).

Tryouts for all Mamaroneck's Interscholastic Athletic Teams will last a minimum of three (3) days. All students will be given the opportunity to tryout. Students who do not make a team must be given an opportunity to learn why they were not selected. Coaches must provide students/parents with this information if requested.

The Mamaroneck Public School District hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, color, national origin, sexual orientation or handicap.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate social and emotional development is demonstrated. It is possible but rare for a middle school student to be included on a varsity roster. [Athletic Placement Process](#) occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.).

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and be informed of its individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct successful varsity program should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity, and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest, and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation. Freshmen may be included on a junior varsity roster, as well as middle school students who have satisfied all [Athletic Placement Process](#) requirements. Seniors cannot play on a junior varsity team.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements, and strategies of team play in addition to social emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season, however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

FRESHMEN ("B" TEAM) PROGRAM PHILOSOPHY

This program is available to all students in the ninth grade. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on continued learning of various skills and game rules, an expansion on the fundamentals of team play, continued social, emotional growth, and an emphasis on healthy competition.

At the freshmen level, cutting of students is not our policy. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations. Reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of 1) financial resources, 2) qualified coaches, 3) suitable indoor or outdoor facilities, and 4) creating a safe environment. Many schools have dropped their freshman teams due to lack of participants or for economic reasons. This makes it difficult to fill out a schedule for a pure freshman team that can only compete against other freshmen teams. JV "B" teams may need to be created to fulfill the schedule of these teams. "B" teams can include freshman, sophomore or even juniors on their roster. This team structure creates greater flexibility in scheduling and helps us maintain a higher level of participation in our programs.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. The freshmen program requires a 5-day a week commitment with practices and/or contents occasionally scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

MODIFIED PROGRAM PHILOSOPHY

Modified programs are available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, social and emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

At the modified level, exclusion of students from our athletic programs is not our preferred policy. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility considerations, reducing team size maybe necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the ability to: 1) offer quality instruction, 2) attain qualified coaches, 3) provide suitable indoor or outdoor facilities, 4) maintain a safe environment and 5) obtain officials. Due to roster size limitations and the number of athletes interested in participating each season on the school team. Modified athletics must be an athlete's first priority over outside clubs, travel or recreation teams.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Opportunities for meaningful participation for each team member will exist in each game and over the course of a season.

FALL SPORTS TEAMS

<u>SPORT</u>	<u>SCHOOL</u>	<u>LEVEL</u>	<u>GAME SITE</u>	<u>PRACTICE SITE</u>
B-X- COUNTRY	MHS	V	Van Cortlandt Park	Harbor
B-X- COUNTRY	HMX	MOD	Harbor	Harbor
G-X- COUNTRY	MHS	V	Van Cortlandt Park	Harbor
G-X- COUNTRY	HMX	MOD	Harbor	Harbor
FIELD HOCKEY	MHS	V	Memorial/Flint Park	Memorial/Flint Park
FIELD HOCKEY	MHS	JV	Memorial/Flint Park	Memorial/Flint Park
FIELD HOCKEY	HMX	MOD A	Flint Park Grass	Flint Park Grass
FIELD HOCKEY	HMX	MOD B	Flint Park Grass	Flint Park Grass
FOOTBALL	MHS	V	Memorial	Manchester/Memorial
FOOTBALL	MHS	JV	Memorial	Manchester/Memorial
FOOTBALL	HMX	MOD	Memorial/Harbor	Annex
BOYS SOCCER	MHS	V	Memorial, Alma, HMX	Memorial, Alma, HMX
BOYS SOCCER	MHS	JV	Memorial, Alma, HMX	Memorial, Alma, HMX
BOYS SOCCER	MHS	JV-B	Memorial, Flint, HMX	HMX
BOYS SOCCER	HMX	MOD	HMX, Flint	HMX, Flint
GIRL'S SOCCER	MHS	V	Memorial, Alma, HMX	Memorial, Alma, HMX
GIRL'S SOCCER	MHS	JV	Memorial, Alma, HMX	Memorial, Alma, HMX
GIRL'S SOCCER	HMX	MOD	HMX, Flint	HMX, Flint
GIRLS SWIM*	MHS	V	HMX Pool	HMX Pool
GIRLS SWIM^	HMX	MOD	HMX Pool	HMX Pool
GIRL'S TENNIS	MHS	V	Flint Park	Flint Park
GIRL'S TENNIS*	MHS	JV	Flint Park	Flint Park
VOLLEYBALL	MHS	V	Palmer Gym	Palmer Gym
VOLLEYBALL	MHS	JV	Palmer Gym	Palmer Gym
VOLLEYBALL	HMX	MOD A	HMX Gym	HMX Gym
VOLLEYBALL	HMX	MOD B	HMX Gym	HMX Gym
CHEERLEADING	MHS	V	Memorial	Post Gym
CHEERLEADING	MHS	JV	Memorial	Post Gym

*=Some Hommocks students may asked to participate on HS Team when recommended by a coach in the program. This is called Athletic Placement Process. A maturation form must be completed by your doctor, skill evaluation provided by the coach with participation at >50% of game play and a fitness test successfully completed prior to the try-out process.

^= Programs which may run a few days/week if participation numbers permit and we have qualified staff to provide the sport.

WINTER SPORTS TEAMS

<u>SPORT</u>	<u>SEASON</u>	<u>LEVEL</u>	<u>GAME SITE</u>	<u>PRACTICE SITE</u>
CHEERLEADING	MHS	V	Palmer Gym	Post Gym
CHEERLEADING	MHS	JV	Palmer Gym	Post Gym
B-BASKETBALL	MHS	V	Palmer Gym	Palmer/Post Gym
B-BASKETBALL	MHS	JV	Palmer Gym	Palmer/Post Gym
B-BASKETBALL	HMX	MOD	HMX Gym	HMX Gym
G-BASKETBALL	MHS	V	Palmer Gym	Palmer/Post Gym
G-BASKETBALL	MHS	JV	Palmer Gym	Palmer/Post Gym
G-BASKETBALL	HMX	MOD	HMX Gym	HMX Gym
ICE HOCKEY	MHS	V	HMX Ice Rink	HMX Ice Rink
ICE HOCKEY*	MHS	JV	HMX Ice Rink	HMX Ice Rink
ICE HOCKEY	HMX	MOD	HMX Ice Rink	HMX Ice Rink
B-BOWLING	MHS	V	Bowlerland, Bronx	Bowlerland, Bronx
G-BOWLING	MHS	V	Bowlerland, Bronx	Bowlerland, Bronx
B-SWIM*	MHS	V	HMX Pool	HMX Pool
B-SWIM^	HMX	MOD	HMX Pool	HMX Pool
B-FENCING	MHS	V	Post Gym	Post Gym
B-FENCING	MHS	JV	Post Gym	Post Gym
G-FENCING	MHS	V	Post Gym	Post Gym
G-FENCING	MHS	JV	Post Gym	Post Gym
INDOOR B-TRACK*	MHS	V	The Armory	Post Gym
INDOOR B-TRACK^	HMX	MOD	Post Gym	Post Gym
INDOOR G-TRACK*	MHS	V	The Armory	Post Gym
INDOOR G-TRACK^	HMX	MOD	Post Gym	Post Gym
B-SKIING	MHS	V	Thunder Ridge	Thunder Ridge
G-SKIING	MHS	V	Thunder Ridge	Thunder Ridge
WRESTLING	MHS	V	HMX Gym-before 12/31 Post-after 12/31	Wrestling Room Post
WRESTLING	MHS	JV	HMX Gym-before 12/31 Post-after 12/31	Wrestling Room Post
WRESTLING	HMX	MOD	HMX Gym	HMX Band Room

*=Some Hommocks students may asked to participate on HS Team when recommended by a coach in the program. This is called Athletic Placement Process. A maturation form must be completed by your doctor, skill evaluation provided by the coach with participation at >50% of game play and a fitness test successfully completed prior to the try-out process.

^= Programs which may run a few days/week if participation numbers permit and we have qualified staff to provide the sport.

SPRING SPORTS TEAMS

SPORT	SCHOOL	LEVEL	GAME SITE	PRACTICE SITE
B-TRACK & FIELD*	MHS	V	MHS Track	MHS Track
B-TRACK & FIELD	HMX	MOD	MHS Track	MHS Track
G-TRACK & FIELD*	MHS	V	MHS Track	MHS Track
G-TRACK & FIELD	HMX	MOD	MHS Track	MHS Track
BASEBALL	MHS	V	Manchester	Manchester
BASEBALL	MHS	JV	Manchester	Manchester
BASEBALL*	MHS	FRESH	Flint Park	Flint Park
BASEBALL	HMX	MOD	Flint Park	Flint Park
B & G GOLF*	MHS	V	Various local courses	Bonnie Briar, Hampshire, Winged Foot
B-LACROSSE	MHS	V	Memorial/Flint Turf	Memorial
B-LACROSSE*	MHS	JV	Memorial/Flint Turf	Memorial
B-LACROSSE	HMX	MOD	Flint Park	Flint Park
G-LACROSSE	MHS	V	Memorial/Flint Turf	Memorial/Flint Turf
G-LACROSSE*	MHS	JV	Memorial/Flint Turf	Memorial/Flint Turf
G-LACROSSE	HMX	MOD	HMX, Flint Park	HMX, Flint Park
SOFTBALL	MHS	V	Central	Central
SOFTBALL*	MHS	JV	Central	Central
SOFTBALL	HMX	MOD	Central	Central
BOY'S TENNIS	MHS	V	Flint Park	Flint Park
BOY'S TENNIS*	MHS	JV	Flint Park	Flint Park

*=Some Hommocks students may asked to participate on HS Team when recommended by a coach in the program. This is called Athletic Placement Process. A maturation form must be completed by your doctor, skill evaluation provided by the coach with participation at >50% of game play and a fitness test successfully completed prior to the try-out process.

^= Programs which may run a few days/week if participation numbers permit and we have qualified staff to provide the sport.

GETTING READY TO PLAY

1. Requirements for participation

A. Physical Examination

A yearly physical examination is required. This electronic registration must be completed on line prior to participation. The physical covers all sports. The physical exam is good for 365 days from the date of the physical.

B. Electronic Athletic Participation Form through Family ID can be found on the Mamaroneck Athletic website. All questions on this form must be answered in order for the form to submit electronically. You can find the link to this form at www.mamkschools.org and click on Athletics. The electronic program on line will not be open on line until 30 days prior to the start of the season. ANY forms allergy, asthma, epi-pen or physical forms must be submitted to the Nurses Office.

2. Attend Pre-Season Meeting

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents, and student/athlete. In order to ensure that this communication takes place, **pre-season meetings** are scheduled by the athletic department at the beginning of each season at the HS level. When pre-season meetings are scheduled, student/athletes and parents are expected to attend.

Topics of Discussion at Pre-Season Meetings

- Athletic Program policies & procedures
 - Game Schedules
 - Practice schedules
- Expectation of players, coaches, and parents
 - Goals for Season
 - Parent roles
 - Transportation
 - Eligibility rules
 - Code of conduct
- Athletic award program

The Hommocks pre-season meetings are more logistical and run by the Athletic Director.

Topics covered include (but are not limited to) how to register, time commitment for participation, size of the team, coach necessary requirements and expectations of playing time. How to navigate commitment vs. time conflicts, necessary equipment for participation, frequently asked questions (FAQ's) and time for Q & A.

RESPONSIBILITIES OF MAMARONECK ATHLETE

Being a member of a Mamaroneck athletic team is a privilege and an honor. To many athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be fulfilled. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at Mamaroneck, you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past.

Many of our athletes have gone onto successful collegiate careers. Many others have established league, section and states records. Because of this fine tradition, a challenge has been set for you to work hard and to make sure your actions reflect the standards of the Athletic Department

In today's society, you will be asked to make sacrifices that will benefit yourself, your team, and your school. Never before has the pressure of peer groups been so strong. You must learn to say "NO" to risky lifestyle choices. In the long run, you and your family will be proud of the sacrifices and education that you will have put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be a gratifying educational experience. The highs and lows of athletic competition are the result of hard work, dedication and discipline and are rewarded through the accumulation of fond memories and personal achievements.

RESPONSIBILITIES TO YOURSELF

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences, your studies, your participation in other school activities, as well as in athletics, prepare you for your life as an adult.

ATHLETIC CODE OF CONDUCT & ACADEMIC RESPONSIBILITIES

ACADEMIC PERFORMANCE

All student/athletes are expected to stay in good academic standing. The Athletic Department has in place procedures to enhance communication among faculty and coaches to provide academic support for student/athletes, so they may participate fully in the athletic program while progressing in the classroom. The athletic program endorses an "academic intervention" approach to academic performance. The coach and athletic director will work collaboratively with teachers, parents, and the school guidance department to address academic performance.

ATTENDANCE

Student athletes are prohibited from participation during practices or contests whenever they have an unexcused absence from school. Unexcused absences include any missing of classes not called into the MHS Attendance Office for clearance; ex: illness, doctor's appointment, college visit.

Consequences for Unexcused Absences:

- 1-2 unexcused absences will result in a warning from the Coach. The athlete's coach will convey this warning to the athlete's parent or guardian.
- 3-4 unexcused will result in the athlete attending mandatory tutoring sessions
- 5 unexcused absences or more during a season will result in suspension. The athlete will be suspended for an equal number of contests (i.e. 5 unexcused absences will result in a 5 game suspension).

PERFORMANCE & COMMITMENT REQUIREMENTS

If it is brought to our attention by the parent that an athlete's cumulative average in academic classes drops below 70% during his/her period of participation, the athlete must meet collectively with his or her coach and guidance counselor.

PURPOSE OF ELIGIBILITY CONTRACT: The purpose of this contract is not to require specific grade point average improvements. Rather, it is to establish an academic requirement of effort. Failure to abide by the commitments established may, with the discretion of the guidance counselor and athletics department, limit the athlete's ability to participate. The parent can request through the coach and/ or

SAMPLE ACADEMIC ELIGIBILITY CONTRACT

Being a member of an athletic team in the Mamaroneck Union Free School District is a privilege and not a right. Each athlete should strive to perform to the best of his or her athletic and academic potential, while exhibiting high standards of citizenship, behavior, and sportsmanship. Athletes are students first, and their first responsibility is to attend classes and satisfy academic requirements.

The intent of this contract is allow you to participate in a sport while working towards improving your academic standing. The contract commences upon your signature and will remain in effect until: the end of the marking period or until the athletes' cumulative grade point average is at or above 70%. If you cut class, receive detention or receive suspension, while under this contract, your athletic eligibility will be revoked.

I, _____, will notify my teachers of this contract and agree to the following terms for the school year:

- I will have my coach and parent/guardian read and sign this contract.
- I will be on time and attend all of my classes.
- I will submit all assignments on or prior to due dates.
- I will actively participate during class discussions, activities, and follow all classroom rules.
- I will seek extra help if my teachers suggest it or if I think I need it.
- If I don't work hard towards improving my grades, my coach and counselor will be contacted, and I will be suspended from further participation in my sport.
- If I have any unexcused absences, I will be suspended from further participation in my sport.
- If I violate any of the above conditions, I will be ineligible to participate in my sport.
- I have reviewed this contract with my counselor, and I understand that I remain ineligible to participate until this contract is fully completed.

Student Signature: _____

Parent Signature: _____

Coach Signature: _____

ATHLETIC CODE OF CONDUCT & ACADEMIC RESPONSIBILITIES (CONTINUED)

BEHAVIORAL EXPECTATIONS

A student athlete's continued participation in athletics is dependent on compliance with all school rules. Students must use social media appropriately and responsibly. Social media that is disruptive to the school learning environment will be deemed as a violation. Student athletes will not engage in hazing, harassment, fighting, theft, vandalism or violent conduct on school grounds or during school sponsored events or trips. Student athletes must uphold all aspects of the district code of conduct, Board Policy #5300, found on the district website.

BEHAVIORAL RESPONSIBILITIES

Student-Athletes cannot:

- Use, possess or distribute; tobacco, electronic cigarettes (vapes), illegal drugs, or alcohol.
- Engage in any act that would be grounds for arrest or citation in the court system (excluding traffic violations).
- Inappropriately using social media to bully, harass, or negatively portray themselves or others. This includes inappropriate pictures of yourself/others.

If any violation has occurred, the assistant principal and relevant counselor(s) will be notified, & the student athlete will be referred to the Drug & Alcohol Counselor.

The following consequences will result:

- 1st Violation: a 7 day game suspension but continued attendance during practices, with suspension lifted only after a meeting involving the athletic department and parents. *If a school suspension is imposed as a result of the violation, then the 7 day suspension will begin after that suspension. Legal absences extend the agreement day by day, and illegal absences break the agreement, and the student-athlete must begin the suspension over again. Failure to satisfy the agreement will result in the student athlete's dismissal from the team.*
- 2nd Violation: suspension from participation during interscholastic athletics for whichever is longer, the remainder of the season or four weeks.
- 3rd Violation: suspension from athletics for the remainder of the school year.

If a student self-reports a violation to a school staff member within 48 hours of the violation, it is the discretion of the administrative team to amend the suspensions.

Suspicion of a violation of these responsibilities requires immediate action:

- During practices or competitions, the coach has the discretion to remove the athlete from participation.
- Following the suspected incident, there must be a meeting with the athlete, coach, athletic director and a parent or guardian before the athlete can be reinstated.
- The administration will determine the appropriate consequences related to the violation

SPECTATOR CODE OF CONDUCT

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing person character of our students. Therefore, we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and also by monitoring the behavior of the crowd.
- Showing team support, making only positive comments & using appropriate language.
- Showing positive respect for the judgment of coaches, officials, and referees.
- Acknowledging that fields, courts, bench area, and equipment are the player's domain during a contest. Spectators should remain within the designated areas.
- Parents and adults must monitor the safety of their children at all times

If a spectator cannot abide by the requested code of conduct they will asked to leave the venue and not allowed to return until a meeting is held with Mamaroneck Schools Administration.

SPORTSMANSHIP AND FAIR PLAY

Visiting team members, students, and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, will-mannered, and well-intentioned host would normally give. The visitors, in turn are to act as invited guests, using the home school's facilities with care and respect the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted
- Spectators, student athletes and coaches must be recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams

EQUIPMENT/UNIFORMS

Mamaroneck School District will supply all uniforms and equipment necessary for practice and competition. However, some pieces of equipment are the responsibility of the athlete. Personal items such as swimsuits, dance pants, cheerleader briefs, lacrosse gloves, and arm guards which are of a personal nature or cannot be reconditioned for sanitary reasons and are the responsibility of the individual athlete.

All school issued uniforms and supplies must be returned at season's end

It is the responsibility of the student/athlete. The student/athlete may not start the next season, receive athletic awards until all equipment and clothing are returned or paid for.

Seniors cannot receive their cap and gown/diploma until all athletic supplies and uniforms are returned or paid for; underclassmen will not receive their report card or schedule for the following school year.

RISK

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk cannot be eliminated. The risk of injury includes minor injuries such as ligament sprains and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks and that athletes follow all safety directions from their coaches because they are established to reduce, yet not eliminate the risk of injury.

JEWELRY & VALUABLES

No jewelry shall be worn in practice or contests in any sport according to the NYSPHSAA *jewelry Regulation. Students wishing to pierce their ears or body parts should be aware that jewelry must be removed in order to be an eligible participant. Coaches are not permitted to allow "taping over" of earrings or other jewelry. Necklaces, earrings, bracelets, rings must be removed for all practices and contest. Any visible body jewelry must be removed as well. Coaches have been informed to not hold jewelry or valuables for their athletes. If an athlete brings electronic devices or jewelry to practice/games/competitions, it is the athletes responsibility to secure these items.

LOCKERS

It is the responsibility of the athlete to keep personal property locked. Most thefts of personal items occur when lockers are left unlocked. A combination lock is to be provided by the individual athlete.

MEDICAL INSURANCE

The Mamaroneck School District carries insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage is the primary coverage, and must first be used to its allowable limits. The schools coverage makes payment toward any unpaid balance incurred due to an injury, the "Pupil Benefit Plan" is a "scheduled excess" plan that may not cover the entire balance left after your insurance is used. If parents want to file a Pupil Benefits claim they should contact the building school nurse or Athletic Office for the appropriate forms after your insurance has paid bills first.

NOISE MAKERS

All noise makers (cow bells, whistles, air horns, etc.) are prohibited from all Section 1 contests, at both home and away for all sports per Section 1 regulation.

ATHLETIC TRAINER

The athletic trainer provides emergency medical service for athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. To ensure proper follow-up after an injury, the trainer consults with parents, the school nurse, the coach, and the school physician

ATHLETIC AWARDS

The coach shall recommend members of his or her squad who have met the sport requirements for a letter; these recommendations are to be approved by the Director of Athletics.

The following awards are awarded by the Mamaroneck Athletic Department through individual sport coaches

VARSITY LETTER- Orange and black M 6" letter awarded to 1st year varsity athlete (1 time) in 1st varsity sport.

SPORTS PIN- Metal sports award pin attached to varsity letter awarded to all varsity athletes in each sport for each season during their high school career.

CAPTAINS PINS-Awarded to participating students for team service

MAA-Team coaches' award winner-varsity sports teams only

MVP-Team most valuable player-varsity sports teams only

- The aforementioned awards are determined by team coaches.

Students must complete all team responsibilities in order to be eligible to receive awards. This includes, but is not limited to, attendance at all practices and games that the athlete is eligible for (excluding injury or sickness) and the return of all uniforms and equipment.

TRANSPORTATION

Student athletes will be transported to away contests by school authorized vehicles only. Athletes are not allowed to drive to away contests. If an athlete misses the bus, they will be ineligible to play in that contest.

The Athletic Department requires students to return to school with their team on school authorized vehicles. Parents may transport **ONLY** their child to and from away contests after a "Transportation Waiver Form" has been submitted to the Director of Athletics. This form is located on the district athletic website..

RETURN TO PLAY AFTER AN INJURY

Following any injury requiring treatment by medical personnel (emergency room or private physician), written permission to return to participation in the athletic program must be submitted by attending medical personnel. This permission must include: nature of the injury, date of return, restrictions and modifications if any, and must state "return to athletics." The chief school physician may be consulted in situations that warrant further review. The chief school physician has final word on all return to play decisions.

ImPACT CONCUSSION PROGRAM

ImPACT is a research-based neuro-cognitive computer assessment that measures baseline neuro capacity of athletes. This program will give physicians an assessment tool if an athlete sustains a concussion. By comparing the baseline assessment with a post- concussion assessment the physician (or designee) will be able to recommend return-to-play decision based, in part, on results of neuropsychological testing, teacher reports and classroom participation. The consent for testing approval is included on the electronic registration form. These tests are conducted by members of the district health services team and are required for update every 2 years at the HS level and only in contact sports.

CAPTAINS

Captain positions are not based solely on popularity, and captains may not be the best player on the team or a senior. A team captain is a leadership role where the individual has consistently demonstrated, including commitment, honesty, and sportsmanship. This person must possess the ability to develop team work, citizenship and character. Captain positions are attained as a result of coach's appointments and/or team voting.

OUT OF SEASON/OUTSIDE COMPETITION

As sports in our society and at the high school level have become more competitive, coaches have looked for additional ways to make their programs more competitive. There has been a marked increase in the number of coaches' conducting off-season or out-of-season programs and practices. Due to the nature of the high school experience and the developing adolescent demands placed on athletes both physically and mentally, these additional demands can cause stress. Make sure your student/athlete is well balanced with their activities & academic programs. The expectation of our programs is that athletes on a cut team will commit first to the HS program in their season.

SCHOOL CLOSING/EARLY DISMISSAL

Any day that school is closed due to inclement weather or other unplanned circumstances, teams cannot practice or complete in games or scrimmages. The same procedure will be followed on days when there is an early dismissal due to weather, or other unplanned circumstances.

VACATION/HOLIDAY PRACTICE EXPECTATIONS

When athletes commit to a varsity or a junior varsity sport, they should assume that practices and /or contests will take place over school vacations and holidays. Section 1 schedules contests during some vacations, i.e. winter, spring, and weekends, Mamaroneck's teams would be at an extreme disadvantage if we took time off while others are playing & practicing. In addition, it would be unfair to ask schools to reschedule Mamaroneck contests to another time. Due to safety and health concerns, NYSPHSAA recommends we spend approximately 3-4 days training and recertifying athletes if training has been suspended for more than 5 days.

When athletes go away during the season (not fulfilling their commitment to the team) and can make our teams to forfeit games. Coaches must alter their plans for team development. Athletes who must go away and miss practice and/or contests during the season (vacations and holidays) can expect some effect on their standing with the team, their playing time and their ability to earn Athletic Option for the sport. Conflicts should be discussed with the coach prior to going away.

ATHLETIC DEPARTMENT PERSONNEL

Name	Title	Email	Phone
Bari Suman	Director of Athletics	bsuman@mamkschools.org	914-220-3160
Daniela Denaro	Secretary Athletic Director	ddenaro@mamkschools.org	914-220-3160
Gabriella Lourenco	Secretary Athletic Director	glourenco@mamkschools.org	914-220-3160
Jeff Barnard	Assistant Athletic Director-Fall	jbarnard@mamkschools.org	914-220-3160
Jeff Barnard	Assistant Athletic Director-Winter	jbarnard@mamkschools.org	914-220-3160
Anthony Vitti	Assistant Athletic Director-Spring	avitti@mamkschools.org	914-220-3160
Dina Murphy	District Nurse Coordinator/MHS	dmurphy@mamkschools.org	914-220-3110
Maureen Crean	MHS Nurse	mcrean@mamkschools.org	914-220-3110
Jacqueline Sheppard	Hommocks Nurse	jsheppard@mamkschools.org	914-220-3310
Roberta Billington	Hommocks Nurse	Rbillington@mamkschools.org	914-220-3310
Ann Engelland	School Physician		
Francisco Lara -Professional Physical Therapy	Athletic Trainer	flara@professionalpt.com	
Alison Serraro-Professional Physical Therapy	Athletic Trainer	a2serraro@professionalpt.com	

IMPORTANT E-MAIL ADDRESSES

Mamaroneck Athletics	www.mamkschools.org (Click on Athletics under Community)
Section 1 Athletics	www.swboces.org/athletics
NYS PHSAA	New York State Public High School Athletic Association
Seasonal Schedules	www.mamaroneckathletics.org

ELIGIBILITY

The following eligibility standards are taken from the New York State Public High School Athletic Association Inc. Handbook:

- **College:** A student is no longer eligible to represent the school in that sport in that season if the student participates in practice or competition with or against any college athletic squad during that season.
- **National Team/Olympic Development Programs:** A student may participate as an individual as a member of a National Team or in an Olympic Development Program during the school year if such participation is approved by the student's high school principal and chief school officer, and the Executive Director is notified in writing by the principal at least 30 days prior to the start of the program
- **Professional Tryouts:** No tryouts for, or practice with, professional teams are approved except during the summer vacation. A student who participates in such a tryout is ineligible to represent the school in that sport. A school may apply on behalf of the student to their section for reinstatement one year from the date the latest violation. Penalties for violations of these standards can result in loss of eligibility from that sport.

TRANSFER AND ELIGIBILITY

NOTE: The Transfer Rule will be enforced as written with no variations permitted.

a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from public school district to another public-school district for athletic eligibility the student must enroll in the public-school district or in a private school within that district's boundaries of his/her parent's residency. For athletic eligibility, a residency is changed when one is abandoned by the immediate family and another residency is established through action and intent. Residency requires one's physical presence as an inhabitant and the intent to remain indefinitely. The Superintendent, or designee, will determine if the student has met district residency requirements.

b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months prior) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if as a 9-12 student participated in that sport during the one (1) year period immediately preceding his/her transfer. Students who transfer from any school to the public-school district of the residence of his/her parents (or other persons whom the student has resided for at least six months) or a private school within that district's boundaries shall receive a waiver from the Transfer Rule. Such a transfer without penalty will only be permitted once in a high school career. Schools must submit the required transfer form to the Section office. Athletes are not permitted to practice before the form has been submitted. Athletes are not permitted to compete without approval. NOTE: A student in a foreign exchange program listed by CSIET has a one-year waiver of the Transfer Rule. If

such a student elects to stay a second year he/ she becomes a foreign student at the start of the school year with item (b) in effect.

Exemptions to (b): For athletic eligibility, a student must enroll in the public-school district or in a nonpublic school within that district's boundaries of his/ her parent's residency. Note: Multiple High School Districts-The policies/ boundaries of the school district will be followed. If the district has an open enrollment policy, the interpretation to be used will be the same as used for students of K -8 school districts. When a student enrolls in 9th grade, this is the district (building) of their residence. Any subsequent transfer would be subject to the Transfer Rule.

1. The student reaches the age of majority and established residency in a district and can substantiate that they are independent and self-supporting.
2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/ her choice. Otherwise, a student must enroll in the public-school district of his/ her parents' residency.
3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
4. A student from divorced or "legally" separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months. The legal separation agreement must address custody, child support, spouses support and distribution of assets and be filed with the County Clerk or issued by a Judge.
5. A student who is declared homeless by the superintendent pursuant to Commissioner's Regulation 100.2.
6. A student of a military employee who is transferred to an active military base may enroll in the non-public school closest to their residence and maintain eligibility if the student enrolls in a non-public school immediately following the change in residence.

NOTE: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student. Educational Waivers will not be considered as an undue hardship effective for the 2015-2016 school years.

c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for falls sports. NOTE: After approval by the school medical officer a student may practice immediately and must satisfy the specific sports standard according to the number of practice sessions.

d. Practices at the previous school may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the principal or athletic director of the new school.

e. 7th and 8th graders that compete at the high school level will be subject to the transfer rule in "that" sport (effective with the 2017-2018 school years).

Transfer Appeal Guidelines:

Financial - Appeals require documented proof of a significant loss of income or a significant increase in expenses.

- Written description outlining the circumstances that led to the financial hardship
- Appropriate documentation may include: - Evidence of loss income or change in financial obligation that are not self-imposed. - Family W2 forms – pay stubs - Notarized statement from parent - Statement from employer or professional with knowledge of circumstances - Most recent tax returns – two years

Health and Safety - Appeals are considered for safety, mental health, personal relationships and other similar circumstances. - Written documentation is required from Superintendent of Schools or High School Principal of the sending school indicating the specific circumstances which necessitated the transfer. - Supporting documentation from a third party outside of the school may be submitted (ex. police report)

PARENT/COACH COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from Your Child's Coach

- Philosophy, goals, and beliefs of the coach
- Expectations the coach has for your child as well as other team members
- Locations and times of all the practices, contests, transportation and team functions
- Team requirements, i.e. special equipment, team rules
- Procedure should your child be injured during participation
- Discipline that results in denial of your child's participation
- What staff members will be working directly with your child

Communication Coaches Should Expect From Parents

- Concerns about the welfare of a child
- Notification of any schedule conflicts should be addressed well in advance
- Specific communication of coach's philosophy and/or expectations of the athlete

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically
- Ideas for improvement in the performance of the athlete
- Concerns about behavior of the athlete (on and off the field)
- Family concerns that could affect athletic participation

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be the best for all students involved and the team. As you have seen from the list above, certain things should be discussed with your child's coach. Other things such as those described in the next segment, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches as a Parent

- Playing time
- Team strategy
- Play calling
- Other student athletes
- Line-ups
- Substitutions
- Other parents
- Past teams and/or athletes

When an athlete has a concern about their role to the team they should discuss that concern directly with the coach as the first step in the chain of communication. Learning to advocate for one's self is a life skill that adolescents must develop in becoming an adult. However, after this first step there may be situations that require a conference between the coach and the parent. These conferences are encouraged, it is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the procedure discussed below should be followed to help reach a resolution to the issue of concern.

REMEMBER NEVER APPROACH A COACH IMMEDIATELY BEFORE OR AFTER A GAME OR PRACTICE. Parents, coaches, and players should adhere to the **24 hour rule**. Meetings with coaches should be by appointment. Please contact the Athletic Office to set up an appointment.

Under no circumstances should parents enter the practice or game field to discuss an issue about their child with a coach.

PRACTICES AND CONTESTS

1. All student athletes must make a commitment to attend all practices and contests on time. In the fall, JV and Varsity sports begin prior to the start of school. Students must attend try-outs prior to the start of school (late August) in order to try-out for and participate on a JV or Varsity team.
2. Athletes must participate in Physical Education class to be eligible for game/practice participation each day during the season.
3. Athletes must attend school in order to participate in that days practice or athletic contest an athlete must be in attendance for a minimum of half of the school day (4 consecutive periods) an athlete is sent home sick from school by the nurse they cannot return that day to practice or play in a scrimmage or contest.
 - a. The Coach will notify athletes and their families of the teams games, practices and time schedules

- b. If an athlete is going to be late or absent from practice it is he/her responsibility to notify the coach
 - c. An excused absence is for family emergencies or sickness. Please notify the coach directly prior to the absence.
 - d. Each sport has a required number of practices in order to scrimmage or play in a contest; these requirements are directed by NYSPHSAA, Inc.
 - e. If a student is suspended from school he/she will be ineligible to participate on the day of the suspension & subsequent suspension days
4. Schedules- keep in mind that schedules are only a guideline. There are many reasons (inclement weather, unplayable facility, transportation problem, etc.) that can cause game cancellations. During Sectional play; game opponent, gate and time is not determined until shortly before contest.

ATHLETIC PLACEMENT PROCESS

Athletic Placement Process for Interscholastic Athletics

Exceptional eighth graders may be permitted to try out for a freshman, junior varsity or varsity team under the State Education Department Program called Athletic Placement Process. Criteria that must be met in order to play at an advanced level are: a school coach's recommendation, parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores, and the coach's skill evaluation. Additionally, students must display an advanced degree of social and emotional maturity before team membership is granted.

The Athletic Placement Process program is a New York State Public High School Athletic Association (NYSPHSAA) process for screening student/athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, social, emotional maturity, physical fitness level and skill level. The intent of this program is to provide an opportunity for student/athletes in grades 8 (non-contact sports 7) through 12 under special circumstances initiated by the Athletic Director to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student/athlete so they may be placed at a level of competition, which should result in a favorable experience for that individual.

The head coach of each sport, in consultation with the Director of Athletics, recommends individuals to be placed through this process. An emphasis shall be placed on assessing the social and emotional maturity stage of each student/athlete, especially in situations where student/athletes are attempting to participate on an advanced level.

Guidelines and Policies

The Athletic Placement Process was designed for mature and exceptionally skilled students to advance to a higher level of competition. The program is not to be used to fill positions on teams. It is aimed at the few select students who can benefit from such placement because of their level of readiness. Only the exceptional athlete is permitted for classification to a higher level of competition.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons, beginning with entry into the ninth grade. However, by satisfying the

requirements of the APP, a student may receive extended eligibility that permits:

- a) Participation during five consecutive seasons in the approved sport, after entry into the eighth grade; or
- b) Participation during six consecutive seasons in the approved sport, after entry into the seventh grade.

Students in the seventh grade may not normally classify up to a high school team unless under special circumstances initiated by the Athletic Director (non-contact or health & safety).

As a general rule, students in the eighth grade may not classify up to the varsity level. They may only classify up one level in a particular sport depending on what levels are offered in that program. For example: If there is a freshman team, an 8th grader is eligible to classify up for that freshman team. If the next highest level for a particular program is a JV team, then an 8th grader is eligible to classify up to the JV team under special circumstance the Athletic Director and committee can review.

Exception: Eighth graders may be eligible to participate in the Selection/Classification Program for the following sports for the following reasons: Bowling, cross country, golf, skiing, swimming, track (running only), and wrestling- due to the nature of the sport and the lowest level of competition offered is varsity.

Requests for the Athletic Placement Process may be generated from one or more of the following people: Director of Athletics, Physical Education teacher, coach, or a member of family if lower level of competition (modified) is not offered in district, (i.e. tennis, swimming, track, golf). In these sports the parent must have a skill evaluation by the district coach or provided a skill evaluation from an outside coach.

Students who satisfy the requirements of the Athletic Placement Process in a particular sport may have to satisfy additional physical skills testing if they elect to participate in Athletic Placement Process the for another sport if their age has change between seasons.

IMPLEMENTATION STEPS

ALL STEPS MUST BE FOLLOWED, IN ORDER, FOR EACH APP REQUEST.

Step 1 District Policy: Confirm that the school district has approved a resolution to allow students to participate in the APP.

Step 2 Parent/Guardian Permission: All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin.

Step 3 Administrative Approval: The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance (as determined at the local level) should be at or above grade level. Furthermore, administration should assess the student's emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

Step 4 Medical Clearance: (Must be completed BEFORE the physical fitness portion of the process) The district medical director will determine a student's physical maturity level, and compare the physical size of the student in relation to that of the students against whom the student wishes to compete. If the student is determined to have attained the appropriate physical maturity level and

comparable physical size for the desired sport and level (see Appendix C and H), the student may proceed with step 5.

Important Note on the Physical Maturity Examination: *For the medical director, determining the physical maturity level of the student is an important step in the APP process. This is done to ensure that the student has attained a level of physical development at which the chances of growth plate or overuse injury is minimized. Since the growth plate is the weakest area of the growing skeleton, weaker than the nearby ligaments and tendons that connect bones to other bones and muscles, injury to a growth plate can lead to a serious and potentially permanent injury to a joint or long bone. While growth plate injuries are usually caused by an acute event such as a fall or a blow to a limb, they can also result from overuse, such as when a gymnast practices for hours on the uneven bars, a runner runs long distances, or a baseball pitcher spends hours perfecting a curve ball. Growth plate trauma and other overuse injuries may occur in competitive sports such as football, basketball, softball, track & field, and gymnastics. The likelihood increases when students are doing a single sport year round without substantial rest; therefore, caution must be exercised in determining the physical maturity of students at this age level. Developmental staging reduces, but does not eliminate, the risks of injury to a younger student moving up to sports teams involving more developmentally mature students. Since all growth plates might not be fully matured by the time a student reaches Tanner 5, care must be exercised in determining the physical maturity of athletes. The size of the student in relation to the other athletes is also a critical component in determining the risk of injury.*

It is always best to err on the side of caution and keep a student at the age-appropriate level of play in order to safeguard the student. There will be many more years for the student to advance in athletics, and success is more likely if he or she does not suffer from permanent injury.

Step 5 Sport Skill Evaluation: The sport coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class (see Appendix D).

Step 6 Physical Fitness Testing: This must be done by a certified physical education teacher who is not a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for their age in 4 out of 5 test components (see Appendix E, I, and J). For students trying out for swimming, see Appendix J for an alternate fitness test to the 1 mile walk/run- students trying out for swimming may choose to either do the 1 mile walk/ run or the 500 yard swim.

Exception to the physical fitness test requirement: Students who desire to try out for bowling or golf teams are not required to complete the physical fitness testing.

Step 7 Qualification Determination: The results of the three evaluations will be sent to the director of physical education/athletics. **Only students who pass all parts of the APP are permitted to try out.**

Step 8 Try Outs: The student is allowed to try out for the sport and level requested or the student must return to the modified level of competition. For students trying out for bowling or golf, see instructions for try outs for these sports in Appendix G.

Step 9 Records: The physical education director and/or athletic director must maintain all records of students who have successfully completed the APP. Items to be kept in the student's file are: Parent/Guardian Permission and Result letters; Maturity Evaluation and Medical Director Form; Physical Fitness results; Coach's Sport Skill Evaluation.

Step 10 Notifications: A Notification List (see Appendix F) of the scores of all athletes who have successfully completed the process and have been approved through the APP **after the try-out period has been completed** must be sent to: The physical education director and/or athletic director of competitor schools and section office.

SECTION ONE EJECTION AND CARD ACCUMULATION POLICY

1. When an athlete is ejected from a contest the following action will be enforced:
 - a. First ejection- that player cannot attend or participate in the next scheduled contest.
 - b. Second ejection- that player cannot attend or participate in the next two scheduled games.
 - c. Third ejection- that player cannot attend or participate in any remaining contests including sectionals or any post season games.

Note: If an athlete is ejected in the final game of the season and participates in a sport during another season, he/she is ineligible to participate in the first scheduled contest. Example: a football player is ejected in his final game and also participates in baseball in the spring. He is ineligible for the first game of the baseball season.

Three yellow cards accumulated by a single player in the regular season will result in a one game suspension the continued accumulation of yellow cards after his/her one game suspension will result in the following

- d. 4th accumulated yellow card results in an additional 1 game suspension
- e. 5th accumulated yellow card will result in a 2 game suspension.
- f. The 6th accumulated yellow card will result in suspension for the remainder of the season, including sectional & post season contests.

**in the event that a player receives two yellow cards in the same game, resulting in a red card, the two yellow cards will still count towards the season total.*

2. The accumulative card total is for regular season play only. This process will begin again for postseason play unless the athlete was removed from competition in the regular season due to an accumulation of six yellow cards.

During the postseason a one game suspension will be implemented after three yellow cards and one game suspension for each additional yellow card received through the Sectional, Regional and State championship tournament.

3. The coach is to report all ejections and yellow cards to his/her Athletic Director. Reporting may be by mail, fax or emailed for tabulation.
4. Refusing or failing to report infractions, and allowing players to continue to play under circumstances will result in the forfeiture of all games played by the individual.

If/when a team's card total (yellow and red) reach more than 10 cards, the coach and Athletic Director is responsible to inform the Section 1 Director & the Sportsmanship Committee. If the 10 cards are totaled during the season the school will be considered in need of assistance with sportsmanship. League representatives, the Sportsmanship Committee of both will meet to determine what appropriate action might be taken to assist this school.

MAMARONECK HIGH SCHOOL ATHLETIC OPTION GUIDELINES **UPDATED January 2019**

- Varsity sophomores, juniors and seniors who have completed PE with an 80% grade the quarter prior to sports participation are eligible for enrollment in the athletic option.
- **Not all sophomores on varsity teams will receive the Athletic Option credit.** Athletes should see their coach to determine if they are eligible.
- Athletes requesting athletic option credit must be contributing and participating in at least 80% of the games, matches, meets and practices (individual programs can be more stringent than 80%).
- Students will be registered for athletic option in the quarter indicated on the chart below. Fall Sports-1st quarter, Winter Sports-2nd or 3rd quarter (see below) and Spring Sports 4th quarter.
- Athletic Option will only be given in quarter credits increments. Sometimes the athletic seasons do not match up with the academic quarters and athletes must return to PE class while their season is still competing.
- Students must complete the full season to receive full credit. **No partial credit** will be given. If a student gets cut, quits, stops showing up or leaves a team, they must immediately go to their Guidance Counselor and be registered in a PE class.
- Statisticians and managers **are not eligible** to receive credit for these duties.

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Cheerleading	Cross Country (10 th & 11 th)	Boys & Girls Bowling*	Baseball
Cross Country (12 th)	Boys & Girls Basketball	Boys & Girls Fencing	Boys Golf*
Field Hockey	Cheerleading	Boys & Girls Skiing	Boys & Girls Lacrosse
Football	Ice Hockey	Boys & Girls Track	Softball
Boys & Girls Soccer	All 12th Grade Athletes	Boys Swim & Dive	Boys Tennis
Girls Swim & Dive		Wrestling	Boys & Girls Track & Field
Girls Tennis			
Volleyball			

** Must be a senior playing the sport for 2nd year in a row*

HIGH SCHOOL SPORT STANDARDS

Number Practices Prior to First Scrimmage			Number Practices Prior to First Contest		Team and Individual Maximum No. Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Sport	TEAM	IND	TEAM	IND					
<u>Badminton</u>	6	4	8	6		1 night	3 matches 1 contest	USBA	1
<u>Baseball</u>	10	6	15	8	20	1 night	2 contests	NFHS	2
<u>Battery</u>	10	8	15	13					
<u>Basketball</u>	8	6	10	8	20	1 night	1 contest	NF-Boys NCAA-Girls	1
<u>GIRLS/ BOYS</u>									
<u>Bowling</u>	Training		Training		20+	1 night	6 games	USBC	1
<u>Competitive</u>	10	8	10	8	12	1 night	1 competition	NFHS	1
<u>Cheerleading</u>									
<u>Cross-country</u>	10	8	10	10	16	2 nights	5000meters or 3.1miles	NFHS	1
<u>Fencing</u>	10	8	15	13	20	1 night	3 contests	USFA	1
<u>Field Hockey</u>	8	6	10	8	16	1 night	1 contest	NFHS	1
<u>Football</u>	11	10	15	14	10	4 nights(1)	1 contest	NFHS	1
<u>Golf</u>	Training		Training		16	1 night	1 match 2 – 9-holeM non-school days.	USGA& Local course rules	1
<u>Gymnastics</u>	10	8	15	13	16	1 night	6 events (boys) 4 events (girls) 1 contest	Boys- NFHS Girls- USAGJO/ Tech HB	1
<u>Ice hockey</u>	8	6	10	8	20	1 night	1 contest	NFHS	1
<u>Lacrosse</u>	8	6	10	8	16	1 night	1 contest	NFHS-Boys US Lacrosse -Girls	1
<u>Rifle</u>	3	2	5	3	16	1 night	1 contest	NRA	1
<u>Skiing</u>	8	6	10	8	16	1 night	2 events	FIS & USSA	1
<u>Soccer</u>	8	6	10	8	16	1 night	1 contest	NFHS	1
<u>Softball</u>	6	4	8	6	20	1 night	2 contests	ASA	2
<u>Swimming/ Diving</u>	12	10	12	10	16+	1 night	4 events 1 contest	NFHS	1
<u>Tennis</u>	6	4	8	6	16	1 night	2 matches ++	USTA	1
<u>Outdoor Track</u>	10	8	10	10	16+	1 night	4 events 1 contest	NFHS	1
<u>Winter Track</u>	10	8	10	10	16+	1 night	3 events 1 contest	NFHS	1
<u>Volleyball</u>	6	4	8	6	20	1 night	2 matches/day	NCAA	1
<u>Wrestling</u>	10	8	15	13	20 points+	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ Modified scoring system must be used (see Tennis Standard)

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices Prior to First Scrimmage Team/ Individual	Number of Practices Prior to First Contest Team/ Individual	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6/4	6/4	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10/8	12/10	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	10	12	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	8/6	10/8	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	3/3	3/3	14	1 Night	3 Games	USBC	
Cross Country	8/6	8/6	10	3 Nights	1 Meet	NFHS	
Field Hockey	8/6	10/8	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	13/12	17/16	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	3/3	3/3	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10/10	15/15	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	10/10	15/15	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	10/8	12/10	12	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	10/8	10/8	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	10/8	10/8	12	2 Nights	2 Events	FIS & ESA	
Soccer	8/6	10/8	12	2 Nights	1 Game	NFHS	
Softball	8/6	10/8	14	1 Night	2 Games *	ASA	
Swimming & Diving	10/8	12/10	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6/4	6/4	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	NFHS	
Track & Field (Indoor)	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	8/6	10/8	14	2 Nights	2	NCAA	
Wrestling	12/10	15/13	14 Pts.	2 Nights	2 Bouts *	NFHS	Max of 10 Pts. Thru 2 Pt. Contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest.

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.